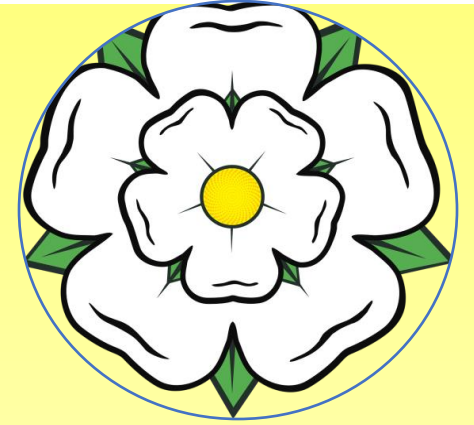


## **We want / need...**

- We want to grow and learn new things.
- We want practical help to overcome barriers.
- We need things that help with confidence.



## **We don't want...**

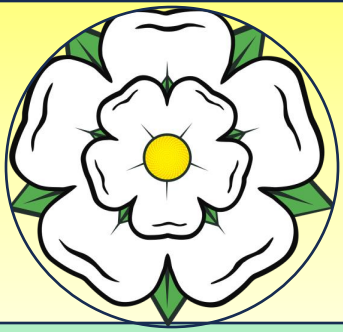
- We don't want a passive approach.

(Quotes from people with dementia informing York's Dementia Strategy, 2021)

# Cognitive Rehabilitation in the Community

Presenter: Justin Mazzotta  
from Partners in Dementia (York)

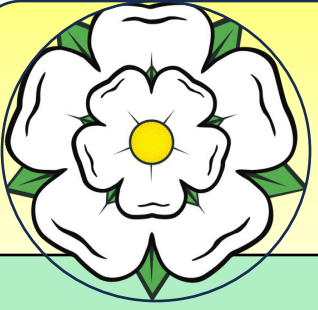




# What effects functioning when someone has dementia?

## Some examples...

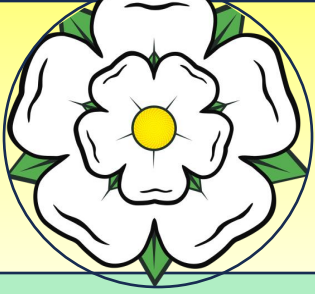
- Difficulties remembering or concentrating
- Physical and sensory health
- Emotions
- Coping strategies
- Relationships
- Environment



# What is Cognitive Rehabilitation (CR)?

- CR is a practical approach which helps people with dementia to function at their highest possible level in relation to positive goals which are important to them.
- CR is recommended in the NICE guidelines since 2018 for people with mild to moderate dementia.
- CR is under utilised in the UK.

**NICE** National Institute for  
Health and Care Excellence



# CR Research

- **The GREAT trial in 2018 involved 475 people with dementia**
  - ✓ *found that CR enables people with dementia to significantly improve their everyday functioning in relation to individual goals.*
  - ✓ *Benefits lasted for at least 9 months.*
- **The ETNA3 trial in 2016 involved 653 people with Alzheimers disease**
  - ✓ *found that participants with Alzheimers had lower functional disability than others.*
  - ✓ *Participants delayed moving into care home by six months compared with others in the trial.*





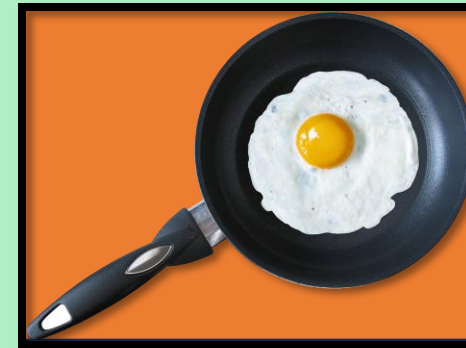
# Examples of Goals

## I will be able to...

- call my grandchildren and great grandchildren by the right name.

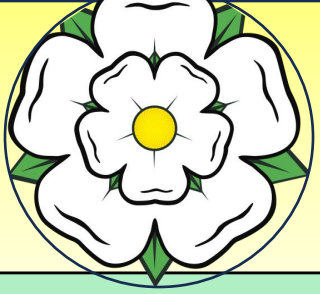


- cook myself a meal without being distracted and burning the food.



- learn to make phone calls from my mobile phone so I can contact my husband if I get lost or confused when out shopping.





# CR Process

**(Delivered at the persons home over 6 – 8 weeks)**

- CR Practitioner carries out initial assessment with person with dementia and their care partner
- Identify key areas of dissatisfaction
- Set (SMART) goal/s to work towards
- Develop individual intervention
- Deliver the intervention



# CR Rehabilitation Strategies

**For managing activities and learning / relearning information**

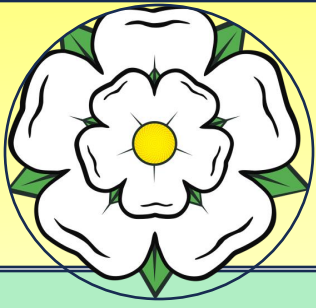
## **Advanced learning Techniques**

- *E.g. to optimize the use of memory: 'expanding rehearsal' (gradual increase of time between practicing goal).*

## **Compensatory Strategies**

- *Removes the need to rely on the impaired ability (e.g. memory) and make the task less demanding (e.g. alarms for taking medication).*





# Our CR Community Project

- Funded by the National Lottery

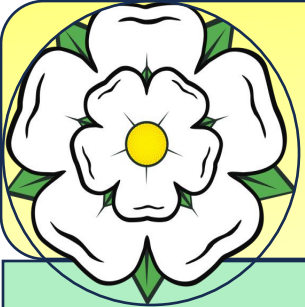


- Worked with 18 people with dementia and their care partners



- Delivered by Justin: Advanced CR Practitioner  
Supervised by Jackie Pool: CR Researcher

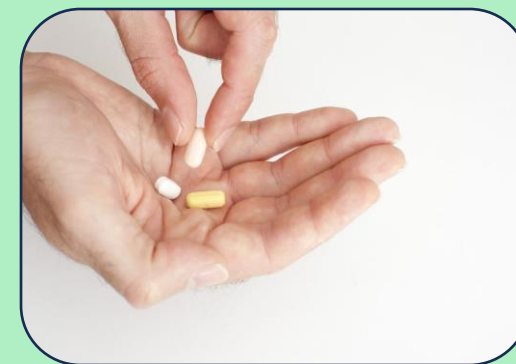
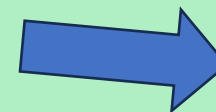
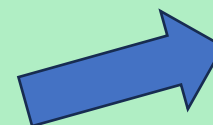


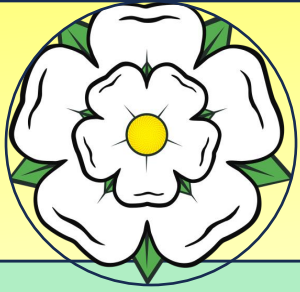


# Examples of goals chosen by participants

**I will be able to....**

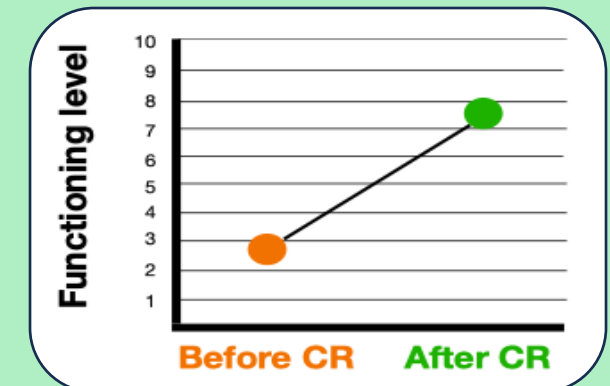
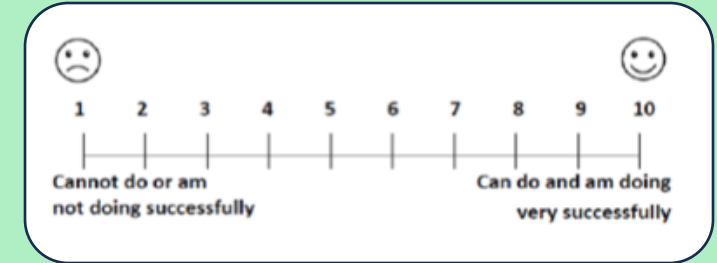
- know what my plans are on any given day.
- go to the Sporting Memories club once a week by bus with a companion.
- take my medication independently without the help of my husband.

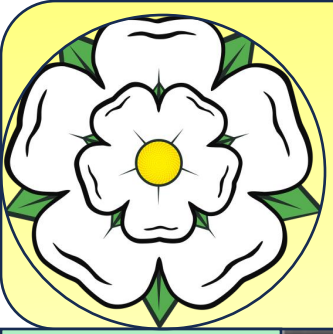




# Our results using CR

- To measure our results we used the **Bangor Goal Setting** interview.
- Person with dementia / care partner / practitioner: each rate the person with dementia's functioning.
- Before CR: goal attainment of **2.67/10**  
After CR: goal attainment of **7.58/10**





**I will be able to catch the bus independently to my nearby village to attend an exercise class once a week.**

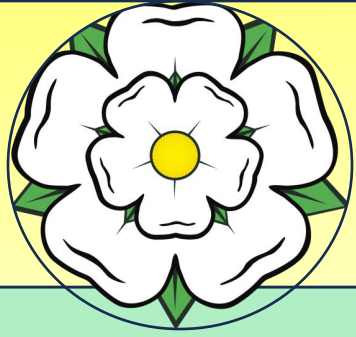






**I will learn how to turn the tv on and off and choose my favourite tv channels.**



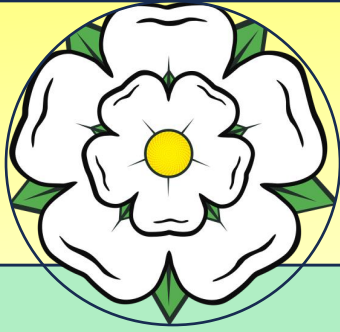


# Challenges when delivering CR

- Goals can sometimes be difficult to come up with. Care partners can help identify useful goals.
- Some community groups not very inclusive. We may need to adapt goals.
- Some families have limited time or financial resources.



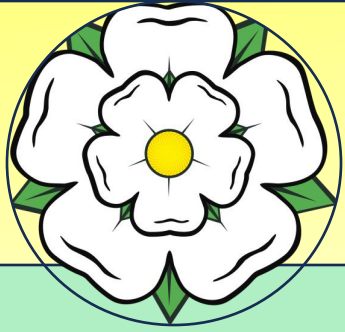




# CR is beneficial

- ✓ beneficial for people with dementia:  
helping them to function at their best.
- ✓ Beneficial for care partners:  
gives them practical ways to help.
- ✓ for practitioners: is rewarding work.
- ✓ Contributes to improving dementia care standards.

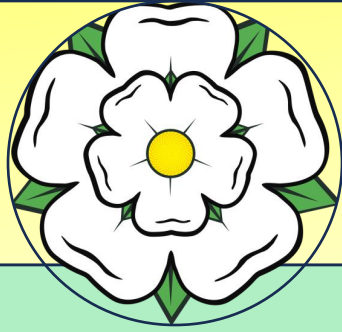




# Our continued work with CR

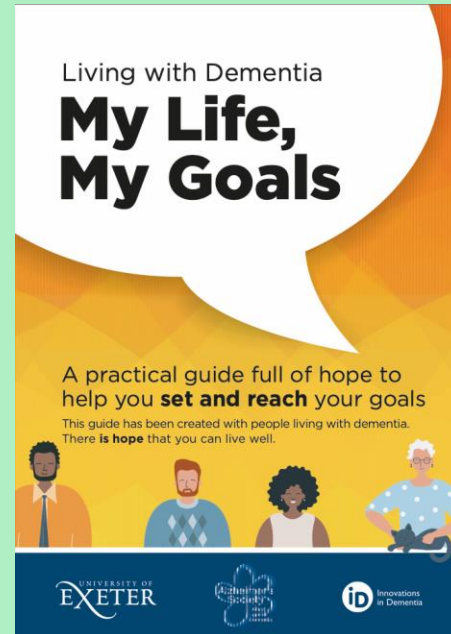
- We've been given another grant from the National Lottery.
- to support a further 108 people with dementia and their care partners with CR in York and its surrounding villages.

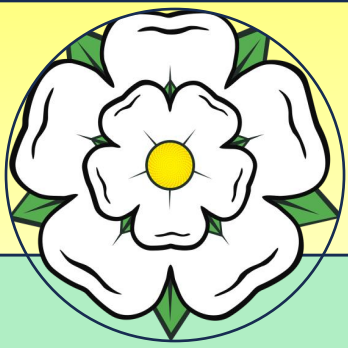




# My Life, My Goals

A self help resource called 'My Life, My Goals' uses CR principles and methods to help people with dementia without a CR Practitioner.



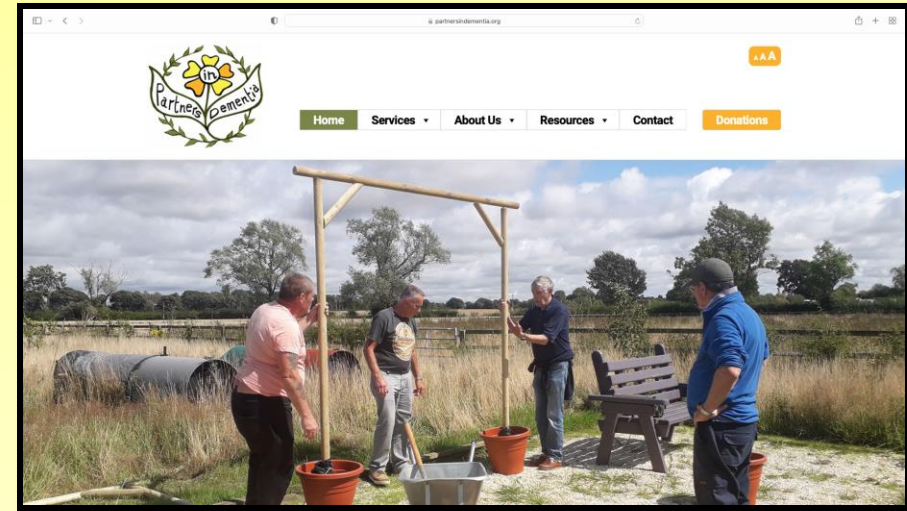


# CR Training

- For anyone in the UK with an NHS or University email address: [\*\*https://learninghub.nhs.uk/\*\*](https://learninghub.nhs.uk/)
- For other users via the GREAT website [\*\*https://sites.google.com/Exeter.ac.uk/great-cr/for-practitioners/elearning-course?authuser=0\*\*](https://sites.google.com/Exeter.ac.uk/great-cr/for-practitioners/elearning-course?authuser=0)



**Partners in Dementia website:**  
[www.partnersindementia.org](http://www.partnersindementia.org)



**QR Code links to Journal  
of Dementia Care article**





## **We want / need...**

- We want to grow and learn new things.
- We want practical help to overcome barriers.
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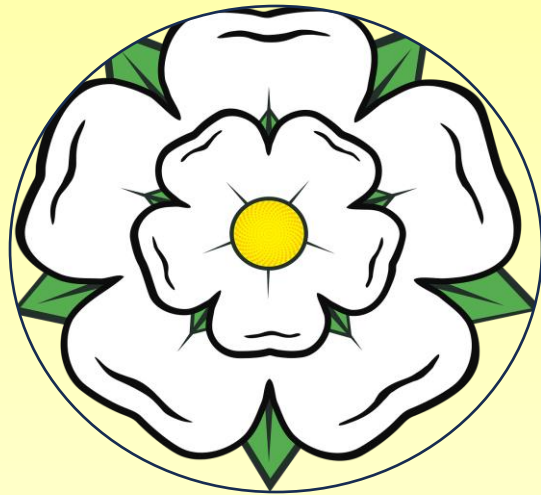


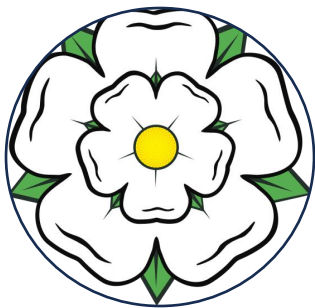
CR is a vital component in supporting people with dementia to be the best version of themselves.

**We know CR works!**



# Questions or Comments ?





**Thank You**