



TETSUYU

# CARES4MINDS

## DEMENTIA HOME THERAPY PROGRAM

### OBJECTIVES

We cater **personalised home-based dementia care activity** to clients/ caregivers who:

- ❖ Prefer to remain in the comfort of their own home or
- ❖ Waiting for a Senior Day care placement

#### The goal for each therapy session is to:



Help **slow down** the disease progression - from the expected 2 years to **longer**

#### The activities can help to:



Create daily structured routine



Provide a dementia focus

(In the steps taken for ADL (Activities of Daily Living) while still in the disease progression)

#### A Dementia Trained Clinician will:



Come up with some activities that might pique the client's interest

(Focusing on areas that may help improve overall cognitive skills)

### STRUCTURE

**Each visit is:** 1.5-hour session

(Not extending further as the client may not have the concentration span for longer hours)

#### **1. First Assessment:**

A Dementia Trained Clinician will meet the client or (and) caregiver to assess on:

- Home observations
- Family History
- Person-centred Care Questions
- Current Daily Routine
- Patient History
- Medications
- Assessment Tools: MMSE, FAST, FRAT, EBAS-DEP
- Proposed Dementia Care at Home
- Crafted Dementia Activities for the next 6 months

A First Assessment Care Report will be given to Client or (and) Caregiver.

First Assessment will be charged at \$180 a visit.

(Which will be waived if the client decides to take up a package)



## 2. Subsequent Visits:

To form a consistency and regularity for the client who has dementia, it is highly recommended that the dementia activities to be done **alternate days** or best **daily**.

With the above suggestion, the following packages are available:

### Packages Table

Package	Sessions Per Week	Fees Per Session	Discount (On Monthly Fees)	Net Fees Per Month	6-monthly Care Review
A	1	\$180	NIL	\$720	By a Registered Nurse
B	2	\$120	\$480	\$960	By a Registered Nurse
C	3	\$120	\$720	\$1440	1 <sup>st</sup> 6 months by a Registered Nurse 2 <sup>nd</sup> 6 months by a Geriatric Doctor & Registered Nurse



**3. Dementia Care at Home:**

- Coping strategies of helpers or caregivers

(When there is a deficit, to provide Caregiver training)

- Daily structured timetable
- Personalised dementia activities based on client’s likes, dementia staging and interest areas

**Example of Daily Structured Timetable**

Time	Activity	Description
8am	Wakes up and performs self-care	Brush teeth, toileting and change of clothes and brushing of hair
9am	Breakfast	Can be homecooked or outside
10am	Walks at the park	
11am	Watch TV or read newspaper or shower	Share on news or TV shows
1230pm	Lunch	
130pm	Nap	Soothing music
330pm	Tea break	
430pm	Dementia Activity	
6pm	Dinner	
7pm	Shower	

**4. Care Review (6-monthly or when there is a change of status):**

There will be a 6-monthly Care Review conducted for all clients under the program.

The Care Review will consist of:

- Care Summary of care given the past 6 months
- Care Plan for the next 6 months

Review session will include:

- Patient History (New observations)
- Medications
- Assessment Tools: MMSE, FAST, FRAT, EBAS-DEP
- Dementia Care at Home review
- Crafted Dementia Activities for the next 6 months

The Care Review will be given as a Care Report to Client or (and) Caregiver.