Home-Based Memory Rehabilitation Programme

Memory rehabilitation for people with dementia
Thursday 4TH November 2010
Advanced Specialist Occupational Therapist
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Memory Clinic
Belfast City Hospital
Background

- Memory Clinic established in 1994
- Centre of excellence
- Tertiary referral service
- No cognitive rehabilitation
- Trial of effectiveness of MRP
- Launch of MRP, January 2007
Memory Clinic

Who is the service for?

- Patient/clients referred to Memory Clinic
- All age groups living in Northern Ireland
- Memory difficulties affecting daily function
Role of the Occupational Therapist

Diagnostic

Interview
Cognitive Assessment

Rehabilitation and support

Patient/clients
Caregiver and family
Process

- Referral
- Initial home-visit
- Cognitive assessment
- Fast-track back to clinic
- Medication
- Home-based Memory rehabilitation Programme
- On-going support
# Checklist of everyday memory problems

<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Do you forget what you did yesterday?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>2.</td>
<td>Do you put items, e.g. your glasses or keys down and forget where you have left them?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>3.</td>
<td>Do you have difficulty remembering appointments?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>4.</td>
<td>Do you have difficulty remembering what people have told you?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td></td>
<td>Repetition of questions:</td>
<td>Yes:</td>
<td>No:</td>
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<tr>
<td></td>
<td></td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>5.</td>
<td>Do you forget people’s names?</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>6.</td>
<td>Do you lose your way when you are out?</td>
<td>☐</td>
<td>☐</td>
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</tbody>
</table>
Home-based Memory Rehabilitation Programme

- 2 visits per week for 3-6 weeks as required
- Home-based
- Customised
- Involvement of caregiver
- Compensation strategies
- Environmental adaptation
- On-going support
Home-based

Why?
Customised

Why?
Involvement of caregiver

Why?
MRP and compensation strategies

- **Week 1 & 2:**
  
  “Remember where you have put something”
  - Medication Checklist
  - Memory Book
  - Tip Sheet
<table>
<thead>
<tr>
<th>TIME</th>
<th>DRUG</th>
<th>DOSAGE</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before breakfast</td>
<td>Amlodipine</td>
<td>1 Tablet</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>With Breakfast</td>
<td>Reminyl</td>
<td>1 Tablet</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Naproxen</td>
<td>1 Tablet</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td></td>
<td>Nexium</td>
<td>1 Tablet</td>
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<td></td>
<td></td>
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<tr>
<td></td>
<td>Aspirin</td>
<td>1 Tablet</td>
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<td></td>
<td></td>
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<tr>
<td>Evening</td>
<td>Naproxen</td>
<td>1 Tablet</td>
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<td></td>
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<tr>
<td></td>
<td>Simvastatin</td>
<td>1 Tablet</td>
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<td></td>
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<tr>
<td></td>
<td>Fybogel</td>
<td>1 Sachet</td>
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<td></td>
</tr>
<tr>
<td>As required</td>
<td>Paracetamol</td>
<td>2 Tablets</td>
<td></td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Codeine Phosphate</td>
<td>1 Tablet</td>
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</tbody>
</table>

**INSTRUCTIONS:**

- Take each tablet as shown on checklist
- Each day tick the box after each tablet is taken
Instructions for use of Memory Book

1. Write day, date, month and year on top of each page

2. Write one page only per day

3. You do not have to fill the page

4. Write about events in your day and some news about significant events you heard on the news or read in the newspaper

5. Each day read over what you wrote on the previous day
Week 2 & 3:

“Remember what people have told you”

- Prompt card and notebook by phone
- Notebook
- Pocket notebook
Prompt Card for taking telephone messages

- Write all messages down
- Tell the caller that you are writing the message down
- Read the message back to the caller
➢ Week 3 & 4:

“Remember what you have to do”

- Memory board
- Post-its
- Alarm clock
- Calendar
- Daily schedule
- Safety Checklist
**DAILY SCHEDULE**

**Monday:**
- **Morning:** Janet does the laundry
- **Evening:** Watch University Challenge and Mastermind
- ****Organise re-cycling or rubbish (alternate weeks)

**Tuesday:**
- **Morning:** John goes swimming
- **Evening:** Janet out shopping or meeting friend
- **Evening:** John takes Tom bowling

**Wednesday:**
- General housework and shopping as required

**Thursday:**
- **Morning:** Janet goes to PWA (alternate Thursdays)
- **Evening:** Watch Question Time

**Friday:**
- General housework and shopping as required

**Saturday:**
- **All day:** Tom comes or goes to Walking Group
- **Evening:** May go to movie in Bangor with Tom

**Sunday:**
- **Morning:** David comes
- **Afternoon:** Church service at 11.00 am
- **Evening:** Go visiting or receive visitors
- **Evening:** Watch Songs of Praise
- **Evening:** Phone family

**NB:** First Tuesday of month Presbytery Meeting
SAFETY CHECKLIST

Utility Room
- Check windows are closed
- Check gas is off
- Check boiler is off

Kitchen
- Turn dishwasher switch off
- Turn microwave switch off
- Turn kettle switch off
- Check gas cooker is off

Living room
- Unplug TV
- Switch off Music System at socket
- Switch off Sky Box and DVD player at socket
- Check gas fire is off

Study/Guest bedroom
- Check that the computer and screen are off

Hall
- Check front door is double locked and key is left in door

NB: Close all internal doors in case of fire
Week 3 & 4:

“Remember people’s names and revision”
Support and communication

- Three monthly follow-up
- Liaison with:
  - Consultants
  - GP
  - Community OT
  - Specialist Dementia Nurse
  - Family members
- Open-line communication
Percentage of patients still using compensation strategies at their post MRP reviews

![Bar chart showing percentage of patients still using compensation strategies over time](chart.png)

**fig. 2**
50% of patients reviewed 24 months following completion of the MRP were still using strategies taught to them to compensate for their memory deficits, which demonstrates that new learning took place during the MRP and has been maintained over time.
“It is better to light a single candle..... Than to curse the darkness”