

## **Implementing effective occupational therapy in dementia; the needs and strategies for occupational therapists.**

MCE Thijssen, MJL Graff, J Zajec  
*radboud University Center, Nijmegen, Netherlands*

Recently, evidence was found for effectiveness and cost-effectiveness of community occupational therapy for older people suffering dementia and their caregivers. (1,2) However: several barriers were found for implementing this effective occupational therapy guideline.(3) These barriers call for new implementing strategies.

In 2009 a cluster randomised trail started to evaluate the effectiveness of combined implementation strategies towards occupational therapists, their managers and referring physicians.

This presentation focuses on the supporting strategies towards the occupational therapists using the occupational therapy guideline for dementia. These supporting strategies are based on needs of occupational therapists and underpinned with literature and is liable to the cluster randomised trail.

Objective:

- To give an overview of the supporting strategies for the occupational therapists using the occupational therapy guideline for dementia.
- To discuss the contents of the supporting strategies for the occupational therapists.

During the cluster randomised trail, an experimental group of occupational therapists will receive supporting strategies to implement the occupational therapy guideline for dementia. Subdivisions of these supporting strategies are:

- 1. Feedback and coaching.
- 2. Computer based interventions
- 3. Coaching on the job.

The contents of the supporting strategies will be presented.

Hopefully, the supporting strategies for occupational therapists will improve their skills and own abilities in performing activities according to the occupational therapy guideline for dementia. Based on the results (1,2) this improvement will directly benefit the older people suffering dementia and their caregivers in their meaningful occupations. It is interesting how the supporting strategies could be taken advantage of by occupational therapists working in other fields or age groups.

References:

- 1) **Community occupational therapy for older patients with dementia and their care givers: cost effectiveness study.** Maud J L Graff, Eddy M M Adang et al. BMJ 2008;336:134-138.
- 2) **Community occupational therapy for older patients with dementia and their care givers: cost effectiveness study.** Maud J L Graff, Eddy M M Adang et al. BMJ 2008;336:134-138.
- 3) **Facilitating and impeding factors for implementing an effective occupational therapy guideline for older persons with dementia and their informal caregivers.** Leven van 't, N, Graff MJL et al. in press.