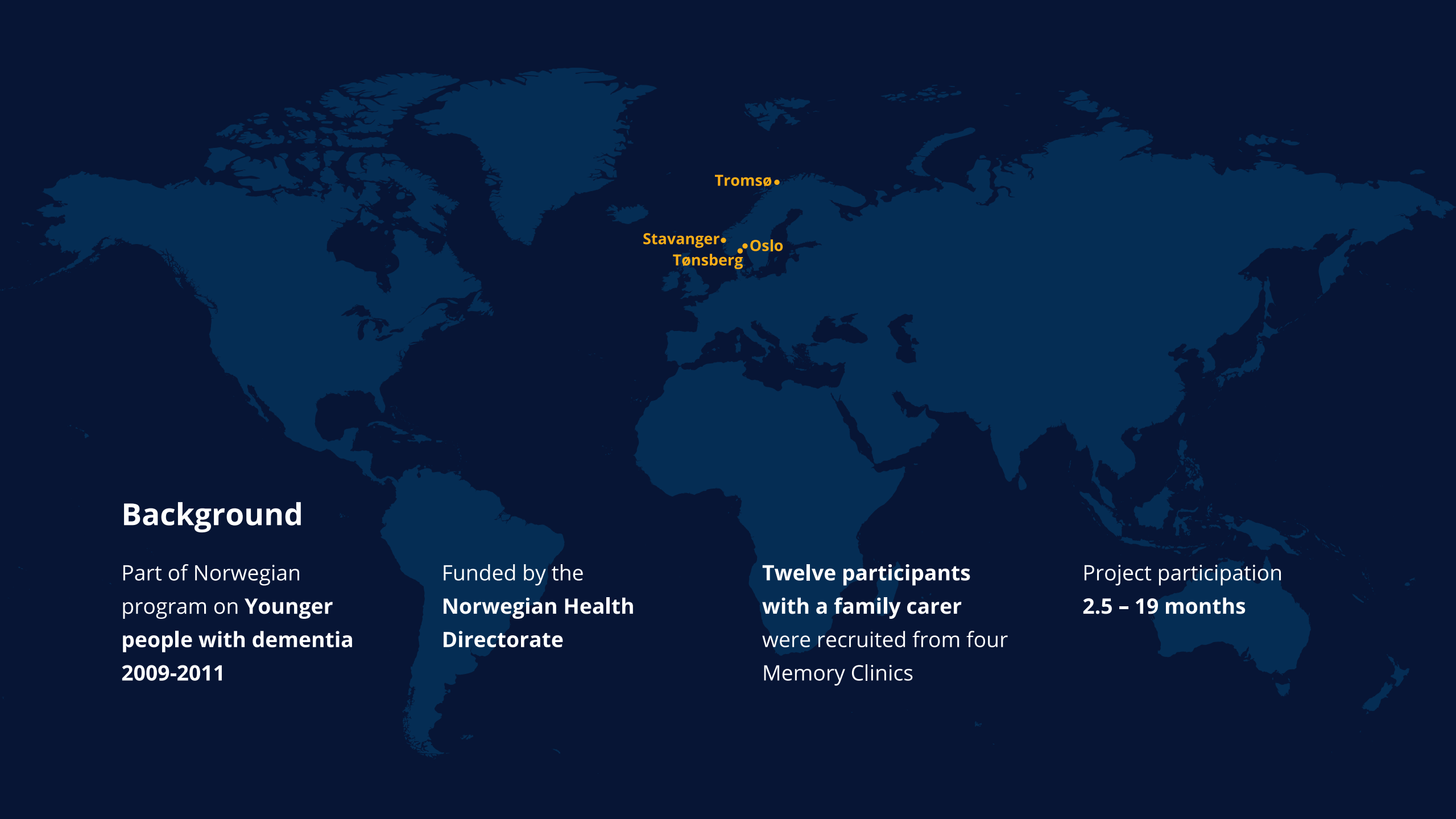


Does assistive technology support everyday life for younger persons with dementia and family carers?

Dr Sarah-Jane Blane, University of Exeter
Dr Catherine Harcourt, University of Exeter
Dr Sarah-Jane Blane, University of Exeter
Dr Catherine Harcourt, University of Exeter



Ageing and Health
International Research
Centre for Ageing and Health



Tromsø

Stavanger
Tønsberg

Oslo

Background

Part of Norwegian program on **Younger people with dementia 2009-2011**

Funded by the **Norwegian Health Directorate**

Twelve participants with a family carer were recruited from four Memory Clinics

Project participation **2.5 – 19 months**



Characterizes
Experienced

Method

1

Qualitative longitudinal study

2

12 younger persons (i.e. those under 65 years of age) recently diagnosed with dementia and their family carers.

3

The families explored the use of different assistive technologies

4

In-depth interviews with YPD and carer, videotaped observation of YPD using ATs were conducted at the beginning and repeatedly every 3rd month up to nineteen months. Both YPD and their carers participated in the interviews.

5

The data were initially thematic analysed and systematised by using NVivo, followed by an phenomenological hermeneutic analysis approach.

6

The participants' experiences were further discussed on the basis of embodied, social- and everyday life- situated approaches to provide a deeper understanding of interactive processes involved in the trajectory.

Devices in the project

Safety & security	Simple user interface	Visible information	Verbal reminders
<i>Sensors, localization</i>	<i>Compensation</i>	<i>Visual strategies</i>	<i>Auditive strategies</i>
Stove timer	Automatic day & night calendar	White board	Speaking watch
Timer	Simple remote TV control (2 types)	Digital calendar (Memoplanner)	Message box
GPS	Electronic door lock	Labelling (contrast colour)	Speaking reminder
	Item locator	Automatic calendar (day & date)	Memory clock (Memo)
	Simple mobile phone (2 types)		Medicine dispenser with alarm

Results

Five elements in the process were identified as important for the experience of usefulness and successful incorporation of AT.



1 *Be valuable by addressing practical, emotional and relational challenges*

- AT addressed different needs for YPD and family carer.
- The YPD and family carers' need became visible through the implementation process



2 *Fit well into or be a better solution habitual practice and established strategies*

- The significance of habitual practice.
- Old patterns of habits and established strategies are stronger.



3 *Generate positive emotions and become a reliable and trustworthy tool*

- Establish trust and reliability
- The AT generate different emotions through the process



The interface displays a 24-hour schedule with the following activities:

Hour	Activity
09	meeting
10	
11	
12	
13	Break
14	
15	School
16	
17	
18	
19	
20	
21	
22	
23	Sleep
00	
01	
02	
03	
04	

Navigation and Calendar options:

- Week
- Month
- Year
- Clock
- Activity

4 *Be user-friendly, adaptable and manageable*

- Characteristics and user-friendliness
- YPD capacity, the feeling of mastery and the complexity of technology



It's 10.15PM

5 *Interest and engage the family carer*

- Give information about AT
- Needs assessment
- Value their perspectives
- Suggest AT for exploration
- Cooperate on implementation plan
- Adapt training for users
- Follow up, give support and evaluate



Characteristics of the implementation process for the AT to become experienced as beneficial

- 1 Experienced as valuable; address practical, emotional or relational changes in everyday life.
- 2 The new technology has to fit in with, or be easily incorporated into, family life routines
- 3 Established as habitual practice, on basis of our lived, bodily, practical and social everyday life.
- 4 Generate positive feelings of joy, mastery, trust, experience of being in control, and safety.
- 5 Be aware that negative emotions like hopelessness, irritability, restless, defeat or guilt strongly influence
- 6 The AT's potential to be adjusted to the cognitive capacity of the YPD, and to individual needs and preferences when it was already in use were key components for its successful incorporation.
- 7 Interest and engage YPD and carer

Publications

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