

SERVIZIO SANITARIO REGIONALE  
EMILIA-ROMAGNA  
Azienda Unità Sanitaria Locale di Modena



UNIMORE  
UNIVERSITÀ DEGLI STUDI DI  
MODENA E REGGIO EMILIA



Fondazione  
TERESA CAMPLANI



# Community based occupational therapy for patients with dementia (COTiD) and their care givers: evidence for applicability in Italy

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INTERDEM Meeting, Berlin, 2 ottobre 2017 c/o 27<sup>th</sup> Alzheimer Europe Conference



# Occupational Therapy for PWD and their caregivers at home

*Journal of Gerontology: MEDICAL SCIENCES*  
2007, Vol. 62A, No. 9, 1002-1009

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## Effects of Community Occupational Therapy on Quality of Life, Mood, and Health Status in Dementia Patients and Their Caregivers: A Randomized Controlled Trial

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Effectiveness and efficiency of community occupational therapy for older people with dementia and their caregivers.

Maud Graff

edomah

ergotherapie bij ouderen met dementie  
en hun mantelzorgers aan huis

# Occupational Therapy for PWD and their caregivers at home

... occupational therapy can **improve daily functioning** of people with mild to moderate dementia and **may reduce the burden of the caregiver**  
Positive effects are still present at a 12-weeks follow up which can justify the application of this intervention

This program of occupational therapy for people with dementia, which are living at home, shown to be **cost-effective compared to usual care.**

# A tailored intervention for PWD

- ★ Participating in significant daily activities in an ecological environment
  - ★ Coping with consequences of dementia and related deficits
    - ★ Maintain residual functions
      - ★ Improve quality of life
- ★ Reducing the stress of the caregiver and improving self-efficacy

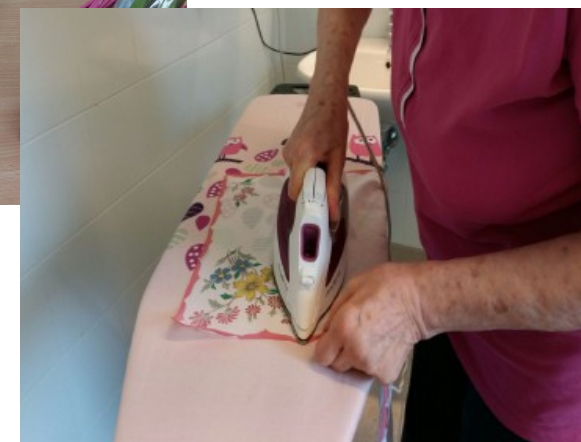
- **Client-centered**
  - **Flexible**
  - **Tailored**
- **Rigid methodology**





# How?

- Teaching the client how to act in the most functional way in daily activity **by**
  - Effective compensatory strategies
  - Adjustment in physical (house) and social environment



# How?

## Emotional, supporting and technical training of the caregivers



- ★ Problem Solving
- ★ Teaching of communication techniques and making people aware of their use of effective strategies
- ★ How to adapt home environment
- ★ How to cope with caregiving burden





Radboud University Nijmegen



# Results in Edomah (Graff et al.)

## Person with dementia

Better quality of life

Better mood

Better daily functioning

Better health status perceived

## Caregiver

Better quality of life

Better mood

Less perception of stress

Better health status perceived

Better sense of competence

Better sense of control

**RESULTS ARE MAINTAINED AT 12 WEEKS**



# 2013 – pilot project in Italy

★ **1° Master course** for Occupational Therapists and OT students of Modena and Reggio Emilia University

**Specific course focused on dementia** and service network of Health Authority of Modena

★ **Sharing of the project** in Mirandola (MO)

★ **Translation of the book** “*Erghotherapie bij ouderen met dementie en hun mantelzorgers*” (M. Graff et al 2010) in Italian (financed by Alzheimer Caregiver's Association ASDAM) in collaboration with **Italian Society of Occupational Therapy- SITO**







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**Modena, The 1th Mastercourse Cotid, prof. M.Graff, september 2013- march 2014**

# COTID-Italy

- **WHO?** People with dementia and their caregivers, administered by occupational therapists
  - **WHAT?** 10 home sessions of Occupational Therapy
- **HOW?** Both caregiver and person with dementia participation together is needed
  - **WHEN?** Mild to moderate dementia, clients and motivated caregivers
- **WHY?** Evidence-based program, cost-effective with concrete results which are maintained for a period





1. Assessing person with dementia by OPHI-II

2. Assessing caregiver by Ethnographic Interview

3. Observing an activity

4. Shared goals

5. Developing the treatment



# CURARE LA DEMENZA A DOMICILIO

Indicazioni di terapia  
occupazionale  
per anziani e caregivers

Edizione italiana  
a cura di ANDREA FABBO

MAUD GRAFF, MARGOT VAN MELICK,  
MARJOLEIN THIJSSSEN,  
PATRICIA VERSTRATEN, JANA ZAJEC



Strumenti per il lavoro  
psico-sociale ed educativo

FrancoAngeli

1th edition, January  
2016



Terapia occupazionale  
di comunità per le persone  
con demenza ed i loro caregivers

Il COTID è uno strumento di terapia occupazionale per rendere le  
persone con demenza ed i loro caregivers capaci di partecipare  
in attività quotidiane significative nel proprio ambiente, convivere  
e dei deficit che essa comporta e migliorare la qualità della vita.

3<sup>rd</sup> Master Course,  
Roma- Italy  
2016-2017



# COTID-It

2<sup>nd</sup> Master Course,  
Brescia, Italy  
2015-2016



SITO

SOCIETÀ  
TECNICO SCIENTIFICA  
ITALIANA DI TERAPIA  
OCCUPAZIONALE

au

ALZHEIMER  
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ONLUS

FONDAZIONE  
INTERDISCIPLINARE  
DIREZIONE DI LAVORO



Terapia occupazionale  
domiciliare per le persone  
con demenza ed i loro caregivers



# COTID-IT– Interdem Meeting 2017 , Berlin

## **Community based occupational therapy for patients with dementia (COTiD) and their caregivers: evidence for applicability in Italy**

*Andrea Fabbo, Alessandro Lanzoni, Christian Pozzi, Maud Graff*

**Objective** To determine the applicability in the Italian country of community based occupational therapy on occupational performance and satisfaction of people with dementia (PWD) and the sense of competence of their care givers (CG).

# COTID-It – Interdem Meeting 2017 Berlin

## Participants

**27 PWD** ( mild to moderate dementia) living in the community and their primary care givers.

Mean age of the population was **80,59** (47 – 91) for people with dementia  
**57,78** (22-84) for caregivers.

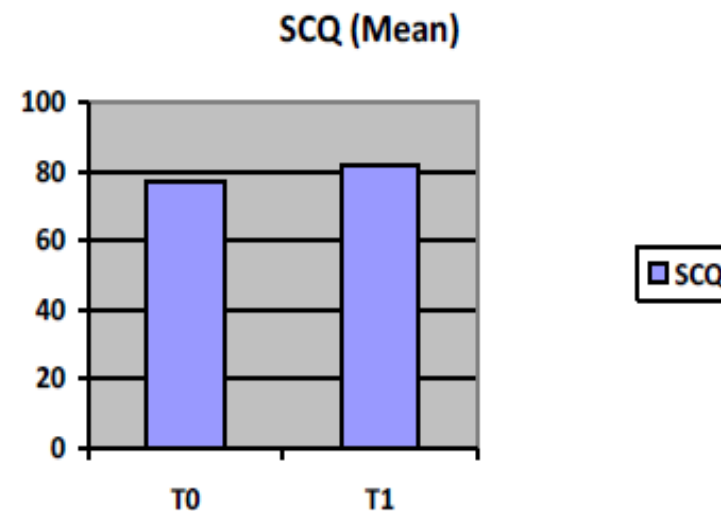
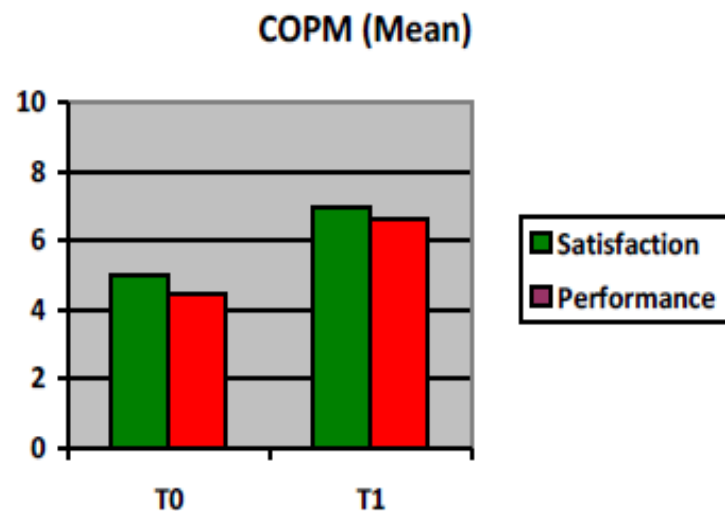
Main outcome measures level of performance and satisfaction during the participation in significant activities perceived by people with dementia assessed with **Canadian Occupational Performance Measure (COPM)**. Care giver burden assessed with the **Sense of Competence Questionnaire (SCQ)**. Participants were evaluated at baseline and at the end of the treatment.

# COTID-It – Interdem Meeting 2017 Berlin

## Results

Results showed a **significant improvement at SCQ** by caregivers (77,19 +/- 13,27 pre) (82,56 +/- 12,57 post)  $t=-3,102$   $p=.005$ .

People with dementia showed **significant improvement in COPM** performance (4,56 +/- 1,44 pre) (6,68 +/- 1.59 post)  $t=-6.597$   $p=.000$  and COPM satisfaction (5,08 +/- 1,84 pre) (7,04 +/- 1.71 post)  $t=-6.180$   $p=.000$ .



# COTID-It – Interdem Meeting 2017 Berlin

Non significant variations were registered i:n

- MMSE, NPI, DAD, GDS, QOLAD and global health SF-12 of people with dementia;
- Neither for caregivers were found evidence of significant variations in domains of quality of life QOLAD, global health SF-12, GHQ, depression CES-D or burden.



# COTID-It – Interdem Meeting 2017 Berlin

## Conclusions



COTiD program is applicable in Italy and results are promising for it's implementation at a national level. Further studies are needed to explore effects on follow-up.

# The implementation



Terapia Occupazionale per anziani  
con demenza e loro caregiver

Home Page

Programma COTiD ▾

Terapisti COTiD ▾

Legale

Contatti

Il Manuale

Corsi

Materiale Scientifico

[www.cotid.it](http://www.cotid.it)

"Ogni persona con demenza è unica!"

Maud Graff, Terapista Occupazionale

Scopri di più

Scuola universitaria professionale della Svizzera italiana  
Dipartimento economia aziendale, sanità e sociale

SUPSI

COTiD-IT

Ergoterapia per anziani con demenza e i loro caregiver

Ciclo di lezioni aperte al pubblico

Bachelor of Science SUPSI in Ergoterapia

La qualità della vita è un diritto.  
Sia delle persone con demenza che di chi li assiste.

IL PROGRAMMA  
**COTiD**  
TI AIUTA

L'obiettivo è **migliorare la qualità della vita** delle persone con deficit cognitivo e di chi le assiste quotidianamente.

Una volta analizzati i problemi di vita quotidiana insieme al **terapista occupazionale** si stabiliscono degli **obiettivi personalizzati** e si cerca di raggiungere delle soluzioni attuabili.

Il terapista occupazionale potrà lavorare con te per rendere più **sicuro o stimolante** l'ambiente domiciliare, per **semplificare** i problemi, aiutare i familiari o i caregiver a risolvere i loro **problemi di vita quotidiana**, rendere maggiormente efficaci le **strategie adottate** dalle persone con demenza nella loro routine giornaliera, insegnare **metodi di comunicazione** efficaci o facilitare lo svolgimento di **attività significative** per entrambi.

**10**  
SEDUTE  
DOMICILIARI

**2**  
SOGGETTI:  
CAREGIVER E PERSONA  
CON DEMENZA

OBBIETTIVO: BENESSERE

per maggiori informazioni - [www.cotid.it](http://www.cotid.it)