



CARING FOR THE CAREGIVERS OF PATIENTS WITH DEMENTIA: EASING THE BURDEN

Speaker:

**DOREE ANN V.
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*Lead, Behavioral Health
Integration (BHI) with
Primary Care,
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 Noon ET

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DISCUSSION & INSIGHTS

WEBINAR SUMMARY

There are currently 4.5 million people in the U.S. who have dementia. More than 70% of patients with dementia live at home; and almost 75% of care at home is provided by family and friends.

Dr. Doree Ann V. Espiritu's presentation on caring for caregivers of dementia patients highlights the unique challenges faced by those supporting individuals with cognitive decline. She emphasizes the emotional, physical, and psychological toll caregiving can take, often leading to caregiver burnout, depression, and social isolation. The presentation explores evidence-based strategies to support caregivers, including psychoeducation, respite care, and integration of collaborative care models.

ABOUT THE SPEAKER

Dr. Espiritu leads the Behavioral Health Integration with Primary Care (BHI) initiative and provides outpatient care for adult and geriatric patients. Board-certified in Adult and Geriatric Psychiatry, she was trained by the pioneers of Perfect Depression Care and the Henry Ford Zero Suicide® initiative and is a committed advocate for suicide prevention. Her expertise has earned numerous honors, including the Henry Ford Health System Shadow of the Leader Award, the Dr. Joseph Ponka Caring Physician of the Year Award, and consistent recognition as an Hour Detroit "Top Doc" in Psychiatry.