Effective Care Practices
Person Centre Care, Support & Training for formal & informal carers in the Singapore context

To set up a Home-Based Training Service for people with dementia and their caregivers

Dr Kan See Mun
Director, Heartfelt Care Pte. Ltd (Singapore)
19 April 2013
28th International Alzheimer’s Conference
# Statistics

<table>
<thead>
<tr>
<th>Year</th>
<th>Prevalence of Dementia in Singapore, aged above 65</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>22,000</td>
</tr>
<tr>
<td>2020</td>
<td>53,000</td>
</tr>
<tr>
<td>2050</td>
<td>187,000</td>
</tr>
</tbody>
</table>

Services for Dementia in Singapore

• Singapore is the world’s 3rd fastest aging nation, meaning a rapid increase in the dementia persons

• Limited service providers for an increasingly number of people with dementia in the community.

• Other services that have a mixed group of normal and dementia elderly can be found in Hospitals, Nursing Homes and some Social Day Care Centres.
Home-Based Services in Singapore

• There are few organizations currently provide Home-Based service for elderly. These elderly are mainly frail elderly and may not have dementia condition.

• Alzheimer’s Disease Association Singapore caters Home-Based service for dementia persons.

• In view of the limited service providers for an increasingly number of people with dementia in the community, Heartfelt Care Pte. Ltd has recently developed a Home-Based Training Service for both the dementia persons and their caregivers.
Challenges in the Care of dementia persons

• Dementia persons need the support of their family

• Extremely challenging even for a loving family to provide all the care that the dementia person may need

• Domestic helpers or maids are an integral part of life in Singapore as the pace is pretty fast. Most of these maids mainly come from Philippine, Indonesia, Myanmar & Sri Lanka.

• Further more, Singapore is a multi-racial society – Chinese, Malay and Indian.

• Existing day care and home-based services for dementia persons are still not sufficient to meet the demand.
Home-Based Training Service for Caregivers / Dementia person

“HEARTFELT PSYCHOSOCIAL CARE MODEL”

• to cater care for both the dementia person and their caregivers through providing training to the caregivers to understand and better manage the life of their dementia loved ones.

• The model includes social and behavioural approaches through meaningful activities with the dementia person and Rapport Building being its key task
# HEARTFELT PSYCHOSOCIAL CARE MODEL

<table>
<thead>
<tr>
<th>For dementia persons</th>
<th>For caregivers</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tailor their needs, based on their strengths / skills, preferences and maintain independence as much and as long they can achieve</td>
<td>• Increase their awareness and understanding about dementia</td>
</tr>
<tr>
<td>• Maintain their spirit and commitment</td>
<td>• Motivate, come to term and accept the dementia persons with positive emotions</td>
</tr>
<tr>
<td>• Enhance their quality of life</td>
<td>• Run errands or pursue personal commitments</td>
</tr>
<tr>
<td>• Delay their need to be institutionalized</td>
<td>• Be equipped with knowledge and skills caring for their dementia persons</td>
</tr>
</tbody>
</table>
Heartfelt Psychosocial Care Model

**Dementia Person (DP)**

**Stage 1 (6 sessions)**

**Session 1**
- Rapport Building
- Assessment *

**Session 2 – 6**
- Treatment Plan
  - Training to DP & Caregivers
  - Compile reports

**Stage 2**
- On-going Training
  - Evaluation Review

**Ad-Hoc**
- Peers session

**Caregivers**

* Assess and share understanding about dementia condition

* Receive progress reports on the training

* Caregiver training & Support group

* Run errands

* Counseling needs **
Types of Assessment

Brief Psychosocial Assessment will be used to engage and assess the abilities of the dementia persons in areas of social, cognitive and behavioural according to their needs.

- **Client’s In-take Record**
- **Assessment 1**
  Significant Social / Medical History
- **Assessment 2**
  Behavioral Observation Checklist
- **Assessment 3**
  Activities of Daily Living (ADL)
Evaluation Reviews / Reports

• Evaluation will be conducted to monitor the progress of the dementia person and the understanding level of caregivers in dementia condition at the 6th Session.

• A Evaluation Report will be submitted to caregivers with the purpose to keep caregivers updated about the progress of their dementia loved one.
Strengths & Challenges of this Service and Model

**Challenges:**

1. Caregiver with mental condition or aged caregiver

2. Distractions from other family visitors during the session

3. Cost of providing this Home-Based service is a concern

4. Lack of qualified Trainer to conduct the Home-Based Training
Strengths & Challenges of this Service and Model

**Strengths:**

1. Conducted by a team trained in counseling and dementia condition
2. Caregiver can receive training in real setting
3. Dementia person can receive training at their own home.
4. Another form of support service
5. Cost of training was co-funded by Singapore Government
References

http://www.fotosearch.com/illustration/sad-face.html#pg:5
Thank You!