



Book About Me – Life Story Books of Consumers with Dementia

Background:

- Northgate Neuro-behavioural Unit (NNBU) is a 12 bed statewide service operating within the Older Person Mental Health service of Northern Adelaide Local Health Network (NALHN).
- NNBU provides transitional care for people living with advanced and complex dementia, whose behaviour and psychological symptoms mean their needs cannot be met in mainstream residential care facility.
- To manage the consumers behaviour, multidisciplinary assessments are undertaken in collaboration with family and carers to create joint care plan.

Problem:

- On admission to NNBU consumer's life story gathered however the following gaps were identified:
 - Story was written from another person's perspective
 - Permanently on display in consumer's room, on their wall, and thus not portable
 - Due to consumers' reduced cognition difficulty to direct attention & engage with pictures on a wall
 - Informal observations that multi-disciplinary staff were not consistently engaging with the information

Aim and Objective:

- Create a life story book for all NNBU consumers with view to achieve the following:
 - A wholistic resource that encompasses relevant information about the consumers past and present
 - A portable resource that the consumer and multi-disciplinary staff can engage with
 - Provide opportunities for all NNBU consumers to interact with their life stories/ increase opportunities for reminiscence.
 - Improve NNBU staff and transitional facility staff's familiarity with consumer's stories, preferences and strategies from the consumer's perspective.
 - Evaluate impact of book about me on NNBU consumer's mood and behaviour.
- As NNBU is a transitional facility, the 'book about me' resource will aid in discharge planning of the consumer to their new accommodation, by assisting staff to familiarise themselves with the consumers background, preferences and strategies.

Method:

- Design:** A qualitative improvement approach was adopted
- Participants:** 2 NNBU Consumers, Family members, Multi-disciplinary staff
- Intervention:** The Speech Pathologist and Occupational Therapist (OT) undertook the following:
- Gathered the life story from families, on liaison with carer, consultant and nursing staff and write in first person.
 - Developed "Top 5" (specific consumers' interests & likes)
 - Collected meaningful family photos
 - Identified a range of lifestyle interests (i.e., music, sports), specific food likes/dislikes, communication strategies, personal care strategies and bed routine.
 - Laminated and bound the resource.
 - Conducted survey with family and multi-disciplinary staff on the usability, effectiveness and content.
 - Informally assessed consumers' engagement with the resource
- Analysis:** Data was collected via surveys administered to both family members and staff, focusing on the usability, effectiveness, and content of the Life Story Book. Informal clinical assessment conducted by OT of consumer's engagement with 'book about me'.

Outcomes:

- Only 2 of the 3 'book about me' were able to be utilised part of this quality improvement, due to the timing of the analysis. 3x 'book about me' have been successfully completed, 2 moving with the consumer to their long-term accommodation, 1 remaining at NNBU
- The survey identified only 50% had learned new information, this is likely due to family participating in the survey and staff accessing the consumer's life story on their wall
- The survey identified 'book about me' is easily readable, provided adequate information regarding their ADL's, and assisted the staff with engaging the consumer in an activity
- Unable to identify suitable tool to measure consumers' engagement with 'book about me'
- Limitations of informal clinical assessment of consumers with 'book about me' included limited vision and overall limitations with variability in maintaining attention to task at hand

Learning:

- Time consuming for clinicians for data gathering from families and multidisciplinary staff.
- Importance of access to Allied Health Assistant for support with the development of the resource i.e. photo editing, laminating / binding book, liaison with families
- Limitations with consumers engaging with 'book about me', likely variable pending their abilities

Results:

- A laminated & bound 'book about me' resource was developed, which included past information (life story & prior interests / likes) and current activities of daily living strategies see Figure 2
- Survey was conducted of 10 people which included families and multidisciplinary staff.

Table 1: Responses to survey questions 1 to 4

Questions	Responses	
Did you learn more/something new about the residents?	50% (Yes)	50% (No)
How readable is the 'BOOK ABOUT ME'?	100% (Easy)	0% (Hard)
Do the likes and dislikes outlined assist with engaging the consumers within an activity?	70% (Yes)	30% (No)
Does book provide enough detail regarding daily activities e.g. personal care, sleeping, eating & others?	100% (Yes)	0% (No)

Figure 1: Response to survey question 5

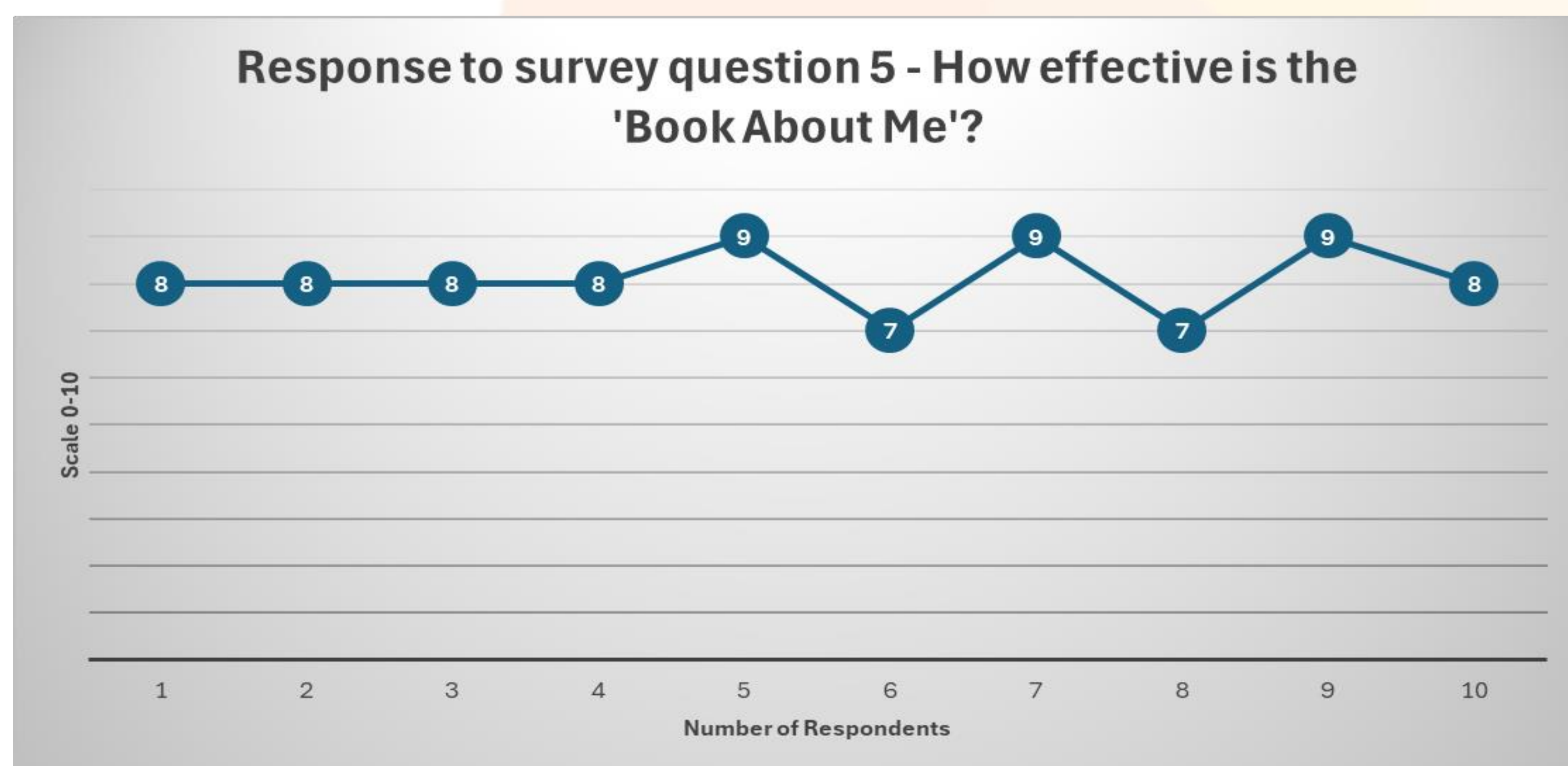


Figure 2: Example of final product of Book About Me

