



Service Priorities and Programmes
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Community Mental Health Partnership Project for better brain health of elderly

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Introduction

The Occupational Therapy (OT) Department of Kwai Chung Hospital(KCH) successfully collaborated with the Neighbourhood Advice-Action Council(NAAC) to run a 2-phase community based elderly project. Phase I of the project received an outstanding health promotion project award (Mental Well Being) from The Health Care Promotion Fund in 2011.

Objectives

1. Support cognitive impaired/depressed elderly through early detection, education, prevention, and intervention programme; 2. Empower elderly to live happily.

Methodology

Phase 1 was a "Sunshine in the heart, Lit up Life of the Elderly" project which was held in 2005-2006 by OT of KCH and NAAC, together with Social Workers in organizing community mental health programme in elderly centres. Subjects were screened by Chinese MMSE, Geriatric Depression Scale- Short Form (GDS-SF). Elderly with indicated dementia or depression would attend a Cognitive Training Group and a Healthy Living Style Group respectively. Pre-and-post outcomes were namely validated MMSE, GDS-SF, Dementia Rating Scale, Modified Barthel Index, Lawton IADL Scale and WHOQOL-BREF. During Phase 2 ("Community Mental Health Project for the Elderly")(2008-2011), community prevention, detection and intervention programmes were launched. "Elderly Stays Smart" Brain Health Training Programme was implemented with case-control design and pre-and-post test evaluation was done by Brief Assessment of Prospective Memory (BAPM) and similar evaluation tools used in Phase 1. Some KCH discharged patients attended specific support programme.

Result

In Phase 1, 1093 elderly persons attended 7 community education programme and

245 of them were successfully assessed. 19 persons (mean age 85; SD=5.67) further joined a 10-session cognitive training group. Significant improvement ($p<0.005$) were shown by comparing Pre-test and Post-test scores : CMMSE were 17.42(4.37) and 20.74(4.63); CDRS 94.21 (20.01) and 101.37 (14.82). Another 16 subjects attended a Depression group. Significant improvement were found in pre-test and post-test score comparison: GDS-SF were 8.69(4.27) to 4.13 (3.67) ($p=0.000$) and WHOQOL score with improvement in 5 subcores ($p<0.05$). 125 subjects (64 cases and 61 control) attended 10-session Smart programme in Phase 2. Significant improvement were shown in MMSE ($p<0.013$), BAPM ($p<0.024$) and GDS-SF ($p<0.095$). Structured training programmes improve brain health of elderly. Collaboration with NAAC continued to support indicated discharged patients. OT might further develop evidence-based cognitive program, with community partners.