

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
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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



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

		Yes	No
1.	Do you forget what you did yesterday?	<input type="checkbox"/>	<input type="checkbox"/>
2.	Do you put items, e.g. your glasses or keys down and forget where you have left them?	<input type="checkbox"/>	<input type="checkbox"/>
3.	Do you have difficulty remembering appointments?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Do you have difficulty remembering what people have told you?	<input type="checkbox"/>	<input type="checkbox"/>
	Repetition of questions:	Yes: <input type="checkbox"/>	No: <input type="checkbox"/>
5.	Do you forget people's names?	<input type="checkbox"/>	<input type="checkbox"/>
6.	Do you lose your way when you are out?	<input type="checkbox"/>	<input type="checkbox"/>

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

MEDICATION CHECKLIST

/ /

TIME	DRUG	DOSAGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Before breakfast	Amlodipine	1 Tablet							
With Breakfast	Reminyl	1 Tablet							
	Naproxen	1 Tablet							
	Nexium	1 Tablet							
	Aspirin	1 Tablet							
Evening	Naproxen	1 Tablet							
	Simvastatin	1 Tablet							
	Fybogel	1 Sachet							
As required	Paracetamol	2 Tablets							
	Codeine Phosphate	1 Tablet							

INSTRUCTIONS: TAKE & TICK

- ✓ 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:

Evening:

- Janet does the laundry
- Watch University Challenge and Mastermind
- Organise re-cycling or rubbish (alternate weeks)

Tuesday:

Morning:

Evening:

- John goes swimming
- Janet out shopping or meeting friend
- John takes Tom bowling

Wednesday:

- General housework and shopping as required

Thursday:

Morning:

Evening:

- Janet goes to PWA (alternate Thursdays)
- Watch Question Time

Friday:

- General housework and shopping as required

Saturday:

All day::

Evening:

- Tom comes or goes to Walking Group
- May go to movie in Bangor with Tom

Sunday:

Morning:

Afternoon:

Evening:

- David comes
- Church service at 11.00 am
- Go visiting or receive visitors
- Watch Songs of Praise
- 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

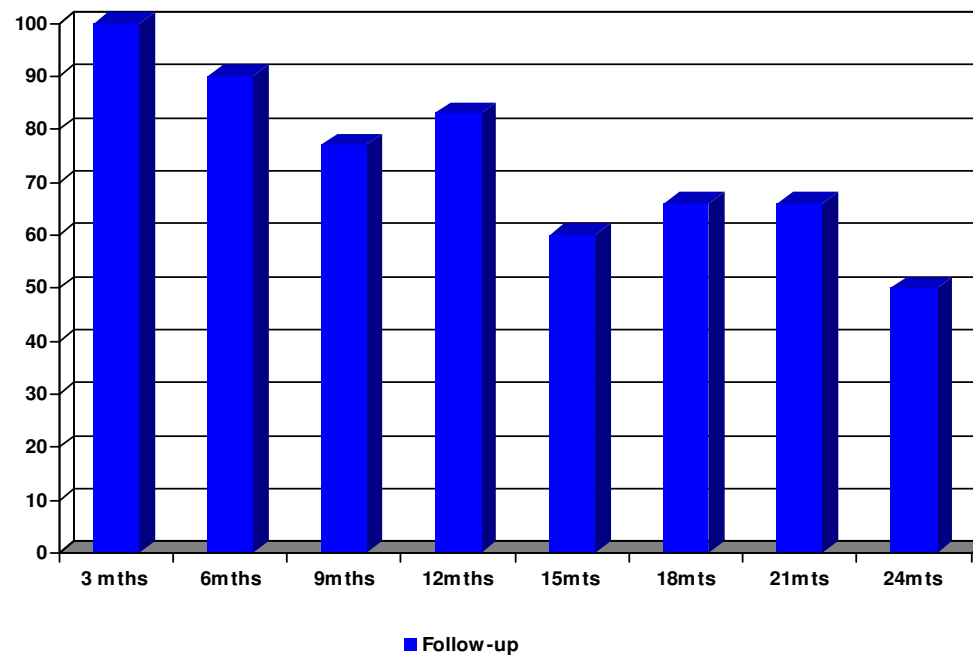


fig. 2

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”**