

# **TRIPLL's Pain Identification and Communication Toolkit (PICT)**

## **Frequently Asked Questions (FAQ)**

### **1. What is the goal of the PICT Program?**

The goal of Pain Identification and Communication Toolkit (PICT) Program is to help caregivers of persons with dementia to recognize and communicate about their care recipient's pain. Over a few training sessions, family caregivers learn techniques for observing, assessing, and recording pain symptoms. They also learn strategies for effectively communicating their observations to health care providers.

### **2. Who should run the PICT Program?**

Any senior service or health care organization familiar with dementia care and chronic pain management can run the PICT Program by following the training materials provided in the toolkit. A health care professional (e.g., nurse, social worker, physical therapist) who has experience working with older adults and familiarity with dementia care should lead the trainings.

### **3. Who can participate in the program?**

The PICT Program is intended for caregivers (family and friends) of older persons with pain and dementia.

### **4. What is the structure of the PICT program?**

The program includes one hour of training per week for caregivers over a 4-week period (4 hours total of training). The toolkit consists of a PICT Instructor Manual and PICT Workbook for participants with six modules, and a PICT Appendix that complements each module. The six modules provide an overview of pain experienced by their care recipient with dementia, and information on how to recognize pain and communicate effectively with health care providers.

### **5. What are the expected benefits of the program?**

PICT is an intervention that provides caregivers (family and friends) of persons with dementia training on how to recognize and communicate about their care recipient's pain. Caregivers of persons with dementia may show improvements in their comfort and ability to recognize pain symptoms and communicate more effectively with health care providers.

## **6. How to get more information?**

For more information about the PICT Program, contact the Cornell Institute for Translational Research on Aging (CITRA) by email at [citrainfo@cornell.edu](mailto:citrainfo@cornell.edu). You can also find more information and training materials online at <http://citra.human.cornell.edu/pict>.