

NZNO 10TH NATIONAL GERONTOLOGY SECTION CONFERENCE

Rydges Latimer, Christchurch **31 Oct & 01 Nov 2016**



BACK
TO OUR
FUTURE



“This is Me”

Evaluating Life History Work
Education

Presenter;

Alan Beasley

MSc Dementia Studies

Question! Life History Work + Education

Evaluating life history work education provided for health professionals working alongside people living with dementia and their family members

Methods

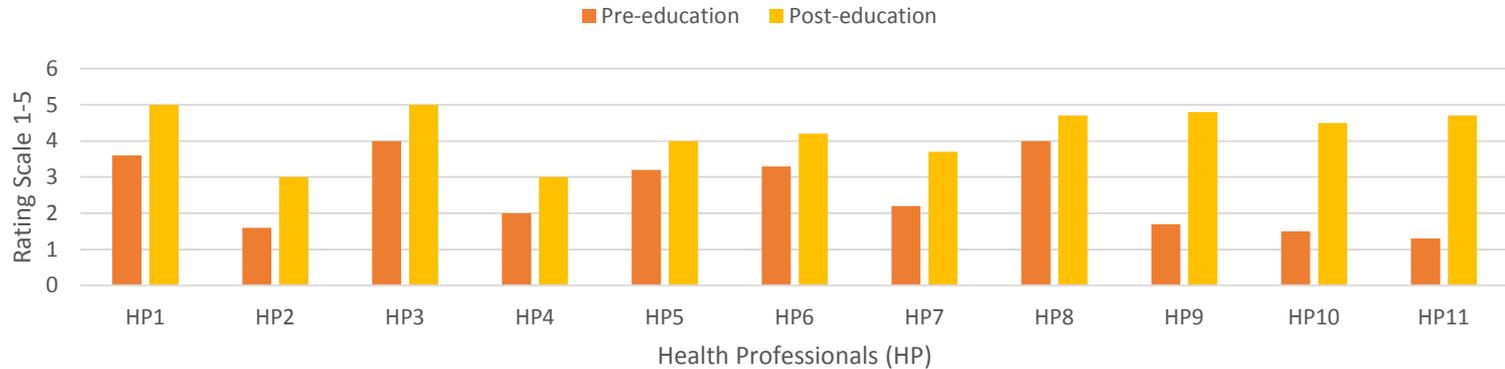
- Provide a pre-and post education evaluation Likert rating scales/questionnaire for a group of health professionals whom work alongside people living with dementia and family members
- The health professionals then attended a focus group 4-6 weeks following the life history work education
- The facilitator has further undertaken individual semi-structured interviews with three family members of people living with dementia who had been engaged with life history work

Results

Pre and Post Education Evaluation Scores (rating confidence, knowledge and ability)

Overall Individual Results for Health Professionals Who Attended Life History
Work Education

Rating Scale 1=low: 3=medium: 5=high



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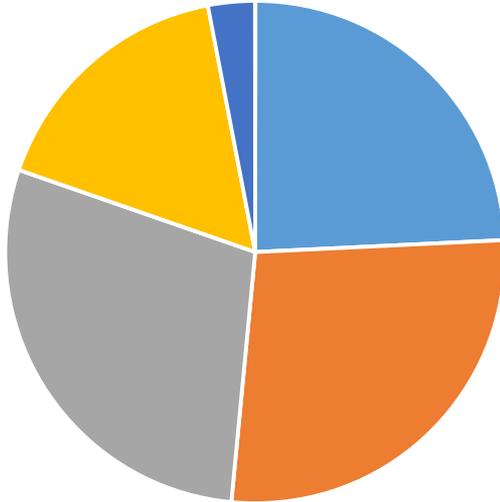
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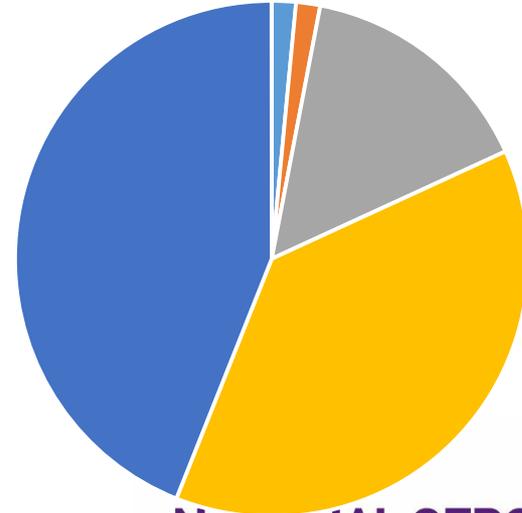
Pre-education

■ 1=low ■ 2 ■ 3=medium ■ 4 ■ 5=high



Post-education

■ 1=low ■ 2 ■ 3=medium ■ 4 ■ 5=high



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“I See You”

(Focus Group-Health Professionals)

“I put photographs of her when she was a little girl, then also as a woman. Sometimes, when I see the healthcare assistants looking at her pictures they say “oh goodness me is that her?””



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“I understand you”

(Focus Group-Health Professionals)

“We have to fill in behavioural forms at work and it looks at why the behaviour could be happening and now I use this to describe why she may appear to be “bossy”, but in actual fact she is just caring and wants to make sure that everything is working well. So looking at how it works within her mind and what she feels”



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“You hear me”

(Focus Group-Health Professionals)

“She said that was the first time she really felt like someone was listening to her. She hadn’t felt like anyone had been listening to what she had to say and then she recognised all of a sudden she’d known him for many, many years and what she has to say is important” (health professional)



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“This is me”

(Focus Group-Health Professionals)

“Self-esteem can be enhanced once your profession and trade is acknowledged. When we had an art group the other day we had a gentleman who taught the group how to hold a paint brush as he had been a house painter. So we were an art group but he was painting his house. He showed the ladies how to do those strokes and it was wonderful”



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“Bring to life my life”

(Focus Group-Health Professionals)

“She takes things out of the memory box and then she looks at it, not always with any great recognition or anything and its mainly photos really. Even if its just five minutes it doesn't matter you know it works. Put her in front of those the life story collages and wow, she loves them”.



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Life History Work...Works

“So I think in dementia it should be individualised and one way we can do it is through life history”

“It just amazes me how I look at the residents differently after the life history education, because finding out what they did in the past, you know I take my hat off. They have done so much in the past and if we know the life history we can still carry on. Somehow we can still touch some parts of their memories, probably they can still recall if we are just aware”

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Life History Work...Works

“It’s to give them that spark of life each day to make their lives that little bit better and if that little glimmer of information can help to get them through the day”

“So I think in dementia or any level of care it should be individualised and the only way we can do it is through life history, we should know more about them. So its stops us thinking everyone can do painting, well not really, everyone can do gardening, well not really, no”

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“I’m so proud of mum”

(family members-interviews)

“I think it helps them to get the feel of the patients past history and life story, with regards to their employment, recreational and educational past. Just because you’ve got early onset Alzheimer’s doesn’t mean to say you’ve lost everything, they remember lots”

“We quite often play badminton or I’ve got a basketball she used to be a basketball coach so she knows all that and she’ll talk about that and craft classes and all that”

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“Remember me...I’m here”

(family members-interviews)

“I’ve got notes all over his wall,
“please do not do this...if he gets
upset walk away...make sure he’s
got his music off”

“She really enjoys her time out
when we talk about things like
that so I try and find a subject that
we both enjoy talking about that’s
been maybe in our past and that
we can talk about together. She’ll
talk for 20 to 30 minutes, so that’s
great”

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Life History Work is the future!

“I think when we work in this kind of setting, knowing about the life work it actually tells us who the person is behind the dementia. I feel the dementia is just a wall and their life history is all there it's all rich and you just have to get to see it. We all work together to see what the whole person is, that's what it's all about”.



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THANK YOU

**Any questions, advice or
opinions then please feel free
to contact me**

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