From the pejorative to the positive: innovation in day programs

Heather James, ECH Inc
South Australia & Western Adelaide

- 17% of South Australian population aged 65+
- 19.7% of the residents of the Hindmarsh electorate are 65+

Living life your way
Western Adelaide

- Needs analysis & stakeholder consultation:
  - social programs & carer respite for people with moderate - high needs
  - programs with extended opening hours
  - activities specifically for men with dementia
  - support for carers
ECH Seasiders service response

- Underpinning philosophy of enhancing independence
- Participant driven
  - Goal-oriented assistance plans
  - Individualised activities
- Integrated services for members and their carers

Living life your way
Enhancing independence

- Attendees are ‘members’ not ‘clients’ or ‘care recipients’
- Active participants rather than passive recipients
- Goal-oriented service plans
- Co-location with Seaside Wellness

Living life your way
Participant driven

- Members have ownership of projects and activities, and can self-determine their participation
- *For example:* men’s group, *creative ways to connect* art group; produce and sensory garden
Integrated services for carers

- Carers determine their level of engagement in program activities
- Access to Seaside Wellness services
- *For example*: coffee club; dinner dances; ‘drop-in’ carer support

Living life your way
Member outcomes

- "I feel included in the process of planning my care and services"

- "I feel I have control of making decisions about the care and services I receive"

Living life your way
Member outcomes

- “I feel like I have made progress towards achieving something that is important to me”
  - 18% Neither agree or disagree
  - 15% Agree
  - 67% Strongly agree

- “I have had the outcomes and results that I was expecting, or achieved the goals that were important to me”
  - 15% Neither agree or disagree
  - 80% Agree
  - 5% Strongly agree

Living life your way
Carer outcomes

- Adult Carer Quality of Life – support for caring subscale (Elwick, Joseph, Becker and Becker, The Princess Royal Trust for Carers)
- Baseline and 12-week comparative scores available for 18 carers
- 7/18 increased score (=improved QoL)
- 9/18 decreased score (=diminished QoL)
- 2/18 maintained score (=no change to QoL)
Challenges of quantitative evaluation

- Diverse range of possible outcomes – individualised outcomes assessment?
- Minimising assessment burden
- Appropriate outcome measures for people with dementia
- Complexity of care relationships challenges standardised assessment
Future service development

- Increase delivery of evidence-based individualised programming
- Increase consumer direction
- Improve outcomes measurement
- Extend services (increased hours, outreach services)
- CHSP implications – funding for carer support activities
More information: www.ech.asn.au

Living life your way