



To News Editor
For Immediate Release

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A Longitudinal Study on the Effectiveness of Daycare Services for the Dementia Population in HK

Daycare services in Hong Kong have been developed to provide recreational activities, training and respite care for the aged population for over 20 years. Specialized daycare services for the demented population were first developed in 1999, but evidence concerning their effectiveness is lacking.

Design of the Study

To empirically evaluate the effectiveness of the specialized daycare training programme, a longitudinal study was jointly launched by the Jockey Club Centre for Positive Ageing (JCCPA) and the School of Public Health at The Chinese University of Hong Kong (CUHK) from January 2006 to June 2008. During the period, a total number of 119 elderly had received daycare services in JCCPA. Among them, 56 users had consented to take part in a six-month follow-up study. They were diagnosed with dementia and had attended JCCPA's daycare services for more than 3 days per week. In order to compare and contrast the change of performance, 41 community-residing demented elderly were recruited from the geriatric outpatient clinic to serve as the controlled group. Both groups received medications on dementia-related symptoms. The changes in general cognitive functioning, activities of daily living and self-perceived quality of life in these two groups of elderly were examined across six months. In addition, family members of 23 users of JCCPA and 23 elderly in the controlled group were assessed on their perceived burden in providing care.

Findings and Recommendations

Comparing the change of functioning across the six-month period, the most significant finding was the maintenance of perceived quality of life among JCCPA users while there was a significant drop in the controlled group. Both groups showed similar level of retention in cognitive and daily functioning. On the measure of family member's burden in caregiving, family members of JCCPA users showed a decreasing trend of burden while family members of the controlled group remained the same.

These findings suggested that demented elderly may benefit from the daycare training programme and maintain their quality of life. The above findings are the first piece of empirical evidence available locally showing the effectiveness of the daycare training programme. Depending on available resources, the whole set or separate components of the programme could be promoted to other daycare service providers for an evidence-based practice in the care of the demented population.

An estimation based on a local survey in 2006 suggested that there exists over 60,000 demented elderly in Hong Kong. However, there are less than 5 specialized

daycare centers currently in Hong Kong that provide training and respite for the demented population. By a very rough estimation, less than 5% of the demented population receives daycare services in the community. There is an urge to increase the service coverage of dementia care in the community to alleviate the burden of caretakers. The daycare programme at JCCPA could be used as a referencing model for other daycare agencies to develop their programme.

JCCPA and its Training Programme

The Jockey Club Centre for Positive Ageing was established in 2000 and is the first specialized dementia care centre in Hong Kong. Throughout the eight years of service evolution, JCCPA has developed and refined a training programme specifically for the demented elderly.

The training programme integrates a number of psychosocial interventions and the case management approach. Core components include small group training on memory, activities of daily living, reality orientation, and cognitive stimulation. Alternative treatment modalities are also used, for example, animal-assisted therapy, aromatherapy, and music therapy. The combination of different groups is expected to improve the quality of life as well as to maintain the basic cognitive and daily functions of the demented elderly.



致新聞編輯 請予發放

日間照顧服務對香港痴呆症長者效能的追蹤研究

過去 20 年，日間照顧服務一直為長者提供了文娛康樂、訓練及暫托照顧等服務。由 1999 年開始，社區亦紛紛開展了專門照顧痴呆症長者的日間中心，惟對於有關服務成效的資料並不多。

研究設計

為了探討專門日間服務的效能，賽馬會耆智園及香港中文大學(中大)公共衛生學院在 2006 年 1 月至 2008 年 6 月聯合進行了一項追蹤研究，旨在探討專門日間服務對痴呆症長者的心理社交功能的影響。期間，共有 119 名患有痴呆症的長者曾使用耆智園的日間服務，當中 56 名每週使用 3 日服務或以上的長者同意參加研究，並在使用服務後的第六個月進行跟進。為了比較長者在沒有服務下的功能變化，研究隊伍從老年科門診部邀請了 41 名同樣患有痴呆症的長者作為對照。兩組長者在研究期間均有服用治療痴呆症的藥物。研究亦同時跟進長者們六個月內的基本認知功能、自理能力及自我評估的生活質素。此外，兩個組別各 23 名長者的家人亦被邀請進行了有關照顧者負擔的評估。

結果及建議

研究比較了兩組長者在 6 個月後的功能轉變後，發現耆智園的長者在生活質素方面維持在同一水平，而對照組長者的生活質素則有明顯下跌。耆智園的長者和對照組的長者在認知及自理能力方面都有所保持。至於在照顧者負擔程度跟進中，耆智園長者家人的負擔有減輕的趨勢，而對照組長者的家人則表示負擔維持在同一水平。

數據顯示，日間照顧服務可幫助痴呆症長者保持一定質素的生活。這項研究提供了本港第一輯數據，反映日間照顧服務對痴呆症長者的效能。其他的日間服務中心，可在可行的資源下參考部份或全套訓練課程，為長者提供實證為本的服務。

根據本港 2006 年的一項調查，香港人口中患有老年痴呆症的長者人數約在 60,000 以上，惟現時專門照顧痴呆症的日間中心卻少於 5 間。粗略計算，在社區中接受專業日間服務的痴呆症患者少於患者總數的 5%，故此擴展為痴呆症長者而設的日間服務實在刻不容緩。此次研究所檢視的訓練課程，正好作為其他服務機構的參考。

賽馬會耆智園及其提供的訓練課程

賽馬會耆智園在 2000 年成立，是香港第一所專門為痴呆症長者提供日間護理服務及住宿服務的痴呆症綜合服務中心。經過 8 年的發展，耆智園發展了一套專為照顧痴呆症長者的訓練課程。

訓練課程融合了社交心理治療及個案管理兩大元素，包含了各項小組訓練：記憶訓練、自理能力訓練、現實導向、以及認知激勵活動；一系列的輔助療法：例如寵物治療、香薰治療、音樂治療等亦有提供。透過這些活動，相信有助痴呆症長者保持基本認知及自理能力，更幫助長者維持有尊嚴及有質素的生活。

二零零八年九月二十日