Non-Pharmacological Interventions for Dementia

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Learning Objectives

• Identify alternative interventions for managing dementia as evidenced in the literature

• Engage other professions to assist with non-pharmacological interventions for people with dementia

Early stage awareness can be difficult

• Uncertain about own abilities
• Loss of independence
• Giving up activities
• Consequences for family

Johansson, Marcusson, & Wressle, 2015
Family Caregivers

- Thrust into the role
- Don’t always identify self as a caregiver
- Often no training or preparation for what to expect
- Can feel overwhelmed
- Own health suffers
- Challenged in managing everyday life

Interprofessional Teamwork

Person with Dementia
Caregivers
Community agencies
Care Managers
Therapists
Medicine
Pharmacy

Non-pharmacological interventions may not cease or reverse cognitive decline...

But may:
- Offer meaning and purpose for quality of life
- Support independence and autonomy
- Reduce caregiver burden
How do people spend their time?

• Depends on meaningful occupations/activities
• Depends on values, roles, routines
• Depends on environmental demands (physical, social, economic)

How much time do you need to.....

• Shower/bathe?
• Manage medications?
• Prepare meals & eat?
• Get to appointments?
• Make a phone call to a friend?
• Do your favorite hobby?

Why might these take more time for someone with dementia?

Meaning

• Activity loose meaning
• Does not understand purpose
Why might this take more time for someone with dementia?

Values
- Continues to value independence
- Doesn’t want assistance

Environmental demands
- Unsafe to do without assistance
- Unable to correctly sequence/complete tasks
- Family support is limited
- Not able to afford professional assistance/aid

How can a team help families reengage in meaningful activity?
Non-Pharmacological Interventions

- Education
- Social Supports
- Physical Activity
- Environmental Design

Education

- Make families aware of what to expect
- Provide strategies
- Decrease caregiver burden through education

Social Support

- Support Groups
  - Can mediate depression
    - Psychosocial interventions
    - Therapeutic touch [Cabrera et al, 2015]
- PAIR support
  - Caregivers can also benefit from social program for persons with dementia (Han & Radel, 2015)
Community Agencies

- Alzheimer’s Association
- KU Alzheimer’s Disease Center
- Rebuilding Together

Physical Activity

- Decreases depression levels
- Decreases problematic behaviors
- Unknown if it reduces use of psychotropic drugs or if it mediates cognitive decline

de Souto Barreto et al., 2015; Vidoni & Burns, 2015

Environmental Design

- Increasing safety
- Decreasing demands
- Cueing

Struckmeyer & Pickens, 2016; Woodbridge, et al, 2015
Review of Interventions beyond medications

• Educate
• Involve a team
• Provide social support options
• Encourage physical activity
• Simplify spaces

Team to help live Life

• Be aware of personal values
• Determine activities that offer meaning and purpose
• Promote healthy repetition
• Mediate environmental demands

References


References


