

COPE: Implementing an evidence-based occupational therapy and nursing program in Australia

A partnership between researchers and service providers

Monica Mogan¹, Kylie Lemsing¹, Meredith Gresham^{1,4}, Lindy Clemson^{2,4}, Kate Laver^{3,4} and Sally Day^{2,4}

¹HammondCare, ²University of Sydney, ³Flinders University, ⁴Cognitive Decline Partnership Centre

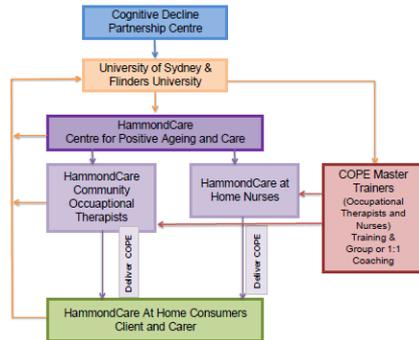
Background

Consumers want a stronger focus on restorative care to maximise independence and support so people with dementia can remain at home^{1,2}. There is compelling evidence that dyadic interventions (working collaboratively with the person with dementia and their carer/s) improve outcomes for both parties. These interventions have been shown to delay functional decline, reduce carer impact, improve carer knowledge, reduce carer anxiety, reduce carer depression and delay time to institutionalisation³. The evidence suggests that interventions that involve tailored, multiple components (e.g. carer education + skills training + engaging the person with dementia in activities) are most effective³. Functional decline associated with dementia can be delayed through occupational therapy or multi-component interventions⁴. However, as translation of evidence-based programs into clinical practice has been limited, these programs are not widely available in the community⁵.

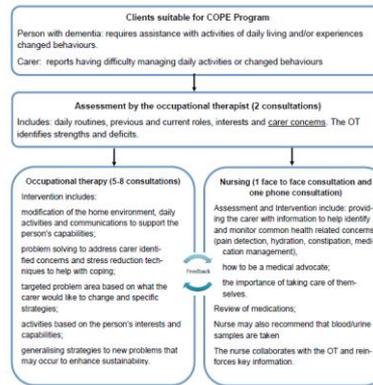


Working in Partnership

A key aim of the COPE Australia research project is investigating how COPE is adopted, implemented and made sustainable within different community health contexts.

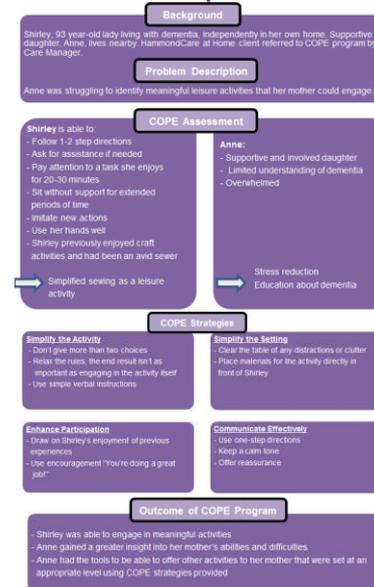


COPE Program



Care of People with Dementia in their Environments (COPE) is a bio-behavioural multi-component non-pharmacological intervention program designed to improve functioning in people with dementia. It has been proven to be effective in reducing dependency and increasing engagement of the person with dementia and improving carer wellbeing in a randomised trial in the US⁶.

COPE in practice



References

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