

Home Based Memory Rehabilitation Programme

An occupational therapy early intervention for dementia

Email : Dumf-uhb.OTreferrals-mentalhealth@nhs.net
Twitter: @OTMH_DG



Outline

- Cognitive Rehabilitation
 - Memory rehabilitation
- Home Based Memory Rehabilitation Programme
 - Brief outline of the programme
 - Outcomes of rehab with people with dementia
 - Case study
- Questions



Cognitive Rehabilitation

- Cognitive rehab was originally developed through work with younger people with a brain injury; however has been found to be equally appropriate for progressive conditions such as early stage Alzheimer's Disease (Clare et al, 2000)
- Individualised approach, which focuses on improving functioning in everyday life/activities



Cognitive Rehabilitation

- Person with dementia and their families work together with healthcare professional to identify personally relevant goals and devise strategies for addressing these. (Wilson, 2002)
- Memory rehabilitation taps into a 'partially intact learning capacity' (Bird, 2001)



Memory Rehabilitation

Key is to **compensate** for memory difficulties via:

- 1) Environmental Adaptation
- 2) Use of external memory aids
- 3) Use of internal memory strategies



Home Based Memory Rehabilitation Programme

- Evidence based OT early intervention programme for people with dementia
- First established in Belfast City hospital in 2007 (McGrath & Passmore, 2009)
Contact: Mary.McGrath@belfasttrust.hscni.net
- COT OT Evidence Factsheet for dementia



Home Based Memory Rehabilitation Programme

- Programme aims to help people with dementia compensate for memory difficulties affecting everyday functioning
- **Structure and Repetition:**
encourages new learned behaviours in early stages of dementia
- **Habits and Routines:**
more likely to be remembered as memory loss continues
- Early intervention, post-diagnostic support, living well with dementia



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

Criteria for Programme

- Diagnosis of mild dementia or mild cognitive impairment
- Non age specific
- ACE III >60/100 MMSE >20/30 (guideline)
- Family/friend/carer support : *preferable*
- Insight / awareness of everyday memory difficulties
- All Memory Clinic referrals screened



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

Assessments

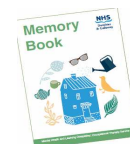
- Large Allen Cognitive Level Screen (LACL)
- Checklist of Everyday Memory Problems
- Modified Carer Strain Index (MCSI)
(Thornton, M & Travis, S.S, 2003)
- Activities of Daily Living : dependency scale
- Assessment of Motor and Process Skills (AMPS)



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

Session 1 Remembering Your Priorities

- Memory book
- Medication checklist
- Remembering where you've put things
- Tip sheets
- *Practice*



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

Session 2 Remembering What People Have Told You

- *Review previous week and practice progress*
- Pocket Notebook
- Telephone use: prompt card, notebook
- *Practice*



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

Session 3 Remembering Something You Have To Do

- *Review previous weeks and practice progress*
- Permanent reminders, checklists
- Calendars, memory boards
- Reminder notes, techniques, tips
- *Practice*



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

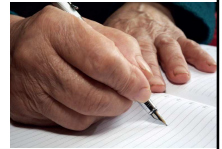
Session 4 Coping in Social Situations

- Review previous weeks and practice progress
- Keeping track in conversations
- Remembering people's names
- Techniques and Tips
- Practice



Session 5 Keeping Your Brain Healthy

- Review previous weeks and practice progress
- General advice about active brains
- Breathing exercises
- Local and online resources
- Practice



Session 6 Remember Your Bearings & Driving

- Review previous weeks and practice progress
- Tips on driving
- Tips for on foot bearings
- Revision of all previous sessions
- Revision of strategies in place
- Practice



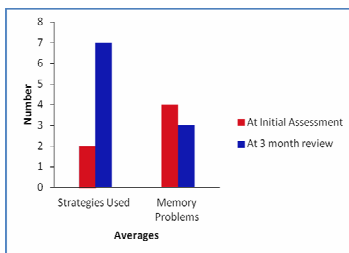
Reassessment

- 3 months post programme completion
- 1 year
- 2 years
- Repeat assessment package
- Monitor memory strategy use



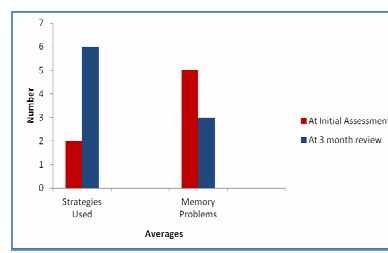
Outcomes : Pilot Data

- Number of memory strategies in use
- Checklist of everyday memory problems



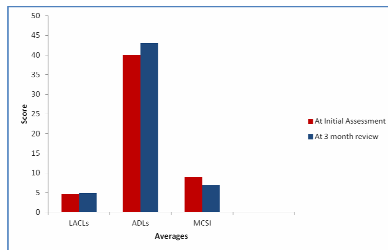
Outcomes : ongoing data

- Number of memory strategies in use
- Checklist of everyday memory problems



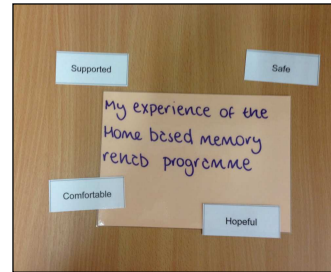
Ongoing data

- Large Allen Cognitive Level Screen
- ADL Dependency Scale
- Modified Caregiver Strain Index



Emotional Touchpoints (Bate and Robert 2007)

- Carried out on completion of the HBMR Programme



Emotional Touchpoints

- ***"I find the strategies helpful.... I am looking for something to help with the blank bits – I found these [strategies] helped."***
- ***"HBMR - Realising I still have skills and I'm hopeful this will continue for some time. I know I can still be responsible for myself. If you think of the effect of all of these, then you're going to be happy"***



Case Study Mrs G

- Mrs G is a 79 year old lady who was diagnosed with Alzheimer's dementia. ACE III: 65/100
 - At time of referral, main difficulties identified:
 - remembering where she has put things
 - remembering what she has to do e.g. appointments/meeting friends/working in local community shop
 - remembering what she has done each day
 - sequencing more complex tasks such as cooking
 - general organisation of day to day activities
- Mrs G functions well within ADL's and lives independently with support from her daughter.
HBMR completed



HBMR with Mrs G

- Mrs G completed the HBMR programme and took on the following strategies
 - memory book
 - telephone prompt card and notebook beside phone
 - pocket notebook
 - safety checklist
 - use of post-it notes
 - going out prompt card
 - calendar
 - timer
 - all tip sheets within HBMR folder which Mrs G looks over regularly



HBMR with Mrs G

- Mrs G stated she found HBMR "very useful" and as a result feels more "organised within day to day activities".
Daughter "simple but effective strategies".
- Repeat testing:
 - EDMP and ADL scoring remained the same
 - LACLs on initial assessment = 4.8
 - LACLs on 3 month review = 4.6



Summary of HBMR

- Positive results obtained
- Demonstrate people with dementia have ability to learn and retain new strategies/ skills with support from the OT



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

Questions?



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

Further Reading

- Bahar-Fuchs A, Clare L, Woods B. Cognitive training and cognitive rehabilitation for mild to moderate Alzheimer's disease and vascular dementia. *Cochrane Database of Systematic Reviews 2013, Issue 6. Art. No.: CD003260. DOI: 10.1002/14651858.CD003260.pub2.*



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

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://jab.sagepub.com/cgi/content/abstract/43/1/41>
- Bird (2001) Behavioural difficulties and cued recall of adaptive behaviour in dementia: experimental and clinical evidence. *Neuropsychological Rehabilitation 2001;11:357-75.*
- Clare L, Wilson BA, Carter G, Breen K, Gosses A, Hodges, JR (2000) Intervening with Everyday Memory Problems in Dementia of Alzheimer Type: An Errorless Learning Approach. *Journal of Clinical and Experimental Neuropsychology 22(1): 132 - 146*
- College of Occupational Therapists Limited. OT Evidence: O' with dementia and their carers Factsheet www.COT.org.uk
- McGrath M and Passmore P (2009) Home-based memory re programme for persons with mild dementia. *Irish Journal of Science. 178 (Suppl 8), S330*



NHS Dumfries and Galloway Mental Health Occupational Therapy Service

References

- Scottish Government (2013) Scotland's National Dementia Strategy, 2013-2016
- Thornton, M & Travis S.S (2003) Analysis of the reliability of the Modified Caregiver Strain Index. *The Journal of Gerontology, Series B, Psychological Sciences and Social Sciences*, 58(2) p.S129
- Wilson BA (2002) Towards a comprehensive model of cognitive rehabilitation. *Neuropsychological Rehabilitation; 12 (2):97-110.*
- Wilson BA, Hughes JC, Evie (1997) Coping with Amnesia: The Natural History of a Compensatory Memory System *Neuropsychological Rehabilitation; 7: 43 - 56*



NHS Dumfries and Galloway Mental Health Occupational Therapy Service