

## **DML Excellence Awards 2016 Report**

**Project No: 98 – The Monday Club**

**Address: The Meath Community Unit**

**Location: CHO Area 7**

### **Brief Description (up to 200 words)**

The Monday club is a weekly opportunity for 5 to 12 residents who share a similar level of cognitive function (above MMSE-14) to meet for activities and friendship using a Cognitive Stimulation Therapy (CST) format, supported by Occupational Therapist and Speech and Language Therapist.

Below is a sample of this programme:

10.30 Residents gather for tea/coffee and chat

11.00-12.30 CST group with Bob & Pamela

- Personal introduction – Each person introduces them self and shares one piece of personal information
- Time & place orientation
- Short warm up physical exercise or chat about healthy living (e.g. why drink water)
- Planned CST – using 1 of 14 topics from the evidence based CST programme ‘Making a Difference’. Various forms of media are used for this .

12.30-1.30 Lunch with chat & listening to CD’s of favourite Music

1.30 -3.00 ‘Activity e.g. plant bulbs, quiz

3.00 Afternoon Tea – with ‘best china’ & special biscuits and cake

1.30 End of Day and return to living

Most of the attending Residents have progressive conditions such as Hearing, Vision, Parkinson’s, Rheumatoid Arthritis, Dementia and therefore the structure and life span of the groups do vary, with residents joining and departing. Likewise the material used in sessions varies according to the cognitive level, experiences and the interests of the group members.

The ‘Best China’ promotes conversation and reminiscence. The biscuits and cakes are different from those usually provided in the unit, we try to provide types which are mentioned in conversation.

Note: Cognitive Stimulation Therapy, CST, is an evidence – based group intervention for people with mild to moderate dementia.

Ref: Spector A, Thorgrimsen L, Woods B, Royan L, Davies S, Butterworth M and Orrell M (2003). Efficacy of an evidence-based cognitive stimulation therapy programme for people with dementia: Randomised Controlled Trial. *British Journal of Psychiatry*, 183: 248-254.

### **Main goal(s) and aims of the Project**

1. To bring together residents of similar cognitive function
2. To give opportunity for maximising and maintaining cognitive and verbal function through stimulation and conversation.
3. To strengthen orientation of time and place
4. To maintain contact with Today's changing world
5. To encourage a feeling of belonging and identification
6. To allow participants to get to know each other, and to facilitate the strengthening of their relationships
7. To give emphasis to their personal experience and opinion rather than to their recently developing disabilities
8. To give time and opportunity to reminiscence, fun and laughter

### **Outline of Approach – main steps taken to implement the Project**

- The DON initiated discussion of the idea with staff
- The formation of this project is based on researching a number of approaches and evidence based practice.
- Cognitive Stimulation Therapy (CST) was the most relevant for our group. In particular 'Making a Difference' as developed in University College London (UCL) and first published in 2006

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- This was presented at the MDT, where it was favourably received
- Below it is shown how this has had to be adapted to suit our residents

This programme is based in the Meath Residential Unit for older persons. There are 46 long stay residents and 5 respite of varying physical and cognitive disabilities. The accommodation is spread over 3 floors, each having a mixture of male/female residents.

The overall physical and cognitive dependency level is high with scores ranging from 26 to below 10 on the MMSE assessment scale.

The project originated from observation that some residents were isolated in that much of their time was spent amongst other residents who had profound cognitive disabilities. It was felt there were several residents whose abilities were above MMSE 14 who may not have had cognitive or physical ability to source appropriate activities, but who would respond favourably once it was provided.

Within the unit there are many other activities which for the most part specialise on specific areas such as art, physical activity and music. However, it was felt that through Cognitive Stimulation we

could provide residents of higher cognition an opportunity to gather together to reminisce, discuss and express opinion, and converse with each other in a fun friendly environment.

Business Plan re Resources and Implementation:

- Discussion and planning with DON and Nursing administration of the Unit and Therapists
- Therapy input – Occupational therapist and Speech & Language Therapist
- Appropriate accommodation – away from bedroom & living area
- Comprehensive assessment of residents to ensure that the programme is suitable for them
- Development of a standardised recording template to ensure that engagement, mood, participation and functional level are appropriately recorded in line with HIQA standards
- Referrals to the Group come from the MDT team
- Feedback from the Group is given at the regular MDT meeting

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Operational Implementation

The first gathering was the News and Views group as we had several residents who watched the TV or listened to the Radio and could share views on news items. This was held weekly for

approximately 1 ½ hours. We gradually lost (due to transfer to other units, disease progression or death) those who were interested in the news and found ourselves with a new group who named themselves the Motivators and as members left this group we evolved into the Monday Club (name also chosen by the Residents) which is held weekly from 10.30am – 4.00pm.

Following the opportunity to attend 'Making a Difference' CS conference, we decided to try to follow this format. This programme is designed for persons with MMSE score of 14 and higher. It has a set programme of 14 sessions.

However we found that although our group members were within the MMSE level recommended (some scoring as high as 26), it did not suit them due to their level of function whilst living within Residential Unit and it was also often culturally inappropriate (the programme was developed in England)

We therefore continued to use the 14 topic areas using them as guide for each session, but adapting the content. The purpose of the group is to converse and so topic divergence takes place, but should a quiet period emerge, we move back with our prepared materials towards the main subject of the session. In this way we can remain highly flexible and support the group through the session.

The Motivators group wrote their own song 'The Motivators'; and the Music therapist set this song to music for us. We think this express the aims of the group.

The Motivators

We're the Motivators, and we'd like to say 'Hello',

We're the Motivators, and we'd like to say 'Hello',

It's Wednesday afternoon and we are ready to go!

Stimulating Conversation,

Working together, motivating,

The more we are together the Chatterier we'll be.

We're the Motivators, and we'd like to say 'Hello',

We're the Motivators, and we'd like to say 'Hello',

It's Wednesday afternoon and we are ready to go!

Giving each other inspiration,

Committed to each other with no hesitation,  
The more we are together the Chatterier we'll be.

Hello to -----and -----

Hello to -----and -----

We're the Motivators, and we'd like to say 'Hello',  
We're the Motivators, and we'd like to say 'Hello',  
It's Wednesday afternoon and we are ready to go! #