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

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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
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
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

Baseline (T1)
N=90

• Drop out (N=14)
  • Reasons:
    - residential care (1)
    - subvented day care (3)
    - poor health (2)
    - maid available (2)
    - unwilling to come (3)
    - others (3)

• Trial users (N=23)
  • Reasons:
    - subvented day care (4)
    - poor health (1)
    - maid available (2)
    - unwilling to come (12)
    - others (4)

6-month (T2)
(N=53)

• Drop out (N=14)
  • Reasons:
    - residential care (5)
    - subvented day care (3)
    - poor health (4)
    - deceased (2)

12-month (T3)
(N=39)
Results

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

- **ZBI**: decreased significantly at 12\(^{th}\) month
Results

- **MMSE**: did not change significantly

![Box plot showing MMSE scores at baseline, 6-month, and 12-month intervals. The box plots indicate that there is no significant change in MMSE scores over the 12-month period.](image)
Results

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