



# UTILISATION OF DEMENTIA DAYCARE SERVICES BY DEMENTIA PATIENTS ATTENDING A TERTIARY MEMORY CLINIC IN SINGAPORE

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## BACKGROUND

- Dementia is a challenging illness that affects a person's memory, behaviour and personality
- Caregivers often experience significant stress during the caregiving process
- Dementia Day Care Centres therefore play an important role as part of a multicomponent intervention<sup>1</sup> by :-
  - Providing caregivers with much needed respite
  - Engaging patients with mentally stimulating activities
  - Distracting patients from behaviours such as repetition, delusions and wandering
- This study thus aimed to examine (i) dementia daycare utilisation and (ii) factors that affect utilisation of dementia daycare by caregivers of persons with dementia seen at a tertiary Memory Clinic in Singapore

## METHODS

- We reviewed the case histories of 100 consecutively newly diagnosed patients whose caregivers underwent nurse education/counselling between the period of Jan-Dec 2007
- Data was obtained with regards to:
  - Patient demographics (age, gender, years of education)
  - Severity of dementia using DSM-III-r and global Clinical Dementia Rating score (CDR-global)
  - Functional status (Instrumental activities of daily living[IADL], basic activities of daily living [ADL])
  - Behavioural symptoms (depression, agitation/aggression, anxiety, hallucinations, delusions, apathy, sleep disturbances, wandering behaviour, mood swings, sundowning behaviour, hoarding behaviour)
  - Factors causing caregiver stress
  - Presence / absence of caregiver >50% of the day
- For subjects who declined daycare, we systematically reviewed the casenotes for reasons for dementia daycare refusal
- The information obtained above was routinely captured in the cognition nurse assessment and counselling forms
- Univariate analysis between those attending and not attending dementia daycare was done using chi square test for categorical variables and t-test for continuous variables. Statistical significance was taken to be p<0.05

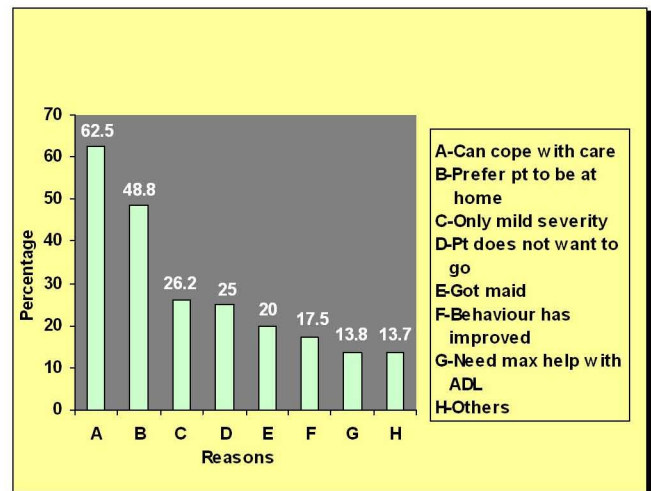
## RESULTS

- Out of the 100 newly diagnosed dementia patients studied, 20% of patients (n=20) attended dementia day care, while 80% (n=80) of patients/ caregivers declined dementia daycare
- The mean age of patients was 75.3 (±7.8) years. They were predominantly Chinese (89%), most were females (74%) with mean education level of 4.3 (±4.6) years
- The 100 patients mainly had mild to moderate dementia (83%) with mean global CDR score of 1.3 (±0.6)
- Demographic, dementia severity, behavioural symptoms and caregiver factors between patients who attended dementia daycare versus those who declined dementia daycare are shown in Table 1
- There was no significant differences in dementia severity and functional status (not shown) between the 2 groups
- Depression (80%), sleep disturbances (65%) and mood swings (45%) were significantly higher in those patients attending dementia daycare
- Caregivers of dementia daycare attendees expressed that they were more in need of a break, depressed with patient care, frustrated by patients' behaviour and that their own health suffered compared to non-dementia daycare attendees
- Patients who attended daycare were home alone >50% of the time compared to non-dementia daycare attendees (45% versus 12.5%, p<0.05)
- Patients who declined dementia daycare services were more likely to be in the mild stages of dementia compared with dementia daycare attendees (50% versus 30%, not significant)
- The top 3 reasons noted of caregivers for refusal of dementia daycare were that caregivers felt they were able to cope with care (62.5%), caregivers preferring patients to be at home (48.8%) and caregivers felt that patient's dementia was only of mild severity (26.2%) (See Figure 1)

Table 1. Comparison between dementia daycare attendees and non daycare attendees

	Attending Day Care (n=20) (Percentage %)	Not Attending Day Care (n=80) (Percentage %)
<b>Demographics</b>		
Age (mean + SD)	74 + 9.4	75.6 + 7.3
Female	17 (85%)	57 (71.2%)
Education (mean ± SD)	3.8 ± 5.4	4.5 ± 4.4
<b>Severity of dementia (DSM III-r)</b>		
Mild	6 (30%)	40 (50%)
Moderate	12 (60%)	35 (43.8%)
CDR (global) (mean + SD)	1.4 + 0.7	1.2 + 0.6
<b>Behavioural symptoms</b>		
Depression	16 (80%)	44 (55%) *
Agitation /aggression	16 (80%)	49 (61.2%)
Anxiety	5 (25%)	10 (12.5%)
Hallucinations	3 (15%)	9 (11.2%)
Delusions	9 (45%)	19 (23.8%)
Apathy	7 (35%)	32 (40%)
Sleep disturbance	13 (65%)	29 (36.2%) *
Wandering	1 ( 5%)	3 (3.8%)
Mood swings	9 (45%)	15 (18.8%) *
Sundowning	4 (20%)	7 (8.8%)
Hoarding	7 (35%)	15 (18.8%)
<b>Factors causing carer stress</b>		
In need of break	10 (50%)	13 (16.2%) *
Depressed by patient care	10 (50%)	18 (22.5%) *
Worried about accidents happening	9 (45%)	22 (27.5%)
Frustrated by behaviour	15 (75%)	39 (48.8%) *
Own health suffered	9 (45%)	10 (12.5%) *
Other stressful behaviours	10 (50%)	42 (52.5%)
No caregiver (>50% of time)	9 (45%)	10 (12.5%) *

Figure 1. Reasons for refusal of daycare



\*p<0.05

## CONCLUSION

- We found that dementia daycare utilisation has increased to 20% from an earlier 2001-2002 study<sup>2</sup> where only 9% attended daycare
- Behavioural problems (depression, sleep disturbances and mood swings), caregivers' coping abilities and absence of a caregiver during daytime determined dementia daycare utilisation
- The main reasons for refusal of dementia daycare were due to caregiver's perception of ability to cope with care, preference for patients to remain at home and perception of the absence of need for dementia daycare in view of mild disease severity
- The lower uptake among mild dementia patients highlights the need for education of caregivers and setting up appropriate programmes to cater to this specific group of patients

### References:

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