

THE EFFECTIVENESS OF DAY CARE FOR DEMENTIA PEOPLE AND THEIR FAMILY CAREGIVERS - THE JCCPA EXPERIENCE

April YIP

Jockey Club Centre for Positive Ageing

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Background

- Ageing population

- People with dementia
 - Unique needs, special care

- Day care services
 - Structured training programs
 - Case management



Background

- Effectiveness of day care
 - People with dementia
 - Caregivers



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Objectives

- Quality of life (QOL) of demented people
- Family caregiver's burden

- Cognitive functioning, physical ability, daily function ability, behavioral problems and nutrition level of the dementia patient



Method

- Dementia patients who were newly admitted to the Jockey Club Centre for Positive Ageing (JCCPA) between January 2006 and December 2007
- Assessments: baseline, 6th and 12th month



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Method

- Primary outcomes:
 - ▣ Personal Well-being Index – Intellectual Disability (PWI-ID)
 - 7 items, max score: 70
 - ▣ Zarit Burden Scale (ZBI)
 - 22 items, max score: 88



Method

- Secondary outcomes:
 - Mini-Mental State Exam (MMSE)
 - Cohen-Mansfield Agitation Inventory (CMAI)
 - Lawton Instrumental Activities of Daily Living Scale (IADL)
 - Modified Barthel Index (BI)
 - Modified Functional Ambulation Category (MFAC), Berg's Balance Scale (BBS)
 - Mini Nutritional Assessment (MNA)

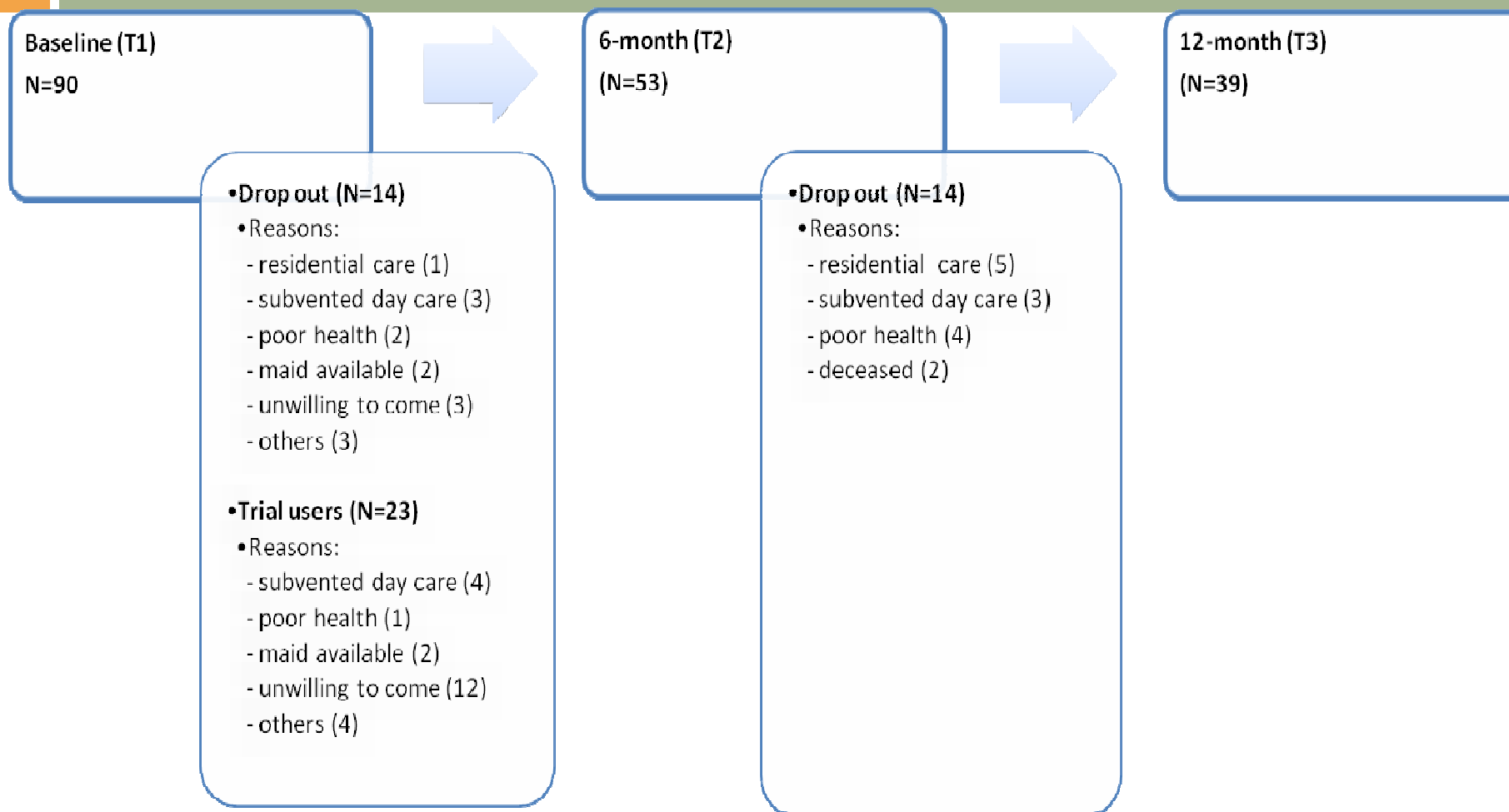


Results

- Ninety older people with dementia
 - ▣ 27 males, 63 females
- Mean age: 79 (SD=8), range: 56-97
- Baseline CDR score:
 - ▣ 0.5 or 1 (early dementia): 39%
 - ▣ 2 or 3 (moderate to late-stage dementia): 59%
- Illiterate or had no formal education (43%)
- Employed a maid (65%)
- Living with family members (83%)

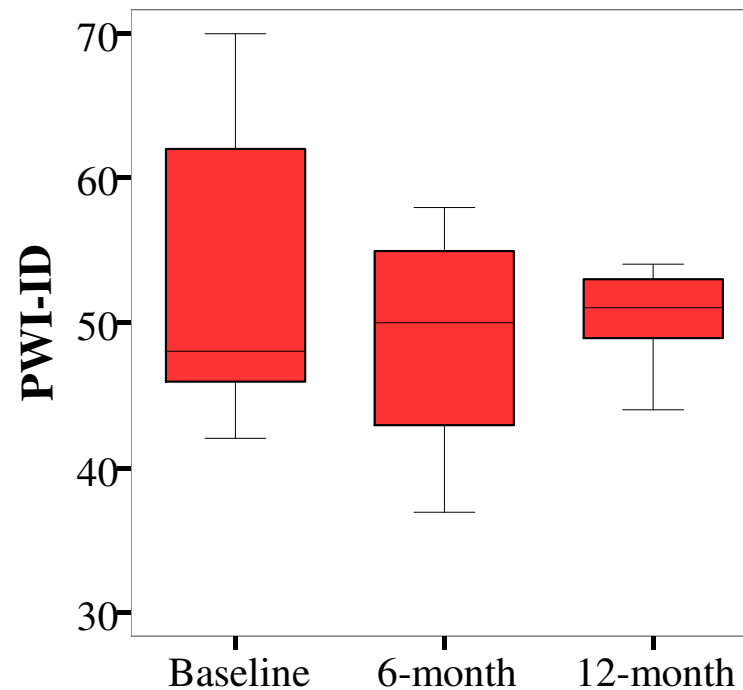


Results



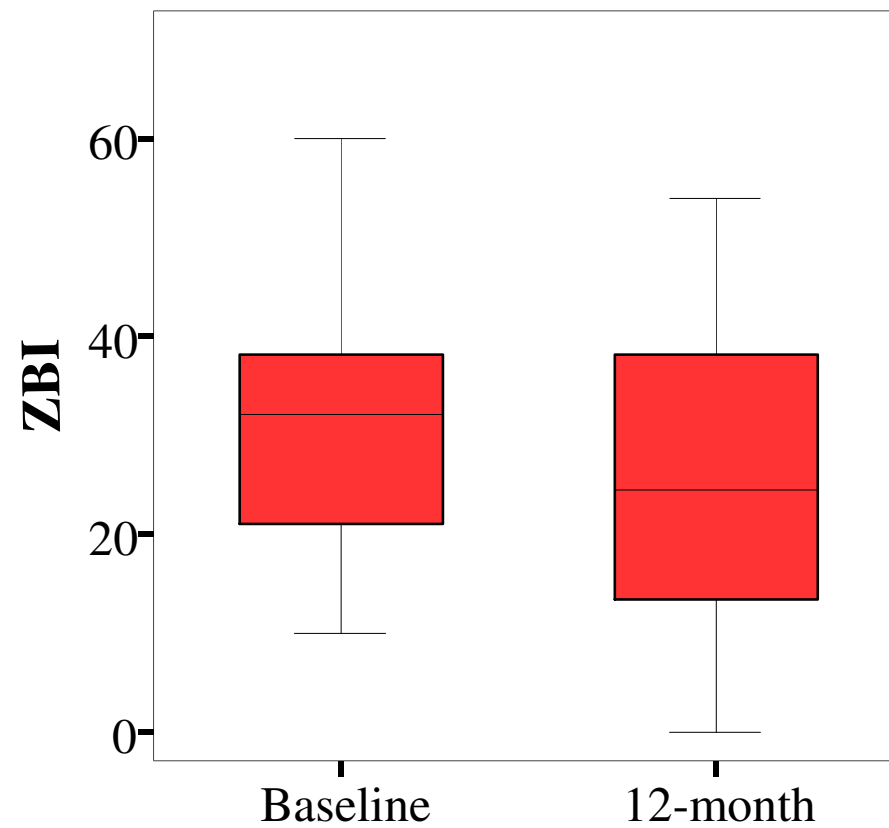
Results

- PWI-ID: satisfactory at baseline and did not significantly change at 6th and 12th month



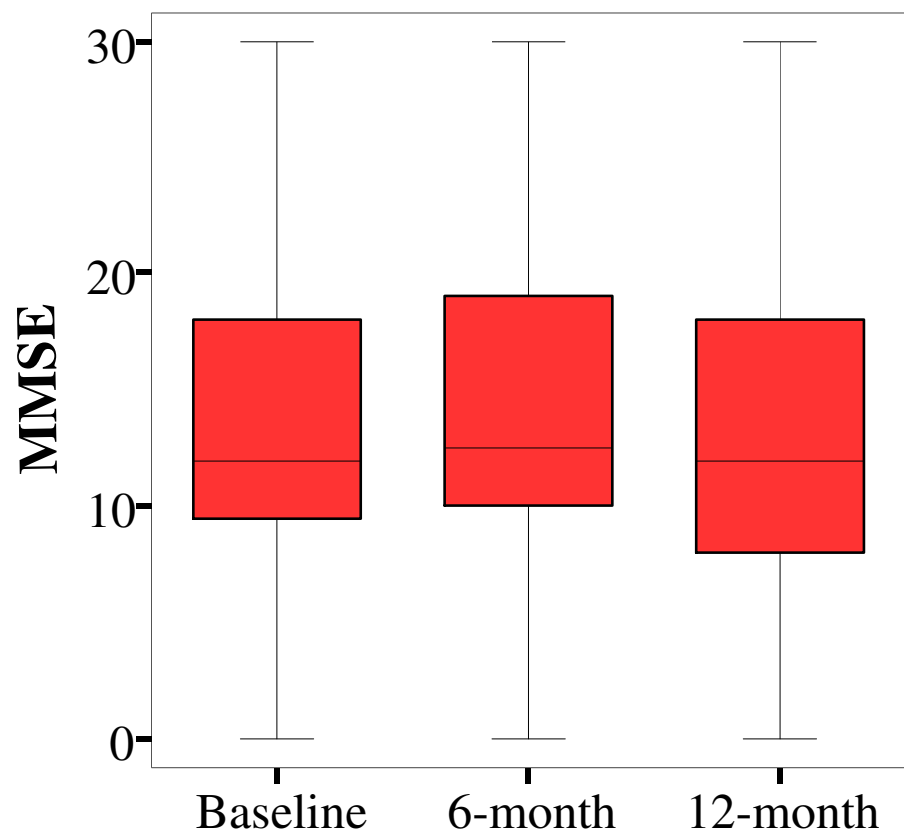
Results

- ZBI: decreased significantly at 12th month



Results

- MMSE: did not change significantly



Results

- MNA: improved at 6th month
- IADL and BI: declined at 12th month
- MFAC: declined at 12th month
- CMAI: increased at 6th month



Summary

- maintain the quality of life of the demented clients
- reduce the burden of the family caregivers

- preserve cognitive ability
- improve nutritional status

- behavioral problems did not improve
- mobility and self care ability continued to decline





Thank You



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