Provide Conductive Education Activities for residents receiving long term care
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Introduction
There are about 250 residents in Infirmary Unit and Disabled Unit at Cheshire Home Shatin (SCH). Majority of them are suffering from elderly diseases, (e.g. CVA, Dementia) which affect their physical and psychological conditions. By experience shows that CE activities have outstanding improvements on residents’ psychological condition. We use CE activities provides as part of the CQI Programme and End of Life Programme.

Objectives
To improve QoL (Quality Of Life) of residents who receive long term care service in SCH. To improve self-esteem, increase happiness index and help them build positive characters. To improve self-care ability to encourage support from relatives

Methodology
We carried out the CE activities by adopting the retrospective method. There Emphasizes on providing different activities with festival or cultural themes, which motivates residents and help them connect with their long term memory. Provides training for their gross and fine motor control, cognitive, speech and social skill. The programme provided Chinese cultural themes, such as Chinese wedding, Chinese music, Chinese traditional child care, Chinese festival, Hong Kong anecdotes, Chose target residents who have better communication ability and responsiveness.

Result
The majority of the participant have significant positive mood shift after the activity. All residents and relatives participants enjoyed the training program. Feedback from residents shows that participants have expanded their organizer shows staff also gain from this programme. There offer more physical training to build up the atmosphere. Residents whose
conditions are medically unstable, with confusion and limited responses have
difficulties in benefitting from the programme. Participation of relatives are highly
encouraged as the benefits from the activities can be further extended to their daily
lives. Feedback from organizer shows staffs also gain from this programme. This
programme will be held yearly in the coming years with festival related themes.