



## Service Priorities and Programmes Electronic Presentations

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### **Share SUNSHINE & Light up the lives of Dementia Caregivers Dementia carer support program**

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#### **Keywords:**

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#### **Introduction**

According to HK Government estimation, the numbers of Hongkongers over the age of 80 will peak after 2050, with at least a third of them expected to suffer dementia. The current dementia population is estimated more than 100,000 people. To provide more support and advocacy for people with dementia and their families, Patient Resource Centre in QEH organized the 1st Dementia Carer Conference in Jan 2018. We lined up several numbers of NGOs within our district to join the conference. Survey on carer stress and demand on community resources were distributed to collect participants' feedback and plan the future activities.

#### **Objectives**

As carers play an important role in the long-term care of persons with dementia who are living in the community, we aimed to enhance their support system and promote their caring skills, and physical and psychological health. The objective of this dementia care giver conference included the followings:

1. Provide a platform for Dementia care givers to meet others in a similar situation
2. Provide relevant dementia education and information
3. Share ideas, management tips and techniques with other carers
4. Learn about local community services for people with dementia and their carers
5. Learn how to cope with issues such as loss and grief, guilt, resentment, anger, relief and other emotions which may arise
6. Learn coping mechanisms and techniques such as stress management and relaxation etc

#### **Methodology**

Survey on carer stress and demand on community resources were distributed to collect participants' feedback and plan the future activities.

Amongst the collected questionnaire (n=36). 56% of carer currently caring the middle

or late stage dementia people. Family members and maid remains the major carer for dementia people. They take care the daily living, accompany follow up and escort dementia people to elderly centre or other social activities. The majors stressors were came from financial, care on daily living and disease management. 50% of participants expressed the carer stress impacted their own well beings and psychological morbidity.

They would relieved their stress through peer support, family members, joining dementia care seminar to enrich their knowledge and skills.

However, they have limited knowledge on the community support service and network which may help them in caring the dementia people. The most interest areas including the DECC, Cognitive training, residential home care / respite care.

### **Result**

Patient & Carer empowerment and support is the Core services for Patient Resource Centre. In view of the increasing trend of Dementia suffers in Hong Kong, involvement of PRC and clinical teams in development of dementia carer support services along the patient care journey can provide timely support to patients and families at point of care and back to community after discharge. Around 130 families and carers joined the conference. From the post activity evaluation, Over 95% of them agreed the contents of the conference can address concerns on their own physical and psychological health. Life style re-design and peer support are important to sustain their role as care givers. They learnt the relaxation technique from Clinical psychologist and obtained NGOs information on community support which can relieve their care stress. Overall speaking, the conference achieved the objectives and PRC will organize activities such as Care giver caf, Retreat and Eat Well for care givers in the near future to provide a wide range of support to this group of caregivers.