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Empowering Foreign Domestic Workers to Provide Quality Dementia Care at Home

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Introduction

Dementia care has posed major healthcare challenges, especially in those with behavioral and psychological symptoms of dementia(BPSD). BPSD can cause significant caregiver burden and predict institutionalization. In Hong Kong, live-in foreign domestic workers(FDW) are commonly employed for elder care; however, there is a lack of educational material or training workshop on BPSD in the community for these workers.

Objectives

To reduce behavioral symptoms of the care-recipients and caregiver stress in the community by developing a series of workshops and training reference tailored specifically for FDW.

Methodology

A focus group of 21 FDW was interviewed in May 2015. Five most distressing BPSD symptoms('Delusion', 'Aggression', 'Depression', 'Irritability' and 'Sleep Disorders') were identified using Neuropsychiatric Inventory(NPI). Based on the results from the focus group, four identical full-day workshops were conducted in August 2015 to February 2016. Lectures and live demonstrations were held by the multidisciplinary team. The workshops were delivered in English and Chinese, with live translation by an Indonesian interpreter. The effectiveness of the workshops was measured using modified version of NPI for BPSD symptom score, and a 6-point likert scale for carer strain on individual symptoms before and 1 month after the workshops.

A trilingual guidebook 'Caring for elderly with dementia: Guide to foreign domestic workers' was produced by the project team in English, Indonesian and Chinese. The project was funded by the Health Care and Promotion Fund.

Result

113 FDW attended the workshop. Paired sample T-tests was conducted to evaluate

the impact of the workshops. The post-workshop symptom score(mean = 7.66, SD = 8.27) was shown to be significantly lower than the pre-workshop symptom score(mean 17.25, SD = 15.06), $p < .001$. The post-workshop carer strain score(mean = 1.97, SD = 2.85) were also shown to be significantly lower than the pre-workshop carer strain score(mean = 8.59, SD = 6.47), $p < .001$. The decrease in behavioural symptoms and carer strain score in all five symptom domains were found to be statistically significant.

A trilingual guidebook was published in June 2016. A book launch was held in November 2016 to promote the content of the guidebook to 36 community support service units(DECC, NEC) in Kwai Tsing, Tsuen Wan and Shamshuipo districts. The guidebook was also made available online for public reference.