

10th World Congress on

ALZHEIMER'S DISEASE & DEMENTIA

May 30-31, 2018 Osaka, Japan



Tessa Wilson

Kyneton District Health Service, Australia

Benefits of the Treehouse program at Kyneton District Health

Background & Aim: The Treehouse program commenced in April 2017. The aim is to provide a client driven, evidence-based program run in a socially supportive environment for people living in the community with more advanced dementia and other life impacting illnesses. Clients attend a group for 5 hours per-week with specialist nursing staff and volunteers and participate in activities aimed at promoting independence and living well. Client's individual needs, interests and skills are utilized to run the group to ensure that every session is person centered.

Method: An evaluation of the impact and success of the program was undertaken in July and September 2017. General feedback was collected by staff on a weekly basis and surveys were conducted with both clients and carers focusing on measuring satisfaction with the program, impact on behaviors of concern (in dementia clients), impact on overall client general health and the impact of the program on carer stress levels and overall carer health.

Result: Careers reported a high level of satisfaction with the tree house: 85% rated it as excellent; 15% as very good. A positive change in behavior or mood concerns, they had prior to joining the program. There is an increase in overall happiness of the clients, improved sleep patterns, increased oral intake, improved socialization outside of the program, improvement in overall quality of life for both the client and the carer. 86% of careers reported their own health and wellbeing had improved. 86% believe that attending the program has meant the client has been able to live at home for longer. 100% reported an improvement in the clients' overall quality of life. Staff identified four clients requiring a medical review for either infection or medication review, potentially preventing further deterioration or hospitalization.

Conclusion: The Treehouse program provides positive benefits for the carers and improves quality of life and wellbeing for people living at home with dementia or other life-impacting illness. Participants can continue living at home for longer and show improvements in mood, oral intake, sleep patterns and behaviors of concern. Treehouse participation reduces carer stress.

Biography

Tessa is a Registered Nurse with 8 years' experience working within the aged care sector providing care to residents and clients living with all stages of dementia. She is passionate about aged care and has a particular focus on dementia care. She is instrumental in creating the program structure and implementation of the Tree house ensuring all participants are meaningfully engaged in each session by providing personalized and flexible program options. She is commencing her Bachelor of Dementia Care in 2018 to continue to expand within her career. Tessa will be focusing on educating people about dementia and how to maintain positive relationships with people living with dementia and developing innovative services in regional areas.

Notes: