

12th World Congress on

ADVANCES AND INNOVATIONS IN DEMENTIA

September 17-18, 2018 Singapore

The effect of person-centred dementia care in a daycare setting: Pilot study**Saadiya Hurzuk**

National Institute of Mental Health and Neurosciences, India

Introduction & Aim: Dementia is a source of immense caregiver stress and exhausts social, financial, physical and emotional resources over time. Person-centered care is a holistic approach which includes a broad range of individual and group activities and counseling of caregivers in a friendly, empathetic environment is considered to be a useful method of managing patients and families with dementia. In this study we aimed to study the efficacy of person-centered dementia care on behavioral problems and Quality of Life of the patients. We also aimed to study the effect of person-centered dementia care on burden, stress, depression and anxiety of the primary caregivers.

Methods: 10 persons with dementia and their respective family caregivers who received person-centered care in ARDSI Hyderabad Deccan activity centre were compared with a control group of dementia patients. Behavioral problems in patients were studied using Neuropsychiatric Inventory (NPI) and Quality of Life was measured using Quality of Life for Alzheimer-Dementia Scale (QOL-AD). Carer burden was evaluated using the short Zarit Burden Inventory (ZBI) and carer depression, anxiety and stress were measured with the Depression, Anxiety and Stress Scale (DASS-21). Two groups of patients were matched on disease severity and efficacy of person centered care was compared between the two groups.

Results: Patients who were given person-centered dementia care in the activity center found to have more score on Quality Of Life-Alzheimer's Dementia Scale and less symptoms on NPI compared to those who did not attend. Caregivers of patients who attend activity center showed significantly lower levels of burden, depression, anxiety and stress.

Conclusion: Person-centered dementia care in activity center has a positive effect on quality of life of patients with dementia and successful carer interventions helps in reducing the burden, depression, anxiety and stress levels of the caregiver.

hurzuk.saadiya@gmail.com