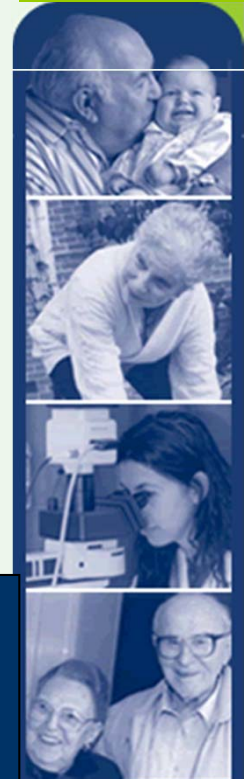


An education program to improve referral to Memory Clinic Services for older people of Asian background living in Melbourne

May 2011

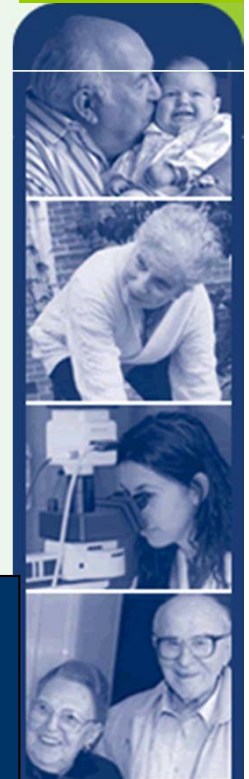
National Ageing Research Institute (NARI)

Ms Victoria Rayner

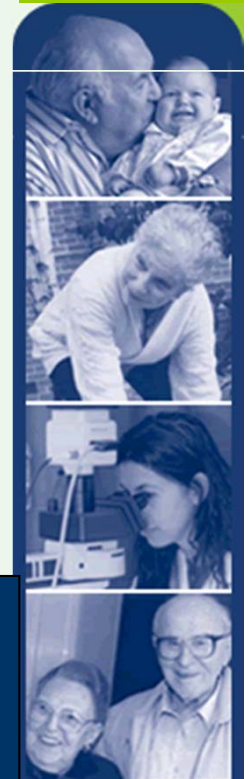


National Ageing Research Institute

- Committed to healthy ageing
- Clinical research and application of research to best practice
- Preventive and public health, and health service development and evaluation
- Community and professional education

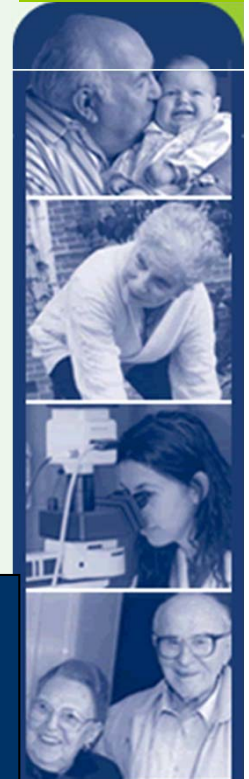


- Project team:
 - Dr Dina LoGiudice: Royal Melbourne Hospital
 - Ms Betty Haralambous, Ms Xiaoping Lin, Ms Freda Vrantsidis, Dr Jean Tinney, Dr Briony Dow, Ms Victoria Rayner: National Ageing Research Institute
 - Prof. Nicola Lautenschlager, Dr Irene Blackberry: University of Melbourne
- Acknowledgements:
 - J.O. & J.R. Wicking Trust for funding this project
 - Project Advisory Group
 - Project Participants



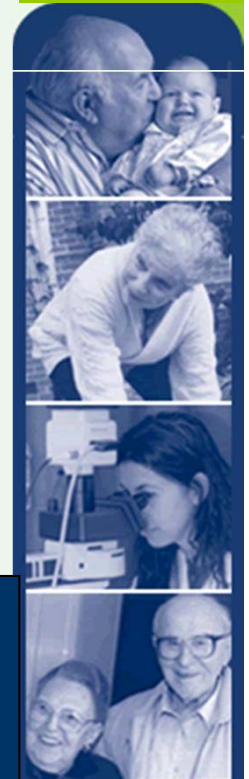
Overview

1. Background
2. Method
3. Findings
4. Next steps



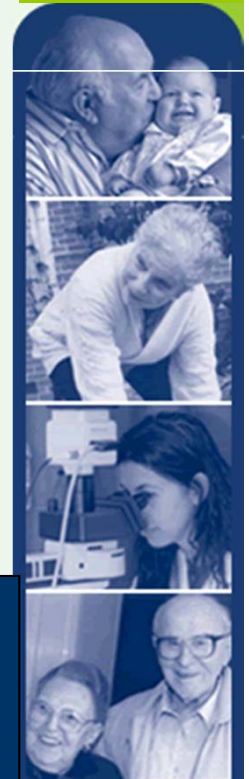
Dementia in Culturally and Linguistically Diverse (CALD) communities

- We are interested in working with the Chinese and Vietnamese communities because:
 - We want to learn more about dementia in these communities
 - We want to support these communities as they age
- Chinese (Cantonese, Mandarin and other Chinese languages) and Vietnamese languages are projected to be the 3rd and 4th languages spoken by older people from CALD backgrounds by 2026 (AIHW, 2001)



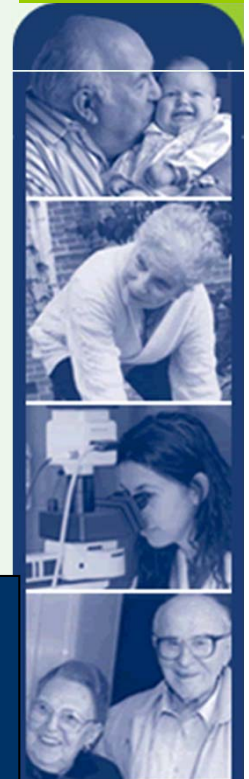
Dementia in Australia

- Dementia is projected to increase over four-fold to approximately 1 million people by 2050
- It is the leading cause of disability in older Australians
- However, evidence suggested that:
 - Under diagnosis in primary care
 - Diagnosis at a late stage



Aims

- To identify barriers/enablers for people with dementia and their families of Chinese and Vietnamese speaking backgrounds in accessing Memory Clinic services;
- To identify the most useful available translated dementia screening tools for these groups;
- To develop and implement an education program and screening guidelines for the community and health professionals to improve early detection of memory problems in these two communities.



Method

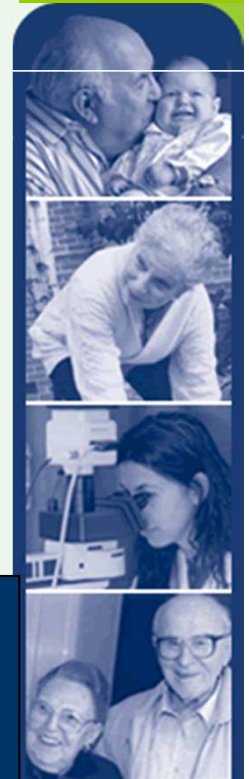
1. Background

2. Method

- Literature review
- Consultations with carers, community workers and health professionals
- Development of evidence based dementia education programs

3. Findings

4. Next steps



Findings – literature review

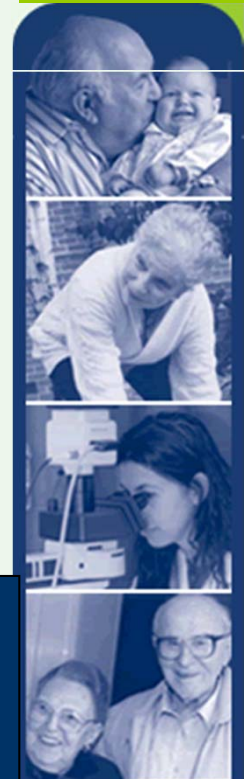
1. Background

2. Method

3. Findings

- Literature review
- Consultations: carers, community workers, health professionals
- Education program

4. Next steps



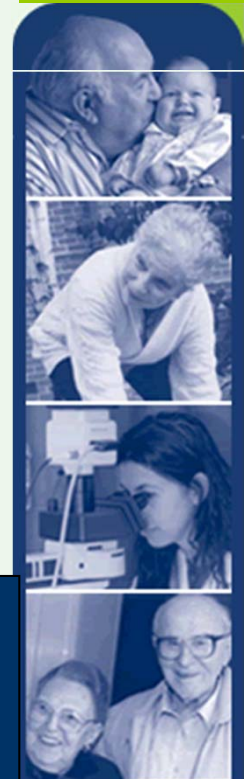
Literature review

Identified a range of GP and patient/family related barriers to early diagnosis of dementia:

- GPs' doubt about benefits of early diagnosis;
- Community perceptions of dementia
- Family plays important role in diagnosis

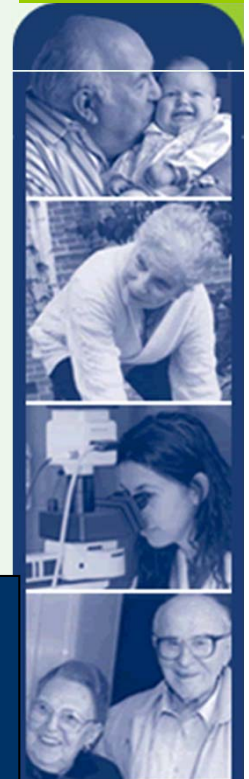
Explored characteristics of successful education programs

- Interactive, problem-focused approach, locally relevant materials.



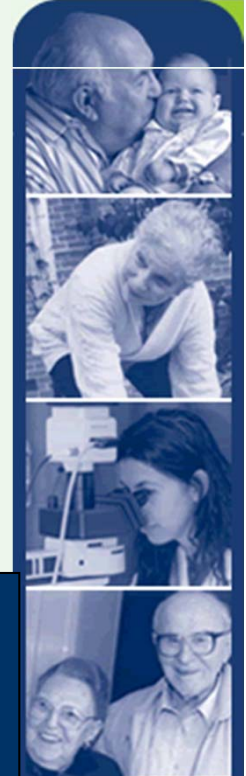
Literature review

(IN PRESS) Lee SM, Lin X, Haralambous B, Dow B, Vrantsidis F, Tinney J, Blackberry I, Lautenschlager N, LoGiudice D. A Review of Factors Impacting on Early Detection of Dementia in Older People of Asian Background in Primary Healthcare. *Asia-Pacific Psychiatry*.



Findings - consultations

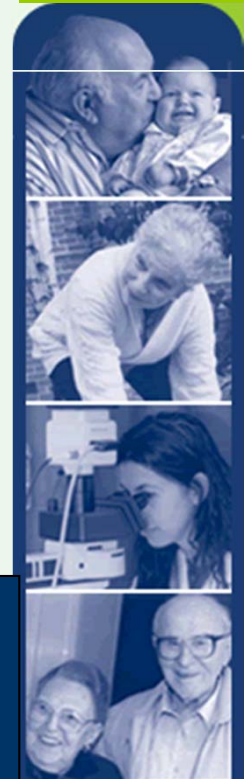
Carers



Findings

Carers

- One-on-one interviews with 13 carers of people with dementia
- Asked carers about:
 - Their experience of being a carer
 - Their understanding of dementia
 - What made them seek a diagnosis for the person they are caring for
 - Their experiences when using health services and how to improve them
 - How should we increase knowledge of dementia and early diagnosis of dementia

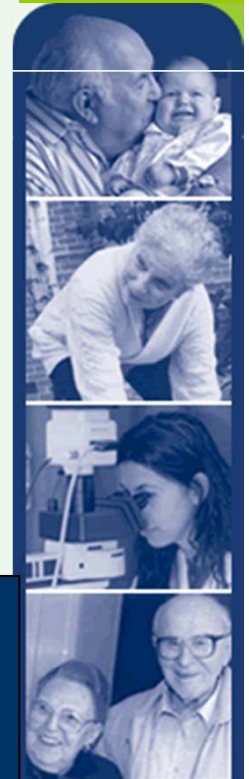


Findings

Carers – experience

“Over and over I’ve got to stretch myself.”

“Sometimes mental tiredness yeah, and also the physical tired.”



Findings

Carers –understanding

“Confusion ... forgetfulness ... loss of memory ... disease of the elderly”
(Vietnamese)

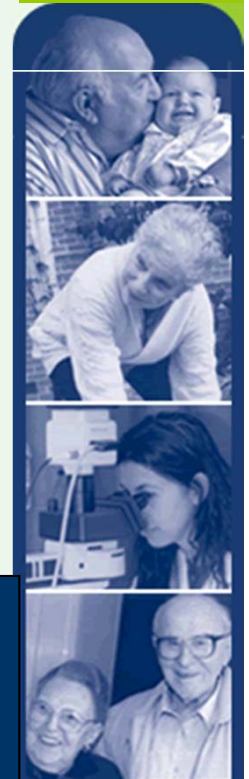
“Madness ... insanity ... brain disease”
(Chinese)



Findings

Carers – diagnosis and services

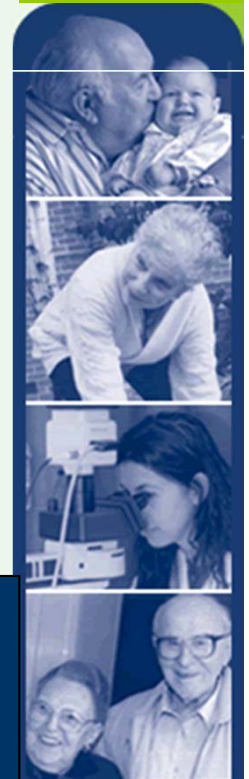
- Diagnosis
 - After a major event/sudden behaviour change
 - Information received during diagnosis varied
 - People with dementia were present
- Services
 - Awareness of many services, but lack of time or too far away to use.
 - Memory Clinics – limited knowledge



Findings

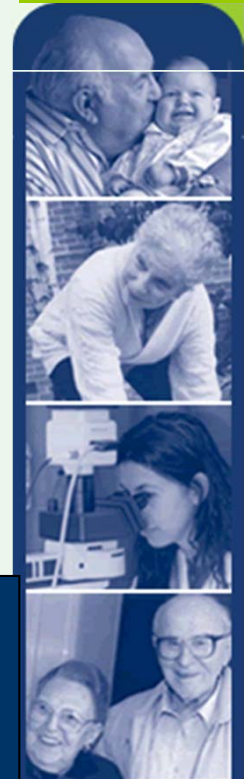
Carers – how to increase knowledge

- Via education
- Information at first signs of dementia
- Information on symptoms, progression, early diagnosis is important
- Education on where to seek help and details about services



Findings - consultations

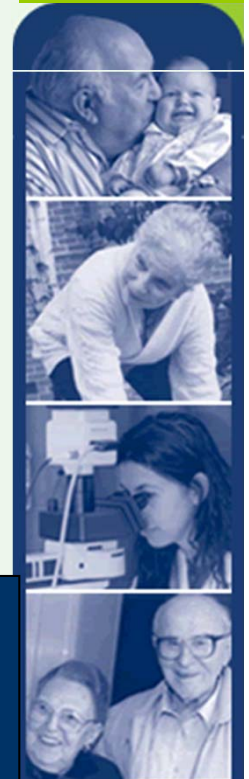
Community Workers



Findings

Community Workers

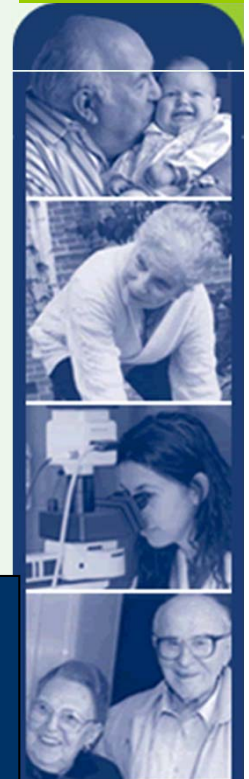
- Focus groups or one-on-one interviews with Community Workers who worked with people with dementia and their families from a Chinese/Vietnamese background
- Asked community workers about:
 - Understanding about dementia
 - Barriers for people seeking a diagnosis and how to overcome these barriers
 - What to include in an education program



Findings

Community Workers - understanding

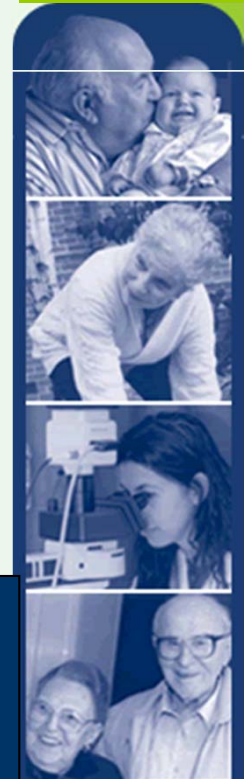
- Understanding of dementia
 - Memory loss, forgetfulness and a disease of the brain
- Understanding in the community
 - Lack of knowledge: Memory loss part of normal ageing
 - Vietnamese: slowly changing to recognise it as dementia/illness
 - Chinese: Stigma and translation of dementia; more aware of prevention of physical problems



Findings

"...it's important for the medical team to invite the family in, to have some kind of family meeting for a care plan"

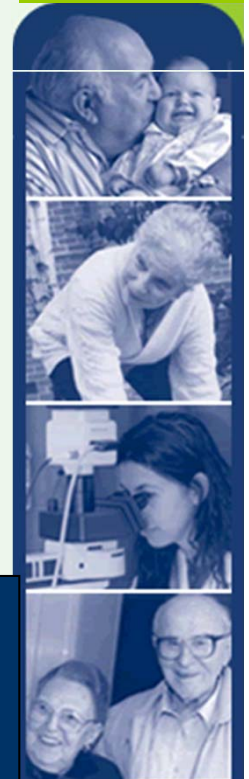
(community worker)



Findings

Community Workers – barriers

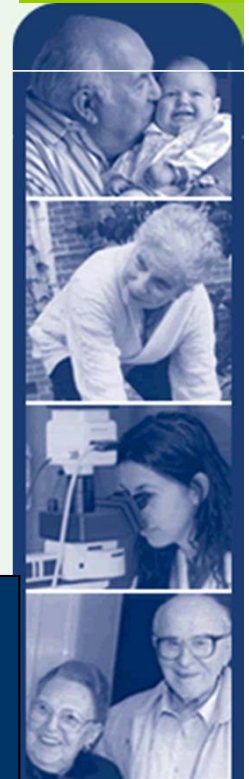
- Barriers to seeking a diagnosis
 - Perceptions about dementia
 - Language
 - Access to/lack of knowledge about Memory Clinic services
- Barriers to providing services
 - Quality of translated material
 - Community knowledge/ perceptions
 - Respect for older people –difficulty raising the issue of dementia
 - Limited knowledge about dementia by health professionals



Findings

Community worker barriers/challenge

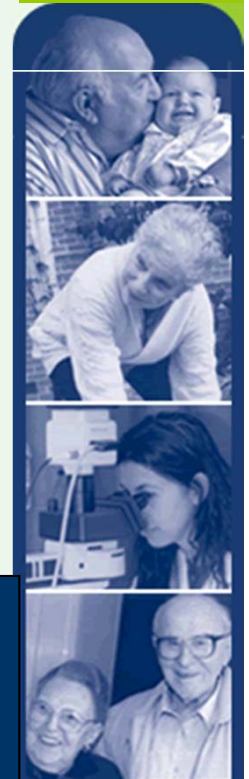
“Counselling is something Vietnamese people don’t want to do ... it’s very difficult, very emotional and having an interpreter there can be a barrier, even though the interpreter is a helper”.



Findings

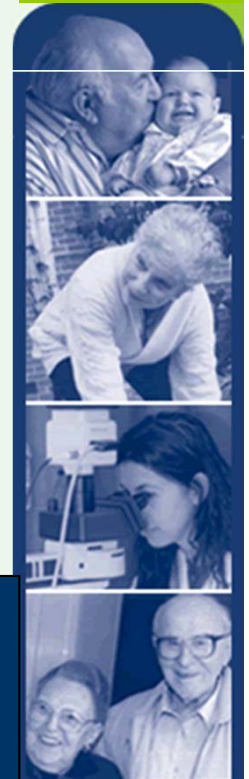
Community Workers - education

- Chinese
 - Screening questions and referral information for GPs
 - Professional development for community workers on dementia, services and referral pathways
- Vietnamese
 - Early education on the service system and services for people who have just been diagnosed, family and carers



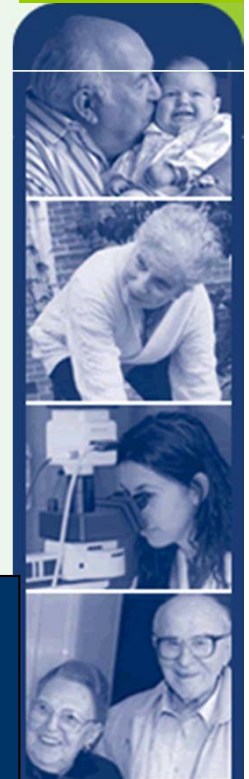
Findings - consultations

Health Professionals



Findings

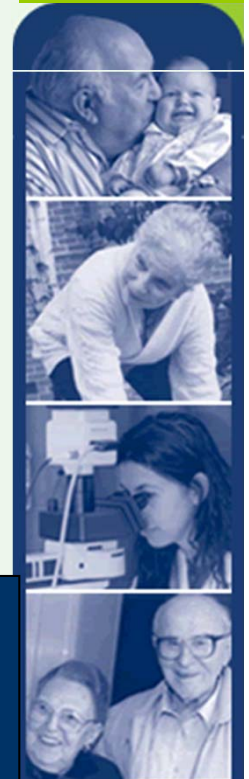
- 38 Health Professionals interviewed
- Included: GPs, Geriatricians, Practice Nurses, Herbalists, Psychiatrists and other allied health professionals
- Asked about:
 - Carer/patient understanding about dementia;
 - The diagnostic process;
 - Further education for themselves and the community.



Findings

Health professionals perceptions of carer/patient understanding of dementia

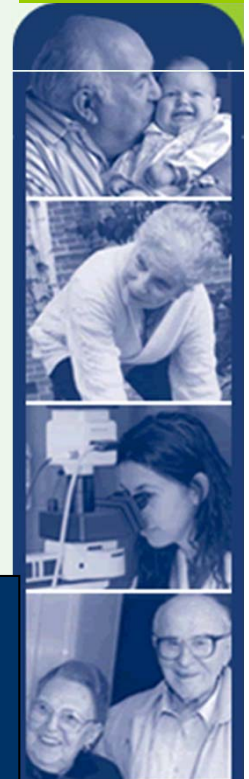
- Vietnamese
 - It is natural process of ageing
 - Knowledge on treatment and prevention is increasing
- Chinese
 - Think older people just get “old and silly”
 - Believe that if they do not think about it, they will not get it
 - Progressive



Findings

Health Professionals – Do patients present early or late for diagnosis

- Across both groups, generally present late
- Sometimes present early/mid stage (Chinese)
- Family seek help at late stage, when no longer coping (Vietnamese)

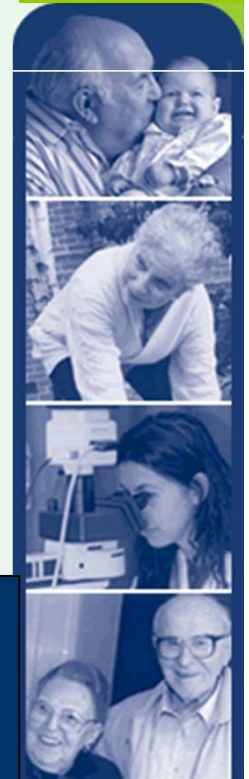


Findings

Barriers to early detection

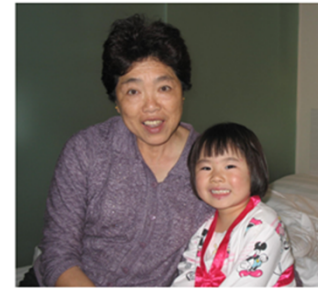
- Stigma
- Normal part of ageing belief
- Awareness important
- Family issues – not discussing
- Language (Vietnamese only)

***“People might not want to admit something is going wrong”
(Vietnamese)***



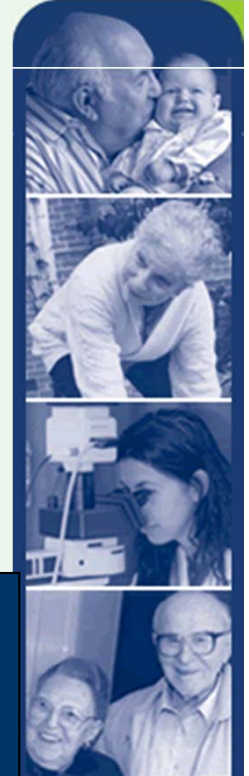
Finding

Education program



An Education Program to Improve
Referral to Memory Services for
Older People of Asian Background

For Community Workers
2009-2011



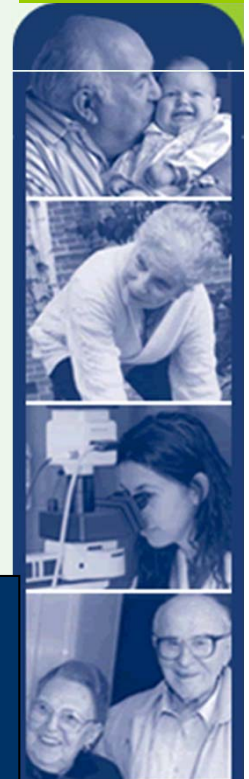
Findings - Education Program

Education Program

- Resource Packs
- GP Education Sessions
- Community Education Sessions

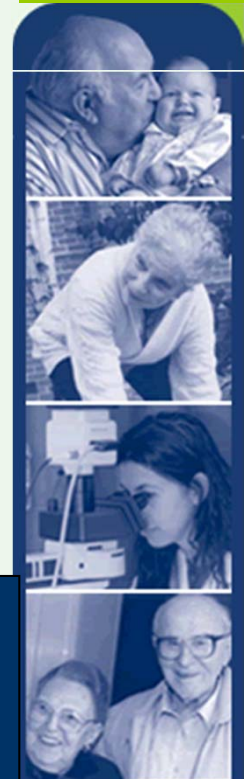
Effective Programs

- Involve the target community in every stage
- Provide information orally and in the person's own language
- GPs, local community centres and ethnic media are important avenues in delivering information



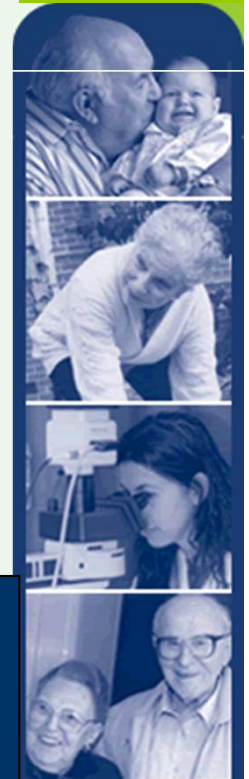
Summary

- Results reflective of findings of literature review
- Knowledge/confidence about early diagnosis
- Knowledge about dementia in the community plays an important part in early diagnosis
- Important to increase knowledge of dementia and services in the community
- Important to increase access to services/ interpreters



Next Steps

1. Background
2. Method
3. Findings
4. Next steps
 - Summarising findings of consultations with Health Professionals
 - Refinement of the education programs/ screening guidelines
 - Making this available on the web for everyone to access



Thank you!

Any Comments?

