



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 852

**Submitting author:** Miss Sherry So Yee SHEN

**Post title:** Occupational Therapist II, PWH, NTEC

**Effectiveness of Structured Home Program –PLAY (Pleasure, Learning, Accompany You) For Patient With Dementia and Their Caregiver: A Pilot Study**

*Shen SYS(1), Chan HYS(1), Choi WKG(1)*

*Occupational Therapy Department, Prince of Wales Hospital*

**Keywords:**

Dementia

Play Therapy

Home Program

Occupational Therapy

Carer Education

**Introduction**

The number of elderly diagnosed with dementia is increasing with the aging society. Cognitive training is one of the most common non-pharmacological interventions for dementia carried out by occupational therapists. Some home-bound dementia patients lack daytime engagement and cognitive stimulation in daily time resulting rapid deterioration in cognition. Structured home program activities which specially assigned to suit individual ability is beneficial in cognitive training. Easily available cognitive toys targeting different cognitive domains are introduced in the program. Caregiver training is provided to carry out the cognitive program at home.

**Objectives**

(1) To provide structured daytime engagement and cognitive stimulation for elderly at home; (2) To improve caregivers' caring skills and the compliance to home based training; (3) To increase interaction between patients and caregivers; (4) To maintain or improve patient's cognitive and psychosocial performance.

**Methodology**

A "Pre-test" vs. "Post-test" design is employed. Subjects are out-patients in PWH occupational therapy with cognitive impairment. The target treatment group is patients with mild to moderate dementia (according to Functional Assessment Staging). Outcome measures are categorized as: (1) MoCA- 5 mins protocol for cognitive function, (2) Subjective Emotion Scale for mood changes, (3) Post-training questionnaire on patient's compliance and daytime engagement. Wait list control shall be adopted.

**Result**

Patients will be recruiting into the training from March 2018. Total of 10 subjects will be included in the study. The engaged time during the day and compliance on home based training are expected to be increased. The cognitive and psychosocial performances are expected to be maintained or improved after the training.