Psycho-social interventions for Younger People with Dementia

Personal Practice & Professional Perspectives

Chris Norris
Reinhard Guss
Jan Oyebode
Chris Norris: a personal perspective
A practice perspective

Reinhard Guss
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Kent & Medway NHS & Social Care Partnership Trust
Statistics and Geography

- 11 Memory Services
- 6CCGs
- ? 1,100 pw YOD ?
- ? 94 new diagnoses
- Max 23, min 4/team
- Poor public transport
- All roads lead to London

Gravesham, Dartford, Sevenoaks, Tonbridge, Tunbridge-Wells, Hythe, New Romney, Deal, Sandwich
Post diagnostic interventions offered

• All YOD seen for cognitive assessment by Psychology
• All assessed by Psychology have one individual post-diagnostic appointment: feedback, strategies, groups
• Living well with dementia courses/groups: 4 – 6 sessions
• CST Groups: 8 double sessions
Adaptations for YOD

- Living well with YOD, CST for YOD
  - Joining across localities
  - Delaying starting on programmes
  - Evening/weekend groups
- Changes to content
  - Language use
  - Music
  - Issues covered, e.g. benefits in YOD
  - Art materials, reminiscence cards
Limitations & learning

- Geography and transport: rural vs city
- Rarer dementias
  - more varied types
  - genetics
- More diversity of needs

Where next?
- Back to all age groups?
- Specialist rarer dementia groups, e.g. Queens Square
- Individual sessions
The published perspective

Jan Oyebode
Professor of Dementia Care
University of Bradford
Increased interest but lack of research evidence

**REVIEW**

*Caregivers of patients with frontotemporal lobar degeneration: a review of burden, problems, needs, and interventions*

Sabine Nunnemann, Alexander Kurz, Stefan Leucht and Janine Diehl-Schmid

*Department of Psychiatry, Klinikum rechts der Isar, Technische Universität München, Munich, Germany*

**REVIEW**

*Psychosocial interventions for people with young onset dementia and their carers: a systematic review*

Angela Richardson, Gillian Pedley, Ferruccio Pelone, Farrukh Akhtar, Jacqueline Chang, Wilson Muleya and Nan Greenwood

*Faculty of Health, Social Care and Education, Kingston University and St George’s, University of London, UK*
Richardson et al. – three studies of psychosocial interventions

All concerned with meaningful activity:
  – 2 hr a week gardening programme,
  – Voluntary day a week work at a zoo
  – Half day a week work in a hardware store
Small numbers (12,6,7). Huge range of positive outcomes.
Other intervention studies

• Football (Carone et al., 2014)
• Life enhancing activities for family caregivers of people with FTD (Dowling et al., 2014)
• Tailored activities programme (O’Connor et al, 2015)
• Assistive technologies (Jentoft et al., 2014)

For carers:
• APTITUDE for carers of people with FTD – (Mioshi et al., 2013)
• Life enhancing activities for family caregivers of people with FTD (Dowling et al., 2014)
RHAPSODY: Ongoing intervention study

To produce an educational, web-based, interactive, e-learning programme for carers
Based on a thorough understanding of needs and services across 6 countries.
UK team: Heather Gage, Surrey, Jan Oyebode and Sube Bannerjee with Bridget Jones, researcher
Conclusions

• Having age appropriate services is vital
  – Content
  – Delivery time, place and mode
  – Suitable for wide range of types of dementia

• Research evidence lags behind clinical practice
  – Focus on needs & experiences not interventions
  – Studies are small scale, often not controlled
  – More small scale, controlled studies needed

• Joining personal, practice and research perspectives is important – to deliver CANS
References


• Dowling G. et al. (2014) Life Enhancing Activities for Family Caregivers of People With FTD. *Alz Dis Assoc Dis 28:175–181*


• McKinnon, C. et al. (2013) Qualitative results of a structured group program for carers of people with FTD. *Int J Geriat Psychiat 28*, 216–218
