



Service Priorities and Programmes
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A Pioneer Program of OT Services for Elderly with Memory Complaints in Primary Care Setting - Cognitive Assessment and Empowerment Program (CAEP)

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Introduction

Population ageing escalates demand for elderly services. However, there was a lack of early assessment and intervention for elderly at risk of cognitive and functional decline in community. A new multidisciplinary program - Cognitive Assessment and Empowerment Program (CAEP), which was targeted to serve the elderly with suspected memory decline, had been launched since January 2016.

Objectives

- (1) To screen and provide early intervention for elderlies with cognitive and functional decline in the community
- (2) To empower elderlies & their caregivers with knowledge and raise awareness of cognitive and functional decline

Methodology

Elderly people with suspected memory decline were referred by doctors of GOPC to CAEP. Occupational therapists (OT) would conduct (i) cognitive assessments, including Abbreviated Mental Test (AMT), Montreal Cognitive Assessment-Hong Kong version (HK-MoCA), (ii) functional assessments such as Chinese version of the Activities of Daily Living Questionnaire (ADLQ-CV) and (iii) Knowledge, Attitude, and Practice (KAP) and quality of life of target patients. Patients would then attend medical consultation of Family Medicine (FM) with the occupational therapy report. Once the patient was diagnosed as mild cognitive impairment (MCI), empowerment and training would be provided. Patients would be reviewed after six-months to monitor their progress. For complex cases diagnosed as dementia, OT would initiate and attend case conference with Geriatrician and FM doctors to formulate a thorough management plan.

Result

From January 2016 to October 2017, 461 patients were referred to CAEP. 355 attended OT sessions and 283 attended FM consultation. Among all, 37% patients were referred to secondary care including SOPD or psychogeriatric team. 44 patients attended six-month review and only 7.5% of MCI patients were diagnosed dementia. KAP improved from 3.84 to 5.18. Cognitive and functional decline was comparable. Overall satisfaction rate of CAEP was 3.98/5.

The multidisciplinary CAEP has improved the knowledge and awareness of elderly with suspected cognitive decline and their carers. It helps identifying patients with significant cognitive and functional decline to secondary care for appropriate management. OT demonstrates significant role for fast-track diagnosis and early intervention in CAEP.