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Understanding the goal-setting process in cognitive rehabilitation for people with early-stage dementia
Alexandra Kudlicka, Suzannah Evans, Linda Clare
Objective: There is promising evidence that people with early-stage dementia (PwD) may benefit from individualised cognitive rehabilitation interventions, and can successfully engage in the process of eliciting therapeutic goals. The Bangor Goal Setting Interview schedule was developed as a means of structuring the process of identifying therapy goals. In this study we examined the goal-setting process and the nature of the goals identified.

Participants and methods: The Bangor Goal Setting Interview was used to elicit therapy goals for people with early stage Alzheimer’s disease, mixed dementia or early stage PD as part of the baseline assessment in the ongoing GREAT trial. Researchers and PwD worked together to identify two or three specific, measurable, achievable, personally relevant and time-bound therapy objectives related to everyday functioning. Thematic analysis was used to reveal common themes in the identified goals.

Conclusions: Significant numbers of people with early stage dementia are able to identify meaningful therapy objectives. These personalised rehabilitation goals provide information about the areas where support would be most welcomed by people with dementia, and can be used to inform the development of genuinely person-centred rehabilitation interventions.

Developing a cognitive rehabilitation approach for people with Parkinson’s Disease Dementia and Dementia with Lewy Bodies: the CORD-PD trial
Tamlyn Watermeyer, Julie Roberts, Linda Clare, John Hindle
Objective: Approximately 30% of people with Parkinson’s disease (PD) experience a dementia that shares a similar neuropsychological profile to that of Dementia with Lewy Bodies (DLB). Pharmacological treatments are available, but due to possible side-effects, they may not be suitable for all patients. Non-pharmacological interventions may offer an alternative to support people with early Parkinson’s disease dementia (PDD) and DLB. Cognition-focused interventions, mostly focused on activities of daily living, remembering names, locating lost items, managing medication and improving orientation. Participants were motivated to work on these goals for a range of reasons, including reducing dependence and improving enjoyment of life.

Conclusions: Significant numbers of people with early stage dementia are able to identify meaningful therapy objectives. These personalised rehabilitation goals provide information about the areas where support would be most welcomed by people with dementia, and can be used to inform the development of genuinely person-centred rehabilitation interventions.

Participants and methods: CORD-PD is an ongoing pilot RCT that aims to assess the feasibility and potential effectiveness of CR for people with early PDD and DLB.

Results: We will make use of case studies from our work so far to illustrate the types of goals identified. Issues surrounding goal-setting and implementing CR with PDD and DLB patients will be discussed.

Conclusions: We will consider the expected results and possible clinical implications of this research. Finally, we will reflect upon the lessons learned from this pilot study for the development of a future fully powered RCT.