

PSYCOSOCIAL INTERVENTIONS TO CAREGIVERS OF PERSONS WITH DEMENTIA

PERSONAL, FAMILY, AND COMMUNITY FOCUSED PROGRAM IN
ISRAEL

Nurit Schonman, Gary Rot
Alzheimer Association in Israel - EMDA



Israel
Capital: Jerusalem





Demographic Data

- ✓ Israel's' population – 8.5 million
- ✓ 10.5% >65 y
- ✓ OF ELDERLY (>65y) – 18% with dementia;
150,000 PWD
- ✓ Most moderate to severe PWD live in the
community

EMDA

- Established in 1988 by PWD family members
- To assist families of PWDs
- Both volunteers and professionals
- Executive committee, leading health and law professionals



Introduction

- Dementia – Family disease
- Impact on caregivers - devastating

Illness

depression

stress

treatment -burden

relationships

Quality of life

- In Israel – App. 150, 000 PWD's
- Even more caregivers

SYSTEMS

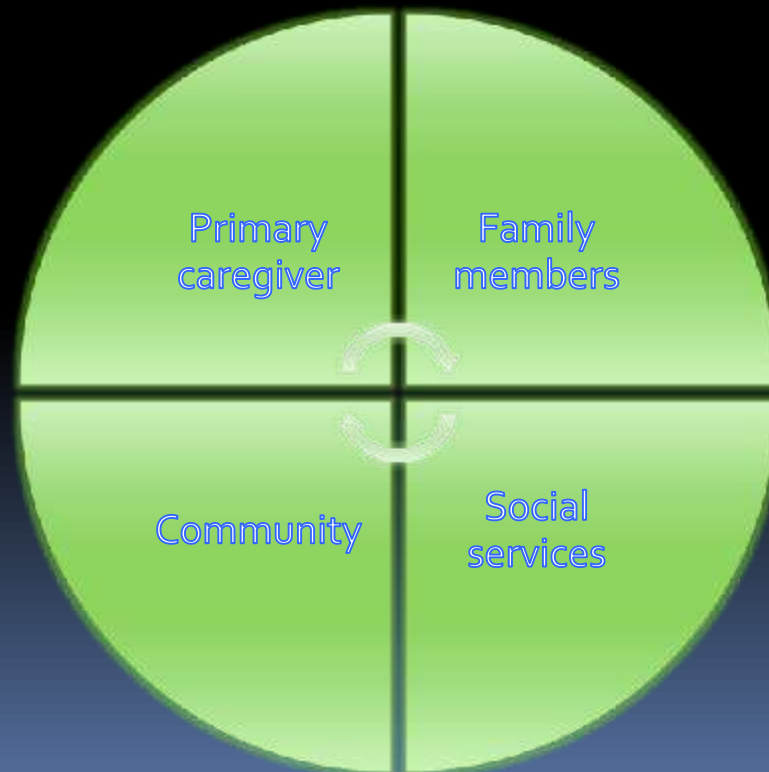
COMMUNITY

FAMILY

PWD

Introduction

- Impact beyond family members
- The need for professional support in all levels



AIM





AIM

Present implementation process of
psychosocial intervention program in Israel

Adapted and modified
from Prof. Mary Mittelman et al



Impact on:

PWD, Caregivers, professional and community
services

Methods

Two focuses



Caregiver and family



Social and community services

Methods



Caregiver and family



Interventions :
Short-Term-Therapy & Professional guidance
continuing 2 years



Caregiver and family

SHORT TERM THERAPY

During four months' participation

- Assessment of caregivers
- 1 meeting with CG
- 4 meetings with the CG & family members
- Final meeting - CG

Throughout the whole

2 years

- Telephone consultation as needed
- Community mediation

Methods



Social and community services



Interventions:

Community steering committee

Cooperation within the community

Exposure and awareness



Implementation Phase

Started March 2014

15 municipalities

Heterogeneous

All three healthcare insurances (4 sites)

420 families



Pilot study – family focus

Prior to implementation:

Haifa University – Prof. P Werner

101 families

Assessment of intervention effectiveness over 2 years of therapy

Results:

Significant reduction in depression and stress of primary caregiver

Long lasting effect

Conclusion:

Support of primary caregiver significant and long lasting improvement

Conservation of energy and ability to provide care

Results – CG \$ Family :

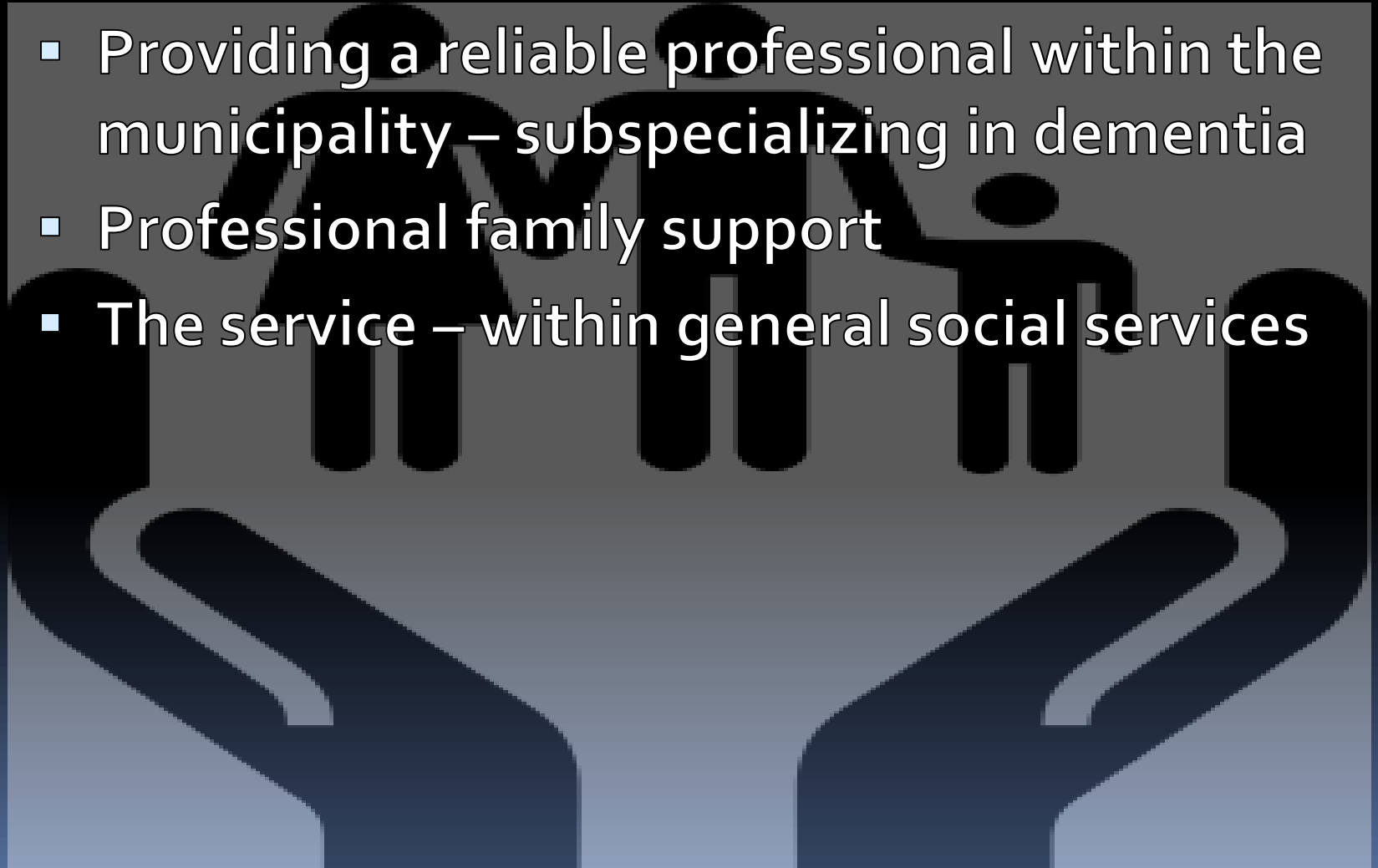
Significant reduction in depression

More tools and knowledge

Less loneliness – someone to turn to :
Expansion of family support &
Professional

Results – Social services

- Providing a reliable professional within the municipality – subspecializing in dementia
- Professional family support
- The service – within general social services



Results - community



Cooperation

- All organizations of aging and dementia



Thinking

- Local community services on local needs




Intervention

- Psychosocial
- Complementary to other community services provided
- Therapeutic continuum



Conclusions

- Improved well being of PWD and care givers
 - Improved specialized community services
 - Improved awareness & exposure
 - Improved availability
 - Therapeutic continuum for CG and PWD
- 

Vision



In every municipality:
Specialized Professional Dementia Care Unit



PWD AND FAMILY



- PWD
- PRIMARY CG
- FAMILY MEMBERS

COMMUNITY



- RESOURCES
- COOPOREATIONS
- THERAPEUTIC CONTINUUM





THANK-YOU !



Alzheimer Association in Israel

972-3-5341274

office@alz-emda.org.il

Nurit_sch@yahoo.com