



Home Based Memory Rehabilitation Programme

An Occupational Therapy Early Intervention in Dementia

Mental Health and Learning Disabilities Occupational Therapy Service, NHS Dumfries and Galloway

The Mental Health Occupational Therapy Service implemented a pilot project of a Home Based Memory Rehabilitation Programme (HBMR) for people with dementia.

The HBMR Programme was originally developed in 2007, at Belfast City Hospital, by Advanced Specialist Occupational Therapist, Mary McGrath (McGrath & Passmore 2009). The aim of the Programme is to help people with dementia to compensate for memory difficulties affecting their every day function resulting in reduced demands on caregivers, family, or friends.

This evidence based OT early intervention is recognised by the College of Occupational Therapists (COT, 2013). It is in line with our Service priorities around living well with dementia, self management and post diagnostic support

Aims

- Promote early intervention in dementia
- Provide a standardised occupational therapy intervention in dementia
- Reduce carer stress
- Increase referrals to MHOT Service
- Explore the potential for new learning in people with dementia
- Strengthen links and partnership working with Alzheimer Scotland
- Add to evidence base for early intervention in dementia

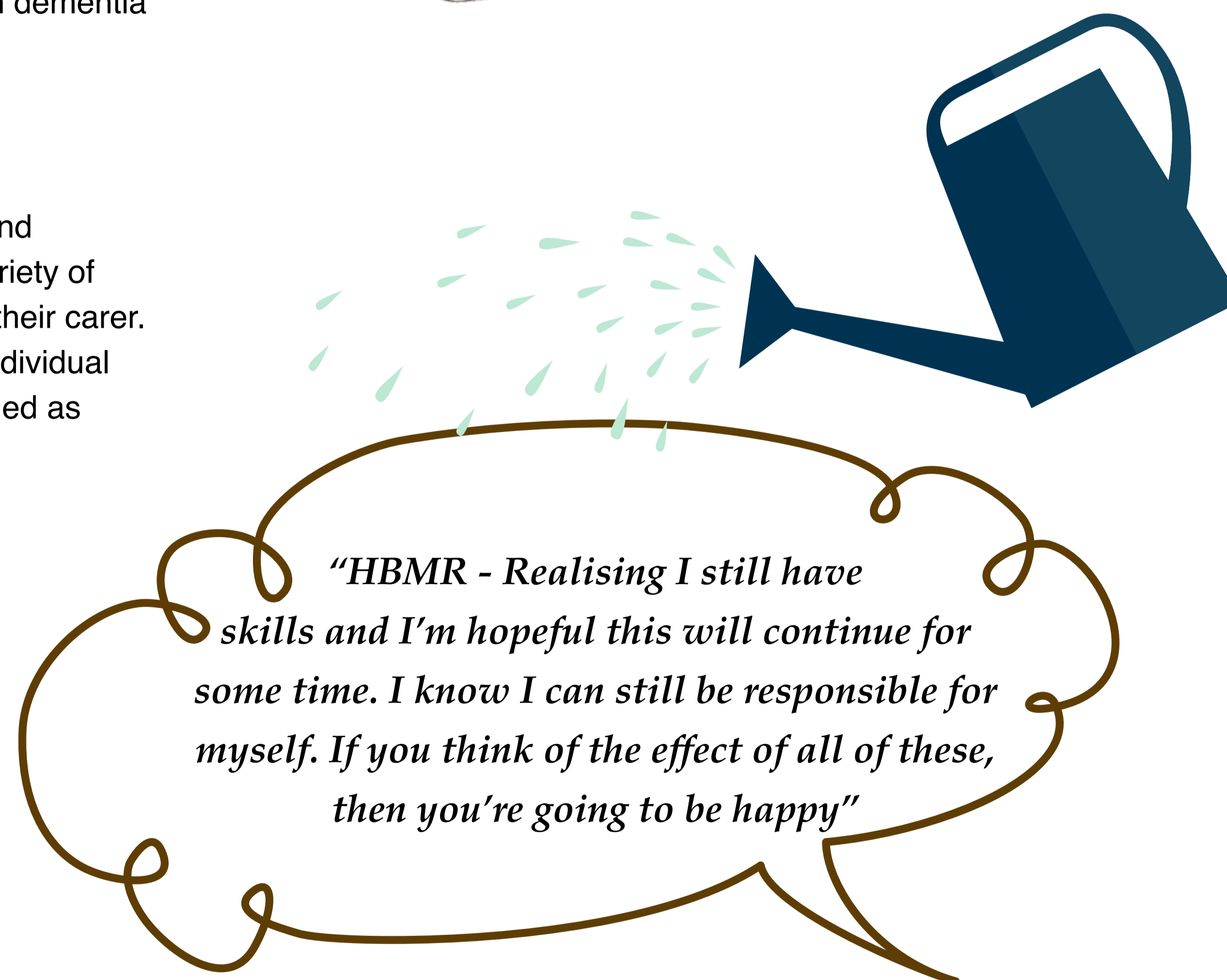
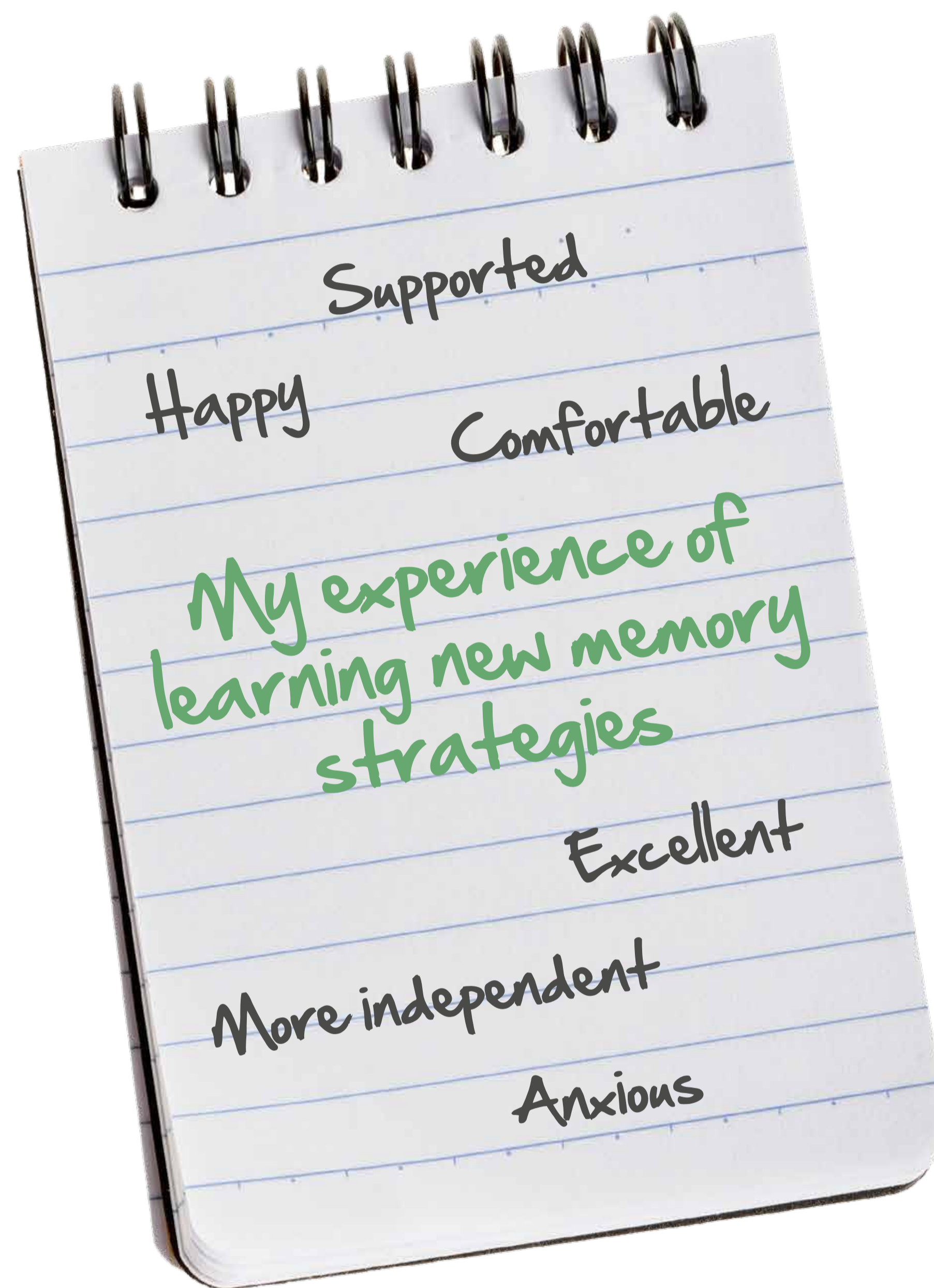
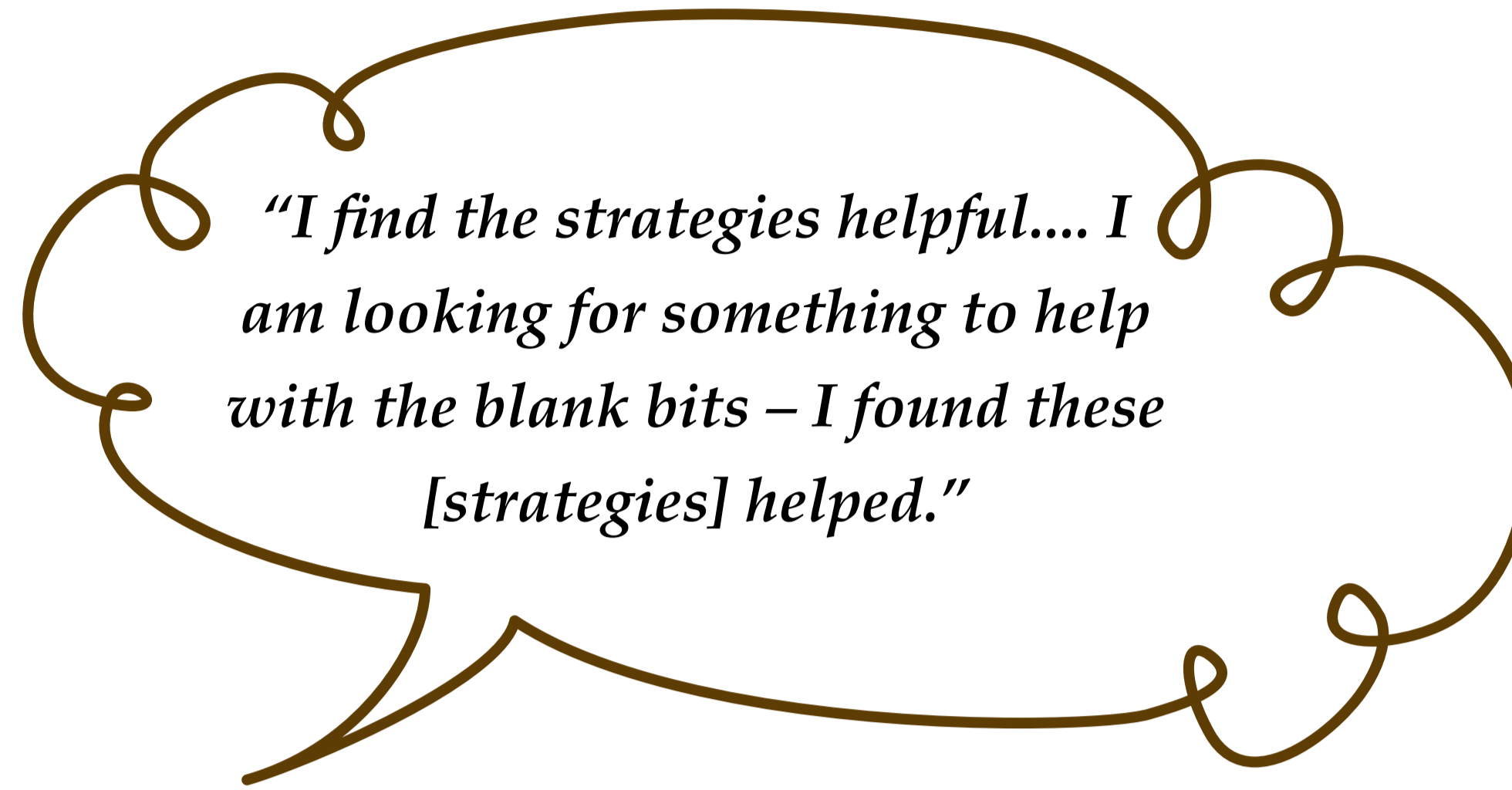
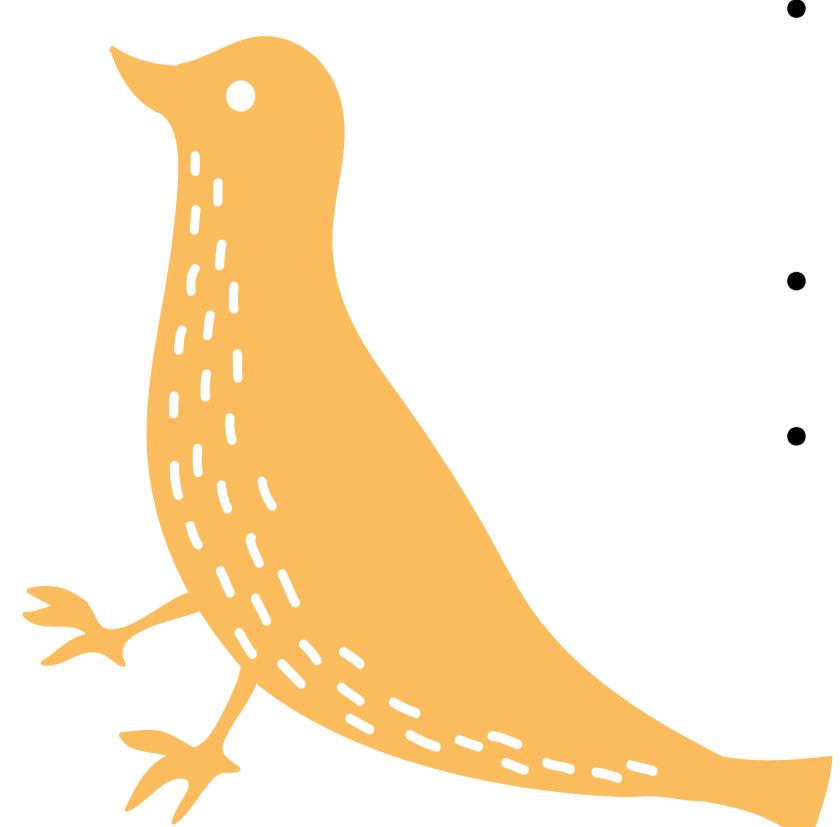
Method

The Programme consists of around 6 sessions and involves weekly visits to the person's home. A variety of memory strategies are taught to the person and their carer. Each session is discussed and tailored to their individual needs e.g. emphasis placed on strategies identified as most important to them. On follow up visits, all strategies previously introduced are explored once again, reinforcing the use of these.

A robust package of assessment tools are used at initial assessment, 3 month and annual review points to measure the impact of the programme.

What Next...?

- Roll out and continue to promote HBMR programme both locally and nationally
- Explore the potential for technology (i.e. video links and apps) with a view to increasing access across the region
- Explore the potential for a Work Based Memory Rehabilitation Programme
- Explore the potential to modify HBMR for people with a learning disability and dementia



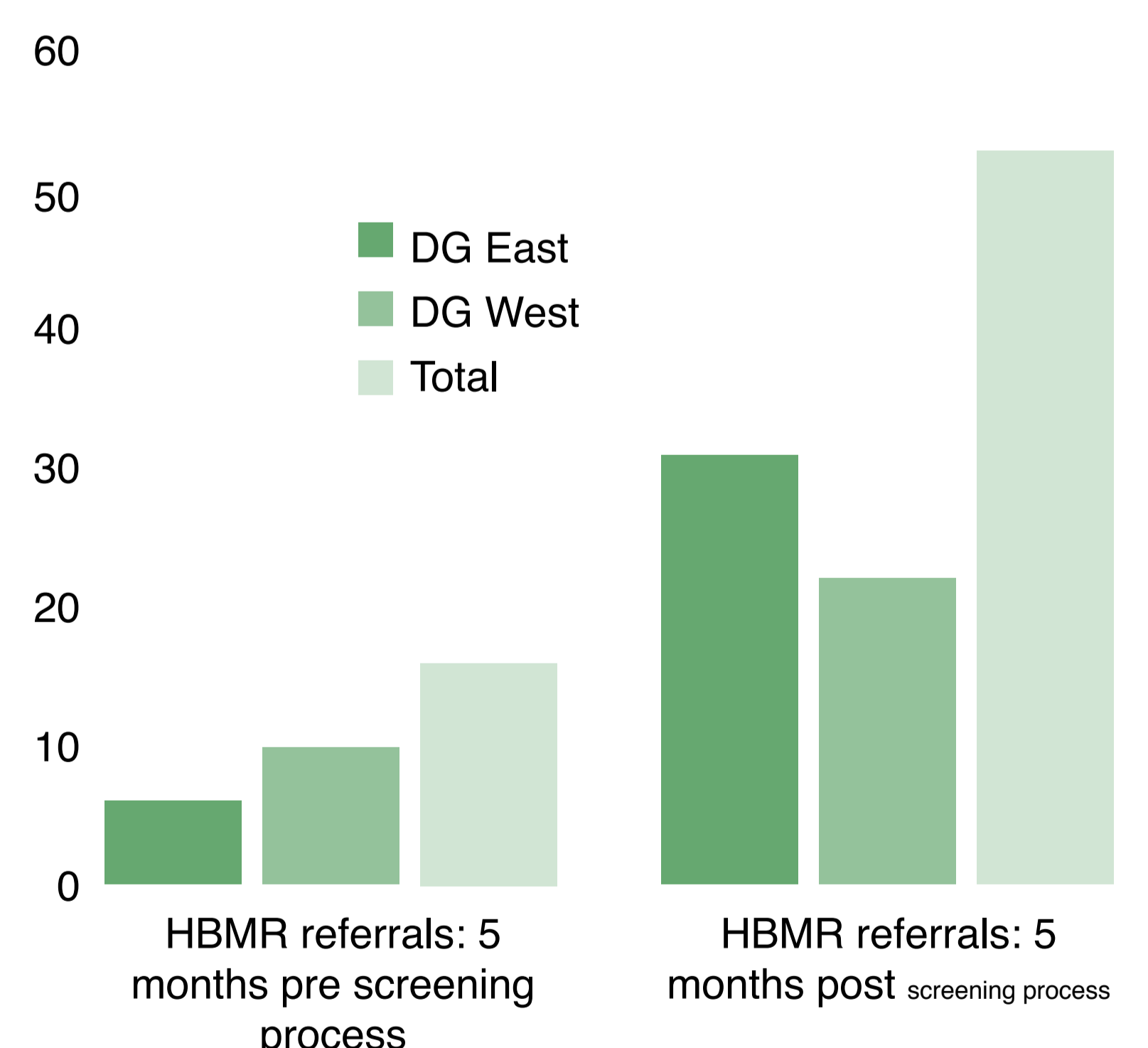
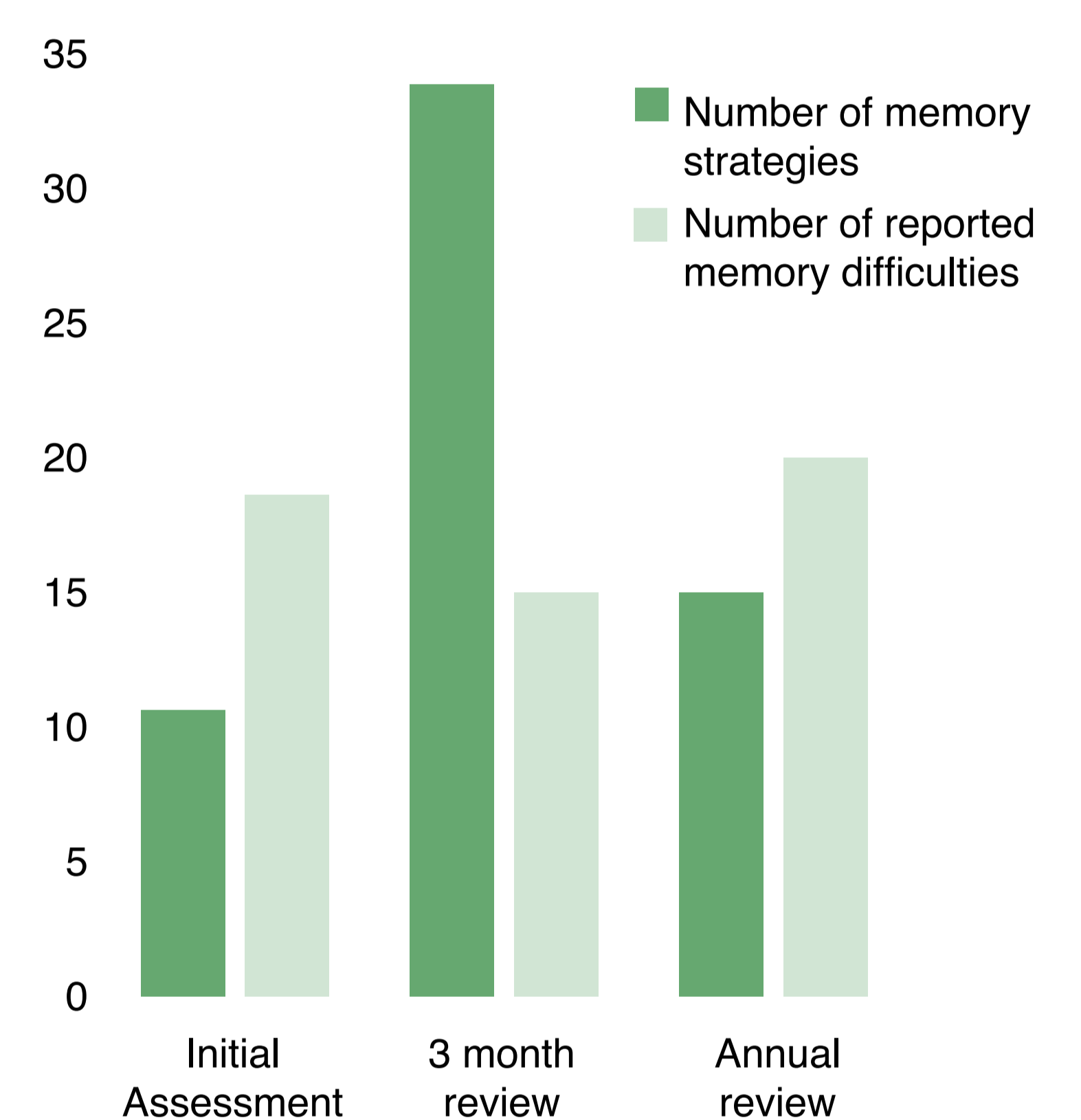
Evaluation

In addition to the use of the package of assessment tools, "Emotional Touchpoints" (Bate & Robert, 2007) were also used in order help evaluate the programme. This was used to gather qualitative feedback from people on how they felt about the Programme as a whole.

Results

Positive results have been obtained with all aims being met. In particular we have shown that people with dementia are able to learn and retain new strategies/skills with support from the OT, resulting in a decrease in the number of reported everyday memory problems. This has been maintained at 3 and 12 month reviews.

We also began the 'HBMR screening process' to help identify appropriate referrals and the results are demonstrated in the below graph.



References

Bate, P & Robert, G (2007) Toward more user centric OD: Lessons from the field of experience based design and a case study. Journal of Applied Behavioural Science, 43 (31) <http://jabs.sagepub.com/cgi/content/abstract/43/1/41>
College of Occupational Therapists, 2013. www.COT.org.uk. 'OT and Dementia' Fact Sheet.
McGrath M, Passmore P.2009. Home-based Memory Rehabilitation Programme for persons with mild dementia. Irish Journal of Medical Science, 178 (Suppl 8): S330.