

MOVING INTO CARE

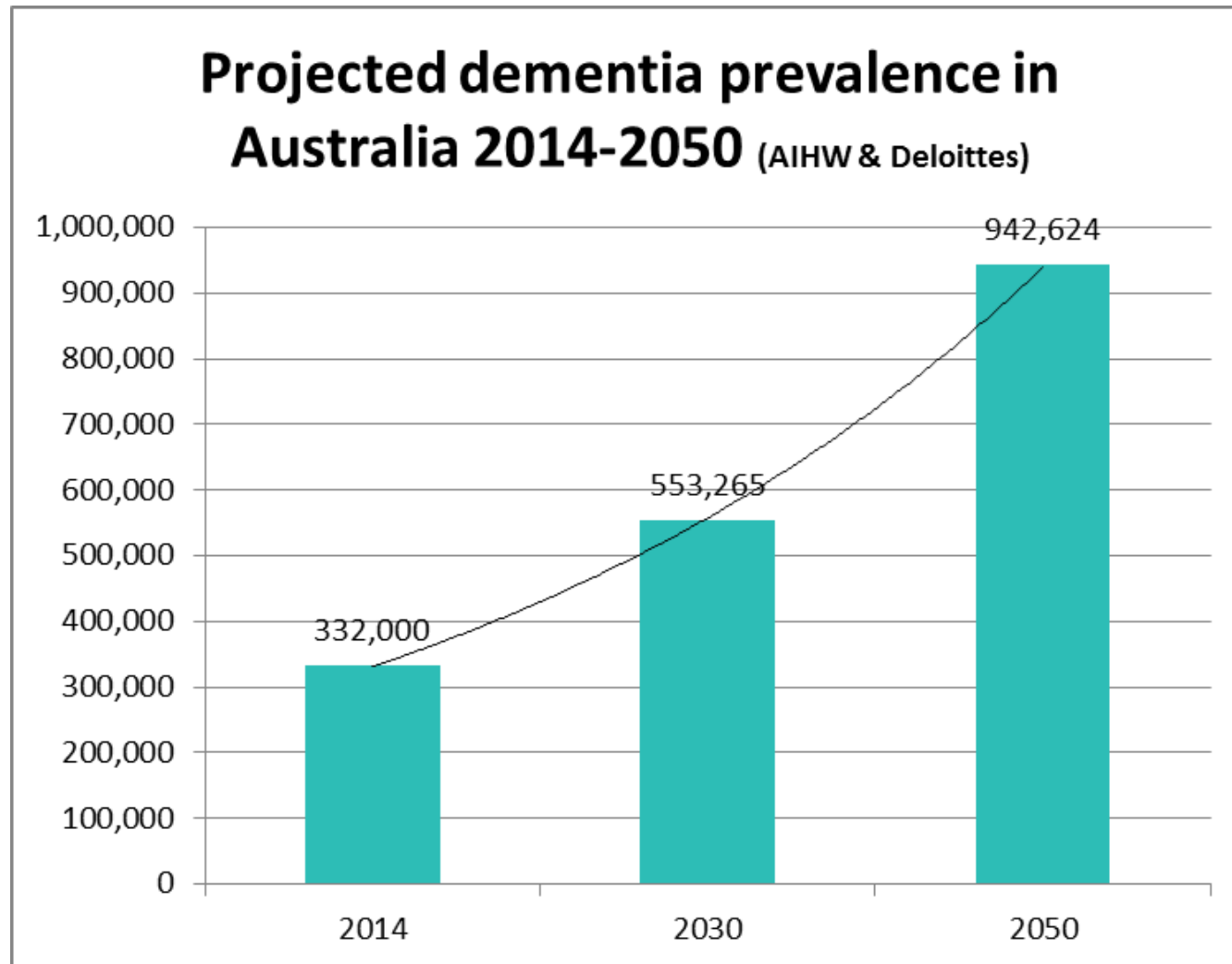
Turning research into good practice

Evan Rollins
Project Officer

6th March 2015
ACS Regional Conference



DEMENTIA PREVALENCE



Dementia Prevalence in NSW by SED (state electoral district)

Ranking by 2015 Prevalence

Source: Alzheimer's Australia NSW and Deloitte Access Economics | August 2014

	SED (state electoral district of NSW)	2015 estimate	2020 estimate	2050 estimate
1	Tweed	1,800	2,018	3,794
2	Myall Lakes	1,784	2,022	3,379
3	Port Macquarie	1,730	1,947	3,496
4	Bega	1,614	1,894	3,542
5	Oxley	1,598	1,818	3,305
6	Gosford	1,568	1,753	3,381
7	Terrigal	1,548	1,728	3,319
8	South Coast	1,519	1,726	3,004
9	Davidson	1,509	1,632	2,844
10	Ku-ring-gai	1,509	1,647	3,031

DEMENTIA AND THE MOVE INTO RESIDENTIAL AGED CARE



- Support people with dementia to live at home for as long as possible.
- It is estimated that 85% people with dementia will require RAC.
- The transition into RAC is one of the most significant relocations for older people
- 50% of new residents come directly from hospital

AlzNSW: RESEARCH PUBLICATION



Discussion Paper 5

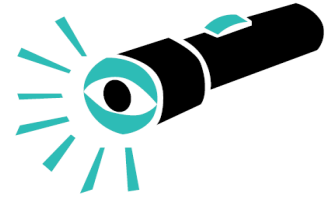
October 2012

**THE MOST
DIFFICULT
DECISION:**

**DEMENTIA AND
THE MOVE INTO
RESIDENTIAL AGED
CARE**

**TALKING ABOUT ALZHEIMER'S
ACROSS AUSTRALIA**
FIGHTTHEMENTIA.ORG.AU

THE RESEARCH



To **understand the experiences** of people with dementia and their carers/families. To **hear the voice of carers** who had placed a person with dementia in residential care.

Provide **recommendations** to Federal and State Governments and Aged Care Providers.

<http://www.fightdementia.org.au/new-south-wales/research-nsw.aspx>

WHAT CARERS ARE SAYING



- Paperwork: lost, astounded and exhausted
- Feelings of guilt, anxiety, relief, disempowerment, inadequacy and sadness.

*It was a **terrible** experience for us both but it was something that we **had** to go through.*

THE OUTCOME



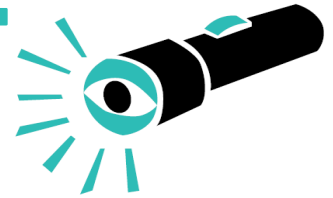
**MOVING >>
INTO >>
AGED CARE >>**

**WORKING WITH PROVIDERS OF RESIDENTIAL AGED
CARE TO IMPROVE EXPERIENCES FOR RESIDENTS AND
CARERS... [READ MORE](#)**

MOVING INTO CARE

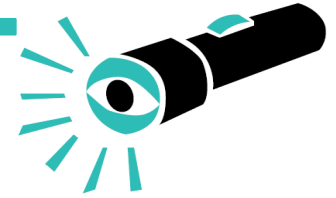
The **BEST care** for people with dementia can exist at home, in the community AS WELL AS in **residential aged care**

MOVING INTO CARE PROJECT



- Free Consultancy
- Smaller Providers across NSW: <10 sites
- Build on the Research
- Transfer knowledge and embed good practice
- Improving the experience for residents and family carers

MOVING INTO CARE PROJECT



- Identify good practice and areas for improvement
- Develop realistic, achievable actions
- Build capacity based on existing strengths.

MOVING INTO CARE



Values

Recognise the value of all human life regardless of age or ability.



Individuals

Focussed on each unique person.



Perspective

Looking at the world through the eyes of the person needing care.



Social

Seeing and responding to a person rather than a unit of care.

The V.I.P.S framework was created by the UK Association of Dementia Studies and published in *Person Centred Dementia Care: Making services better*, Brooker, D. (2007). Alzheimer's Australia NSW has permission to use this tool.

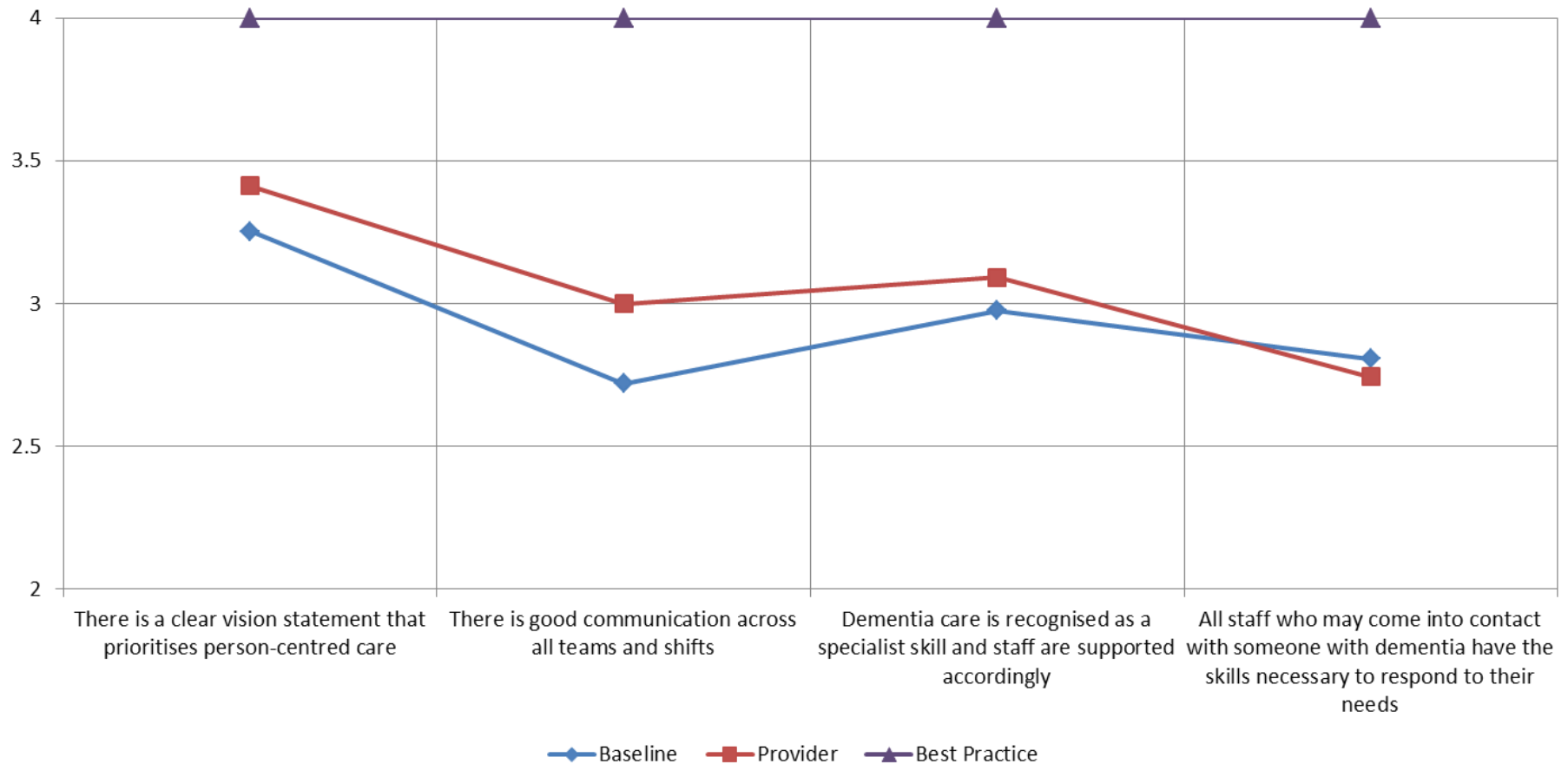
ENGAGEMENT AND ASSESSMENT



- Service Agreement
- Assessing practice against evidence and baseline data
- Carer Survey: < 12 months
- Staff Self Assessment Survey
- Document Review
- Assessment Report

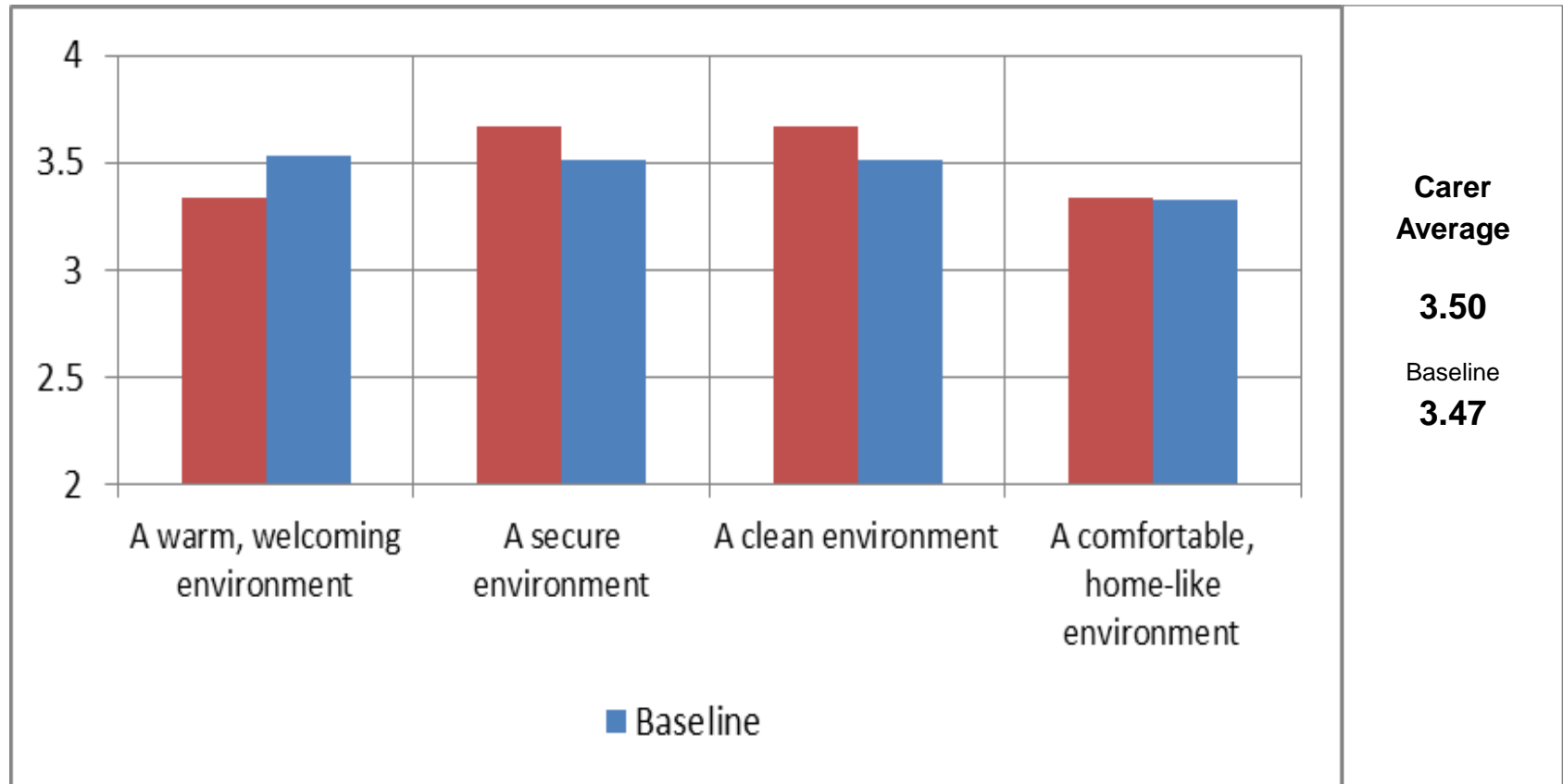
MOVING INTO CARE: FINDINGS

Figure 2: Staff ratings of leadership and vision.

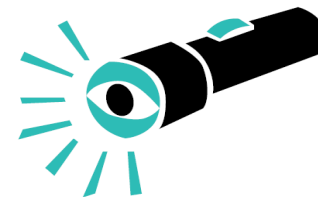


MOVING INTO CARE: FINDINGS

Figure 1: Carer ratings of aspects of the XXXX environment.

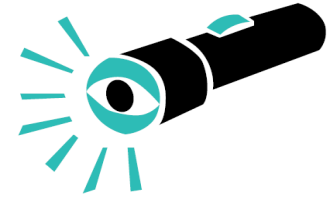


PLAN AND ACT



- Workshop
- Confirm strengths and development areas
- Identify priorities
- Identify outcomes
- Develop Action Plan

REVIEW



- Continue contact with Provider
- Identify actions, strategies and barriers
- Assess the impact of change
- Identify future development opportunities

WHAT CARERS ARE SAYING

It would have been easier settling in if I had had one person to approach each shift.

Have a support person through the WHOLE process. It is an extremely emotional time for the carer.

I would have liked a meeting, say with an RN, to fully understand the implications of this new life for both of us, rather than learning as matters arose.

The process was rushed. Only had 2 days to get Mum there. Would have liked more information about the whole process.

MOVING INTO CARE: KEY THEMES



- Strong **leadership** and **management**
- Clear **vision** towards person centred approaches to care
- Good **communication** and **supervision** across staff levels
- **Accessible** outside spaces
- **Welcoming** environment

MOVING INTO CARE: KEY THEMES



- Residents are recognised and engaged as unique individuals
- Life history information is collected and shared
- Care plans are dynamic and involve residents/families
- Tailored activities that are varied and meaningful

MOVING INTO CARE: KEY THEMES



- Staff display empathy
- Behaviours that are challenging are understood as resident distress and communication
- Dementia friendly physical environment: home-like, signage, noise, temperature, outside spaces
- Acceptable risk-taking
- Managing expectations of care

REGIONAL PROVIDERS: KEY THEMES



- Good resident knowledge and communication with family
- Strong local communities
- Limited resources
- Services often are sparse or not available

MOVING INTO CARE: CHALLENGES



- Understanding the discrete needs of each Provider.
- Competing with the changing policies and priorities across the aged care sector.
- Supporting environments to be receptive to change.

WHERE TO FROM HERE?



For AlzNSW:

- Work together with Providers to improve practice
- Build the evidence base and share the knowledge
- Dementia advocates and key contacts
- Identify areas for greater dementia support

WHERE TO FROM HERE?



For the Aged Care Sector:

- Come on board
- Identify best practice Providers
- Refer Providers to us

MOVING INTO CARE



I saw a facility where I would be happy for my wife to live and where I would be happy to live. I saw a home where everyone was seen and valued.

THANK YOU



Evan Rollins

Project Officer

Moving into Care Project

Phone: 8875 4632

Mobile: 0416 321 096

Email:

MovingIntoCare@alzheimers.org.au