

Social prescribing in elderly with dementia: A preliminary study at a day care center in Northern Taiwan



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Introduction

- ✦ **Social prescribing is a kind of non-medical interventions.**
- ✦ **In order to protect and respect the human rights of the demented, demonstrate the concept of "cultural equality", increase the social participation rate of the demented and their families, encourage the demented go out of the house, and go out to the community to participate in interpersonal and social interaction activities, delaying disease degeneration and decrease stress of main caregivers.**
- ✦ **The "Social Prescription for Dementia" issued by our hospital's neurologists generally refers to various social participation and interpersonal interaction activities, combined with community resources, including art, music, sports, nature, etc., to provide treatment programs for mild to moderate dementia.**

Objective

The aim of this study was to explore the effect of implemented social prescription for people with dementia of day care center attached to a nursing home in Taipei City.



Methods

+ The study period is from June to December 2022.

+ Included cases are:

- (1) Clinical Dementia Rating (CDR) of 1**
- (2) Mini-Mental State Examination (MMSE) of 20 points or more**
- (3) Activity of daily living (ADL) of 70 points or more**
- (4) Instrumental activities of daily living (IADL) of 8 points or more**

+ The content of social prescription implemented activities includes five steps.

Methods



First, we select a suitable art center (the National Palace Museum, NPM) and introduce the activity characteristics of the art center for 4 hours a week.



Second, according to the life history of each case, the combination of art center and reminiscence therapy and rehabilitation training course for 2 hours a day.

Methods



Third, arrange daily homework for the main caregiver to participate in the activity.

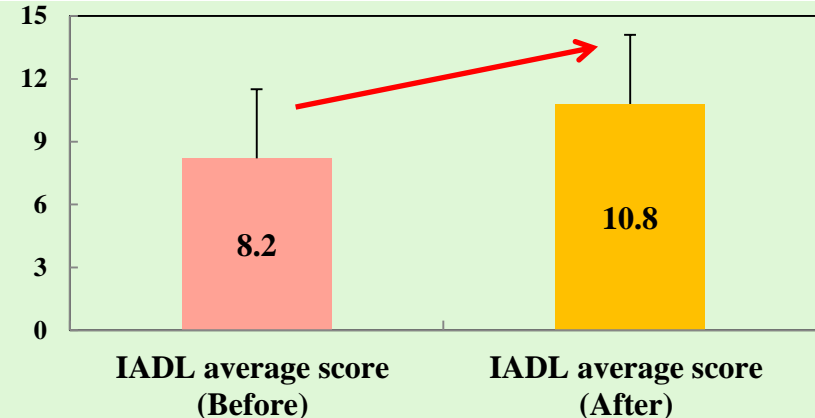
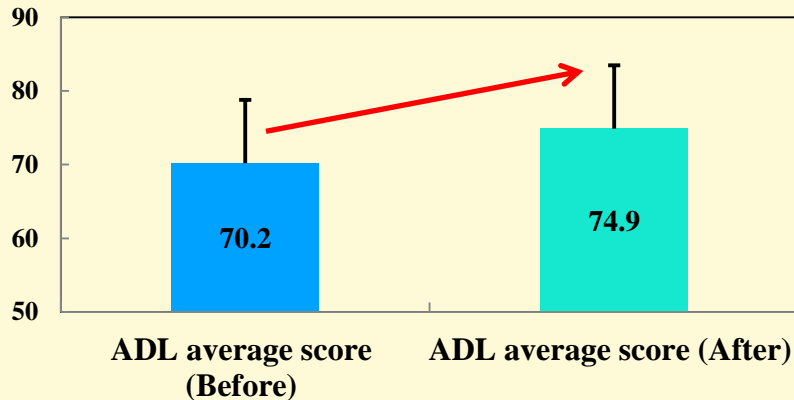


*Forth, after **three months**, arrange an on-site visit to the National Palace Museum.*

*Finally, **six months** after the intervention, the satisfaction and case 's ADL, IADL, MMSE and CDR were collected.*

Results

- ✦ A total of **32 cases** were enrolled. The average age of the cases was **81.6 ± 5.3** years old.
- ✦ After social prescribing-related interventions, although there was no significant difference in CDR and MMSE, the **ADL average score increased from 70.2 ± 8.6 to 74.9 ± 11.1 points**, and the **IADL average score increased from 8.2 ± 3.3 to 10.8 ± 4.6 points ($p < 0.01$)**.



Results

- ✚ The average case satisfaction rate was **91.8%**, and the average caregiver satisfaction rate was **84.3%**.
- ✚ The individual interviewed cases indicated that social prescribing had a positive impact on their social interaction, physical function, family relationship and well-being.

Visited the the National Palace Museum



Conclusions

- ✚ According to the results show the social prescribing cannot significantly increase cognitive function, but **it can improve the effectiveness of mild to moderate dementia in maintaining physical functions and activities of daily living.**
- ✚ It can also increase the interaction with family members and improve the **well-being** of the cases.
- ✚ The social prescribing on elders with dementia in day care center, it can **indeed increase the quality of life care for the dementia.**



