Home Based Memory Rehabilitation Programme

An occupational therapy early intervention for dementia

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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

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

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

Assessments

- Large Allen Cognitive Level Screen (LACLS)
- 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)

Session 1 Remembering Your Priorities

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

Session 2 Remembering What People Have Told You

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

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
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] helpful.”

- “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

Further Reading


References