

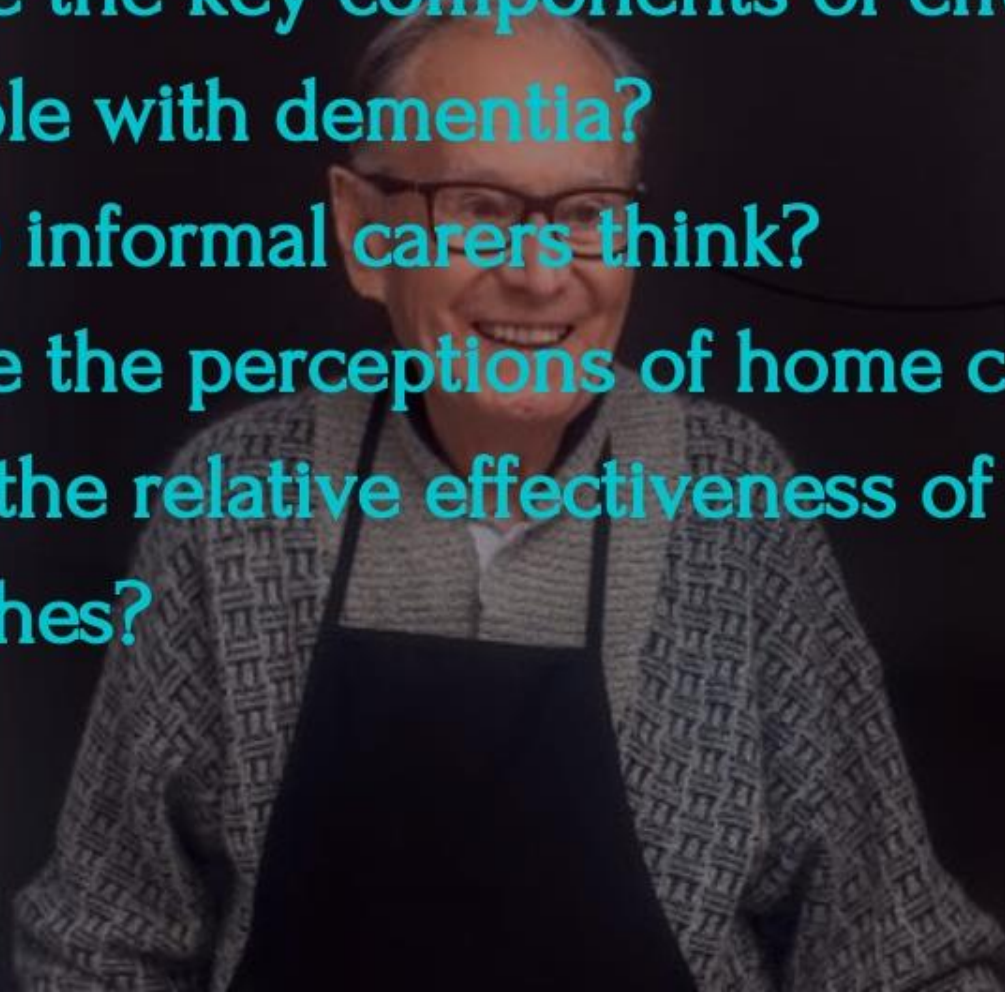
Home Care in Dementia: Critical components for effectiveness

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Research questions:

- What are the key components of effective home care, for people with dementia?
- What do informal carers think?
- What are the perceptions of home care providers?
- What is the relative effectiveness of different approaches?



Study elements:

- Systematic literature review
- Survey of informal carers
- Survey of providers
- Naturalistic study - primary data from users/carers

Systematic literature review:

- Updating of a previous review on dementia home support in general to focus on home (domiciliary) care

Systematic review: Effective home support in dementia care, components and impacts – Stage 2, effectiveness of home support interventions

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David Challis¹ | Members of the HoSt-D (Home Support in Dementia) Programme

Management Group

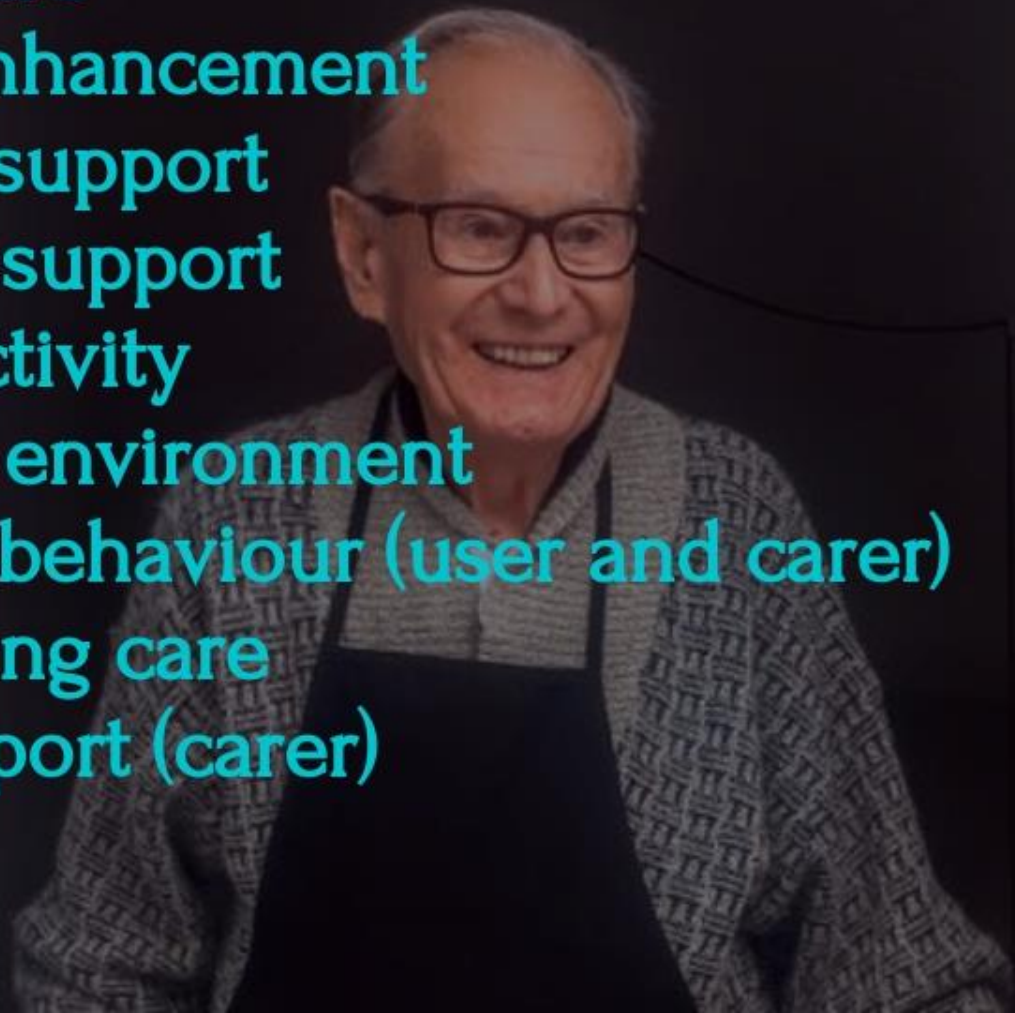
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Abstract

Aim: The aim of this study was to explicate the outcomes of home support inter-

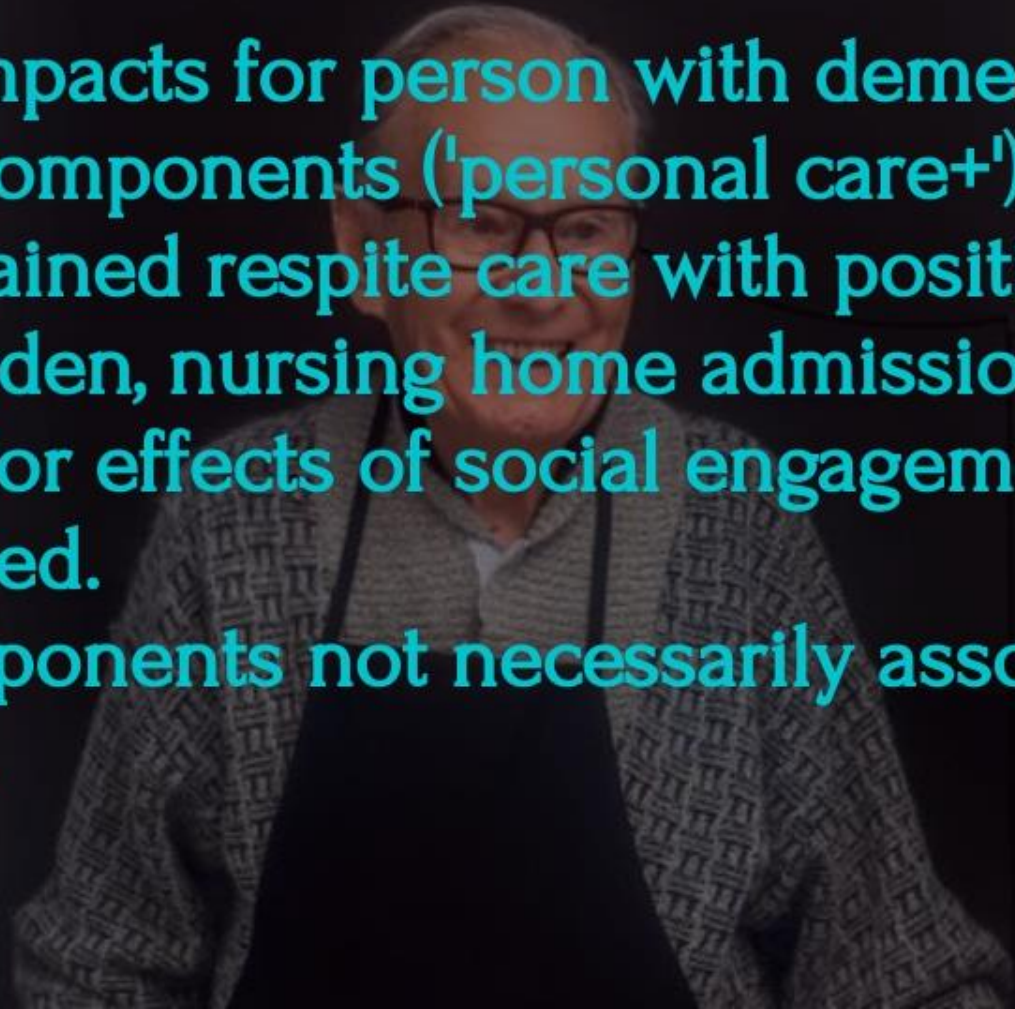
Systematic literature review: Components of care

- Personal care
- Sensory enhancement
- Cognitive support
- Emotional support
- Physical activity
- Modifying environment
- Managing behaviour (user and carer)
- Coordinating care
- Social support (carer)
- Respite



Systematic literature review:

- 14 international studies, 5 in the UK, with effectiveness evidence.
- positive impacts for person with dementia or carer through mixes of components ('personal care+').
- Most contained respite care with positive effects on carer health/burden, nursing home admission, and mortality.
- Evidence for effects of social engagement (befriending) was more limited.
- More components not necessarily associated with better outcomes.



Survey of informal carers:

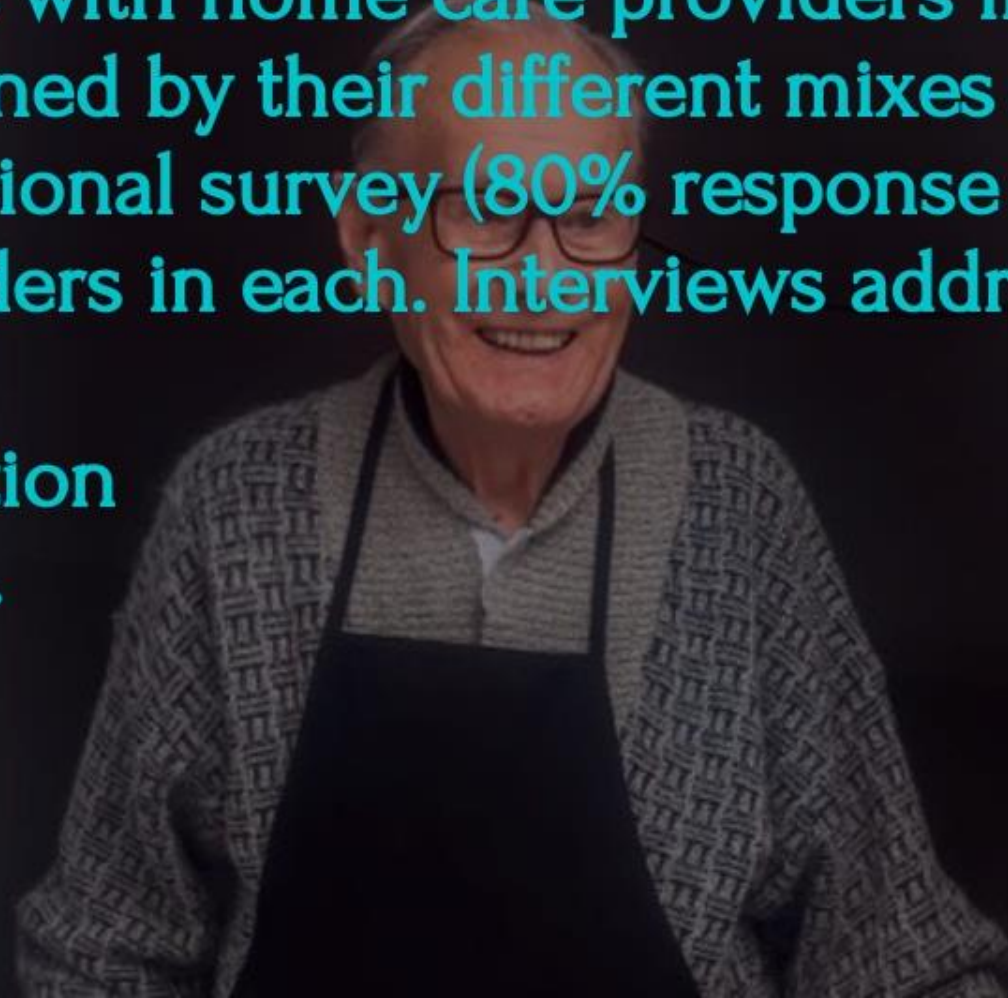
- Co-produced electronic survey with carers of those with dementia; co-designed and hosted on carers' charity website (TIDE - Together in Dementia Everyday).
- Current home care not tailored sufficiently towards individual needs of people with dementia.
- Traditional 'time and task' delivery does not provide continuity and often does not work alongside family carers.
- Better training and different contractual arrangements with local authorities needed.

Survey of informal carers:

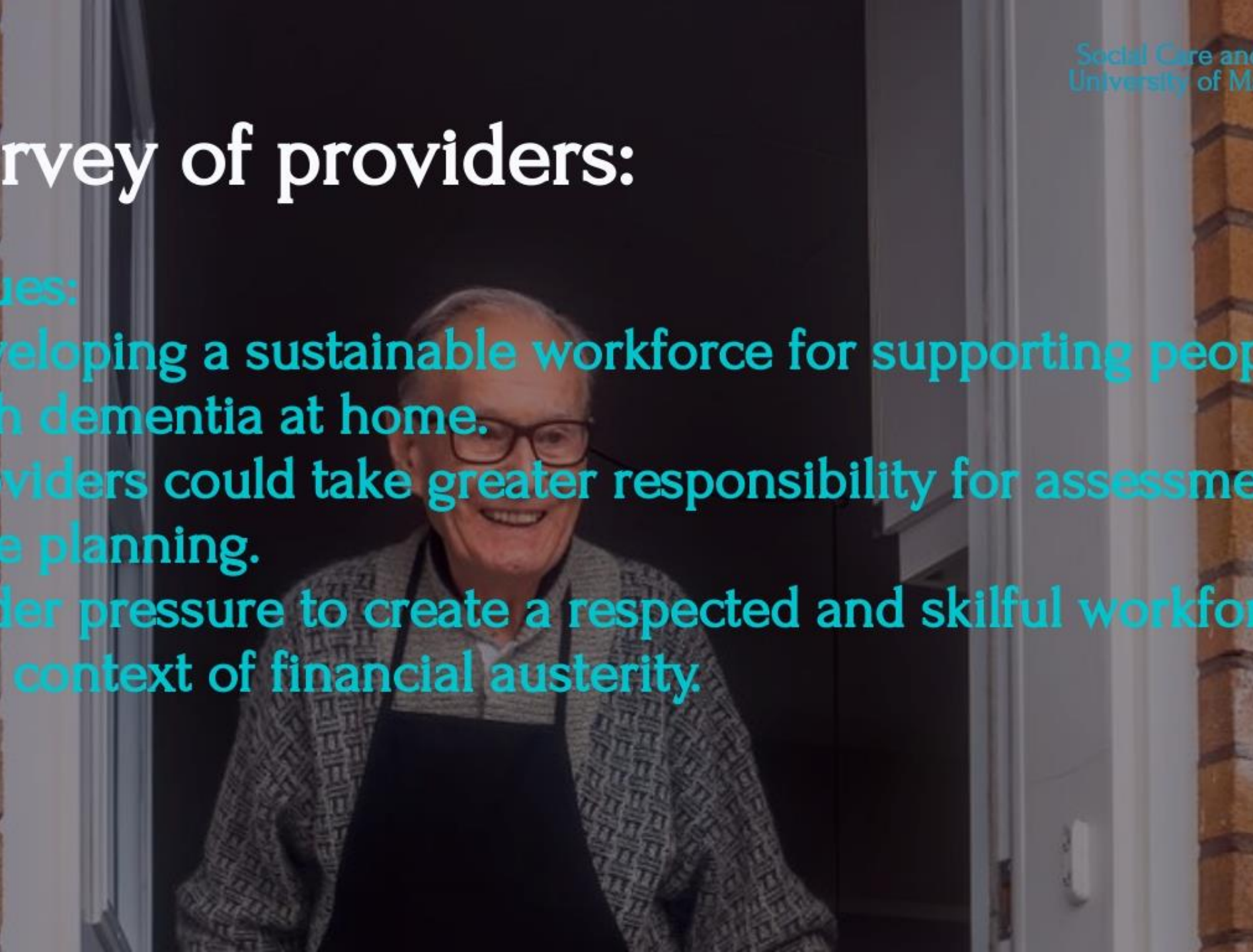
- *"One carer Dad had got on his wavelength and they used to sing old army songs and have a good laugh whilst she did his chores. She was the exceptional carer worth her weight in gold."*
- *"[They're] only allowed a half hour slot. Not enough people willing to do care. Poor working conditions for paid carers; minimum pay, not being with the same person on each visit. Funding in the community...inadequate to pay for the correct amount of time."*

Survey of providers

- Interviews with home care providers in five geographical areas, defined by their different mixes of services derived from a national survey (80% response rate), covering at least two providers in each. Interviews addressed:
 - capacity
 - specialization
 - workforce.



Survey of providers:

- Issues:
 - developing a sustainable workforce for supporting people with dementia at home.
 - providers could take greater responsibility for assessment and care planning.
 - under pressure to create a respected and skilful workforce, in the context of financial austerity.
- 

Naturalistic study – primary data from

users/carers:

- *A unique data set*
- 518 people with later-stage dementia/carers living at home, followed up at 6-months, across 13 LA areas
- receiving a mix of NHS, social care and support services
- Analysed data on 247 receiving home care as part of their support packages
- Outcomes of: quality of life; activities of daily living, carer competence, and whether remaining at home at 12 months

Naturalistic study:

- Objective of maintaining people with dementia at home:



- Of those with:
personal care only



- personal care +
befriending

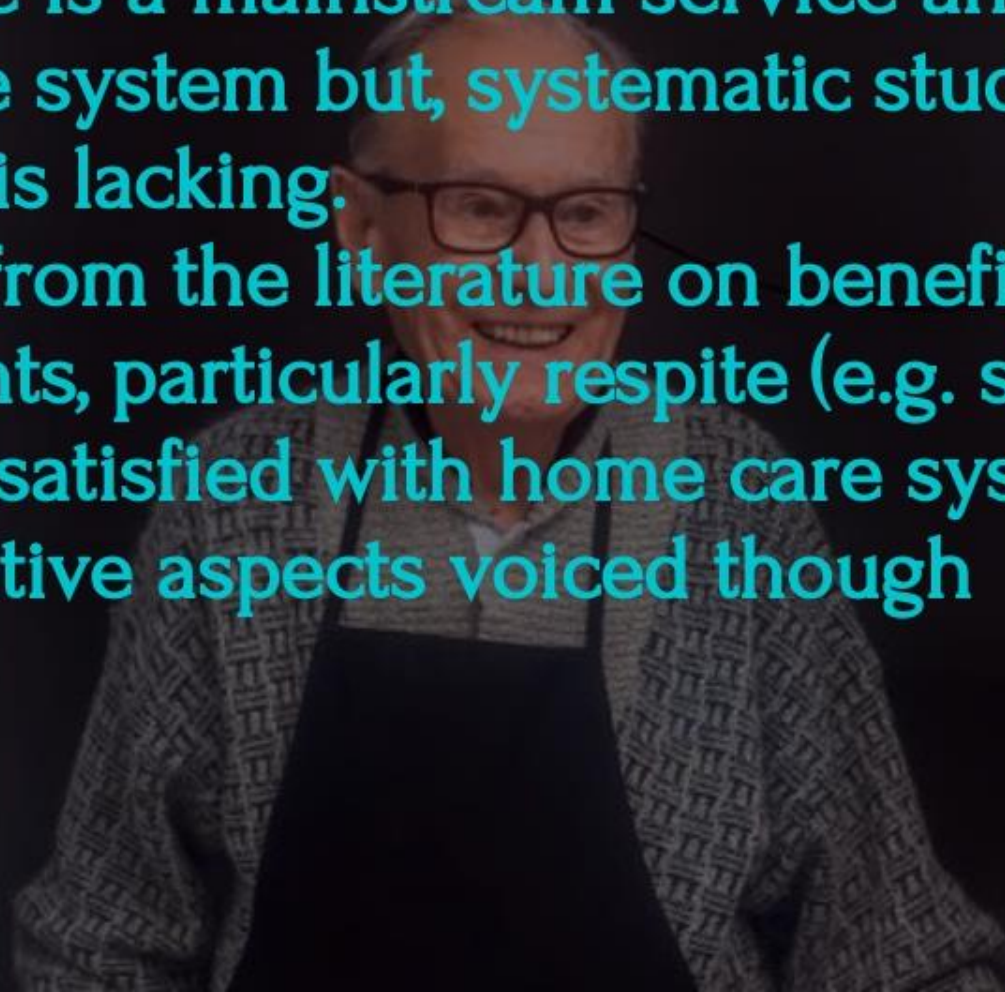
- remained at home at 12 months
- Backed up by multivariate findings



- enhanced personal
care

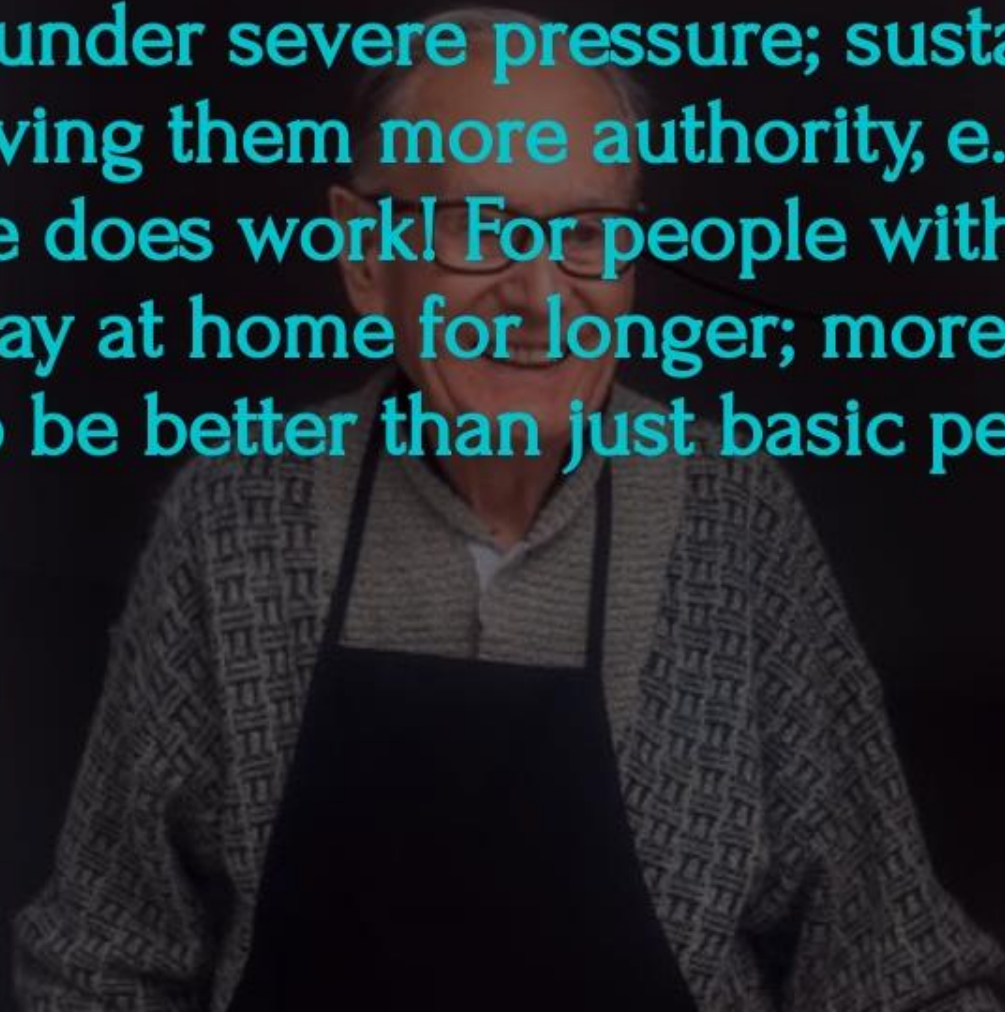
Conclusions:

- Home care is a mainstream service and a crucial part of the social care system but, systematic study of it for people with dementia is lacking.
- Evidence from the literature on benefits of certain components, particularly respite (e.g. sitting service)
- Carers dissatisfied with home care system at the moment; some positive aspects voiced though



Conclusions:

- Providers under severe pressure; sustainability an issue; could help by giving them more authority, e.g. for assessments
- Home care does work! For people with dementia it enables them to stay at home for longer; more enhanced service appears to be better than just basic personal care



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- Vincent Gillan: Research Assistant
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