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Promoting activities of daily living in older inpatients with frailty and dementia

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&

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This project is funded by the National Institute for Health Research (NIHR) Applied Research Collaboration East Midlands (ARC EM) and the Alzheimer's Society. The views expressed are those of the authors and not necessarily those of the Alzheimer's Society, the NIHR or the Department of Health and Social Care.

Alzheimer's Society United Against Dementia

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What do we know

More than 1 in 5 of us are already over 60

850,000 people living with dementia in the UK

up to a quarter of hospital beds – people with dementia

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So what?

The provision of adequate rehabilitation and re-ablement to “prevent permanent disability, greater reliance on care and support, avoidable admissions to hospital, delayed discharge from hospital” is a key in meeting needs of older people and managing frailty (Oliver et al., 2014) p. 38

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How can we help people with dementia remain independent during hospital admissions?

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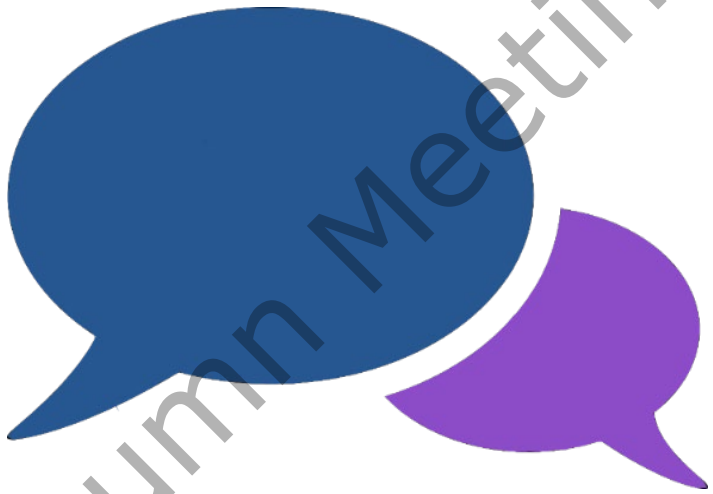
Qualitative interviews

People with dementia

Healthcare assistants

Commissioners



Geriatricians

Occupational Therapists

Physios

Nurses

Carers

Speech & language therapists

Dietitian

Physio assistants

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Focus on 3 themes

- Opportunities for interaction and independence
- Matching the need
- Knowing the rules

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Opportunities for interaction and independence

I know we're a bit limited in the environment but … even the simplest things, a table at the end of the bay, even where, you know, people can go and have their lunch or breakfast

Participant 2

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Matching the need

And sometimes, I think it's mentality, both patients and staff, that they think, "Oh, the patients are really ill so we have to do everything for them". But actually, some patients would actually be able to do those things for themselves <u>if we let them</u>

Participant 6

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Knowing the rules

"What was it I asked for? … Oh, a glass of milk. And, they [staff] said, "Oh, we haven't got facilities for that, it comes round on the trolley". So, I don't know whether there were a kitchen or not. But they didn't want to let me loose on it. [laughter] "

Participant 20

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Implications for clinical practice

Create opportunities

Be specific

Discuss expectations

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Thank you

To my funders: The Alzheimer's Society and NIHR Applied Research Collaboration East Midlands

To my supervisory team: Prof Pip Logan, Dr Sarah Goldberg, Prof Rowan Harwood and Dr Jane Horne

To my PPI collaborator: Kathleen Sartain

To all the participants

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