

32nd European Neurology Congress

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12th International Conference on **Vascular Dementia**

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Living with dementia at home in New Zealand: Key elements of effective restorative home support and day programmes

Background: Two case studies were undertaken to determine the effectiveness of a) home support and b) day programmes that were designed to support older people living with dementia to remain at home in their community. Home support programmes provide services for both the person living with dementia and their main caregivers. These services are aimed at optimising client functioning and independence as well as promoting healthy daily routines, exercise, social interaction and support for clients to undertake their own daily needs. Typically day programmes provide a range of psychosocial and physical activities aimed at maximising client independence and importantly provide respite for caregivers.

Methods: A mixed method approach was used to determine the effectiveness of home support programmes. The first phase included an international literature review that identified a range of positive outcomes for clients receiving restorative home support such as improved functioning and better quality of life. The second phase included 1:1 interviews, focus groups and surveys with key stakeholders to elicit their views on the elements that make up effective home support. For the day programme research a mixed methods approach was also employed including an international literature review, document analysis, interviews, focus group, online survey, site observations and a photovoice exercise. Participants included multiple stakeholders including service funders, those delivering the service, clients and their caregivers. Quantitative survey data from both studies was reported using descriptive statistics and inductive thematic pattern analysis was performed on the qualitative data.

Results: Ten key factors of effective home support services were identified under three broad categories: 1) Client and Caregivers 2) Community and 3) Organisational. The research revealed that effective day programmes comprised five core elements, including activities aimed at improved client functioning; caregiver benefits; workforce capability; cultural responsiveness; and service processes. Reporting and auditing processes as well as surveys are reportedly used as methods to measure the quality of outcomes of day programmes.

Conclusions: The findings from both studies raise issues firstly around what constitutes effective restorative home support and secondly around the effectiveness of day programmes and may inform international debate and lead to better outcomes for people living with dementia.

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Biography

Annie Weir is the Director of Impact Research NZ and an Honorary Academic with the School of Critical Studies in Education, Faculty of Education, University of Auckland. Dr. Weir has worked in research and evaluation in New Zealand and the UK for over 20 years and her interests include: healthcare management, quality assurance in higher education, third sector social services provision and building organisational capacity.

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