

**Behavioral problems in people with dementia: Efficacy of a training program
for caregivers**

Jorge Bravo-Benítez¹ and Elena Navarro-González²

¹*Association of Relatives of Patients with Alzheimer's and Dementia (ALTAAMID) of
Granada;* ²*University of Granada (Spain)*

The main objective of the research has been the elaboration of a training program for formal caregivers of people with dementia in order to reduce their behavior problems and improve professional skills in the management of behavior modification techniques. Participants were 30 elderly people with dementia and five formal caregivers from a Day Care Center who were assigned to a treatment group or a control group. Older people were evaluated before and after the intervention program was carried out. The variables assessed were neuropsychiatric symptoms, memory and behavior problems, and the satisfaction of the caregivers with the training program received. The data reveal that older people in the treatment group showed a decrease in their behavioral problems compared to the control group in all variables studied. This evidence demonstrates the importance of the training of caregivers in the management of behavioral problems in the elderly population with dementia.