

Ambulatory Care for Demented Elderly

Dementia Day Care Centre

Wong Chuk Hang Hospital

Liu Mut Sim Hester, APN



Outline



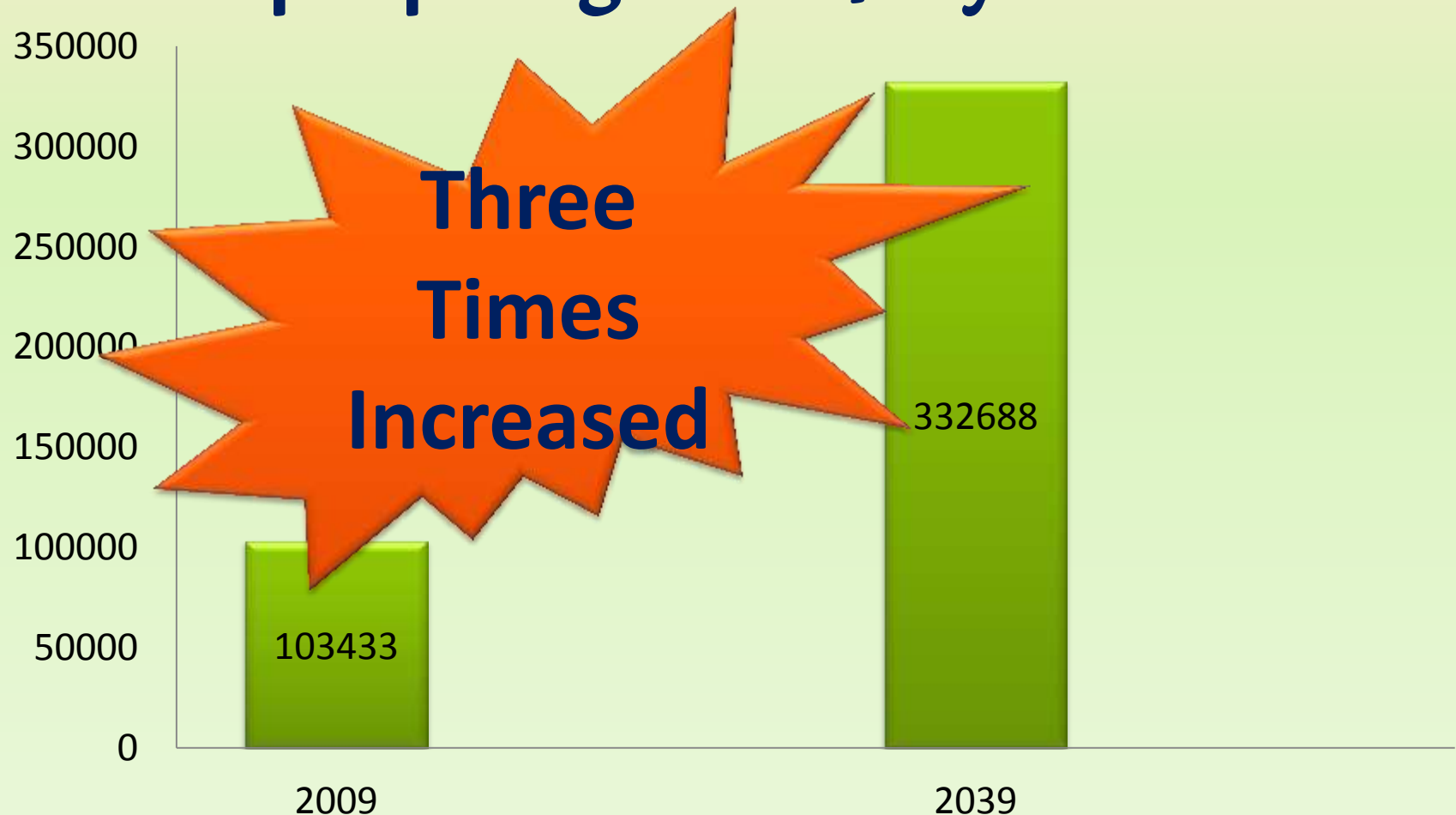
- Introduction of DDCC Services
- Non-Pharmacological Intervention on a Multidisciplinary Approach
- Evaluation of DDCC Services
- Conclusion and Future Direction
- Acknowledgement

Introduction

Ageing population in Hong Kong



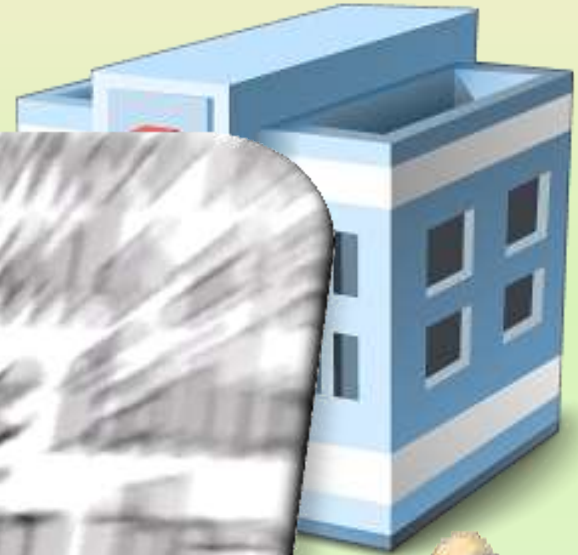
The Prevalence of Dementia in HK of people aged ≥ 70 years



Dementia is one of the main causes of dependence and disability at old age



The Leading Cause



Drug Treatment for Dementia patients



WCHH Dementia Day Care Centre was set up in November 2000



Services For Demented Elders

- Serving elders with Mild to Moderate level of cognitive impairment
- Duration of training
 - 4 months training program
 - 2 sessions per week



黃竹坑醫院
長樂坊
認知障礙症日間中心

Non-Pharmacological Therapeutic Training

Aims at:

- Delaying disease progression and functional decline
- Improve demented elder's quality of life and integrate into the community
- Relief caregivers' stress



Multidisciplinary Approach

- Cognitive training
- Physical exercise training
- Specially Designed activities
- Caregivers' Training Workshop
- Direct Mobile Phone Consultation Service
- Community Partner





Cognitive Training

Memory training

- Aims at improving the cognitive and functional abilities, self-esteem & reduce problematic behaviors



Reminiscence Training



膳食坊

Perceptual Training



Computerized Cognitive Training



Reality Orientation



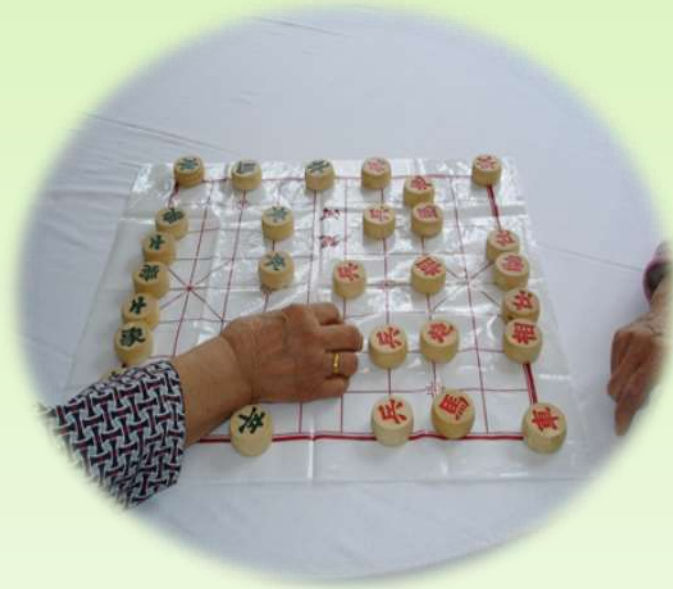
Physical Exercise Training

- Aims at maximization of their strength, flexibility, coordination, balance, interaction with others





Specially Designed Activities



Cooking Activity to Celebrate Festivals



*Share these happy
moments with
their relatives*





Journey for Active Minds: Jockey Club Museum Program for the Elderly



Caregivers' Training Workshop



Direct Mobile Phone Consultation Service

- Commenced since June 2003
- The service hours are 9am to 5pm from Monday to Friday and 9am to 1pm on Saturday



Community Partner

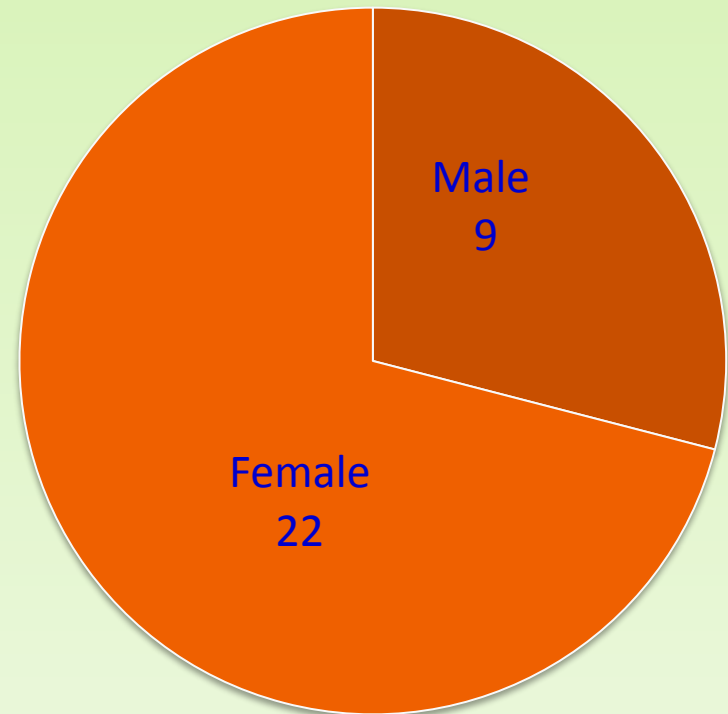
- For early identifying and providing non-pharmacological intervention
- For provide continuity of care for the demented elders

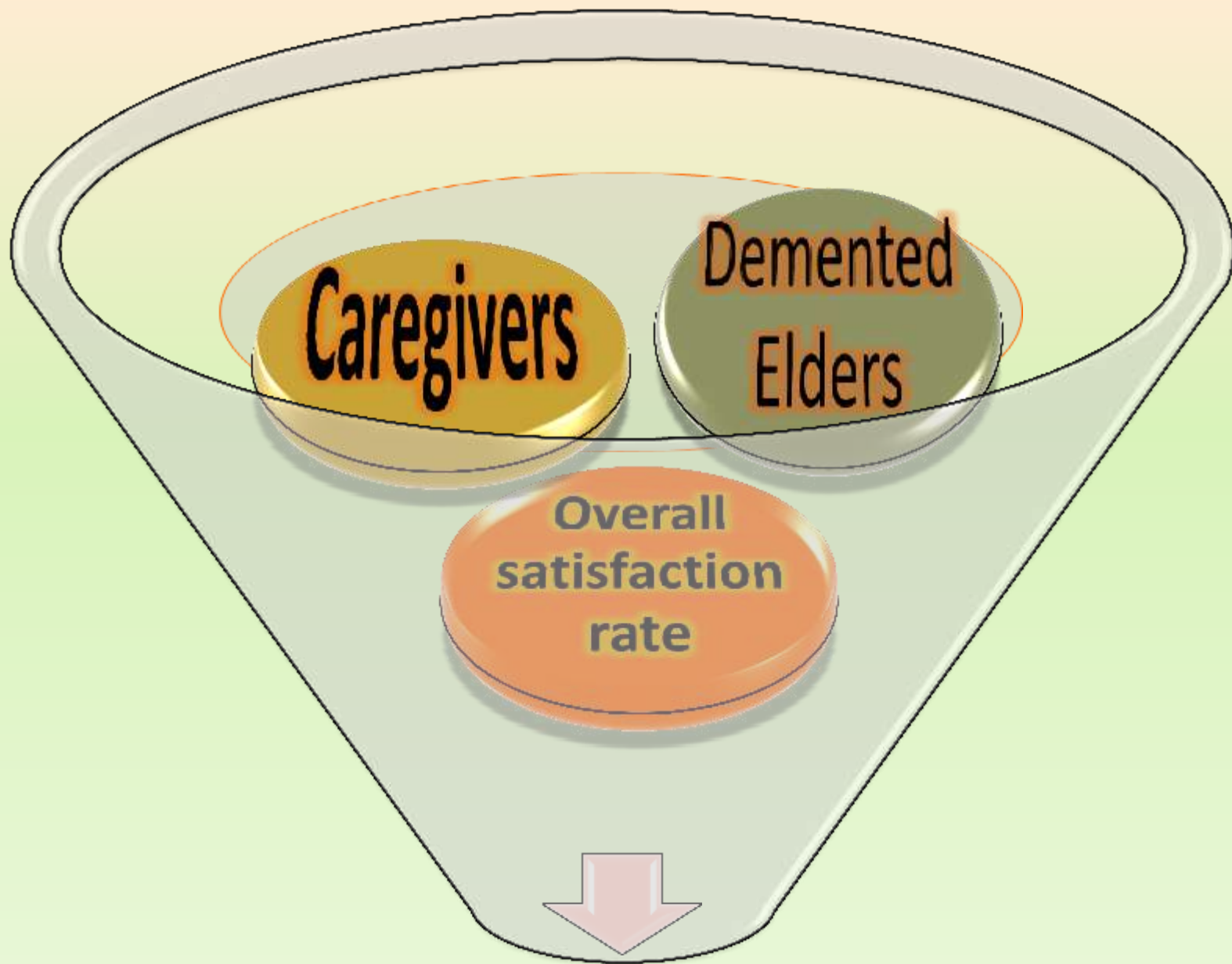


Effectiveness of Non-Pharmacological Intervention through Multidisciplinary Approach

- Data collected from January to December 2014
- Paired sample t-test was used to measure the effectiveness
- Mean MMSE score 20.7
- Mean age 80.5

Sex Frequency

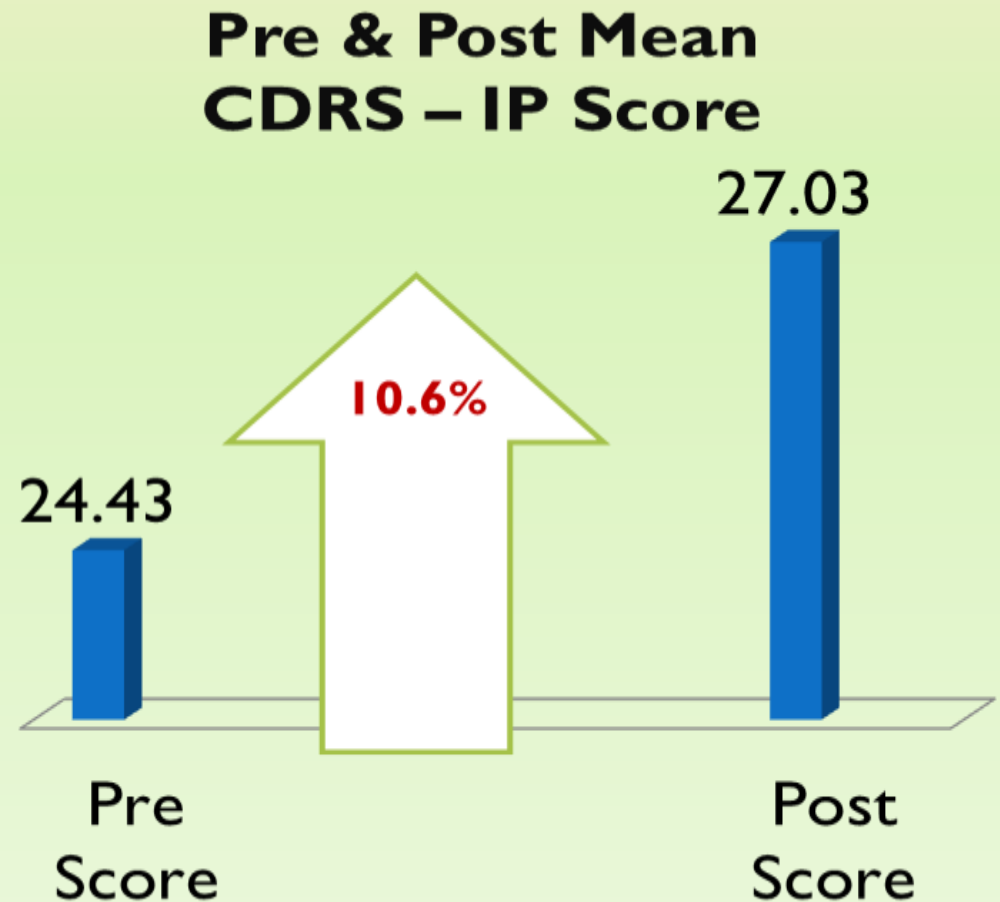




Evaluation

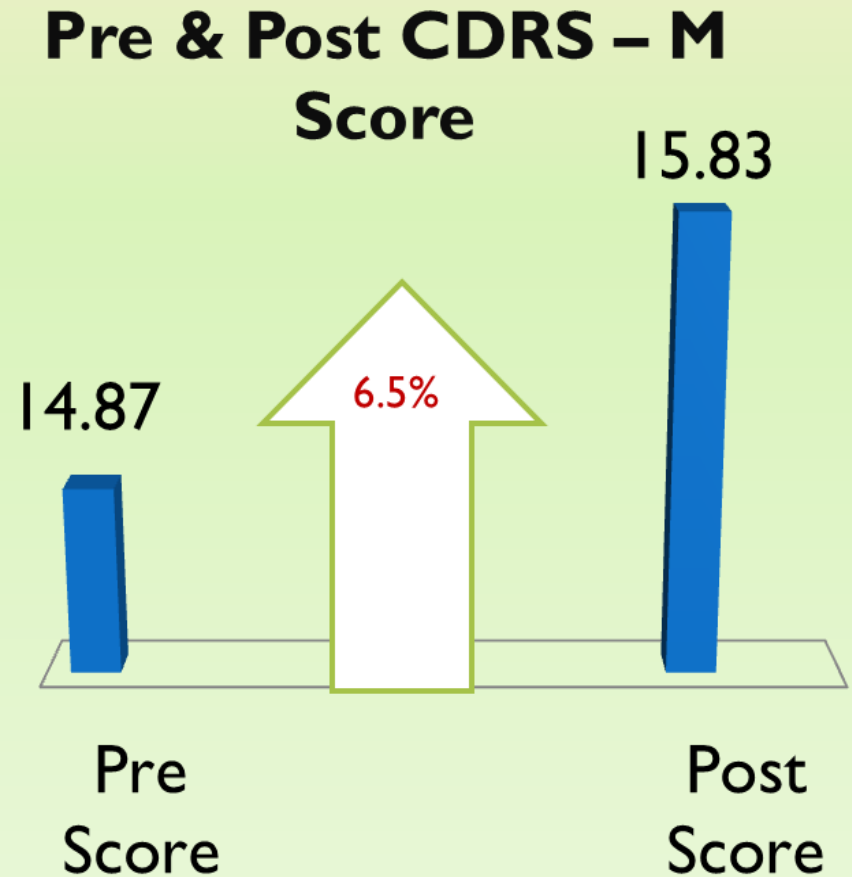
Comparison of Mean CDRS-IP Score Pre & Post Therapeutic Training

- By using paired sample t-test, there was a significant increase in the CDRS-IP mean score ($p=0.01$)



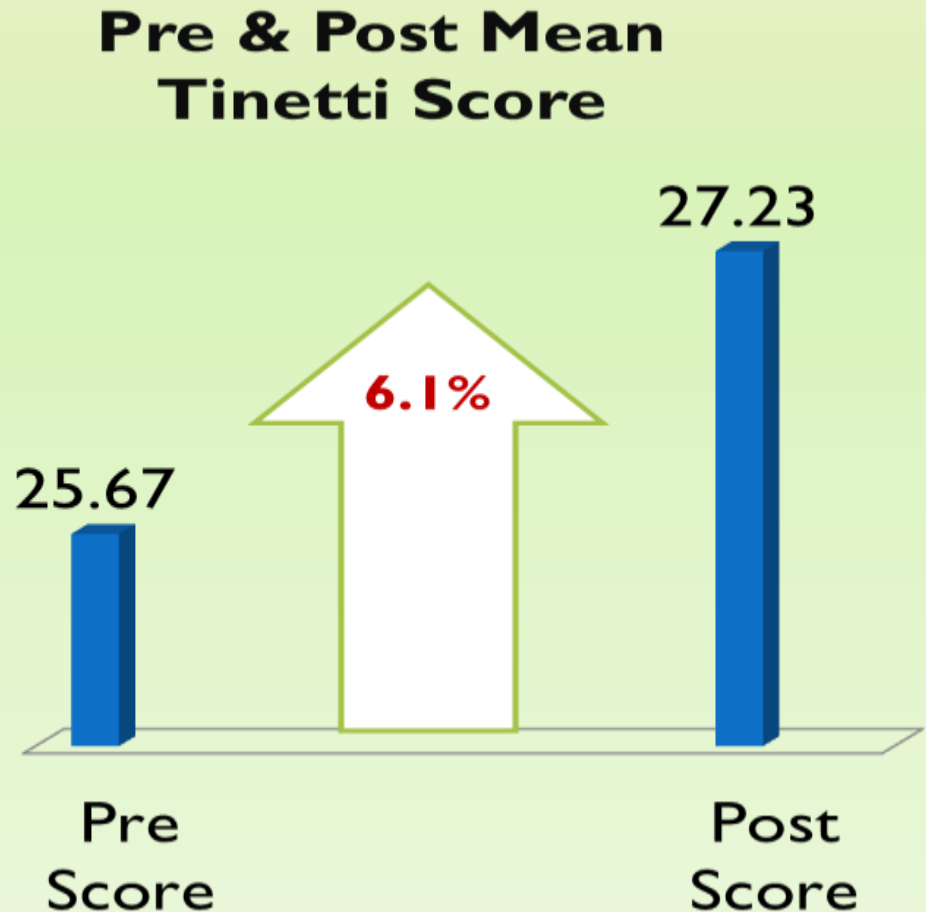
Comparison of Mean CDRS-M Score Pre & Post Therapeutic Training

- By using paired sample t-test, there was a significant increase in the CDRS-M mean score ($p < 0.01$)



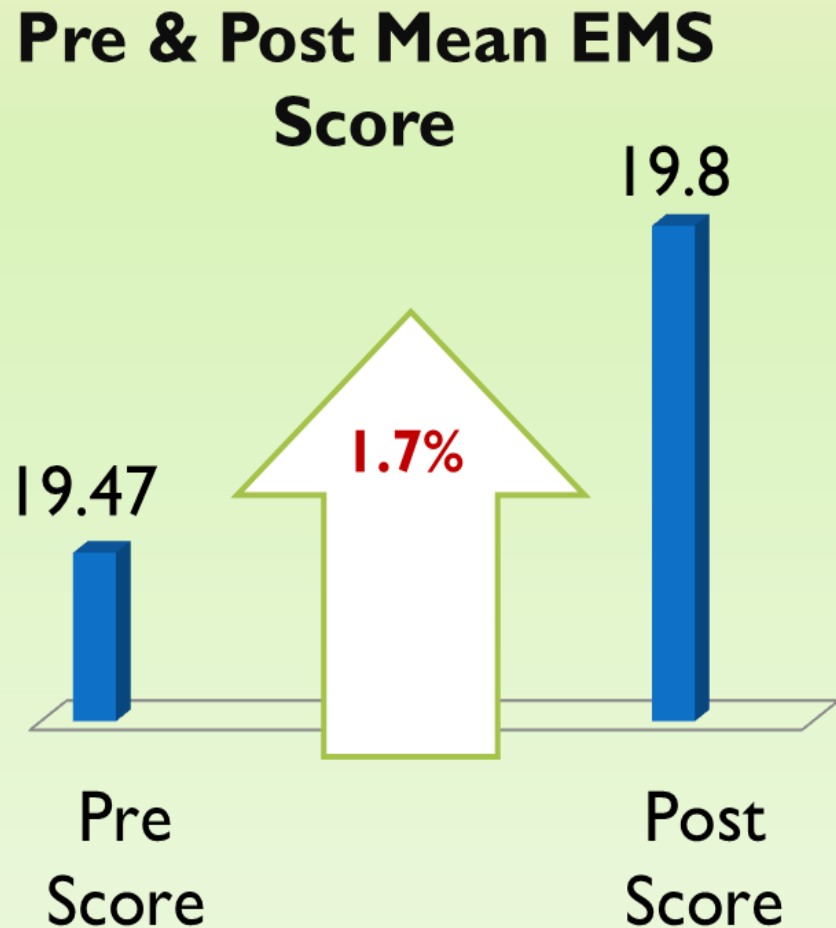
Comparison of Mean Tinetti Score Pre & Post Therapeutic Training

- By using paired sample t-test, there was a significant increase in the Tinetti mean score ($p < 0.01$)



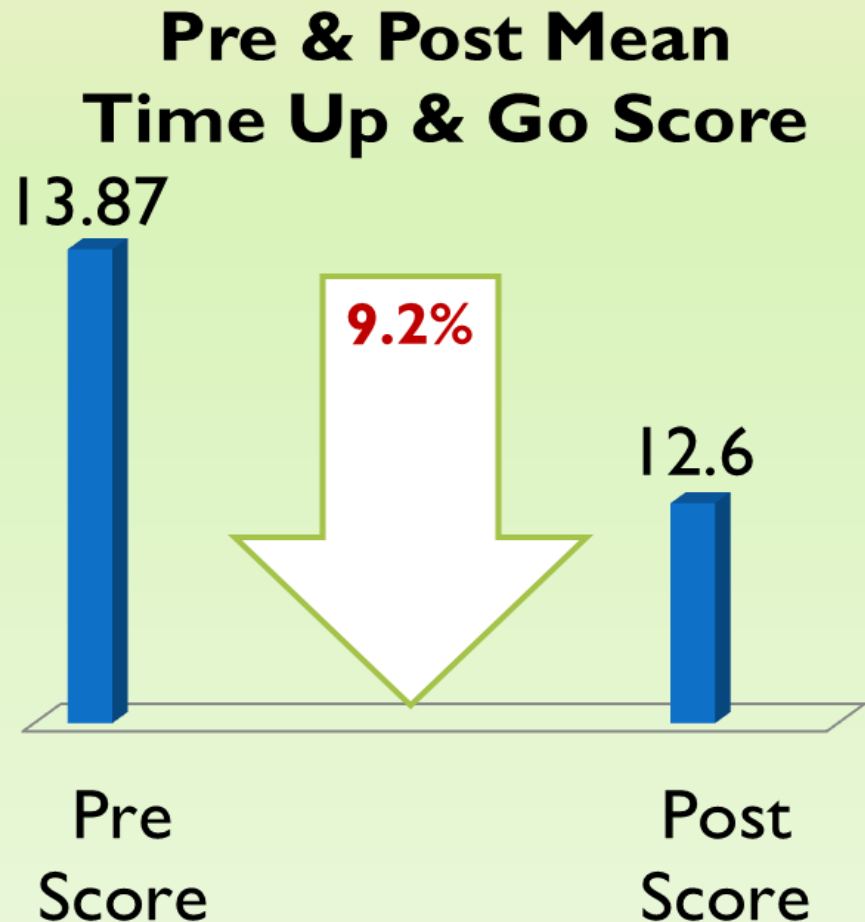
Comparison of Mean EMS Score Pre & Post Therapeutic Training

- By using paired sample t-test, there was a significant increase in the EMS mean score ($p=0.03$)



Comparison of Mean Time Up & Go Score Pre & Post Therapeutic Training

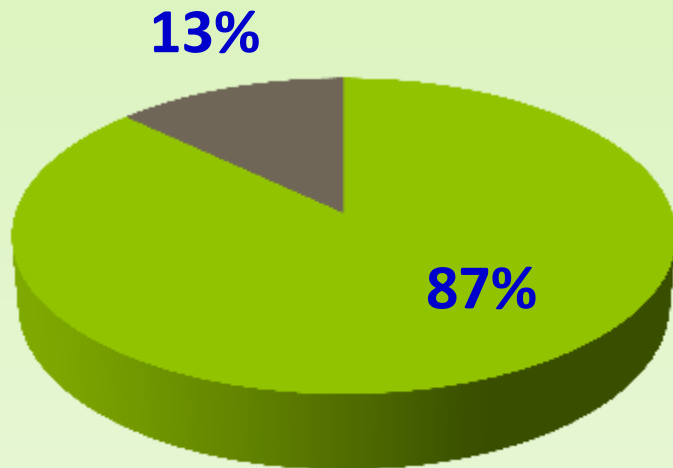
- By using paired sample t-test, there was a significant decrease in the Time Up and Go mean score ($p=0.03$)



Psycho-social Aspects

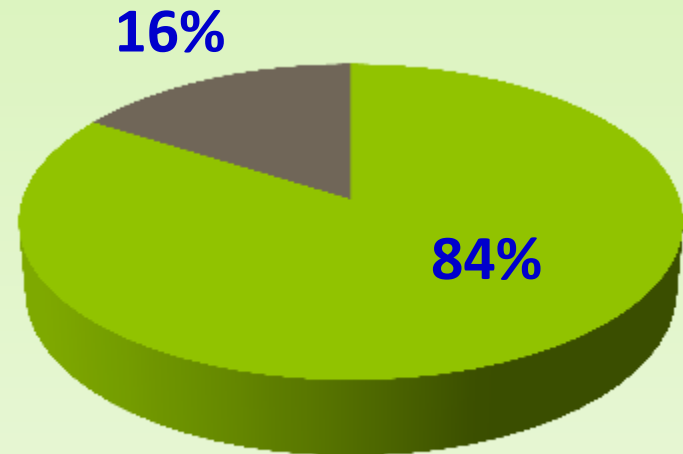
Improved in recognition
and emotional problem

■ Improved ■ Unchanged

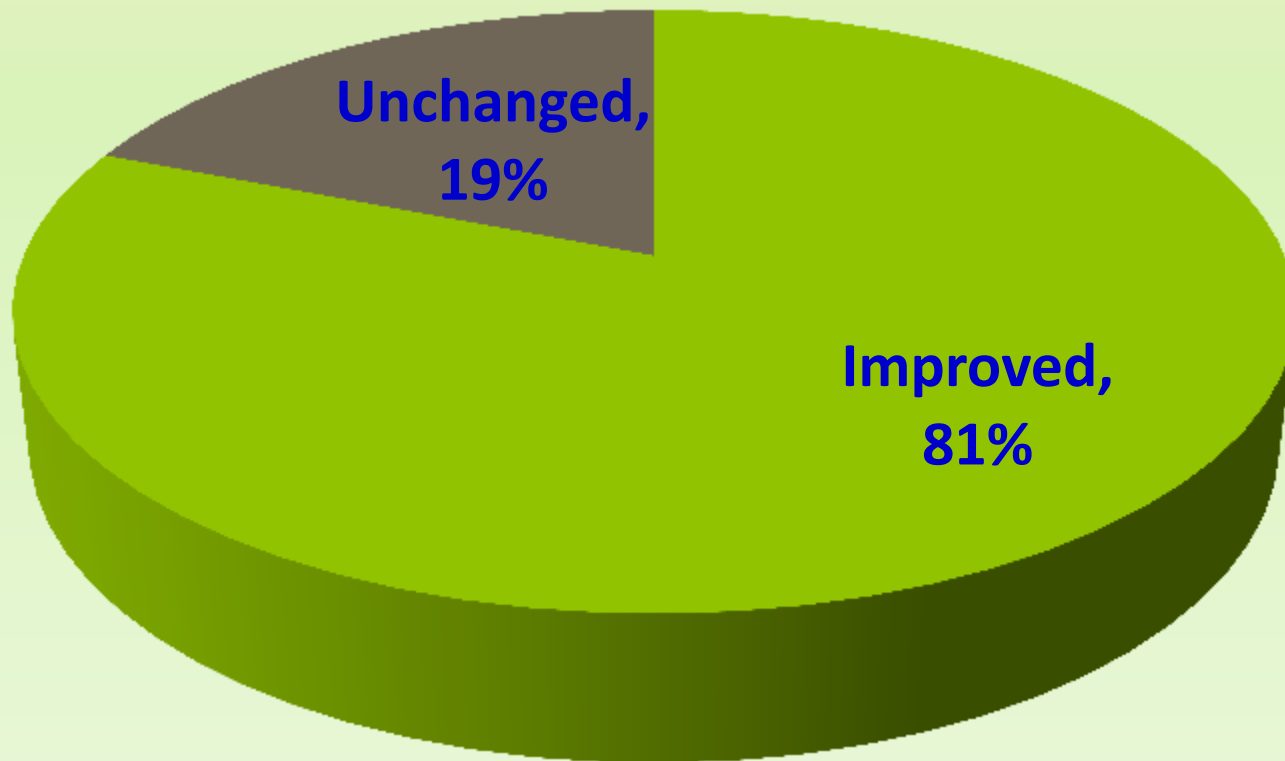


Improved interest to the
surrounding things

■ Improved ■ Unchanged



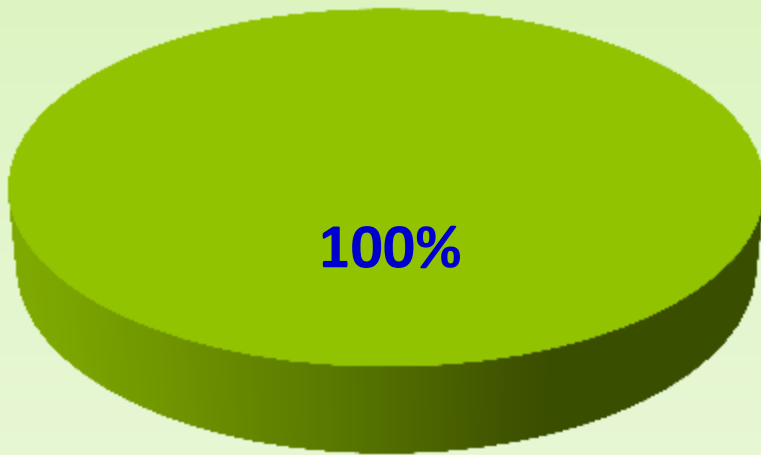
Improvement on Memory, Participation and Communication



Caregiver Aspects

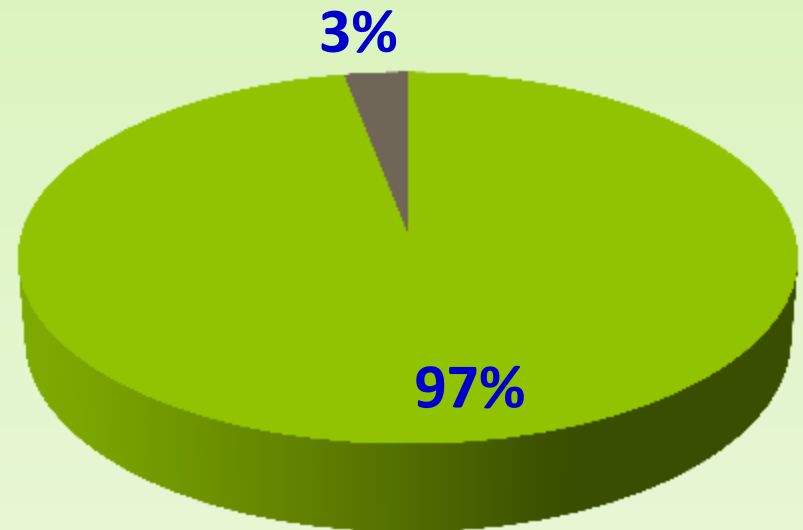
↑ confident in caring & communication skill

■ Improved



The level of caring stress

■ Decreased ■ Unchanged



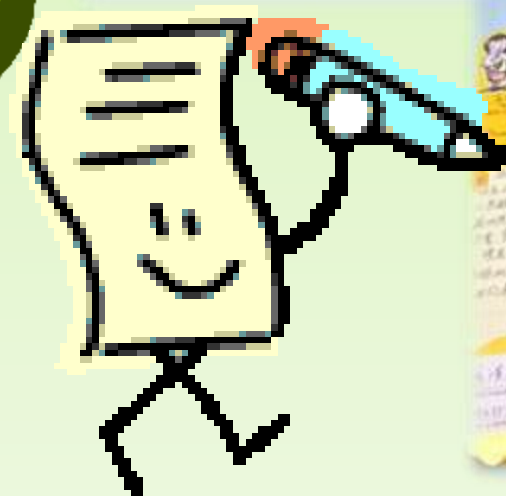
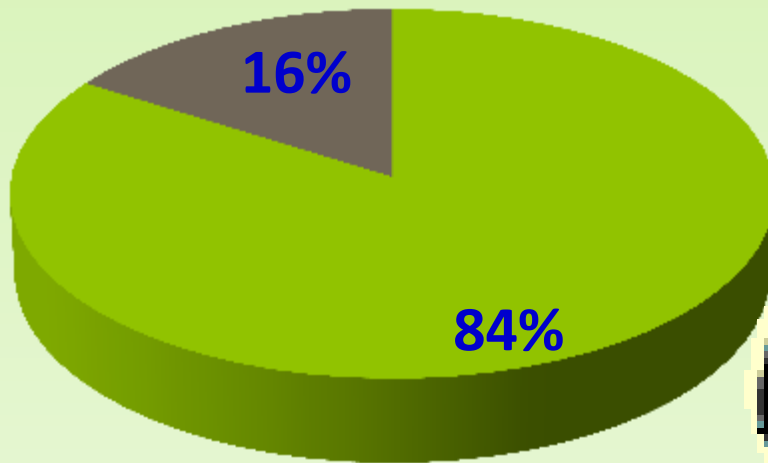
Overall Satisfaction Rate

GO FOR IT !



Well Done

■ Excellent
■ Satisfactory



Feedback from Caregivers

媽媽的行為和說話都比以前有進步

你們的工作是真真正正的分担了我們家人的精神壓力，和生活上的不便

你們對老人家有無比的耐性和愛心才可引發他們的思考力，看見媽媽的美勞創作便知道你們做得很成功！

媽媽每一次都要花80多元搭的士，每月就要700元。不知可否能安排交通，因不是很多家庭能負擔得起

「打麻雀」這活動舒緩了媽媽肩腰的僵硬。一個八十歲從未受過教育的婆婆，在這裡可以嘗到上課的滋味，對她「腦退化」的問題有明顯幫助

Conclusion (1)

➤ Our Limitations:

- Location is not convenience
- Limited spacing in our centre
- Inadequate community resources for providing continuity of care after clients' discharge



Conclusion (2)

- Therapeutic training for demented elders requires integrated multidisciplinary strategies
- Physical exercise training appears beneficial to demented elders and should be considered as an integral part of therapeutic training



Conclusion (3)

- The training can efficiently help maintain their functional and psychological stability which enables the demented elders integrating into the community
- Caregivers' stress and burden could also be reduced

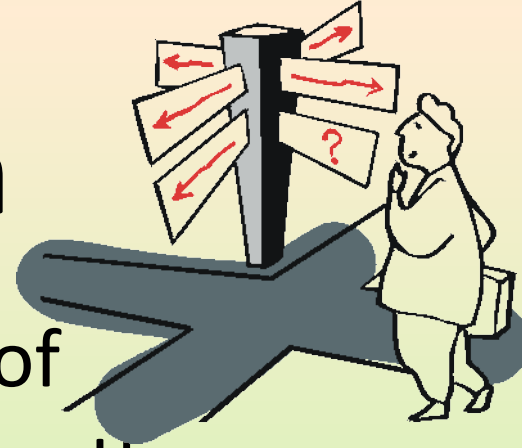


Conclusion (4)

- The service model of collaboration with community partner to provide early screening, early interventions and continuity care for the demented elders is highly recommended



Future Direction



- To continue exploring the possibility of collaborating with NGOs as to enhance the partnership with community for providing one-stop dementia day care service
- To setup the Carergivers' Self-Help Supporting Group to help
 - Relieve caregivers' stress
 - Strengthen and enhance their problem solving capacities and skills
 - Promote psycho-education and provide support



Acknowledgement

- Dr C C Lau, HKEC CCE/PY HCE/WCH HCE
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- Ms. S H Yeung, TWEH GM(N)/WCH GM(N)
- Dr Y M Wong, WCH MO
- Ms. Yvonne Chan, WCH WM
- Mr. William Tam, WCH PT I
- Ms. Menda Chau, WCH OT I
- Mr. Tse, WCH MSW



Thank You!

A horizontal brushstroke graphic featuring a spectrum of colors: blue, purple, pink, red, orange, and yellow. The strokes are layered and textured, giving it a hand-painted appearance. It is positioned below the 'Thank You!' text and above the 'Love You' text.

Love You