Facilitating ageing in place for people with dementia

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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+ & 5\textsuperscript{th} 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
References

References


References


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