

Promoting Independence Through quality dementia Care at Home (PITCH):

developing via co-design an evidence-based dementia specialist training program.

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THE ISSUE

- 51% of people living with dementia in Australia reside in the community, which equates to 186,150 people [1].
- The quality of home care influences quality of life and independence for many people living with dementia [2].
- Limited evidence exists regarding effective models to improve home care for people living with dementia [3].

AIMS

1. To improve outcomes for people with dementia and their paid and family carers.
2. Co-design and test an evidence-based dementia specialist training program (the "PITCH program") for community dementia care that can be delivered by front-line home care workers.

CO-DESIGN METHOD

Project Advisory Group	Qualitative Study	Co-design Workshops
<ul style="list-style-type: none"> • Provides input into project design and development • Quarterly meetings • Chaired by family carer • Membership includes people living with dementia, family carers, education experts, health professionals, and academics. 	<ul style="list-style-type: none"> • Interviews and focus groups to understand current experiences of home care • People living with dementia n=4 • Family carers n=14 • Home care service managers n=5 • Case managers n=9 • Home care workers n=10 	<ul style="list-style-type: none"> • To develop the PITCH program with: <ul style="list-style-type: none"> • People living with dementia • Family carers • Home care professionals <ul style="list-style-type: none"> ○ Service managers ○ Case managers ○ Homecare workers

CO-DESIGN WORKSHOPS: WORLD CAFE METHODOLOGY

- Building Community Capacity
- The World Café Method



Taken from The World Café Image Bank www.theworldcafe.com/ibank.html

Drawing on seven integrated design principles, the World Café methodology is a simple, effective, and flexible format for hosting large group dialogue.

World Café can be modified to meet a wide variety of needs. Specifics of context, numbers, purpose, location, and other circumstances are factored into each event's unique invitation, design, and question choice

PROS	CONS
<ul style="list-style-type: none"> • Facilitates group interaction • Learning from multiple experts • Physical activity • High touch activity • Can be adapted to digital through discussion board following established protocol • Open-Ended 	<ul style="list-style-type: none"> • Unless information is captured/shared, the information leaves with the individual • May not meet the learning needs of all individuals • Not an opportunity to teach new content, but to engage in dialogue

References

- [1]: Australian Institute of Health and Welfare 2017. Australia's welfare 2017: in brief. Cat. no. AUS 215. Canberra: AIHW.
- [2]: Bökberg, C., Ahlström, G., & Karlsson, S. (2017). Significance of quality of care for quality of life in persons with dementia at risk of nursing home admission: a cross-sectional study. BMC Nursing, 16, 39.
- [3]: Cooper C, Cenko B, Dow B, Rapaport P. A systematic review evaluating the impact of paid home carer training, supervision, and other interventions on the health and well-being of older home care clients. International Psychogeriatrics. 2017;29(4):595-604.

QUALITATIVE INTERVIEW QUOTES

Question: What do you think should be included in a training program for home care workers?

Home Care professionals

"Getting homecare workers to self-reflect and be able to say what their values are."

"I think what staff need initially is probably some practical strategies to handle situations."

Family Carers

"Some training in the pathology behind dementia, and understanding that it's not just dementia."

"Well, a lot about person-centred care, and personhood, and respect. That's major, and that's good, because it can go across any kind of illness and disability."

People living with dementia

"I'd make sure that everybody that was there could be capable of - that they can be able to connect with the people."

WHAT HAPPENS NEXT?

1. Qualitative interview and co-design workshops will inform the prototype of the co-designed PITCH program.
2. PITCH program tested in pilot evaluation study (Sep 2018).
3. Make final amendments to PITCH program.
4. Conduct cluster RCT and economic evaluation (2019).

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