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IMPROVING QUALITY OF LIFE FOR PEOPLE WITH DEMENTIA USING A PERSONALISED MEMORY GAME APPLICATION

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Background Dementia presents a major challenge for health care systems with aging populations. Over 46 million people live with dementia worldwide. This is estimated to increase to 131.5 million by 2050 (Prince, Wimo, Guerchet, et al., 2015).

Much of the care for the person with dementia in the early stages takes place at home, therefore, there is a growing need for an evidence-based approach to home support for people with dementia and their carers (Chester, Clarkson, Davies, et al., 2018).

Aims This study will assess the impact of a new, personalised memory games application (App), on the quality of life (QoL) of people with dementia and their carer(s).

Methods This randomised controlled trial involves volunteers as participants (20 intervention group using a personalised App and 10 controls using a non-personalised App) and recruited via study promotion posters and local community organisations.

Apps will present images with associated questions in the form of a quiz. The non-personalised App will use images such as flowers, fruit and geographic locations. Personalisation means the participant, carer or family members will be able to upload their own pictures which are more meaningful to the person with dementia. All study participants will be asked to use their App once a week for six months.

Anticipated Results Engagement with the personalised content in the form of a game might lead to improvement in the QoL of the person with dementia and/or their carer by facilitating and improving communication. Early analysis will be presented at Hospice UK conference.

Conclusions By increasing positive engagement between the person with dementia and their carer/relative via face-to-face and remote engagements, there may be a positive benefit to patients, carers or both.

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'YOUR TIME, YOUR PLACE': SETTING UP A HUB AND SPOKE MODEL TO SUPPORT CARERS AND PEOPLE WITH DEMENTIA

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Background Caring for people with dementia can be an overwhelming experience for carers who often have unmet needs and experience physical, emotional and economic pressures (National Institute for Health and Care Excellence, 2019; World Health Organization, 2019). Any support model should promote open, honest, two-way dialogue to facilitate patient choice at the end-of-life and anticipatory care planning to enable the person with dementia to achieve a good death.

Approximately 1400 people live locally with a dementia diagnosis. Hospice Isle of Man has recognised the need to

support people with dementia to live well and die well. Carers and people with dementia often face inequalities in accessing support services. This was identified in a scoping exercise which then resulted in the development of this model of support.

Aims To develop and evaluate a hub and spoke model to support people with dementia and their carers throughout the key transition points of the disease trajectory.

Methods Hub - ten sessions with carers and people with dementia. Spokes - the carers will receive bespoke training and support from the Admiral Nurse Service to reduce carer burnout and distress. The person with dementia will be supported by specially trained staff and volunteers. We aim to enable the person with dementia to remain at home, avoid unnecessary hospital admissions and plan for a good death. Carers will be given tools to help them manage their anticipatory grief and loss, whilst also supporting them to reconnect to society and move forward.

Results The model is due to start in autumn 2021. The evaluation forms will be completed at the start and end of the ten sessions of the programme to gauge impact as well as levels of understanding and to identify areas of further support.

Conclusions The model should help to reduce inequalities of access for carers and people with dementia by providing appropriate and timely support.

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CONNECTING CREATIVELY: A PERSONHOOD BASED APPROACH TO CARING FOR PEOPLE LIVING AND DYING WITH DEMENTIA

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Background Dementia care is complex, especially at the end-of-life. People with advanced dementia suffer from burdensome symptoms; quality of living and dying is enhanced by palliative care (Eisenmann, Golla, Schmidt H et al., 2020). Emphasising personhood (Kitwood, 1997) should be integral to all interactions, providing a safe and nurturing environment in which the person is encouraged to express themselves. This reflects every individual's intrinsic uniqueness and the inter-connectedness of human beings. Research from cultural arts interventions has indicated that professionals from the visual and performance arts are well equipped to see the person behind the condition and focus on possibilities for meaningful relationships in the here and now (Swinen, 2016). Can this translate into everyday care within hospice care?

Aim To promote innovative, creative approaches in dementia care, allowing the development of everyday methods to enhance connectivity and care for people living and dying with dementia.

Method A programme of immersive, interactive activities and education raising awareness and stimulating discussion, debate and change has been organised (June 2021). Accessible to all members of the hospice team: clinicians, non-clinicians, volunteers, fundraisers and trustees, encouraging the principle that dementia care is everybody's business. Opportunities to engage in creativity to support connection learning with insightful arts and health practitioners/therapists. These include music events, theatre performances, creative sensory workshops exploring senses, movement, texture and sound, interactive exhibitions and a virtual experiential experience.