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The Taiwan long-term care (LTC) 2.0 policies program
on elders with dementia:
A preliminary study at a day care center in
Northern Taiwan



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Introduction

- According to the WHO, a society in which the proportion of people 65 years or older is 14% or higher is known as an aged society.
- Taiwan became an aged society in 2018 and the care of the elders is a public issue.
- The current elderly population ratio in Taiwan in September 2021 is **16.7%**.
- Prevalence of older adults with dementia: **8%**
- Elderly people with dementia are often accompanied by disability. For family members, taking care of the demented elders have become a **heavy burden**.

Introduction

Overview of the development LTC policy

Stage 1: Long-Term Care Plan 1.0 (2007~2016)

2015: Long-Term Care Services Law

2007

2015

2016

2017

2026

LTC 1.0 Service item:

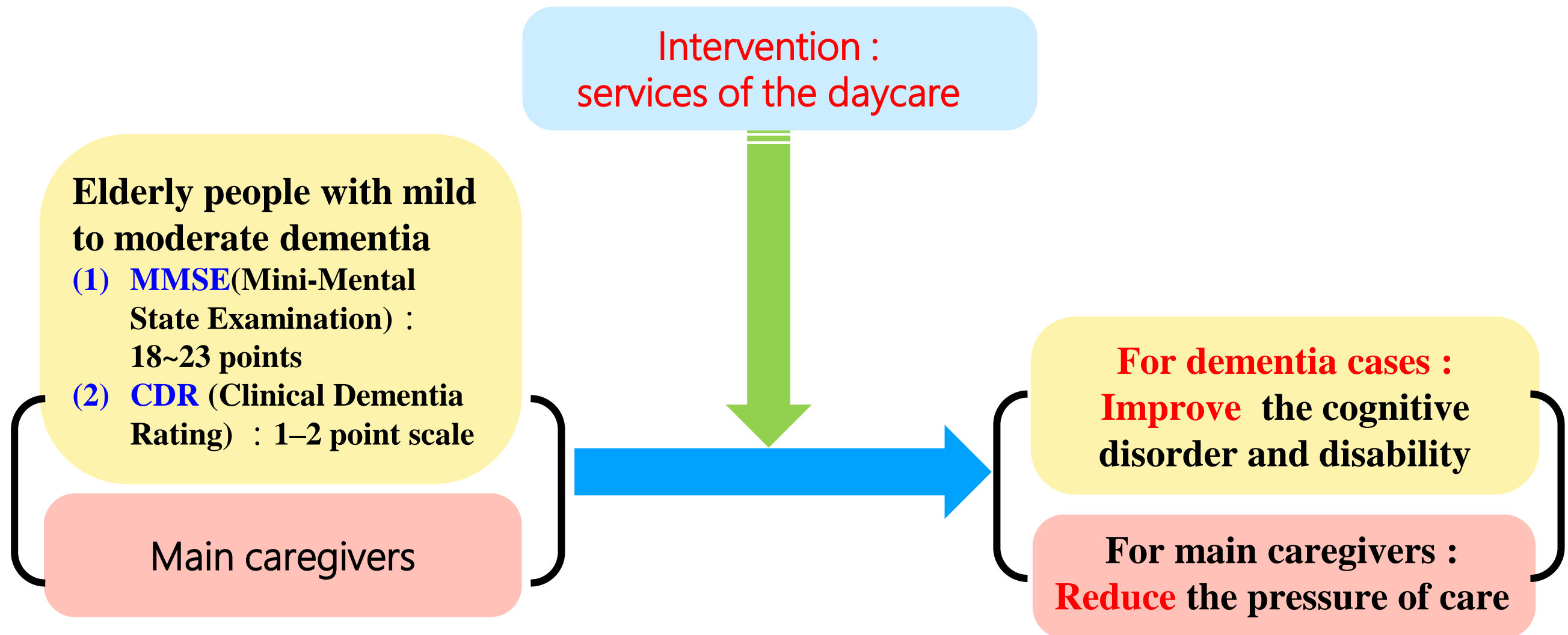
- (1) Care Services
- (2) Transportation Services
- (3) Nutrition Meals for the Elderly
- (4) Assistive Device Purchases/Rental and Handicap-Friendly Improvements to Residences (Instances)
- (5) Home Nursing
- (6) Home/Community Rehabilitation
- (7) Respite Care Services
- (8) LTC Institutions

Stage 2: Long-Term Care Plan 2.0 (2017~2026)

LTC 2.0 Service item: (increased from 8 items to 17 items)

- (9) Dementia care services
- (10) Community integrated services in indigenous region
- (11) Small-scale, multi-functional services
- (12) Family caregiver support services
- (13) Community comprehensive care service system
- (14) Community preventive care
- (15) Programs to prevent or delay disability 2 connected services
- (16) Discharge planning service
- (17) Home- based medical care

Objective



A average total of 32 elders with mild to severe dementia were admitted in 2019 to 2020, and 84% of main caregivers were family members.

Methods



● The study period is from **January 2019 to December 2020**. Our center designs the following contents in coordination with government policies.

● First, we established a medial transdisciplinary care team.

● Our team members including:

- (1) Neurologist
- (2) Nurses
- (3) Occupational therapist
- (4) Physical therapist
- (5) Social worker
- (6) Care attendant
- (7) Volunteer
- (8) Dietitians
- (9) Psychologist
- (10) Case manager
- (11) Pharmacist, to provide care for dementia elders.

Methods



Day care services:

- ◆ **Cognitive training: reminiscence therapy**
- ◆ **Art therapy: draw a picture**
- ◆ **Music therapy : sing song**
- ◆ **Horticultural Therapy : plant flowers and plants**
- ◆ **Rehabilitation courses**

Methods



◆ *Transdisciplinary team cooperation :*

- ① We evaluate the **activity function** and **needs** of each case, and formulate individual rehabilitation plans.
- ② Transdisciplinary team meetings are held every month: discussions and resource referrals for special cases.

◆ *Provide the caregiver support system:*

hold family support and skill training courses **every month**.

Methods



- ◆ ***Case concern:*** use the telephone to track cases and their caregivers evaluate their home life every 2 to 3 weeks.
- ◆ The prerequisite is the care manager must need to pass telephone counseling training courses first.
- ◆ The full-time case manager in the center conducted a telephone consultation **for 30 minutes every 2 weeks to maintain 20 weeks,** and then the caregiver stress assessment will be conducted.

Methods



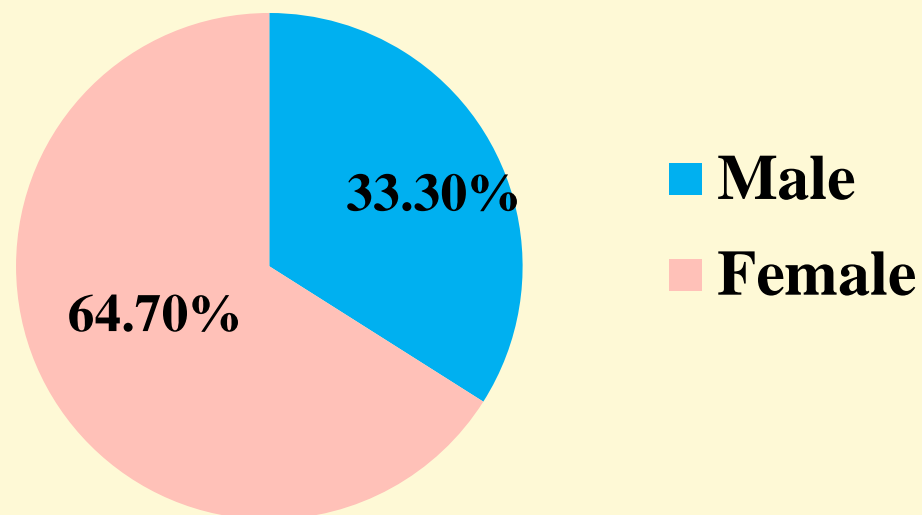
- ◆ Collect case activity of daily living (ADL) and instrumental activities of daily living (IADL) data before and after the research.
- ◆ The Kingston Caregiver Stress Scale (KCSS) is used to evaluate the stress of the main caregiver.
- ✚ The content of KCSS includes **care giving**, **family** and **finance** issues.
- ✚ The higher scores indicate greater care stress.
- ✚ We found that the total average of 3.1 points was mild to moderate stress. Telephone counseling is a convenient option for people who do not have the opportunity to participate in traditional face to face counseling.

Reference

- ◆ Sadak, T., Korpak, A., Wright, J. D., Lee, M. K., Noel, M., Buckwalter, K., & Borson, S. (2017). Psychometric evaluation of Kingston Caregiver Stress Scale. *Clinical Gerontologist*, 40(4), 268-280. doi:10.1080/07317115.2017.1313349
- ◆ Kilik LA, & Hopkins RW. (2019). The Relationship between Caregiver Stress and Behavioural Changes in Dementia. *OBM Geriatrics*, 3(2), 1-16. doi:10.21926/obm.geriatr.1902052.
- ◆ Waller, A., Dilworth, S., Mansfield, E., & Sanson-Fisher, R. (2017). Computer and telephone delivered interventions to support caregivers of people with dementia: a systematic review of research output and quality. *BMC geriatrics*, 17(1), 265.

Results

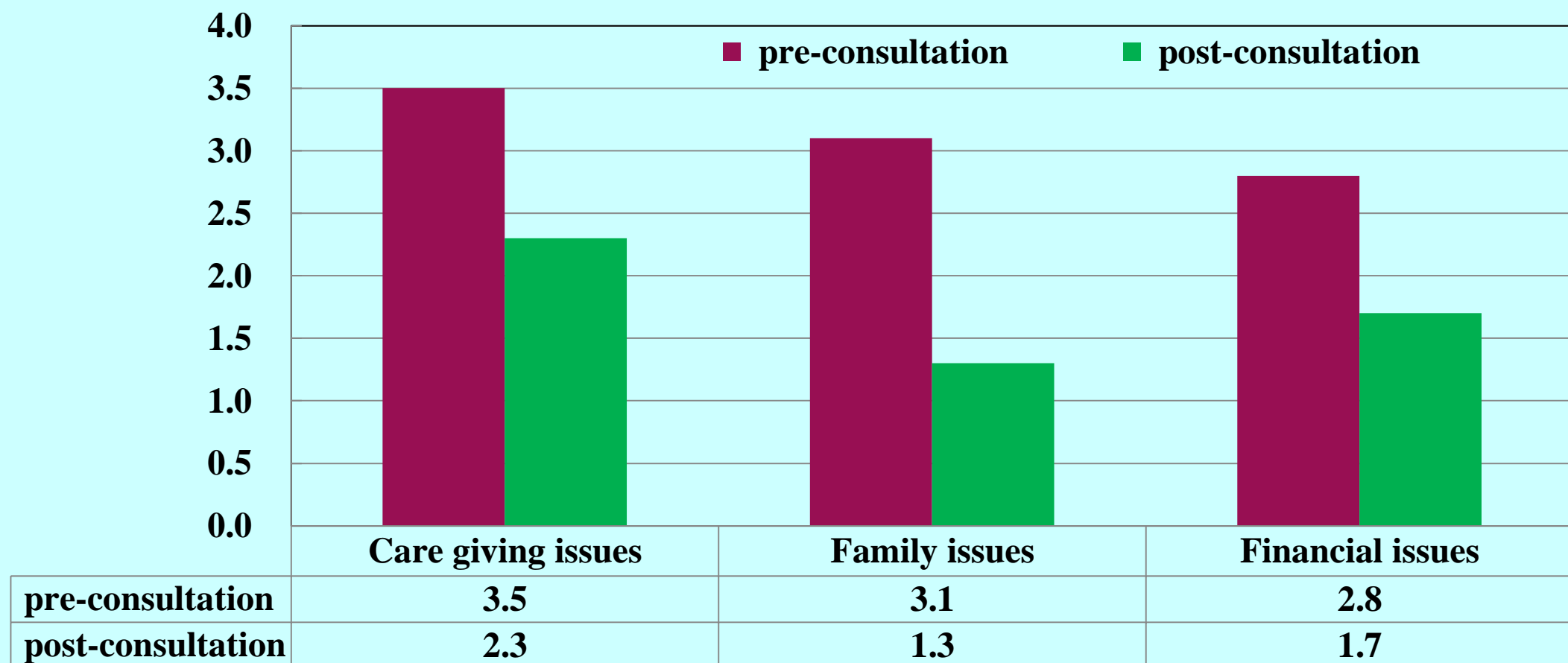
- ◆ A total of **68 cases and their main caregivers** were enrolled.
- ◆ The average age of the cases was 85.6 years old, and the average age of caregivers was 55.6 years old.
- ◆ There are 24 males (33.3%) and 44 females (64.7%).
- ◆ After day care center services and related intervention measures, we found that the case's ADL average score increased from **72.2 ± 10.6 to 76.9 ± 15.0 points ($p=0.04$)**, and the IADL average score increased from **6.2 ± 3.2 to 10.9 ± 2.6 points ($p<0.01$)**.



Item	Before	After	<i>P Value</i>
ADL average score	72.2±10.6	76.9±15.0	0.04
IADL average score	6.2±3.2	10.9±2.6	0.01

Results

- ◆ The KCSS score of the main caregiver from the total average of **3.1 points** (mild to moderate stress) down to **1.7 points** (mild stress) ($p < 0.05$).
- ◆ main caregivers conscious **care ability can be strengthened** (95% CI -1.09 to -0.08).



Conclusions

- ◆ According to the results show that the services of the daycare center which can improve the effectiveness of people with mild to moderate dementia **in maintaining physical functions, ADL and IADL function.**
- ◆ It also can **reduce the care pressure of main caregivers and empower them.**
- ◆ The implementation of the daycare center for Dementia, which was established in line with **Taiwan long-term care 2.0 policies program, can indeed increase patient safety and improve the quality of care.**

Emphasize:

*The establishment of a medical **transdisciplinary** care team is a very important factor for the success of this project.*



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Thank you