

# EFFECTIVENESS TO DEMENTIA CARE BY STRENGTHS-BASED GROUP SUPERVISION FOR CARE STAFFS AT THE NURSING FACILITY

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## Background:

As of 2012, 4.62 million people (15.0%) in Japan have dementia, and four million people (13.0%) have mild cognitive impairment of people aged 65 years old or over. Moreover, 80% of residents at nursing homes have dementia. It is estimated that by 2025, seven million people in Japan will have dementia, with 20% percent of people aged 65 or over being dementia sufferers. Therefore, Japan has adopted a national strategy that involves development of comprehensive measures against dementia. This strategy, known as the 'New Orange Plan', is to run from 2015-2025. One of the main pillars of this strategy is to develop human resources for dementia care.

## Aims and Methods:

As it is important that carers learn dementia care methods, we conducted group supervisions using a strengths perspective model for difficult dementia patient cases 12 times (twice a month) from August 2012 to January 2013 for 15 carers at a nursing facility. We investigated: (1) care workers' ability to view dementia patients positively (7 items, which are "they can do self-care partly", "they have hope", "they have amusement", "they have fancy", "they have desire to do somethings", "they have desire to relationship with others", and "they have desire to play some roles"). (2) Their abilities to assess the



strengths of elderly patients from 12 perspective items (3 physical which are "ability of eating", "ability of bathing" and "ability of excretion" and 5 psychological which are "their hobby", "their amusement", "their concern", "their hope" and "their desire" and 4 social items which are "support from family", "favorite friends", "favorite staffs" and

"favorite place". (3) Their abilities to support elderly patients from 12 strength perspective items (3 physical, 5 psychological and 4 social items). We conducted three times investigations with carers (before supervision as baseline, after 3 months, and at the final time of supervision). Questionnaires are installed at 5 levels.

## Key Results:

Analysis by t-test showed significant change of means compared between final time and baseline. T-test of comparison between baseline and final time showed that workers' ability to view dementia patients improved significantly ( $p < 0.01$ ), the ability of carers to assess the strengths of elderly persons from a social perspective improved significantly ( $p < 0.01$ ), but assessment abilities relevant to the physical and psychological perspectives did not change ( $p = n.s.$ ). After group supervision compared with baseline, significant improvements were seen in supporting the strengths of elderly patients from a physical perspective ( $p < 0.01$ ), social prescriptive ( $p < 0.01$ ), and psychological ( $P < 0.05$ ) perspective.

## Conclusion:

This indicates that not only group supervision to find strengths in dementia patients is effective in developing the dementia care ability of carers, but also that group supervision for carers is necessary to improve attitude, assessment and ability to support elderly patients. Also we can understand that their abilities of assessment from physical and psychological perspective were higher before starting group supervision, it was difficult to enhance physical and psychological assessment abilities within one year's group supervision. It is important that care workers continue the on-job and off-job trainings to take care the elderly patients.

Table 1 basic attributes of care workers

Items	category	N
gender	male	12
	female	3
occupation	care worker	11
	nurse	2
	social worker	1
	case manager	1
Experienced years	Under 5 years	9
	6-10 years	2
	Upper 10years	4

Table 2 result of t-test between baseline and final time

items	Means of baseline	Means of final time	T-test
view dementia patients positively	4.07 ± 0.67	4.08 ± 0.52	※ ※
assess strengths of the elderly from physical perspectives	3.47 ± 0.39	3.56 ± 0.48	n.s.
assess strengths of the elderly from psychological perspectives	3.01 ± 0.75	3.25 ± 0.49	n.s.
assess strengths of the elderly from social perspectives	2.80 ± 0.54	3.37 ± 0.55	※ ※
support the elderly from physical strength perspective	3.11 ± 0.47	3.47 ± 0.53	※ ※
support the elderly from psychological strength perspective	2.85 ± 0.47	3.25 ± 0.46	※
support the elderly from social strength perspective	2.73 ± 0.50	3.35 ± 0.56	※ ※