

“Towards Healthy Mind” community-based intervention program for elderly 「向康智出發」社區為本長者精神健康計劃

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Introduction:

The prevalence of dementia doubles every 5 years, 7% of elderly suffer from depression and 7-15% has problems in emotion. Private residential care home (PRCH) becomes a family and home for elderly. A series of intervention programs are launched in March 2009 to collaborate with annual plan of HA to provide community psychogeriatric outreach service to PRCH as well as promoting mental health in community.

Purpose of the Project:

1. To promote elderly mental health in community
2. To extend psychogeriatric nursing service in PRCH for the elderly
3. To improve quality care of mental clients in PRCH

Material & Methods:

1. Provide educational talks in community
2. Provide psychogeriatric outreach service to PRCH

Phase I:

- A Mental wellness group (MWG) conducted to PRCH with pre-assessment tools of Abbreviated Memory Inventory (Chinese), Mini-Mental state Examination (Chinese) and Simplified Barthel Activity of daily living.
- Satisfactory survey after 10 sessions of group therapy
- Working Manual of MWG given to PRCH for reference

Phase II:

Training workshop about mental illness will provide to PRCH in 4Q10.

Results:

Date	Topic	Participants
27.1.2010	Depression	100
6.3.2010	Management of depression	30 caregivers

Table: Community Talks

No. of PRCH	No. of Participant	Female	Male
4	32	87.5%	12.5%

Table: MWG held from March 2009 to Dec. 2009

Description	%
Felt happy in group	100
Gain support and encouragement in group	100
Satisfied the arrangement of the group sessions	100
Can share themselves in group	84
Learn how to maintain cognitive function	78

Table: Results of satisfactory survey in MWG

Conclusions:

The elderly community-based intervention program is benefit to elderly, caregiver and PRCH. By continue different interventions in community, it can slow down the disease deterioration, leading successful ageing as well as reduce burden of caregiver and society.