PSYCOGOSOCIAL INTERVENTIONS TO CAREGIVERS OF PERSONS WITH DEMENTIA

PERSONAL, FAMILY, AND COMMUNITY FOCUSED PROGRAM IN ISRAEL

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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
Introduction

- Impact beyond family members
- The need for professional support in all levels
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
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
- COOPERATIONS
- THERAPEUTIC CONTINUUM
THANK-YOU!
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