



Service Priorities and Programmes
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Home-based Activity Program for Older People with Dementia in Geriatric Day Hospital

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Introduction

Dementia is characterized by a progressive deterioration of cognitive functioning. Persons with dementia often have behavioral symptoms, which can casue an increase in caregiver stress. Lack of engagement or boredom can also lead to problematic behaviours e.g. agitation and aggressiveness. Therefore, the use of purposeful activity is a non-pharmacological approach for managing behavioral symptoms, and enhancing quality of life for the patients and their caregivers. The Tailored Activity Program (TAP) and Montessori-based activities are commonly used home-based activity programs designed by occupational therapists in Tung Wah Hospital.

Objectives

To introduce home-based activity program in GDH

Methodology

The program is provided to community-dwelling individuals with dementia aged 65 years or above and their family caregivers.

The TAP involves up to eight sessions. It is designed to prevent and reduce behavioral symptoms by providing meaningful activities tailored to capabilities and interests and opportunities for positive engagement.

Result

Home-based occupational therapy intervention is beneficial to caregivers and people with dementia, as reported by caregivers and observed by occupational therapists. Caregivers reported confidence in using prescribed activities as part of their daily routines. Prescribed activities appeared to be pleasurable and meaningfully engaging to people with dementia. Further research is suggested to explore the effectiveness of home-based activity program for persons with dementia.