

Evaluation of CogniTech Uppsala: development of cognitive assistive devices, methods and individually support to adults with Attention Deficits Hyperactive Disorders, ADHD

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The partial project CogniTech Uppsala was initiated by the Swedish Institute of Assistive Technology in collaboration with the national association Attention, and financed by the Swedish Inheritance Fund. The aims were to develop cognitive assistive devices, methods and individually support to adults with Attention Deficits Hyperactive Disorders, ADHD.

The project was placed at the Care of Psychosis and Forensic Psychiatry at the University hospital in Uppsala. The practical realization was executed by a project group of three occupational therapists 050101-080130. Nineteen persons with ADHD were recruited to the project.

For the purpose of the project's evaluation quantitative and qualitative data were collected at two occasions one year apart. The Satisfaction of Daily Occupations, the Manchester Short Assessment of Life Satisfaction, the Assesment of Motor and Process Skills and the Quebec User Evaluation with Assistive Technology were used. The participants were also asked two open qualitative questions. In addition the project group's three occupational therapists registered their achievements according to the International Classification of Functioning, Disability and Health (ICF). Twelve professionals were interviewed about their apprehension of the CogniTech project.

The results of the evaluation showed that the participants tried 74 products whereof 17, 5 % were prescribed as cost-free assistive devices. Remaining products were provided and paid by the project. The participants were very satisfied with the assistive devices. The supporting measures consisted primarily of help with performing daily activities and routines. Medication, support from a team and individually prescribed assistive devices gave a more independently life. The professionals' apprehension of the project was positive, among other things since adults with ADHD and their complex problems were focused.

It is discussed that individually tried out and prescribed cognitive assistive devices and supporting measures facilitate an independent life. It can be noted that a permanent resource center with achievements held together for the target group has not yet been established at the writing moment. The evaluator concludes that despite limited resources the project contributes with new constructive knowledge which is and will be of great use for the target group.