

CLEAR Dementia Care in the Dementia Home Support Team

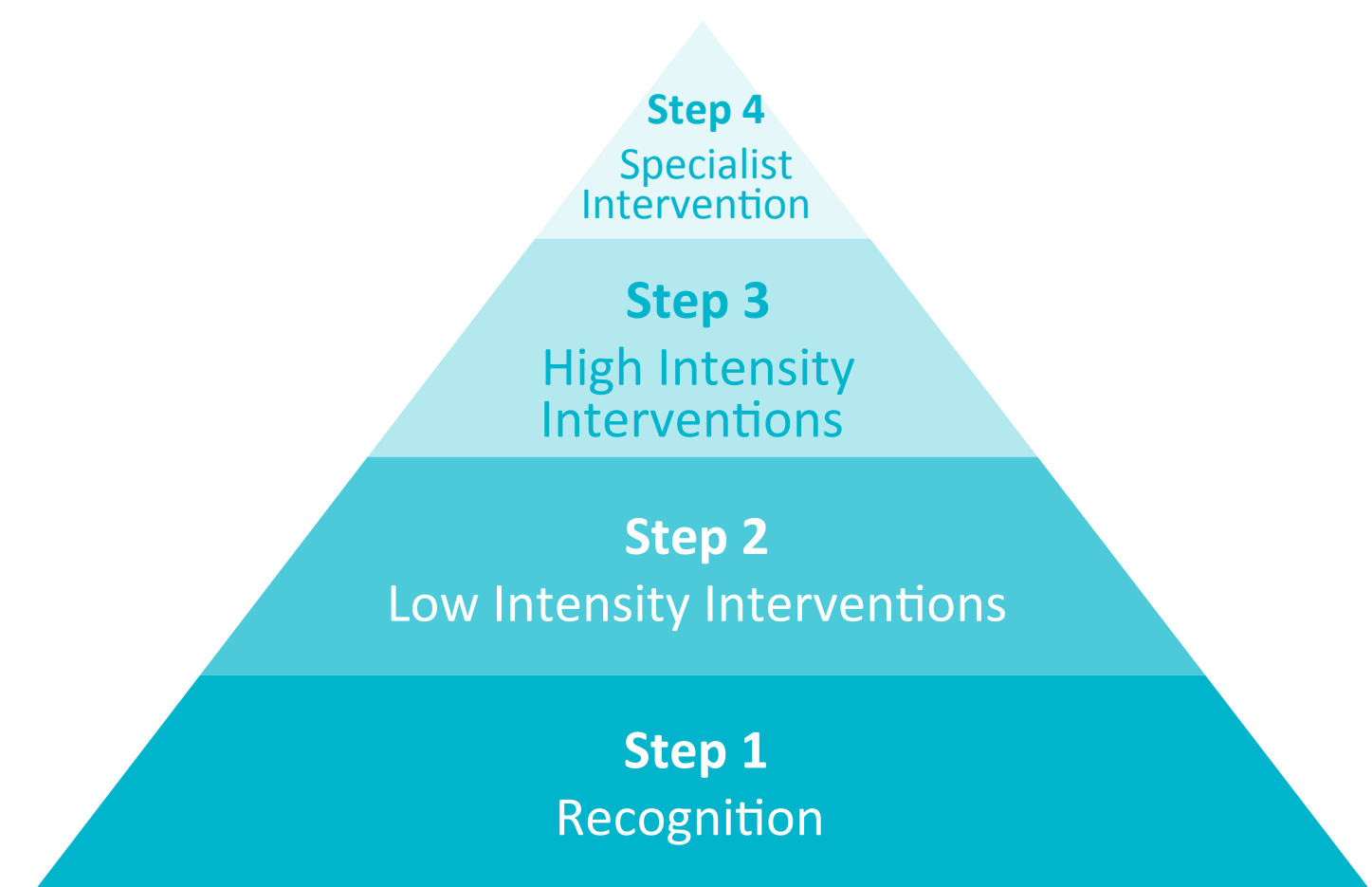
The Team

Clinical Psychology
Social Work
Nursing
Occupational therapy
Support Work
Administration

Aims

- Enable people living with dementia to be supported in their own home or care home.
- Prevent avoidable or unnecessarily prolonged stay in hospital.

A Stepped Care Model

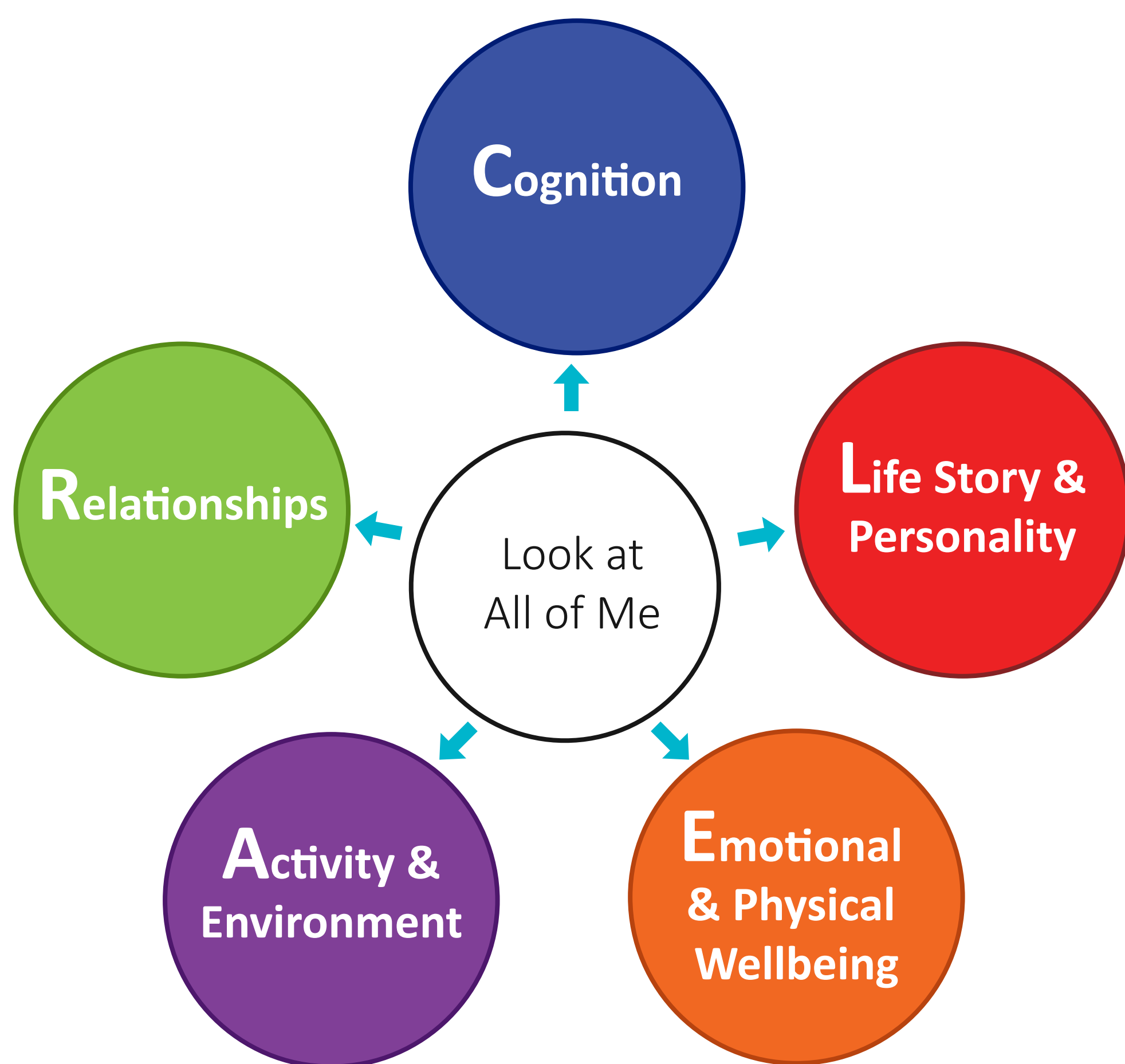


CLEAR Dementia Care

Behavioural & Psychological Symptoms of Dementia (BPSD) are often a sign of the stress and distress experienced as the person tries to cope with the daily challenges of living with dementia.

Carers of people living with dementia often find some behaviours challenging and difficult to understand.

It is important to consider all the factors that may be contributing to a behaviour and try to see the world from the perspective of the person with dementia.



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Developments within DHST

- Training project delivered to care homes funded by Public Health Agency. Training delivered to over 350 care staff and carers in 2016.
- Montessori based assessment to identify appropriate meaningful activity.
- Partnership working with the Dementia Intensive Care Unit.

- CLEAR Dementia Care in the Dementia Home Support Team won the 'Innovation of the Year' at the Alzheimer's Society Dementia Friendly Awards 2016
- Duffy, F (2016) "Look at all of me" a Clear model for dementia care. The Journal of Dementia Care, 22(3), 27-30



Supporting Assessment and Intervention

- CLEAR Dementia Care enables simple assessment. Behaviour Record Charts were developed which are easy to use and do not require training.
- The intervention promotes understanding of behaviour in the context of the person and their environment.
- A written formulation helps understand the person beyond the label of their dementia and positively impacts on interaction.

Outcomes

- Reduction in the frequency and intensity of BPSD. (using Challenging Behaviour Scale, Moniz-Cook 2001)
- Accurate recording of behaviour which has resulted in better understanding of BPSD.
- Greater engagement, ownership and joint accountability.
- Positive feedback from carers and staff.
- Significant reduction in waiting times.

	Pre CLEAR	Post CLEAR	
Average length of episode (weeks)	22.8	10.7	53% reduction
Average number of face to face contacts per episode	23	11	52% reduction

The overall outcome is reduced distress and greater quality of life for the person with dementia