



Target Area: Anxiety, Depression, Stress & Adjustment / Behaviour Problems / Insight & Awareness

Cohen-Mansfield, Parapura-Gill, & Golander (2006). <i>Utilisation of Self-Identity Roles for Designing Interventions for Persons with Dementia</i> . Journal of Gerontology 61B (4) : 202-212	PEDro score - 5/10
Method/Results Design: Y Study type: RCT. Y Population: n= 93 older persons with a diagnosis of dementia, who resided in a nursing home or attended a senior day centre, aged 72-101 years. Y Groups: 1. Treatment group (n=52, 37% male, mean MMSE=11.29); 2. Control group (n=41; 20% male, mean MMSE= 9.67). Y Setting: Day care centre or nursing home. Primary outcome measure/s: Y Self-Identity in Dementia Questionnaire. Y Self-Identity Awareness question. Y Lawton's Modified Behavior Stream (LMBS) for pleasure, interest, anxiety, and anger measures. Y Modified Agitation Behavior Mapping Instrument (ABMI) for involvement and agitated behaviour. Y Multidimensional Observation Scale for Elderly Subjects (MOSES) for disorientation, depression or anxiety, irritability, and withdrawal measures. Y Mini-Mental Status Examination (MMSE) and BCRS. Secondary outcome measure/s: Y None. Result: Individualised treatments for strengthening self-identities appeared more effective in promoting well-being than usual activities. The treatment group showed significantly higher levels of pleasure and interest post-intervention than the control group, and greater involvement in activities. They demonstrated a significantly lower level of disorientation and agitation, which was not observed in the control group. The treatment group participants manifested a greater increase in awareness of their identity.	Rehabilitation Program Aim: To greater improve the affect, well-being, and involvement in activities, and decrease agitated behaviours in elderly people suffering dementia by using identity specific interventions. Materials: Variable, depending upon the type of activities designed for the participants (e.g. might include photographs, tape player and audio tapes, video player and video tapes, newspapers etc.). Treatment plan/procedure: Y Duration: 10 days (2.5 hours of active treatment) Y Sequence: 5 days of observation, then daily 30 min sessions for 5 days Y Content: Interventions were designed with regard to the salience of the identity roles and severity of the dementia for each individual. Information was gathered from the participants, family members and staff regarding the most important lifetime role of the person, and other important identity roles in both the past and present (with information regarding a particular job that was important to the participant, important family members, specific activities or hobbies that they enjoy etc). Interventions were then tailored to the role identity, appropriate for the cognitive, physical and sensory abilities, and that provided a sense of purpose (e.g. a craft project centered on a family theme; creating a family tree). Control participants were only involved in traditional or usual activities.