

Family Work in Dementia

Mrs Kate Thomas

Memory Service Manager, Swindon Memory Service

Dr Louise Foster

Assistant Psychologist, Swindon Memory Service

Avon and Wiltshire Mental Health NHS Trust

What is Family Work?

- Assumption that some families will struggle when faced with the challenge of an illness. Focus is on education, stress management, problem solving and improving communication.
- Structured approach
- Includes all family members
- Co-working model
- Builds alliance
- Kuipers, Leff and Lam (1992) Barrowclough and Tarrier (1997) Schizophrenia

Where did we start?

- Literature review
- Questionnaire
- Contact
- Discussed the idea locally
- Developed a Family Work framework
- Piloted Family Work

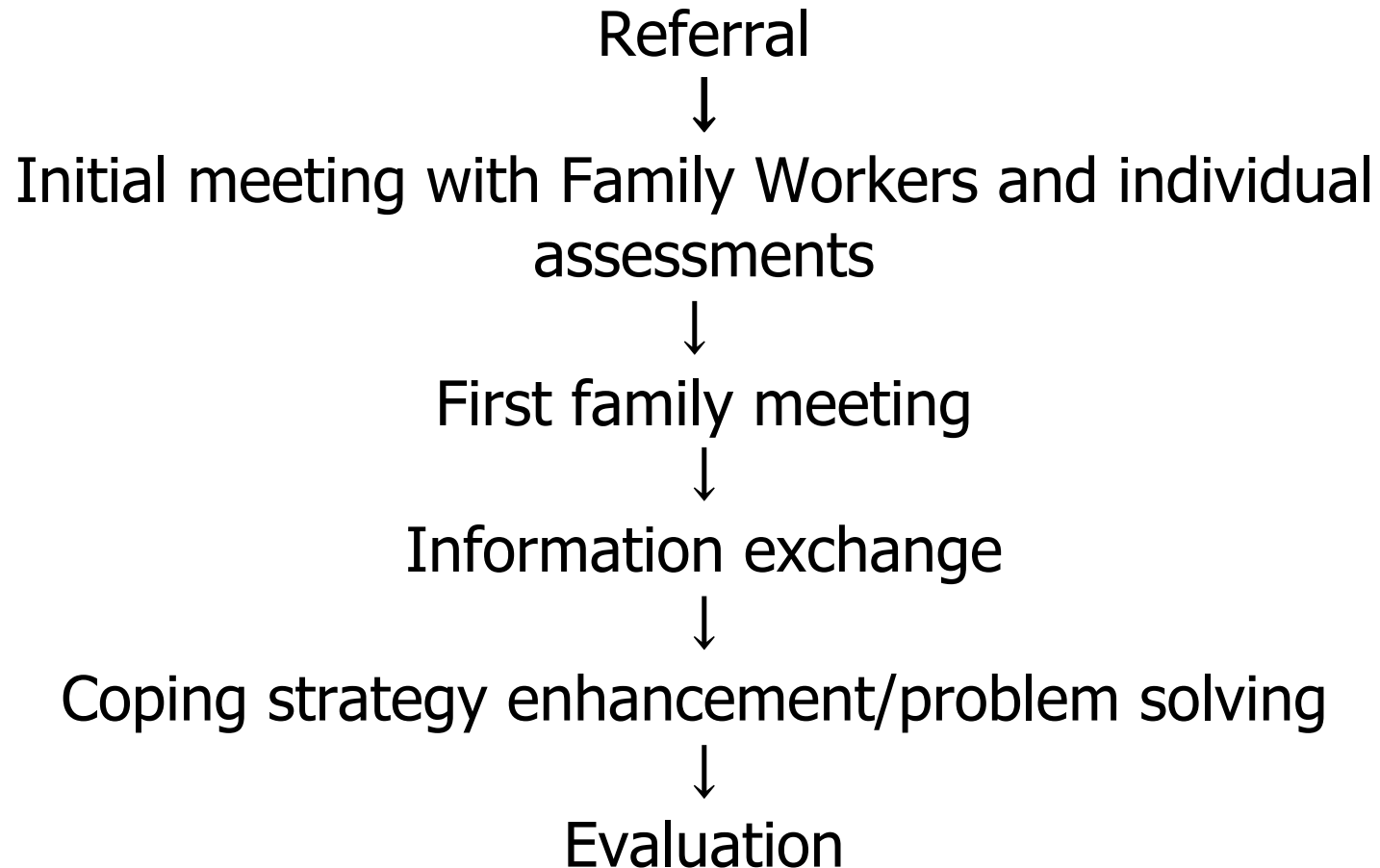
Family Work in dementia – what do we already know?

- Non-pharmacological approaches = benefits for people with dementia and their families
 - Significantly reduced both the odds of and time to institutionalisation (Spiker et al 2008)
 - Make realistic and affordable contribution to dementia care (Olarazan et al 2010)
 - Reduce frequency and severity of neuropsychiatric symptoms (Brodaty and Arasaratnam 2012) The most successful interventions were 9-12 sessions over 3-6 months, tailored to the person with dementia and their caregiver, delivered individually at home with multi components

...Family Work in dementia – what do we already know?

- Why pursue family approaches in dementia?
 - Dementia can disrupt long-established roles in families
 - Improved relationship between person with dementia and their caregiver, improved knowledge and coping skills, improved cognitive function in the person with dementia, and reduced depression and anxiety in the caregiver (Moon and Adams 2012)
 - Bring family members together to recognise their own and each others' roles, support one another, and resolve conflicts (Benbow and Sharman 2014)

Family Work Framework



Conclusion

- Family Work acknowledges that the whole family contribute to lived experience of dementia and actively works with family members to promote living well with dementia.
- How do we see Family Work evolving in Memory Services?
- Early support services well placed to offer Family Work
- Existing clinical and research skills within Memory Services in Swindon
- With current changes the Memory Service may be able to offer more post diagnostic intervention

Thank you for listening!

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