

DML Excellence Awards 2016 Report

Project No: 14 – Memory and Lifestyle Occupational Therapy Group Intervention for Mild Cognitive Impairment in a Primary Care Setting

Address: Meath Primary Care Centre, 1-9 Heytsbury Street, Dublin 8.

Location: CHO 7

Brief Description (up to 200 words)

The occupational therapy department in Dublin South Central have developed a four-week memory education programme for community dwelling adults. This group intervention adopted an upstream approach, addressing cognitive complaints and lifestyle factors in order to promote healthy ageing and brain health. It incorporates education on memory process, compensatory strategies and lifestyle intervention; with the aim of improving client's satisfaction with cognitive process and associated quality of life.

The group intervention runs weekly, for two hours, at the primary care centre in clients' local community. Goal setting is incorporated weekly in order for participants to self-identify unique targets for each participants to work on. Group participants appraise one another's goals and provide support and encouragement through sharing their experiences of achievement.

This group is targeted for those who have identified subjective memory complaints and those with mild cognitive impairment.

Main goal(s) and aims of the Project

Improve the health and well-being of community dwelling adults, by providing them with education on memory processes and strategies to maintain or improve their satisfaction with their memory.

Encourage participants to be champions of their own brain health by intervening early and providing them with skills and strategies to adopt in everyday life.

Provide education on the influence of healthy lifestyle on memory e.g. sleep hygiene, important of diet and nutrition, regular exercise, managing stress and social contact

Outline of Approach – main steps taken to implement the Project

This group emerged from analysis of client demographics and trends in referrals received at Dublin South City occupational therapy department. A pilot project was completed in 2013 with a group of seven participants who self-referred to the programme. Positive outcome were indicated including improved self-confidence in memory processes reported by participants. Further piloting has been completed over the past two years to refine the content and delivery of the programme and to select appropriate outcome measures that are sensitive to measure the effectiveness of the intervention. In 2015 over 15 adult participated on the group intervention. In order to implement this group intervention a number of steps are undertaken including developing resources, recruitment and evaluation of the programme. The resources which have been developed for this programme include a facilitator's manual, participants manual and powerpoint presentations for

each group session. Each participant who attends the intervention receives a manual providing handouts and education on the content delivered. Recruitment is completed through poster advertisement in local community centres, primary care centres and general practitioner offices. Evaluation is completed through provision of Your Service, Your Say leaflets post intervention, a locally developed evaluation form and focus group discussion with participants.