



An aged care makeover

Creating stimulating surroundings for residents with dementia

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On the Menu...

Phenomena:

dementia + boredom = 'difficult behaviour'

Typical Solutions:

Medication

T.V.

Our solution...





Background

- Specialist Mental Health for Older People
 - Dementia, depression & delirium with difficult behaviours
 - Boredom produces behavioural problems
 - Evidence for activity & engagement to reduce behaviours
 - Non-medical solutions seen as 'unrealistic'
- 'Spontaneous Engagement'

The Process

A volunteer facility...

- Resident profiles
- Surveyed facility
- Staff engagement
- Family engagement
- Sourcing materials
- Implementation (working bee)

Before...



Before...



Before...



Before...



After...

Colourful Gazebo

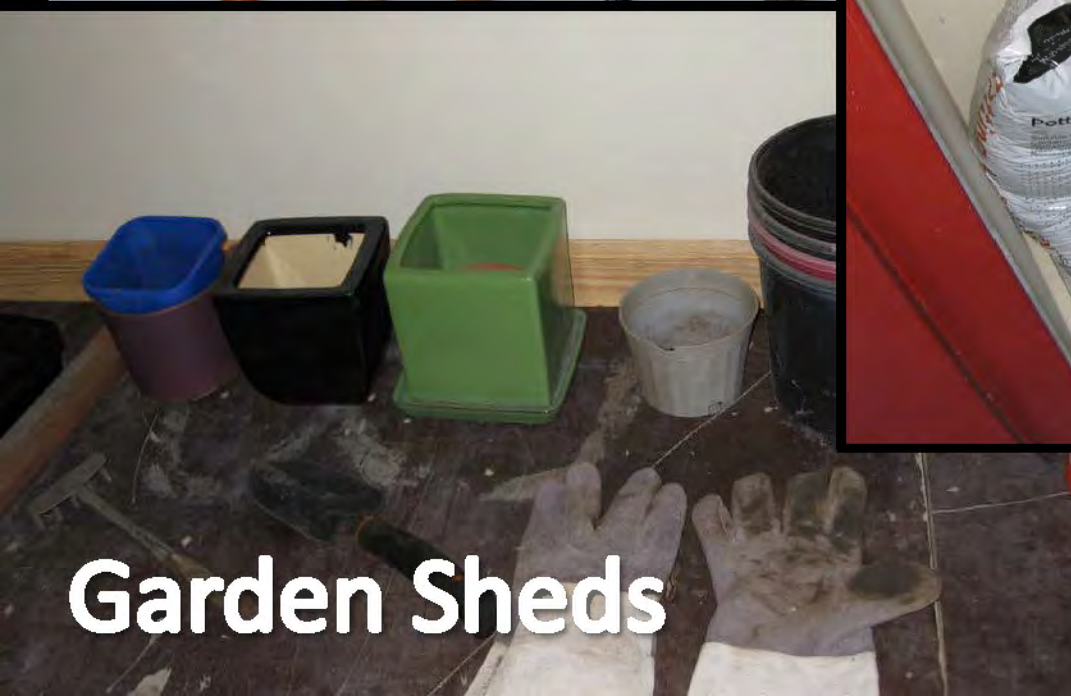




Old Car



Raised Garden Bed



Garden Sheds

MENS SHED



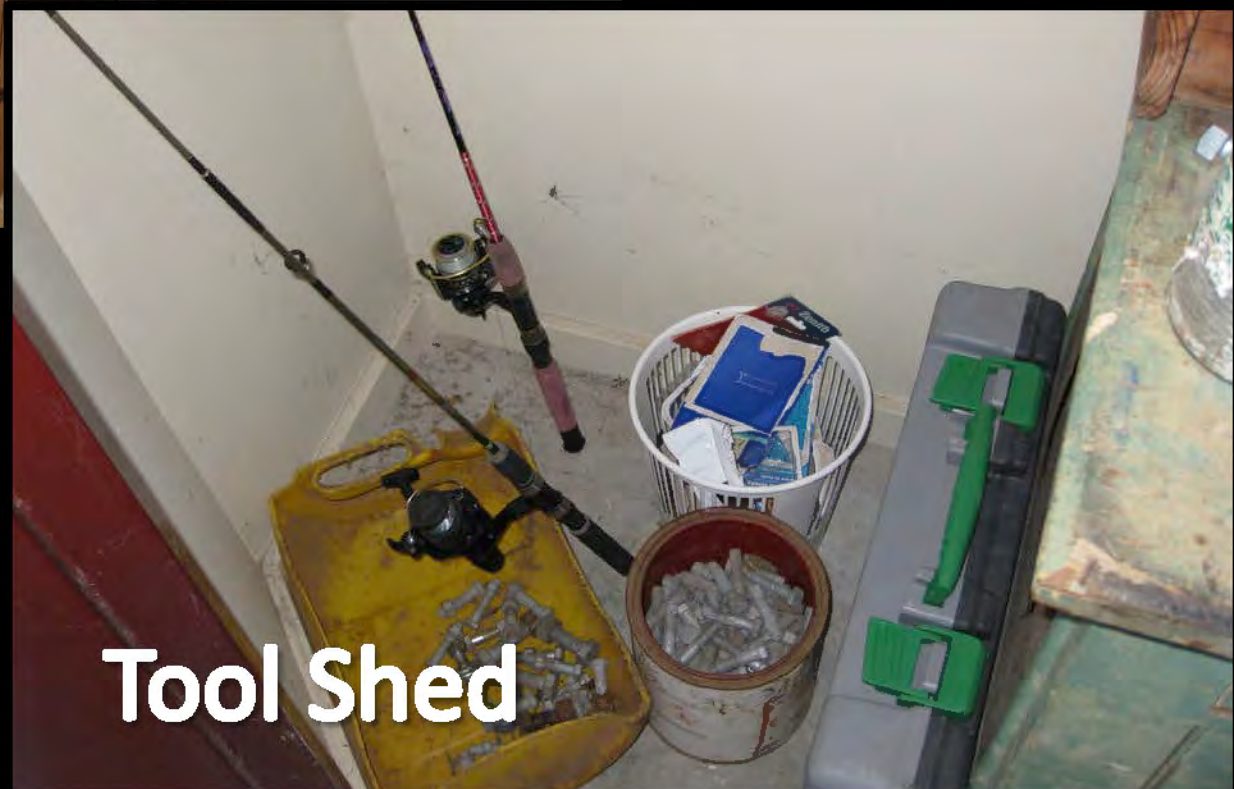
MEN'S SHED

- Identify the shed as a place for men to work, play and get things done
- Build a positive image for the shed as a place where men can get things done and be seen together in a positive way
- Build a positive image for the shed as a place where men can get things done and be seen together in a positive way



Tool Shed





Tool Shed



Laundry





Chooks

Reading Nook







Office Desk



Sewing Nook





Jewellery



Hats & Scarves



Eye Catchers



Fiddle Pockets

Interactive Mural





Home Kitchen

Music Room





Fiddle Door





Results – Staff Perception

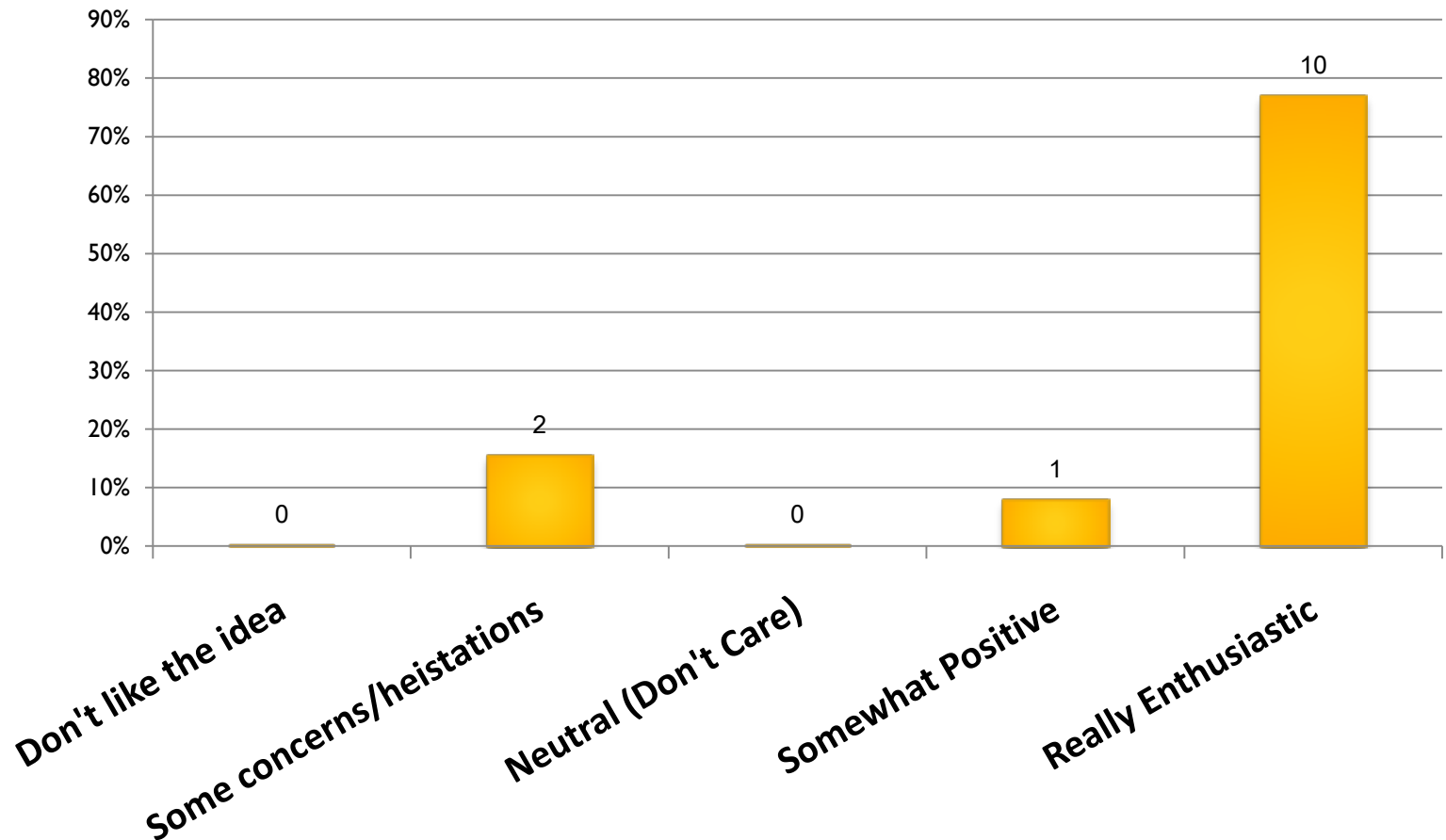
- Surveyed staff before & after (2 wks & 6 months)
- Staff across both project & control units

BEFORE...

- Generally 'boring' environment
- Group activities engaging but not always feasible
- Need more activities, stimulating environment

Results – Staff Perception

"How do you feel about the changes being made to your unit to introduce activity stations?"



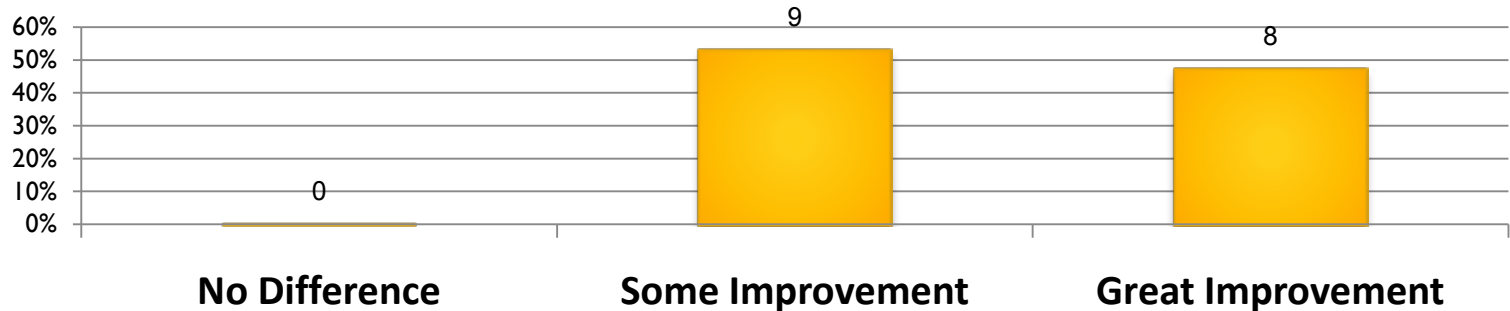
Results – Staff Perception

AFTER...

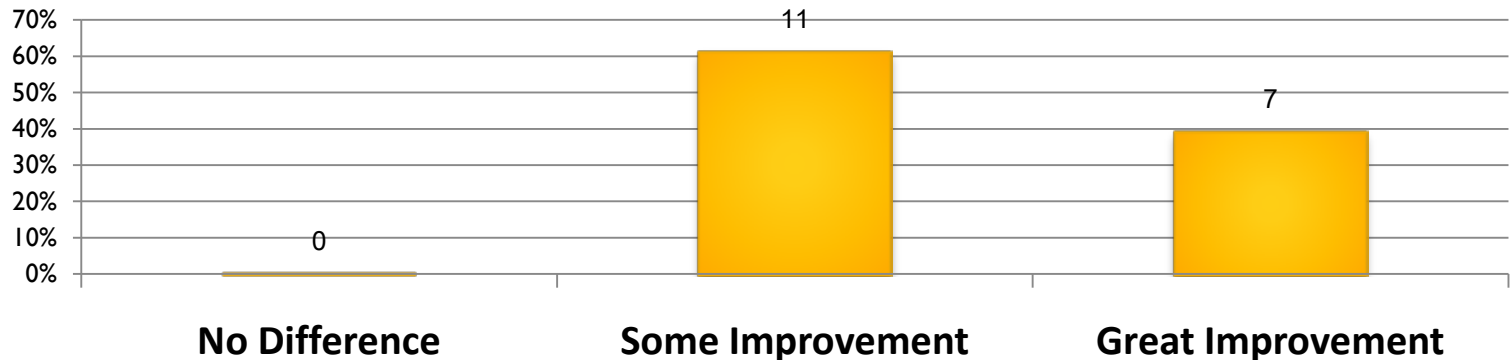
Positives	Negatives
Increased interaction Wider appeal Distraction from agitation Tool for staff Distraction from negative behaviours & thoughts Amusement Reminiscing Family/Visitors happier Usefulness & purpose	Cold weather Faulty items Staff & family needing reminders

Results – Staff Perception

"Do you think the activity stations have improved *quality of life and stimulation* for residents?"

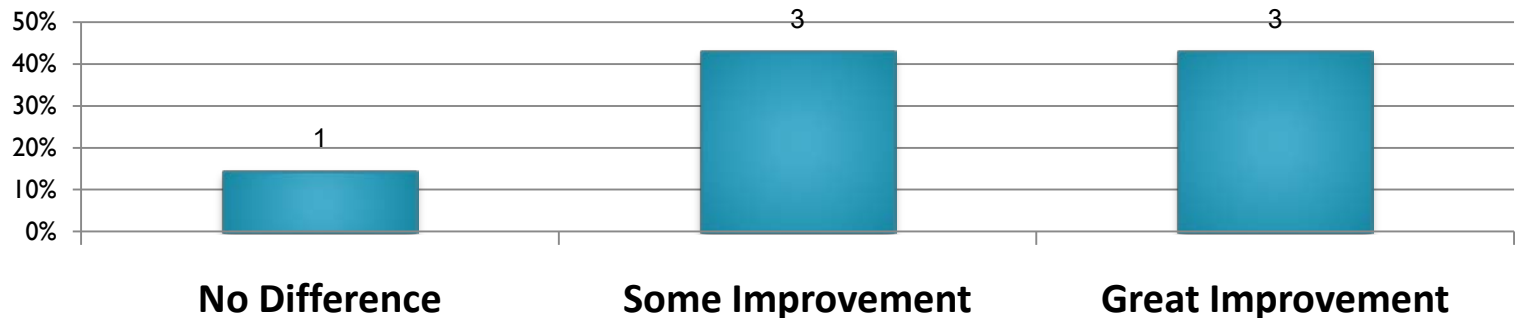


"Do you think the activity stations help staff manage residents' *difficult behaviours* better?"



Results – Family Perceptions

"Do you think the activity stations have improved quality of life and stimulation for residents?"



"brings them a little of the outside world into their world"

"a continuation from what they've done all their lives"

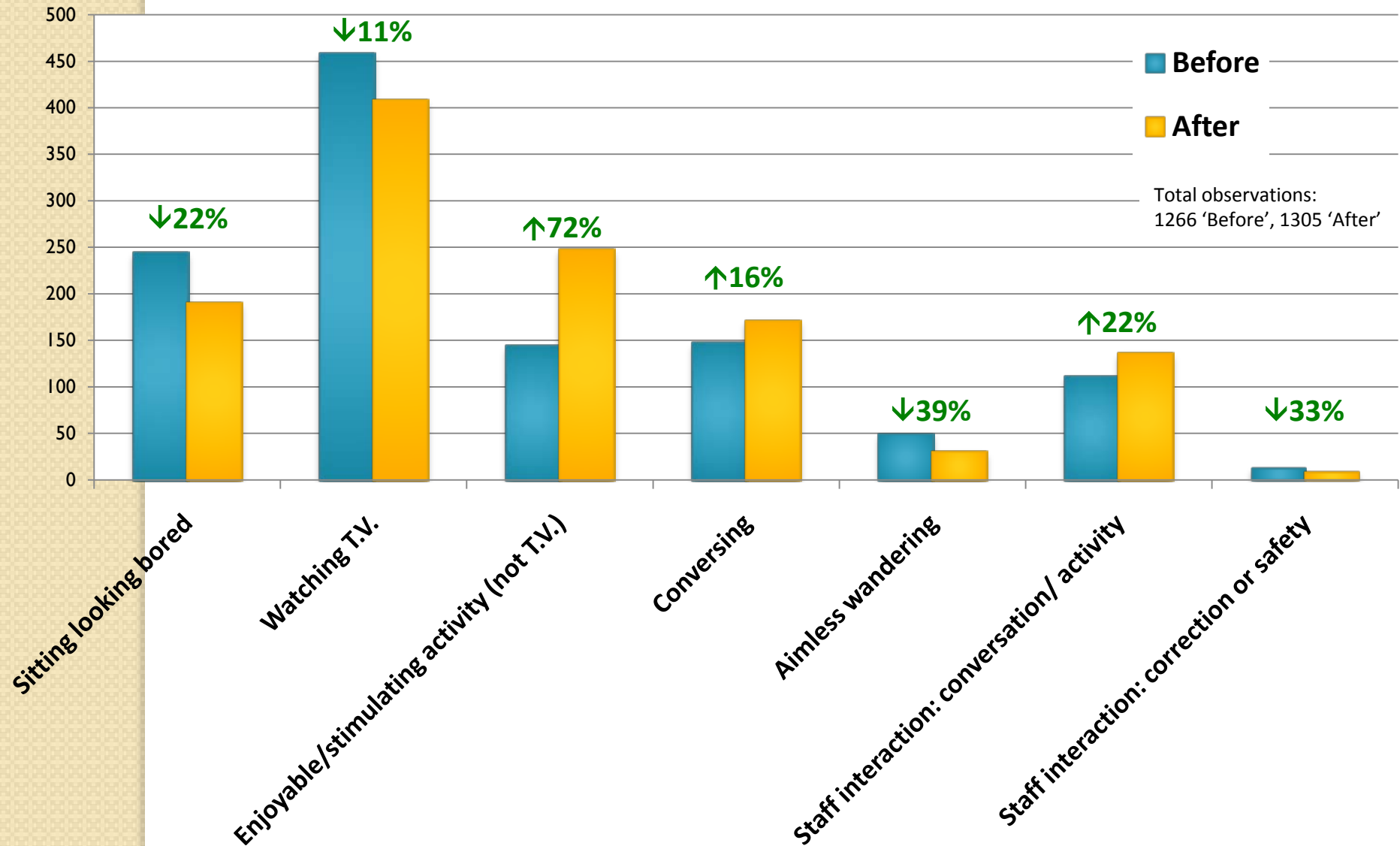
"gives me something to discuss with mum"

"visitors are now bringing their children to look at the chooks"

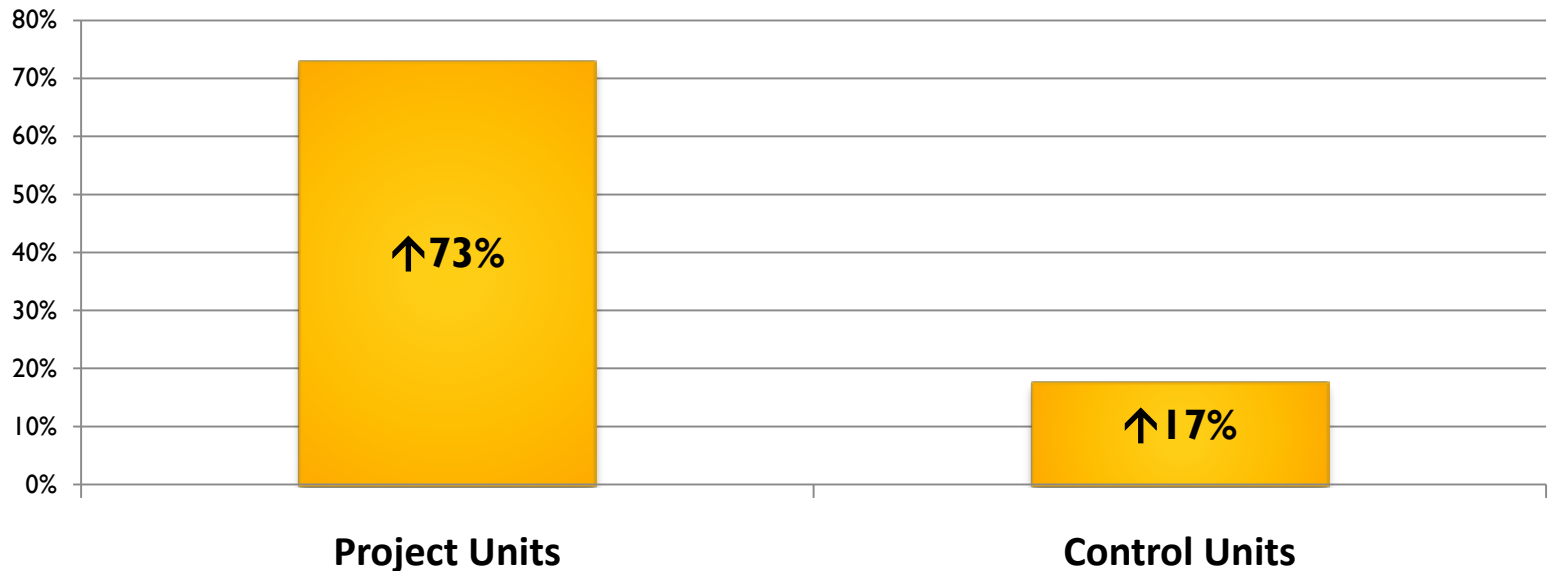
Results – Behavioural Observations

- Project units and Control units
- 2 hrs/day for 5 days before implementation
- 2 hrs/day for 5 days after implementation
- 10min observations (by SMHSOP staff)
- Behaviours categorised & tallied
e.g. pacing, verbal aggression, watching t.v., sitting looking bored, engaged in a stimulating activity

Some Significant Improvements



Increase in *Positive Behaviour : Negative Behaviour Ratio**



* *Positive Behaviour : Negative Behaviour Ratio*

$$PB:NB = \frac{(\text{total observed instances of } \textit{positive} \text{ behaviour})}{(\text{total observed instances of } \textit{negative} \text{ behaviour})}$$

Positive behaviours:

Conversation

Enjoyable/stimulating activity (not T.V.)

Positive staff interaction

...

Negative behaviours:

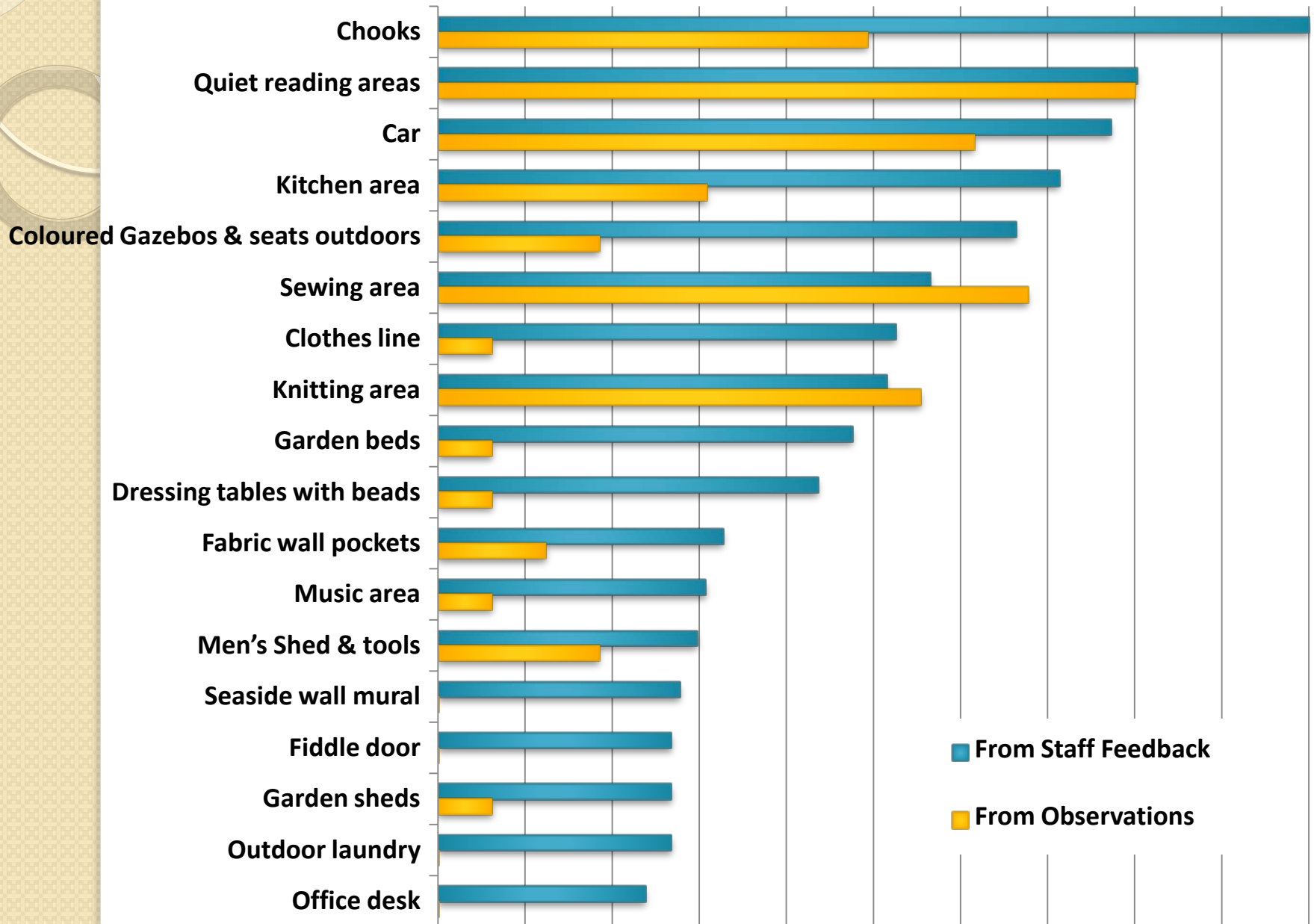
Sitting looking bored

Aimless wandering

Verbal/physical aggression

...

Activity Stations – Frequency of Use





Limitations of Study

- Improvements in mood not tested
- Other changes during observation period
- Insufficient numbers for some results
- Long-term effect not conclusive

Ideas for Future

- Expansion in current facility
- Other facilities in Anglican Care
- Creation of instruction manual/toolkit
- Possible adaptations to non-dementia settings

SUMMARY

- New approach for aged care facilities
- Clear improvements in positive : negative behaviour and staff/family satisfaction
- Good feedback to benefit future projects

Thanks to:



Health
Hunter New England
Local Health District