

Outcome
Model
Challenge
Output
Aim
About

Persons with Dementia and Family Caregivers Companion Project (CCP Project)



Sponsored
by:



傅德蔭基金有限公司
Fu Tak Iam Foundation Limited



何張淑婉慈善基金
HO CHEUNG SHUK YUEN
CHARITABLE FOUNDATION

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Global and local prevalence of dementia



- **W.H.O.** (2017)
 - Dementia is a global epidemic
 - Around 50 million people live with dementia
 - Call for a global action plan on public health response
- **Hong Kong context** (Hospital Authority, 2017 ; Yu, Chau et al., 2012)
 - Prevalence rate of dementia is 5%-8% among persons aged over 65, over 100,000
 - By 2039, the number will increase by threefold – to 330,000



About

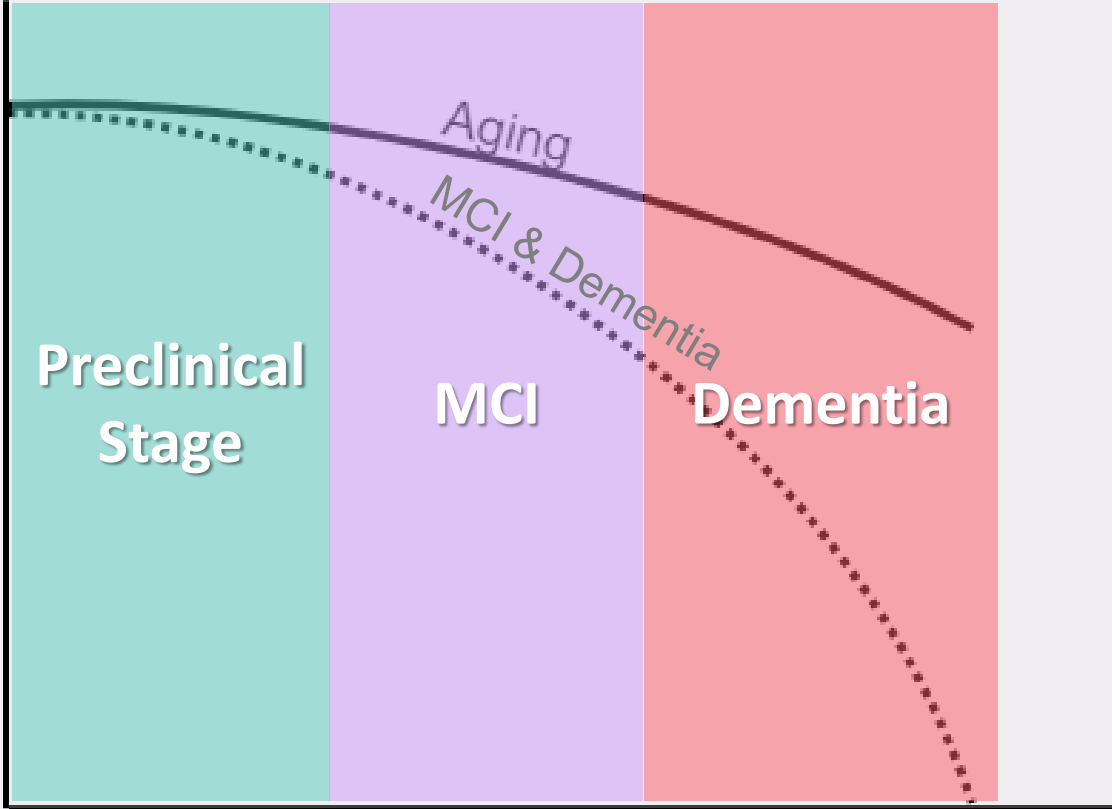
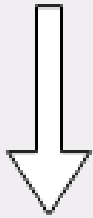
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What is MCI

Mild Cognitive Impairment (MCI)
= An early stage of Dementia



Cognitive Function



About



Objectives

1. Individual level:

- To optimize **physical and mental health, functional ability** and **well-being** of person with MCI (PwMCI);

2. Family level:

- To empower **capabilities of family caregivers** in caring PwMCI and improve family caregivers' quality of life; and

3. Community level:

- To build a supportive and **friendly community** for PwMCI and their family caregivers.

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Service Targets



PwMCI



PwMCI
family
caregivers



Community
stakeholders



Target

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As at 31/07/2018

PwMCI
105

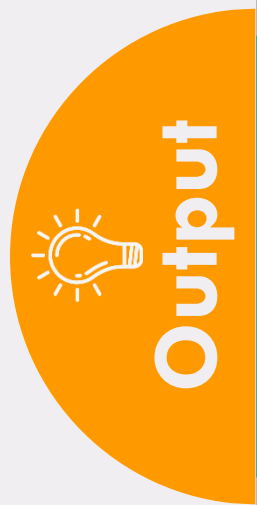
Caregivers
105

Volunteers
88



General Public
3804

Stakeholders ▲
43



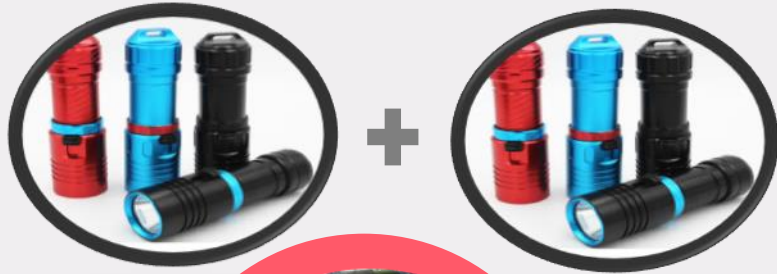
▲ Stakeholders included - small-and-medium sized enterprises, management advisory committees, property management companies, schools and local organizations, etc.

Insight

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Challenges of MCI



Shop Owners

aware of MCI's symptoms



Security guards

good to be home



Challenge

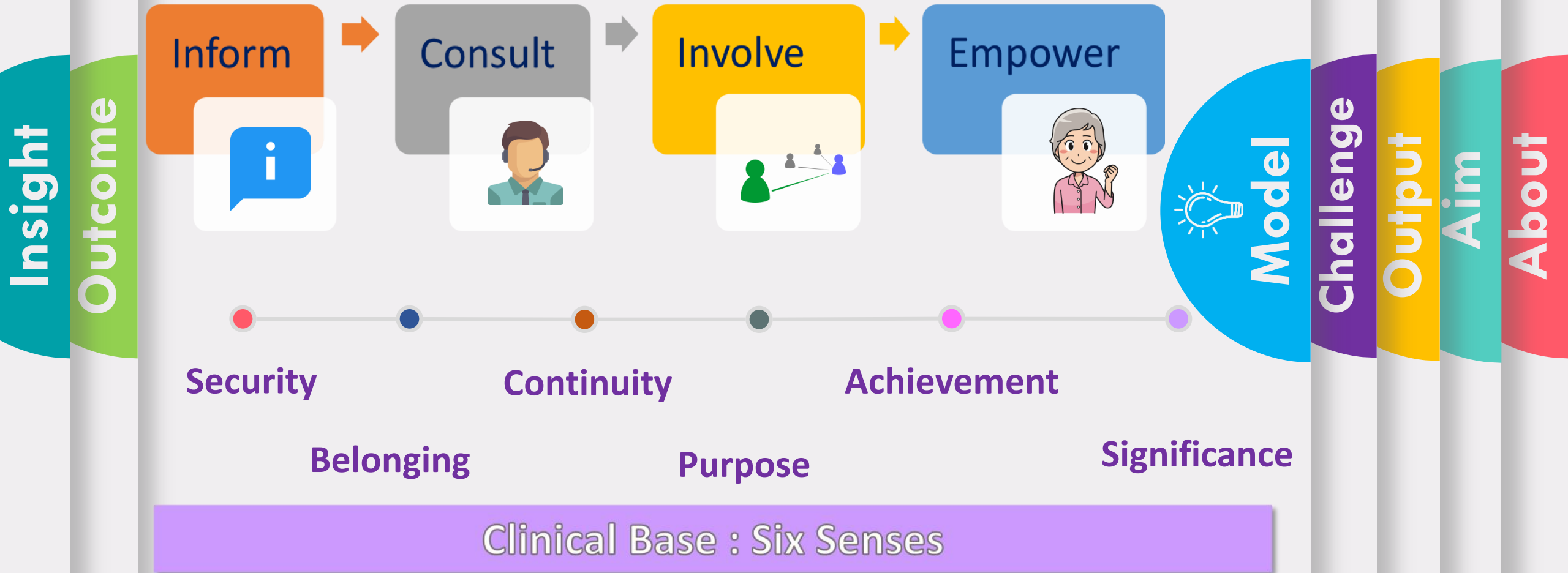
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Theoretical Framework

W.H.O.: Community Involvement of Health (CIH)



Strong Clinical Base

- Sense of *security* - to feel safe physically, psychologically and existentially
- Sense of *belonging* - to feel part of a valued group, to maintain or form important relationships
- Sense of *continuity* - to be able to make links among the past, present and future
- Sense of *purpose* - to enjoy meaningful activities, to have valued goals
- Sense of *achievement* - to reach valued goals, to achieve satisfaction of self and/or others
- Sense of *significance* - to feel that you “matter” and are accorded with value and status



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Intervention



**Home visits by
trained
neighborhood
volunteers**



**Smart Tea Time
@ local Silver
Café**



**Involve family
caregivers**



Intervention

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Intervention individual & family



Early identification

236 elders joined Silver café activity, 82% of them were assessed with MCI symptoms



Family caregiver trainings



Family caregiver mutual support groups



Intervention

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Intervention community



Training for
security guards



Training for
stakeholders



Public
education



Intervention

Challenge

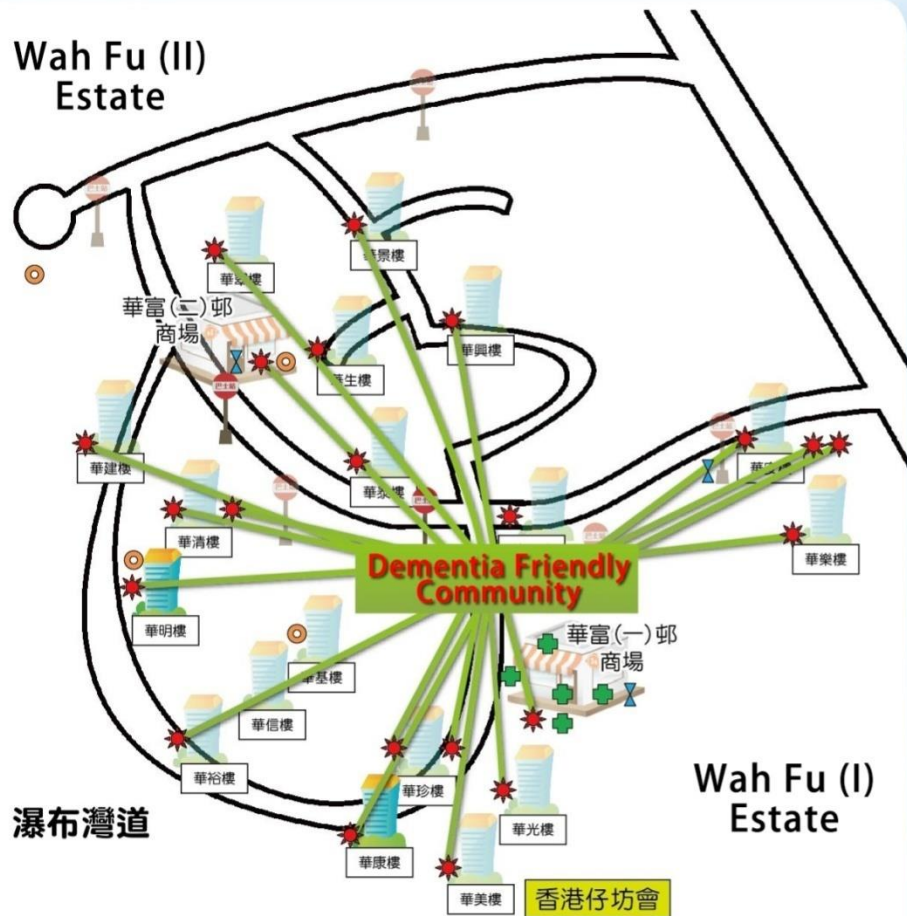
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About

Wah Fu Estate

Wah Fu (II) Estate



- ★ 智友團 / 智友商 Dementia-friendly Organization / Business Corporation
- 合作機構 / 團體 Cooperating Organization
- ⌘ 支持商戶及團體 Supporting Store & Organization
- ✚ 智友善告示板 Notice Board for Dementia-friendly Community

Dementia-friendly Organization

1. 華富邨居民協會
2. 華富耆樂會
3. 華富邨婦女聯合會
4. 華樂樓互助委員會
5. 華安樓互助委員會
6. 華光樓互助委員會
7. 華明樓互助委員會
8. 華裕樓互助委員會
9. 華建樓互助委員會
10. 華珍樓互助委員會
11. 華美樓互助委員會
12. 華康樓互助委員會
13. 華清樓互助委員會
14. 華景樓互助委員會
15. 華生樓互助委員會
16. 華昌樓互助委員會
17. 華泰樓互助委員會
18. 華翠樓互助委員會
19. 華興樓互助委員會
20. 華富儲蓄互助社
21. 華富服務中心
22. 明愛莊月明中學

Dementia-friendly Business Corporation

1. 雅居物業管理有限公司
2. 華富邨商業聯會
3. 華聯食店
4. 保鮮成記工程有限公司

Supporting Store & Organization

1. 同興號雜貨店
2. 榮記
3. 惠華鞋店
4. 創藝數碼沖晒店
5. 華美眼鏡公司
6. 廣發電業
7. 嘉華文具玩具
8. 佳麗髮廊
9. 文儀坊
10. 華富米行
11. 華富中西大藥行
12. 鑑記車仔麵
13. 鏗記美食餐廳小廚
14. 銀都冰室
15. 公文式華富教育中心
16. 華昌士多
17. 鑽藝坊

Stakeholders included – small-and-medium sized enterprises, management advisory committees, property management companies, schools, and local organizations, etc.

Distribution
of 43
stakeholders

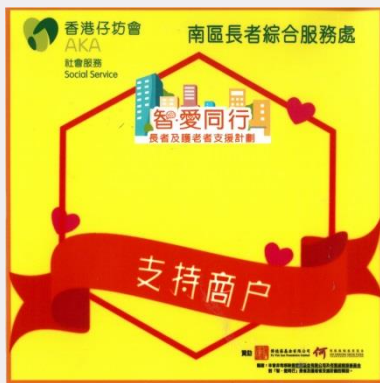
Intervention

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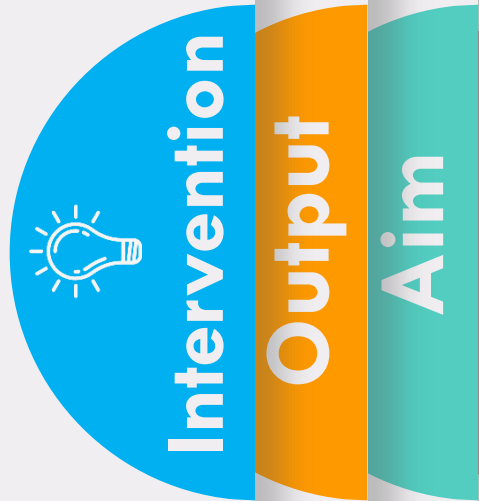
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Signs that indicate "safe spots" for PwMCI to look for help



Outcomes: An evaluation study by HKU

An evaluation study on “Effectiveness in enhancing family functioning and achievement”



At individual level

- **↑** QoL (“Good” increased from 29.6% (T1) to 50% (T2 and T3))
- **↓** depressive symptoms (depression score decreased from 25.4% (T1) to 19.8% (T2 and T3))
- **↑** general cognition (improvements in 5 out of the 7 domains of the MoCA – cognitive assessment)



At family level

- alerting families to prevent premature disability
- devising future care plans
- **↑** Knowledge in Dementia (51.5% increase from T1 to T2)



At community level

- Establishing support networks for PwMCI
- Engaging 43 community strategic partners
- Leveraging community stakeholders



Innovation



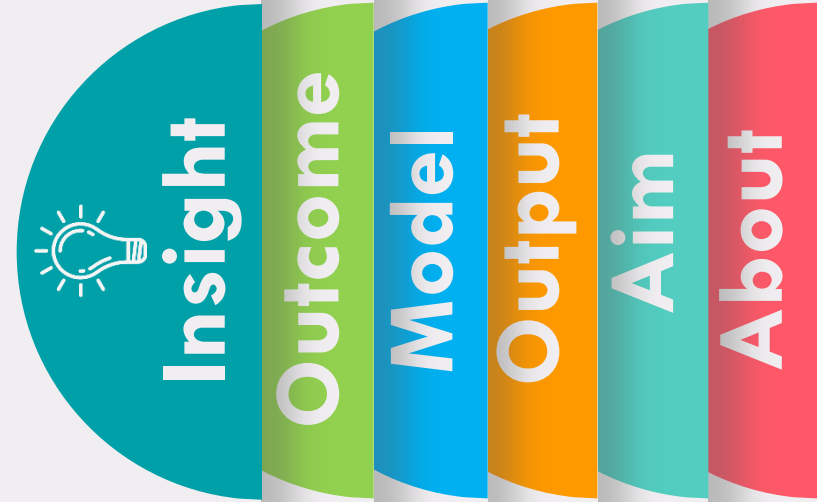
Pioneering approach for MCI:
Family-focused and community-supported approach



New clientele:
Adult children caregivers



Inclusive environment:
Dementia-friendly community



Sustainability & Replicability



Proper documentation
for knowledge transfer
and sharing

Innovative work model
for MCI & other target groups
(e.g., stroke, mental illness, youth drug
addicts, etc.)



Applicability



Local context

- ↓ Social Cost
- Apply to other service settings

Asian context

Call for global action in tackling the rapid increase of dementia



One family member changes, the system changes
with them

一人退化 全家变法

가족 구성원 한 명이 바뀌면,
가족 간의 시스템이 바뀌어야 합니다.

家族の内に一人でも変更がある場合、
ほかのメンバーの変更も必要です



香港仔坊會

AKA

社會服務
Social Service

