

Facilitating ageing in place for people with dementia

Presented by: Justine Alison (Alzheimer's Aust. NQ)

Research conducted by:

- Karen Pomfrett (LifeTec Qld.) &
- Bronwyn Tanner (James Cook University)

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Background

- Almost 260,000 people in Australia with dementia, the majority living at home in the community.
- Leading cause of burden of disease for 75yrs+ & 5th highest cause of disease burden across all ages in Australia.
- Those living at home require assistance with health care & mobility(82%), cognition/emotion (77%), self care (63%) and communication (42%)
(AIHW, 2010).

Supporting Ageing-in-Place

- Importance of home environment in supporting ageing-in-place is acknowledged
- Housing needs of people with dementia and their carers have received little attention (O'Malley & Croucher, 2005)
- Resources and information re. creating a supportive home environment exist but evidence base for recommendations is unclear

Project Aim

- To investigate the types and effectiveness of environmental interventions that assist in supporting a person with dementia to age-in-place.
 - Increase understanding about the ways in which the home environment of people with dementia can be adapted to facilitate continued ageing-in-place.
- Ethics Approval (JCU & Alzheimer's Australia Qld)

Project Plan

- Document Analysis
 - Investigate what is being recommended and evidence base
 - Provide a framework for clinician survey
- **Survey of OT clinicians working in the area**
 - On line survey to identify current practice, recommendations, implementation and perceived effectiveness of OT services to facilitate ageing in place.
- **Interviews with carers and people with dementia**
 - Gain their perspective of interventions to assist them to remain at home while they age.

Stage 2: Survey to practicing clinicians

- The scope and nature of changes recommended – clinical reasoning
- Training received
- Resources used
- Follow up and barriers to implementation
- Satisfaction with service delivery
- No. of participants – 32, all community based therapists

Findings :Areas of involvement by OT

Addressing behavioural concerns

- Safety 77%
- Rarely addressed other behaviours

Addressing environmental concerns

- Access (Internal and External) – 93 %
- Bathroom and Toilet – 93%
- Bedroom – 74%
- Living Area – 70%

Findings: Areas of minimal or no involvement by OT

- Behavioural concerns re. wandering, pacing, agitation, disorientation
- Sensory aspects – lighting, noise
- External areas – garden.
- Sustaining engagement in meaningful activity

Findings: What informs OT practice?

- Past Experience 96% (implications for follow up)
- Carers, friends, family 87.5%
- Other therapists 79% & support agencies 50%
- 60% able to follow up, usually by:
 - Phone calls, feedback from other agencies, client initiated, follow up visits
- Barriers to follow up included lack of time, lack of communication from other agencies.

Findings: Quality of Service Delivery

- Comprehensive service (50%)
- Limited by the type of referrals received (54%)
- Limited by organisational restrictions (58%)
- Believe clients are satisfied (83%)
- Would like to provide a wider range of services (83%)
- Satisfied with the quality of the service they deliver (58%)
- Feel there are significant gaps (83%)

Stage 3: Interviews with people with dementia & carers

- Sourced through Alzheimer's Australia North Qld
- 10 participants
 - 3 people with early dementia
 - 7 carers of people with dementia

Interview questions

- Changes made to the home environment
- Challenges of staying at home
- Future concerns & challenges
- Sources of support & information
- Helpful or useful strategies

Findings : Facilitating staying at home

- Alterations to the home environment
 - Access to bathroom & toilet most common,
 - Access in and out of home environment
 - Main focus was safety
- Strategies to address quality of home experience
 - Individuals developed innovative & unique strategies to facilitate ongoing engagement in important & meaningful activities at home

Findings : Challenges of staying at home

- Carer health & well being
 - Onset of stress related health issues
 - Loss of social network & supports
- Loss of social role & identity
 - For person with dementia - loss of worker role, responsibilities & activities.
 - For carer – loss of role of spouse

Findings : Issues with services & health professionals

- Sources of support & information
 - Support groups very valuable
- Input from health professions & services
 - OT & PT generally positively received but minimal input - long wait times, poor referral system.
 - Repetition of information & assessments
 - Lack of continuity of support workers
 - Major concerns with acute settings – a different environment

In Summary

- Carers & people with dementia develop innovative & unique ways of facilitating ageing in place
- Support groups provide valuable source of support & information
- Room for improvement re. service provision to people with dementia to facilitate ageing in place
- Scope for increased & improved OT service provision particularly with regard to strategies to facilitate quality of experience of staying at home

Resource Sites

Living with Dementia

- www.bcs.org.au
Alzheimers Australia
- www.alzheimers.org.au

At Home with Dementia

- NSW Department of Ageing,
Disability and Home Care

- www.dadhc.nsw.gov.au

Adapting your Home to Living
with Dementia (Canada
Mortgage & Housing Corp.)

- www.cmhc.ca

The Dementia Services

Development Centre (Uni of
Stirling)

- www.dementia.stir.ac.uk

Canadian Psychological Ass

- www.cpa.ca

Fall Prevention Centre of
Excellence

- www.homemods.org

Innovative Designs in
Environments for an Aging
Society (IDEAS)

- www.ideasconsultinginc.com

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Contact Details

- Karen Pomfrett
karenpomfrett@lifetec.org.au
- Bronwyn Tanner
Bronwyn.tanner@jcu.edu.au

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