



Service Priorities and Programmes
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Capacity to make decisions on meal management in Chinese older persons with mild Alzheimer's disease – a correlational study

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Introduction

With Hong Kong's rapidly ageing population, the number of people with dementia and mental incapacity is escalating. Study on mental capacity to make decisions on one's own meal management is lacking.

Objectives

This study aimed to explore the relationship between the mental capacity and local clinical assessment tools among Chinese older persons in Hong Kong with mild Alzheimer's disease (AD).

Methodology

Ninety three Chinese older adults with mild AD were recruited from the community. Their mental capacity was assessed by clinician ratings based on the definition in the UK Mental Capacity Act 2005. Their decision-making abilities were assessed by using the Chinese version of the Assessment of Capacity for Everyday Decision-Making (ACED). The Cantonese version of the Mini-Mental State Examination (MMSE), the Chinese version of the Disability Assessment for Dementia (CDAD) and Category Verbal Fluency Test (CVFT) were administered.

Result

Based on clinician ratings, 43% of our participants were found to be mentally incompetent. Linear regression analyses were conducted to examine the relationship between clinician ratings and performance in assessment tools. The association between the ACED total score and mental capacity was found to be significant. The finding supports the use of direct assessment tool for assessing one's mental capacity

in clinical practice.