QUALITY OF LIFE FOR PEOPLE LIVING WITH DEMENTIA

IT’S ALL ABOUT LIFE & LIVING
SOMETIMES A TABLET IS BETTER THAN A PILL

EVERY MOMENT COUNTS
• The number of people suffering from dementia is predicted to increase 327% between 2008 and 2050 from 227,300 - 731,000 (Access Economics, 2006, 2009).

• By 2020 dementia will have overtaken cardiovascular disease to become one of the major diseases in Australia (Access Economics, 2009a).

• Health and residential aged care expenditure on dementia has been projected to increase by 225% between 2003 and 2030.

• There are currently more than 90,000 people living with dementia in long-term care in Australia.

• About one in fifteen people over the age of 65 years has moderate to severe dementia (Access Economics, 2009).
MEDICATIONS ARE NOT THE ANSWER

This Psychosocial alternative to pharmacological intervention is congruent with the National Quality Dementia Care Initiative Guidelines which suggests “Interactive web-based toolkits for consumers & health professionals, mobile applications, development of & contribution to the development of in-person & web-based continuing professional education units’ national service provider showcase” as an effective approach (NDCI Guidelines: p: 28).

Reducing pharmacological interventions for people experiencing BPSD is achievable; An Australian study (Chenoweth L. 2009) demonstrated that after introducing a personalised care approach 15-25% of PLWD had a substantial reduction in agitation with the interventions, against no change for those who received usual care. Kleijer et al’s study outcomes add to the growing evidence that antipsychotic treatment of behavioural problems of dementia is often inefficient.(2009)
Building up a personal gallery of family members events can be useful when managing behavioural issues.
WHAT ARE WE HOPING TO ACHIEVE

• FUN
• IMAGINATION
• CONNECTEDNESS
• PERSONAL NARRATIVES
• ENGAGEMENT
• BELONGING
• IDEAS GENERATION
PARTICIPATION

The technology of ipads has opened opportunities for people living with dementia to connect with people and ideas in new and interesting ways. Maintaining cultural links becomes more interactive through audio and visual media. Engagement with art and literature is accessible and participation in lifestyle activities is at the swipe of a finger. Family participation and engagement regains meaning and staff bring their own world into the ageing workplace with enthusiasm and imagination.

The “Tablet Trial” participants were people experiencing anxiety, depression and boredom, people experiencing cognitive impairment and behaviours and psychological symptoms of dementia. Ipad were used individually and in group work by employing current theories of Dementia Care, Diversional Therapy and Communication.
The iPad as a tool to improve communication, engagement and joy for people living with dementia has as many possibilities as there are ideas to use it.
Tablet Uses

- personalised photo galleries
- communication with family
- camera, video camera
- internet browser
- GoogleEarth and GoogleMaps
- YouTube
- world radio stations
- quizzes, puzzles & games
- language translator
- book reader, audio books
A recent newsletter article highlighted an American nursing home that is using Apple iPad tablets to jump-start resident’s memory, mobility & social skills that have deteriorated through age, Alzheimer’s disease or other types of dementia. Preliminary findings in their trials included:

- Tablet’s actually provide an advantage over the printed page that is not consciously perceivable - the information is processed more easily when a tablet PC is employed (Schlesewsky, M.).
THE MOST CONVENIENT ACTIVITIES TOOL YOU WILL EVER USE

The Tablet is a cost effective technological tool which benefits clients, families and carers as:

• **previous experience** is not required
• **portable transferable intelligent** and has language capabilities;
• **light weight** but stores books, resources, personal & intellectual information;
• **user friendly**
• **interactive** (can be used on a wider interface; TV, virtual visiting, internet) & hold personal narrative (stories, movies, videos, photos, letters, certificates, music).
• **simulates presence of company** (through Skype, FaceTime, email and gaming partners)
• **involves families and friends** where ever they live, by contributing to the person centred profile and by using the profile as a communication tool.
THERAPIES IN ACTION

- **Positive Person Work** (Kitwood, T: 1997)
- **Validation Therapy** (Freil, N: 1992)
- **Montessori Approach** (Montessori, M 1897)
- **Reminiscence Work** (Butler, 1980)
- **Cognitive Stimulation**
- **Active Listening** (Killick & Allen 2001)
- **Social Role Valorisation** (Wolfensberger, W 1983)
- **Reality Orientation** (1950)
- **Re-enablement** (Francis, Fisher & Rutter, 2010)
- **Eden Alternative** (Thomas, W (Eden in Oz & NZ™ principles))
- **Arts-based therapies; music, art, dance, life stories, narrative**
- **Simples pleasures** (Buettner, 1999)
- **Emotion-orientated Communication** (Finnema, et al. 2000)
- **Simulated Presence Therapy** (Peak, JS & Cheston, RI 2002)
ARTS-BASED ACTIVITIES
LIFE SHOULD BE FULL OF SIMPLE PLEASURES
Virtual Visiting (Resource kit developed by Western District Health Service Victoria 2010) is a concept the project hopes to explore to assist consumers living overseas or away from the PLWD to remain connected.
The importance of making "each moment count" may influence a person’s trust and participation in the world.

“SOME DAYS ARE DIAMONDS, SOME DAYS ARE STONES”

Memories and moments are like diamonds and stones, so let’s make "EVERY MOMENT COUNT” - valuable moments; of laughter, insight, a memory, a conversation, a word, a feeling of success.

DIAMOND DAYS: Intentionally promote thoughts and feelings which bring happiness, worth, insight and many other feelings.
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THANK YOU