

WOOP

for DEMENTIA
CAREGIVERS

STUDY FINDS EVIDENCE-BASED
STRATEGY TO BE HIGHLY FEASIBLE,
ACCEPTABLE, AND USEABLE

WOOP for Dementia Caregivers

(WFDC) is an online program and platform offering community, tools, support, and validation for caregivers of people living with dementia.

The program teaches caregivers the evidence-based strategy

Wish > Outcome > Obstacle > Plan

(WOOP) in supportive WOOP Groups.

It helps caregivers figure out where they have control and what to do next.

Overall, I like the idea of using the WOOP for Dementia Caregivers online course > **6.50**

- It's very beneficial **6.42**
- It's a good idea **6.29**
- It's pleasant **6.13**
- It's very easy to use **6.0**
- It's useful for my psychological health **6.0**
- I can improve my health quality **6.08**

Dementia Caregivers who used the WFDC Online Course replied on a scale of 1 (strongly disagree) to 7 (strongly agree)

90-Days later, how often have the caregivers
used WOOP in the last month >

MORE THAN ONCE A DAY **8%**

4-5 TIMES PER WEEK **17%**

2-3 TIMES A WEEK **21%**

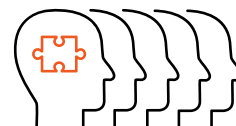
1 TIME PER WEEK (OR LESS) **46%**

THEY USED WOOP AS A TOOL
TO FIGURE OUT A PROBLEM

54%

WHEN THEY WERE STRESSED

46%



Why WOOP Groups Work > > They offer community, support, & validation • **Group practice generates accountability, insight & safety** • The gentle culture is balanced with accountability promoted progress • **Facilitators offer compassion, empathy, encouragement & patience** • Joining a WOOP Group is a way to address your well-being as a caregiver and be the best caregiver you can be

Caregivers in focus groups said > > WOOP is a simple, approachable tool • **"The simplicity of WOOP is pretty astounding"** • WOOP helps you figure out where you have control and what to do next • **"What had me coming back was the bonding of the people, that you know you're not alone. I think that was really key for me to share and hear other people's experiences and say—oh, my gosh, yes..."**

About WOOP

Wish Outcome Obstacle Plan (WOOP) is a four-step mental strategy to increase motivation and change habits, created by Dr. Gabriele Oettingen and available to the general public through www.woopmylife.org. Each letter stands for a step: **wish>outcome>obstacle>plan**. WOOP is backed by 20 years of science and used in multiple languages in more than 100 countries.

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WOOP for Dementia Caregivers (WFDC) is a project of gerontology education and evaluation company Borrow My Glasses. Learn more at borrowmyglasses.com. WFDC feasibility study done in collaboration with Yale University (HIC #200003550), WOOP developer Dr. Gabriele Oettingen, dementia caregivers, and a Community Advisory Board of professionals and caregiving experts with support from the National Institute On Aging (#R41AG084405). The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

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