

Cognitive Stimulation

Changes behaviours for staff, students and people with dementia

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Good Lives for People with Dementia

ACH Group services for people with dementia

- ❖ Uses evidence-based best practice interventions
- ❖ Promotes meaningful occupation and improved quality of life
- ❖ Trial of the Cognitive Stimulation Therapy program “ Making a Difference” in 2006



We are all in this together

- Our behaviours and attitudes affect each other
- What is included as challenging behaviour?
- Our focus has been on engaging people who are withdrawn, unable or unwilling to participate in activities



Collaboration partners

- ACH Group
- University of SA Occupational Therapy Program, School of Health Sciences
- SA & NT DTSC



Criteria for collaboration

- ✓ Evidence-based best practice interventions
- ✓ Improve quality of life for people with dementia
- ✓ Quality learning opportunities for occupational therapy students
- ✓ Developing the dementia related skills of existing and future health professionals





Needs and Opportunities

- Identified a number of people who were withdrawn or apathetic
- Staff focus on disruptive behaviours
- Need for meaningful occupational for people with dementia who are withdrawn or who cannot participate in large groups
- Placement opportunities for Occupational Therapy students



Cognitive Stimulation Therapy

- Evidence based group program to offer cognitive stimulation to people with dementia, based on interests, using the senses and reminiscence
- Mild to moderate dementia
- Not to include people with significant sensory deficits, severe physical health problems or too agitated to participate



The reality

- Assessed participants by criteria but...
- Secure mental health site had few people without co morbidities, sensory deficits or agitation and a need for meaningful activity
- Staff included clients who were challenging or who they were unable to assist.



Case studies

- Mental Health secure unit

“ the first group we had clients yelling, you could hear them all over...it was really intense.. What we saw in the last few weeks... was polite responses... Another woman changed from saying I’ll kill you to I love you”

“the clients were all so beautiful”

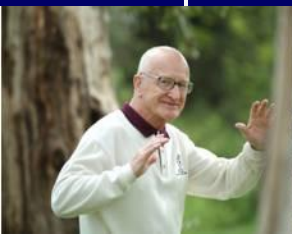


Men's shed

- 2 young male OT students with sporting experience matched with
- 5 older men with sporting experience and moderate to severe dementia, frail, and with a range of physical health problems. One diagnosed with depression
- Older men taught students to play dominoes, backyard cricket and cooking



A critical audience

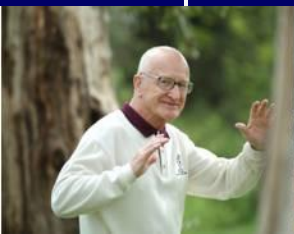


Residential facility

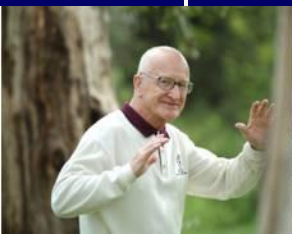
- Participants who did not come out of their rooms, did not participate in group activities and co morbid mental illness
- Escorted to the group for first 3 groups
- By group 4 most were anticipating the group “*the girls are coming*”
- One brought her neighbours
- One person stayed 30 mins each week



Active engagement



Focus and creativity



What we achieved

- 18 OT students on placement in 2008, 17 in 2009, 17 to start in 2010
- 2 Social Work students on placement to run 2 groups in 2009, 2 more in 2010
- 50- 70 people with Dementia involved in Cognitive Stimulation Groups each week
- Improvements in engagement and well being of participants
- Training for staff and students



Results from the Groups

- Increasing engagement from “some signs” to “clear signs” over the 14 weeks
- Clear improvements in well being
- Strongest interest in topics:
money, word quizzes, childhood, food
- Participants regarded students positively and recommended the groups to others



Influence on students

- Most students reported positively on the likelihood of working in aged care
- “no longer apprehensive about working with older people”
- “very rewarding and interesting”
- One reported that aged care “just doesn’t appeal to me”



Staff Development

- Surprised at how well participants were able to focus and concentrate
- Good satisfaction with the training provided by SA & NT DTSC
- Practical examples
- Potential to improve wellbeing and cognitive stimulation for people with dementia



- Quality aged care placement with defined learning outcomes for students
- Experience of a best practice model of service delivery in aged care
- Sustainable placement model
- Potential for future research about the placement model





- SA &NT DTSC has developed the dementia related skills of existing and future health care professionals
- Identified future education and training opportunities
- Highlighted the benefits of CST and person centred care



Outcomes for ACH Group

- Attraction of graduates and students to work with people with dementia
- Improved skills, attitudes and expectations of staff
- Opportunity for research
- Need to embed the program across all dementia services



Benefits for people with dementia

- Positive experiences, remembering students' names, highlight of the week
- “grateful that my husband’s remaining abilities had been tapped”
- Using physical and cognitive skills because of the engagement
- Improved well being



References

- www.cstdementia.com
- *Making a difference, manual for group leaders* by Aimee Spector et al, published by the Journal for Dementia Care (2006)
- British Journal of Psychiatry (2003) 183, 248-254
- *Looking after well being*, by Bruce and Wey, (2001) Journal of Dementia Care July/ Aug 27-9
- *An Evaluation of the 2008 Uni SA, OT student placement at ACH Group, SA & NT DTSC, 2009*



Changing the expectations, attitudes and skills of staff, students and people with dementia can reduce challenging behaviour and improve wellbeing for all involved

Thank you

