Group-based multi-sensory stimulation

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Acknowledgements

• Residents and their families from Canterbury Close

• Management and staff at Canterbury Close – particularly Ann Sinclair and Steve Harbottle
Background

• Difficult to engage residents with severe dementia in group activities
• Constraints around one-on-one interactions
• Group based activities developed by Lifestyles team
• Based on multi-sensory stimulation
Sensory Day

• Activities designed to stimulate and engage residents with moderate to severe dementia
  – Sight and Sound
  – Touch
  – Smell
  – Taste
Garden Day
Fish Day
Data Collection Plan

– Observed Engagement levels
– Observed Affect
– Sleep Disturbance
– Cohen-Mansfield Agitation Index
– Depression
– PAS-CIS to calculate Global Deterioration Scale score
– Interviews with family members using Photovoice
Challenges to planned data collection

• Recruitment
  – Many families were reluctant to volunteer their resident family member
  – Staff engaged in EB negotiations during commencement of data collection

• Time Constraints
  – Staff
  – Family Members
Observations from 14 Residents

– 7 female : 7 male

– Mean Age 80.70 years (range 71.67-91.92)

– 9 Very severe dementia,
– 6 Severe dementia
Martha

Observation Window

<table>
<thead>
<tr>
<th></th>
<th>Pre-session</th>
<th>During Session</th>
<th>Post-session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constructive Engagement</td>
<td>2</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Passive Engagement</td>
<td>4</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Self-Stimulation</td>
<td>3</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Absent from Area</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Thomas

Observation window

Pre-session
During Session
Post-session

- Constructive Engagement
- Passive Engagement
- Self-Stimulation
- Non-Engagement
- Absent from Area
Jessica

**Graph: Observation Window**

- **Pre-session**
  - Constructive Engagement: 12 minutes
  - Passive Engagement: 10 minutes
  - Absent from Area: 0 minutes

- **During Session**
  - Constructive Engagement: 6 minutes
  - Passive Engagement: 5 minutes
  - Absent from Area: 0 minutes

- **Post-session**
  - Constructive Engagement: 0 minutes
  - Passive Engagement: 12 minutes
  - Absent from Area: 10 minutes

**Legend:**
- Constructive Engagement
- Passive Engagement
- Absent from Area
Jemima

<table>
<thead>
<tr>
<th>Observation Window</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-session</td>
<td>0</td>
</tr>
<tr>
<td>During Session</td>
<td>10</td>
</tr>
<tr>
<td>Post-session</td>
<td>12</td>
</tr>
</tbody>
</table>

- Constructive Engagement
- Passive Engagement
- Self-Stimulation
Agitation Scores (incomplete data)

Lines & dots represent individual participants
Not enough time….

“…because of working full-time and (I’ve) still got other family … there’s only so much time … its hard! There’s only so much we can do … I can manage 2-3 visits a week and with mum coming home.” (Daughter 2)

“…the girls haven’t got the time to be able to let her take the time to feed herself and spend with her … I’ve got the time to be able to sit with her and do it.” (Daughter 1)
Activity, agitation and fatigue….

“…if I take mum out in the car, take her for a walk, when we get there and bring her back you know she’s had it! … but I think it’s good for them! It relaxes them too!” (Daughter 1)

“…she’s less agitated when we go back … and like I said, she’s physically exhausted by the time we get home. But she’s had a nice… and she feels good … much less agitated …” (Daughter 2)
Conclusions

- Clear that the activities result in increased engagement and improved mood for residents with severe dementia
- Impact on sleep & agitation not conclusive
- Issue of “Time” important for families and staff
Implications…..

• How to increase “dose”?

• How to deliver more group and/or individualised interactions?

• How to continue to get practice into research?
References


• Bowler, E. (2011, October). *Dementia in Australian Residential Aged Care as appraised by the Aged Care Funding Instrument.* Ninth Asia/Oceania Regional Congress of Gerontology and Geriatrics, Melbourne, Australia.


