

Enhanced Care for Older People
Learning Session Number 11

A novel post-diagnostic support group for caregivers for people with
dementia

Dr Nicholas Hudson – Clinical Psychologist – MHSOP Services

Elaine Francis – Mental Health Nurse – Northumbria Healthcare NHS Foundation Trust

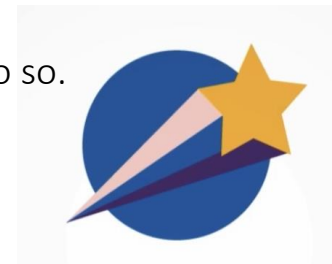


EnCOP
Enhanced Care for Older People

EnCOP Lead: Lynne Shaw Date: Tuesday 18th October 2022

Housekeeping

- Please ensure microphones are muted and during presentation cameras are turned off.
- The event will be recorded and shared.
- The webinar recording and presentation will be circulated and uploaded on to the website following the event.
- If you have any questions during the session then please use the chat facility. We will attempt to address questions, if we can't then we will follow up after the event.
- Please also use the chat facility to inform us of any technical issues as this will be monitored closely throughout by one of the EnCOP team.
- Occasionally you may have difficulty seeing or hearing video clips that are played, this will usually be due to your own device or software settings and not something we can influence during the webinar session. Please be assured all content will be shared following the event so you will have an opportunity to view afterwards.
- If you need to take a break at any time throughout the session please feel free to do so.



Session Aim & Linked Competencies

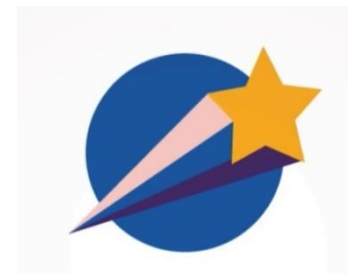
This session will introduce the need for interventions which support caregivers of people with dementia, explore how Northumbria NHS Trust have designed a support group founded on the ACT (Acceptance and Commitment Therapy) model, and share initial research findings.

Aims of the session:

- To further our understanding about carer needs, particularly when they may not be able to recognise these needs themselves and act on them with support.
- To explore how an idea can spark service development and research to really understand and share this value.
- To raise awareness of the factors that need to be in place to move from idea stage to the reality of service improvement.

Linked EnCOP Domains

| |
|---|
| Domain A: Values, Attitudes and Ethical Practice |
| Domain B: Evidence Based Care : Supporting learning, leadership and improving care for older people |
| Domain C1: Partnership working and communication with older people, family and friends |
| Domain D2: Ageing well – Assessing, Planning, Implementing and Evaluating Care & Support with Older People |
| Domain D5.3: Dementia Care: Assessment & person-centred management |





THE
NORTHUMBRIA WAY

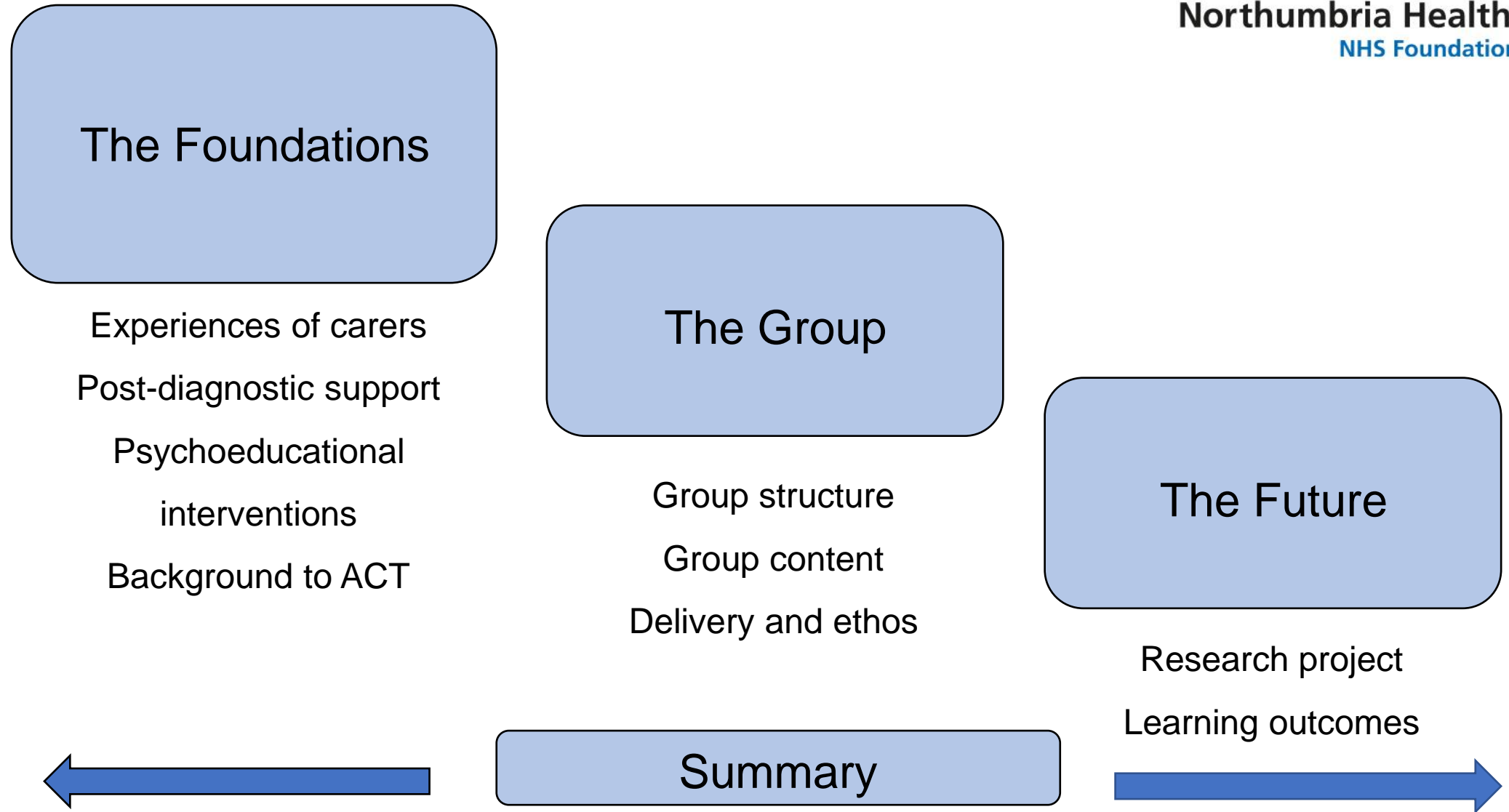
PEOPLE CARING FOR PEOPLE



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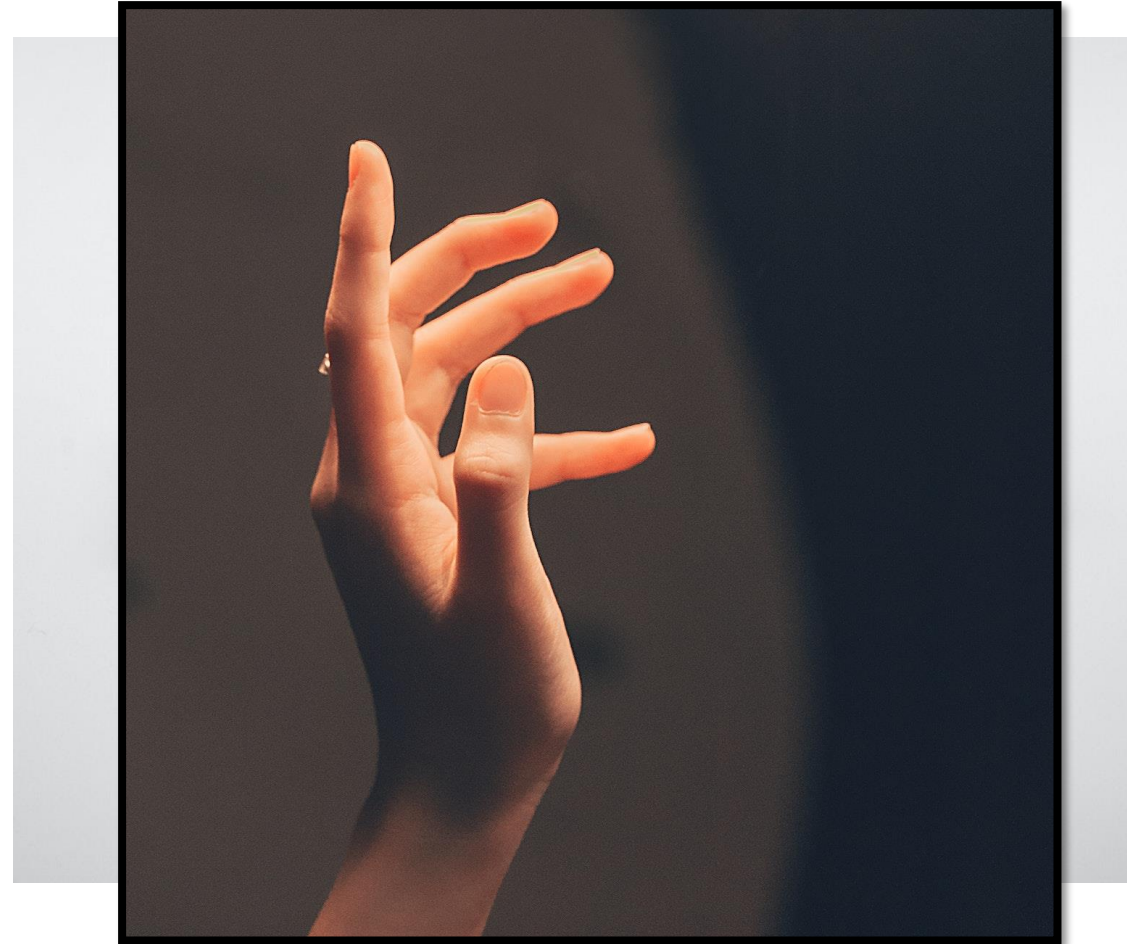


The Foundations





Northumbria Healthcare
NHS Foundation Trust



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HOSPITAL | COMMUNITY | HOME

www.northumbria.nhs.uk

Experiences of caregivers

Not knowing

Relationship
changes

Doing the
best we can

Not all plain
sailing

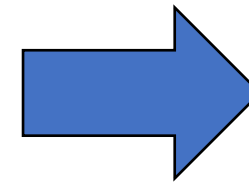
Post-diagnostic support



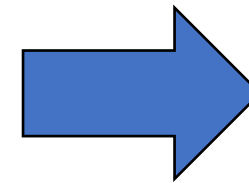
Psychosocial interventions for caregivers



An Example: Milne, Guss, and Russ (2014)



Education



CBT Framework

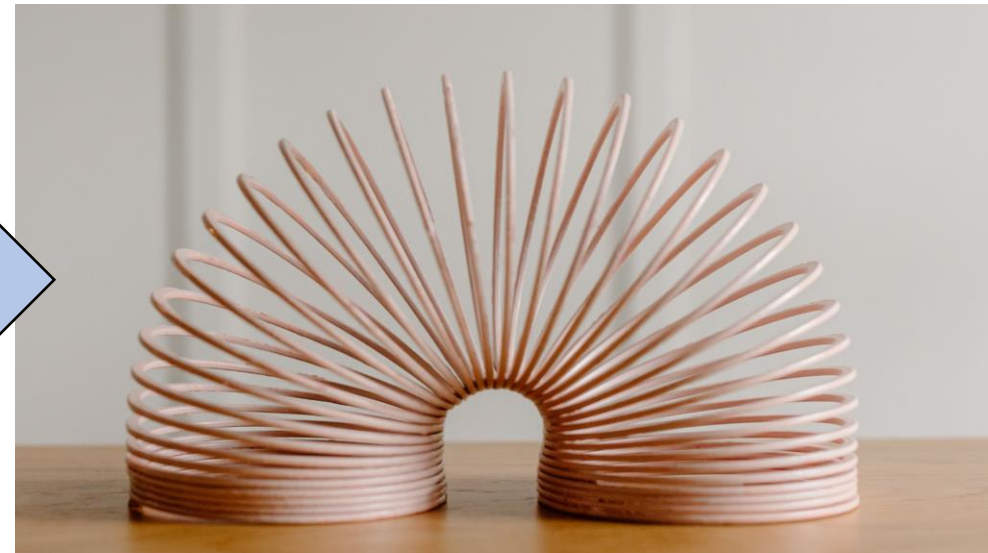
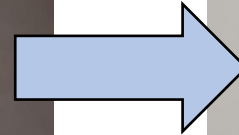
Origins of this caregiver's group



Background to ACT

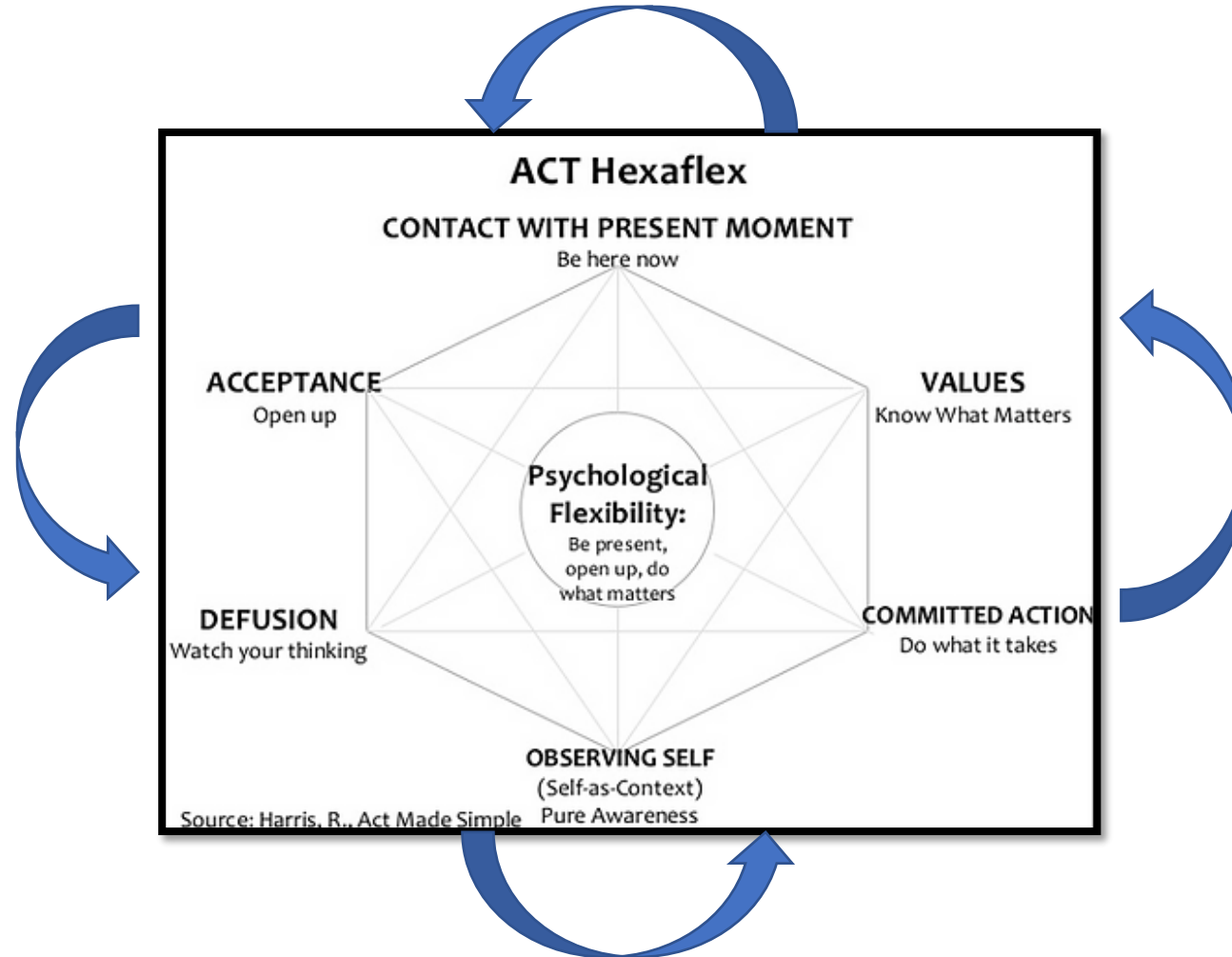


Inflexible



Flexible

The ACT Hexaflex



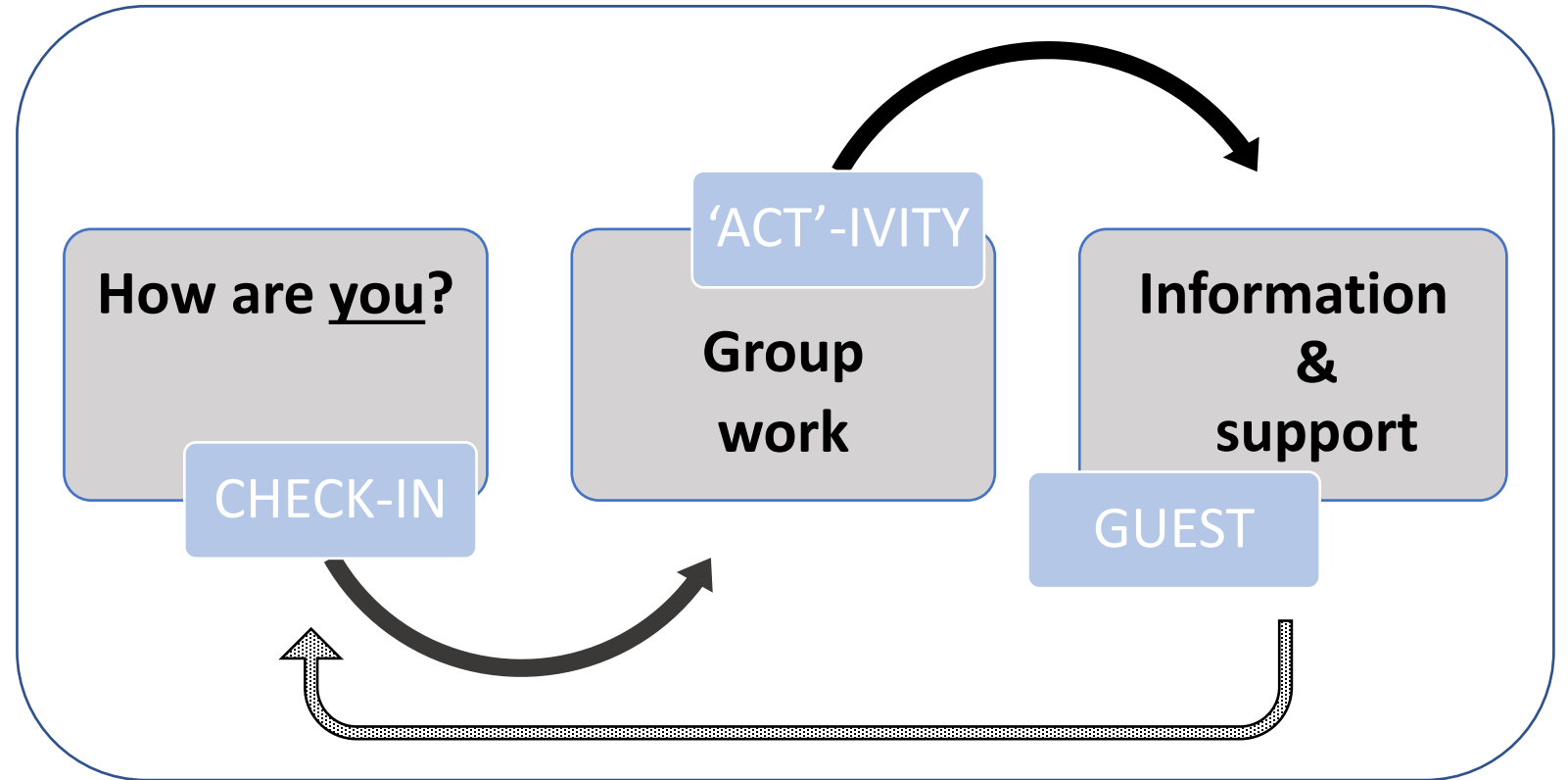
The Foundations

Experiences of carers
Post-diagnostic support
Psychoeducational interventions
Background to ACT

The Group

Group structure
Group content
Delivery and ethos

Caregivers' group structure



Group content



Contact with the Present Moment

- What is dementia?
- Experiential mindfulness

Values

- What's important to you?

Observing Self

- Own thoughts and feelings?
- Examining & challenging behaviours

Defusion

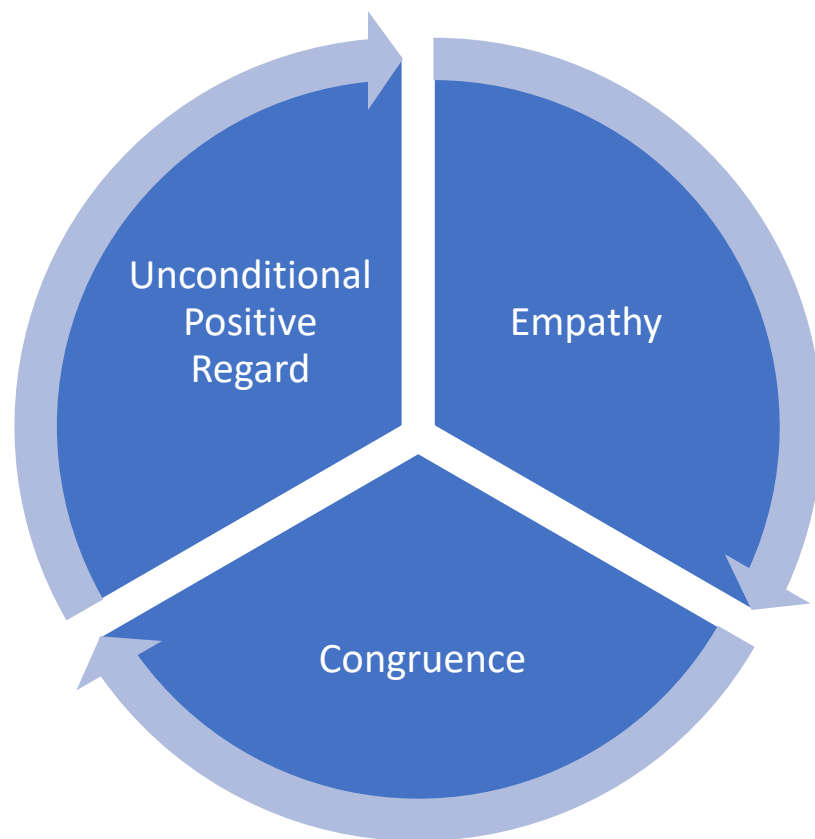
- Experiential exercise - separating from your thinking

Committed Action

- Bespoke information and action plan

Acceptance: Check-in - Self-reflection with peer support throughout

Delivery and ethos



Core conditions which facilitate change

Margaret





The Future

Research Project



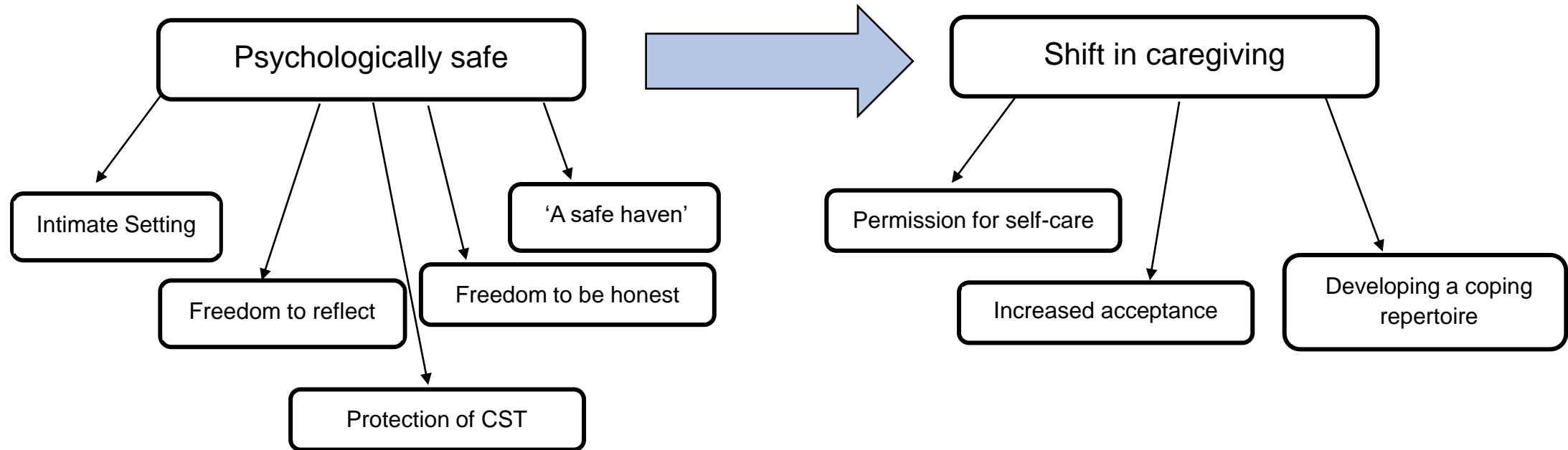
Mixed Methods

10 Participants



Questionnaires and
semi-structured
interviews

Preliminary themes



Selected quotes

“Just knowing that going back to the group to speak about difficult times and reflect on them was helpful.” (Participant 1)

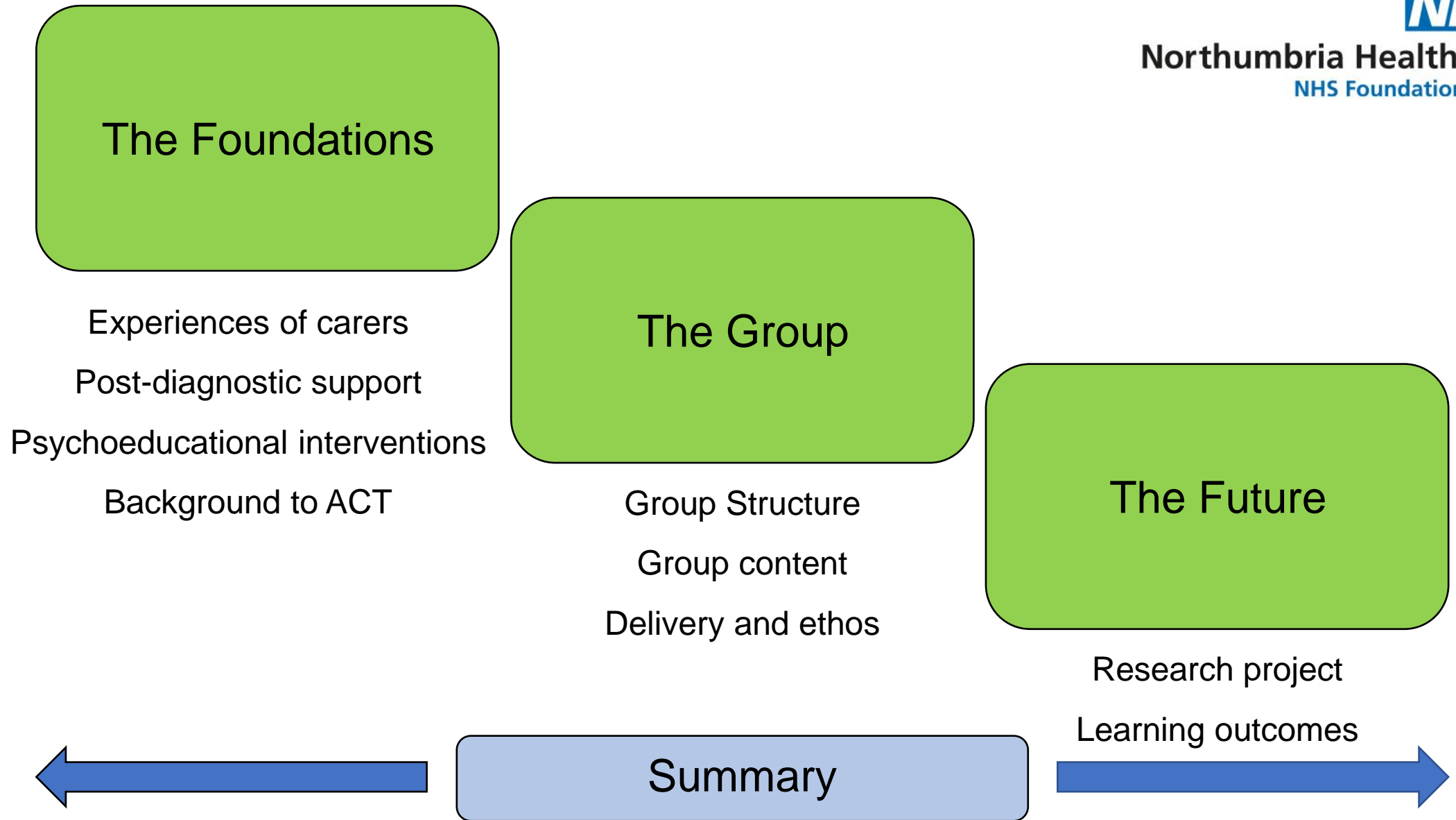
“P3: Erm (long pause) just sometimes being able to explain what’s going on to people who will understand. I think that’s probably the largest thing.” (Participant 3)

“The mindfulness one, I’ve never drank a glass of water the same way as I used to, because I always appreciate the taste of it much more, and the breathing exercises. There the three that stick in my mind the most that were helpful.” (Participant 5)

“...from knowing a little bit more detail it’s easier to be more understanding and step back a bit better and just accept. So, I don’t think anything dramatic, just keeping perspective on things really and it’s easier to cope as I do less of the ‘wrong’ reactions.” (Participant 3)

Learning Outcomes





References

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- Quinn, C., Clare, L., Pearce, A., & van Dijkhuizen, M. (2008). The experience of providing care in the early stages of dementia: an interpretative phenomenological analysis. *Aging & mental health*, 12(6), 769–778. <https://doi.org/10.1080/13607860802380623>
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Our sincere thanks to Margaret for sharing and recording her experiences

Acknowledgement to Centre for Better Ageing, Age Positive Image Library for pictures in this presentation <https://ageingbetter.resourcespace.com/>

Thanks





Ideas for Learning Consolidation & Competency Conclusion

Consolidating Learning:

Reflection on the session & considering application to practice & what this means 'your people'

- Think about this session in relation to your own role
- How much of this was revision?
- What have you learned today ?
- How will this help you in your role ?
- Think about your EnCOP self–assessment; consider which performance indicators this session may relate to and how this can be used as part of your own development / competency achievement.

A: Values, Attitudes and Ethical Practice

B: Evidence Based Care : Supporting learning, leadership and improving care for older people]

C1: Partnership working and communication with older people, families and others

Domain D2: Ageing Well – Assessing , planning, implementing and evaluating care and support with older people

Sub- Domain D5: Dementia care, assessment and person-centred management

Advanced 1: Advanced Influencer : Enhancing Care for Older People through Education and Research

Feedback about today's session and any future sessions you may like to see included in our webinar series....

All feedback welcomed; You may want to consider the following –

Was it easy to book onto the session?

Did you find the session went well in this online format ?

Was the content of the session relevant to your area of practice / job role?

Did you enjoy the session?

Thinking about future webinar's, which topics linked to older person's care would you be most interested in?

Please put any suggestions in the chat.

Please comment in the chat today or feel free to email us: ghnt.encop@nhs.net





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the Frailty icare website**

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Our EnCOP pages are located in the
workforce section

**EnCOP Library of Learning &
Development Resources can be found**

at:

<http://frailtyicare.org.uk/making-it-happen/workforce/enhanced-care-of-older-people-with-complex-needs-encop-competency-framework/encop-learning-resources/learning-resources/>

