Dementia Ambient Care: A holistic approach to the management of dementia in multiple care settings

Louise Hopper1, Rachael Joyce1, Catharina Melander2, Basel Kikhia3, Anastasios Karakostas3, Stefan Sävenstedt2, and Kate Irving1

1School of Nursing & Human Sciences, Dublin City University, Ireland
Email: louise.hopper@dcu.ie
2Luleå University of Technology, Luleå, Sweden
3Centre for Research and Technology Hellas, Thessaloniki, Greece

BACKGROUND

- Assistive Technologies facilitate a more objective way of monitoring and supporting a person with dementia’s behavioural, cognitive, and emotional states, than that provided by traditional questionnaires.
- The Dementia Ambient Care toolbox uses a variety of ambient and wearable sensors to provide individualised, person-centred support in five domains (physical activity, sleep, activities of daily living, social interaction, and mood) in multiple care settings.
  - Dem@Home is a home-based system that enables independence and facilitates “ageing in place” by supporting the health lifestyle and safety of people with dementia.
  - Dem@NH focuses on the clinical assessment and management of Behavioural and Psychological Symptoms of Dementia (BPSD) in nursing home settings.

METHOD: Dem@Home

- Multiple case study with purposive sampling
  - Lead Users (n=2 Dublin; n=3 Thessaloniki; 7-20 months in duration)
  - Resilience Intervention participants (n=5; Dublin; 3-4 months in duration)
- Clinical needs assessment to select sensors

RESULTS: Dem@Home

Improvements were found as a result of Dem@Home system monitoring and feedback

- Clear periodicity in sleep disruptions (duration and interruptions) were found and could be addressed

- Combination of sleep and physical activity: less TV watching lead to more and better quality sleep

- ADL Intervention: increased levels of moving intensity found when monitoring scheduled daily activities
- Daily activities were assessed to identify points where appropriate scaffolding could help preserve the activity

METHOD: Dem@NH

- BPSD evaluation with n=10 nursing home residents in Sweden
- NPI-NH psychometric assessment and Dem@NH sleep and stress sensors (previously validated strong correlation with structured staff observations of BPSD)

RESULTS: Dem@NH

- Sensors provided specific and objective information on patterns of sleep and stress
  - Enabled the development of highly personalised interventions to prevent sequences of stress and interrupted sleep
  - Sensor information was also used to evaluate and monitor care interventions

CONCLUSIONS

- Clear value of objective ongoing assessment that better supports the person with dementia and helps identify improvement, stasis, or decline over time.
  - Objective measurement enhances clinical assessment of a person’s cognitive, functional, and emotional status in a familiar environment
  - Ability to triangulate data from various sensors measuring various domains
  - Individualisation of interventions and treatment plans (@Home and @NH)
- Ability to support the person with dementia (@Home) with online reminders, checklists, prompts, and directed practise.
- Importance of recognising and addressing challenges that arise with the use of assistive technology with people with dementia:
  - Initial needs assessment is essential to determine appropriate sensors to use
  - Ongoing management of ethical concerns such as privacy and surveillance

REFERENCES

2. Ongoing management of ethical concerns such as privacy and surveillance

ACKNOWLEDGEMENTS

This research has received funding from the European Community’s Seventh Framework Programme (FP7/2007-2013) under grant agreement 288199 – Dem@Care