

Plain English Summary of 'Recognising and facilitating the rehabilitation potential of people with dementia: Interim report of qualitative work'

Quick read:

We want to find a way of caring for people with dementia after a fall that will give them a better chance of making a good recovery. We have been gathering information about what currently happens so that we know what is working and what needs to be improved. We found four main areas that the new service should focus on:

- Designing the service in a way that helps support people with dementia, including making clearer links between different services
- Making sure that staff have the knowledge and skills to best help people with dementia
- Finding ways to encourage people with dementia to take part in the service
- Helping to support carers for people with dementia

We will now use these findings to help us design the new service.

Longer read:

The population is getting older and this means that the number of people with dementia is getting higher. Studies have found that people with dementia fall more often and have more difficulty recovering than other older people.

We want to find a way of caring for people with dementia after a fall that will give them a better chance of making a good recovery. We have been gathering information about what currently happens so that we know what is working and what needs to be improved. We collected this information in several different ways. Firstly, we talked to staff members working in health and social care. Secondly, we went along to different services to observe the way that care is currently delivered. Finally, we talked to people with dementia and their friends and family members about the care that they had received.

We found four main areas that the new service should focus on:

- **Designing the service in a way that helps support people with dementia, including making clearer links between different services.** At the moment, staff members don't always know about services that could help people with dementia. Part of the focus should be on getting everyone on the same page. We also found that services are not always designed with

people with dementia in mind. Things like familiar settings, flexible appointments and support with transport are important to people with dementia and their carers.

- **Making sure that staff have the knowledge and skills to best help people with dementia.** Helping people with dementia can involve taking a different approach than with other patients. It is important that staff get the training they need to do this.
- **Finding ways to encourage people with dementia to take part in the service.** This might include personalised care, such as exercises that are fun and based on people with dementia's likes and dislikes. It might also include providing reassurance to help build people with dementia's confidence.
- **Helping to support carers for people with dementia.** Carers were often stressed and dealing with other commitments, and may need help and support if they are going to be involved in the new service.

We will now use these findings to help us design the new service.

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