



Hong Kong Psychogeriatric Association Newsletter

香港老年精神科學會會訊

APR 2015

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MESSAGE FROM THE NEWSLETTER COMMITTEE

This electronic issue of the HKPGA newsletters focuses on the community services for older adults with dementia in Hong Kong and Beijing. The first article introduces a new hub for collaboration between different community services for dementia. It is followed by a sharing on the study tour for the IPA international meeting in 2014 which will enlighten us on the recent service development in Beijing. Please do not miss the photos of our annual scientific meeting and share the joy of HKPGA members. You can update your email address and make your submission via info@hkpga.org and visit www.hkpga.org for archives of the HKPGA newsletters.

INTRODUCING A SELF-FINANCED KIN CHI DAY CARE CENTER FOR DEMENTIA IN ST. JAMES' SETTLEMENT

**Gemma Law PhD, CPsychol, AFBPsS,
Winnie Lui, Service Manager, SJS, RSW**



Since its establishment in 1999, in collaboration with the Hong Kong University Center on Ageing, St. James' Settlement (SJS) Kin Chi Day Care Centre for Dementia has become a major community service provider for persons with cognitive impairment and their family caregivers. The growing demand on dementia services has called for the service expansion to cover not only the population in Central and Western districts in the late 1990s but also other districts in Hong Kong and Kowloon. Together with the second day care centre for dementia that was opened in 2014 and was situated at Wan Chai Kennedy Road, SJS Jockey Club Social Service Building, the organization has benefited over 300 dementia clients and their family carers in the past decades.

The scope of services provided by the two centres for persons with dementia and their family caregivers includes day care, Saturday club, in-home services, behavioural management, psychological counselling, carers' training. Recently a new service has come in place offering diagnostic and screening tests for suspected cases. It is a collaboration with private psychogeriatricians characterised by a comprehensive health assessment for new cases. The purpose is to provide early investigation, treatment and psychosocial interventions to persons with cognitive impairment.

Another unique approach under SJS Kin Chi Dementia Day Care Centre is to provide individual or family counselling to clients with early onset Alzheimer's diseases and their families. The use of family-centred approach aims to strengthen the informal care support network and to postpone the application for institutionalized care. The Centre for Behavioural Management is developed for the provision of timely intervention and professional advice in overcoming crises at home and to integrate professional knowledge such as the concept of case management approach into the services. With the input of the academics, the service provider can concentrate on the maintenance of the quality of services in the community. The cumulative experience on dementia care has proven that the focus should still be on community care service since the majority of the clients with dementia are living with their families. When family caregivers are there to provide 24-hour care, the need for supportive services has become all the more apparent.

Apart from the day care center service, with the funding support by the Hong Kong Jockey Club Charities Trusts and the Charles K. Kao Foundation for Alzheimer's Disease, an territory-wide and easy-to-access Brain Health Services for people with cognitive impairment and their caregivers has been set up through the mobile centre, which provides outreach support for seniors across 18 districts through preliminary checks on memory problems in 2013. This is a pioneering outreach service to raise public awareness on dementia and brain health, to provide initial screening, and to make referrals for community care.

Over the years, Kin Chi Centre has developed a number of tools, equipment and manuals for persons with cognitive impairment and their carers with the aim of enhancing the quality of care at the day care centre or at home. These include a self-help kit, information on the handling Behavioural and Psychological Symptoms of Dementia (BPSD), the process in setting up a day care centre for dementia, reminiscence packs, art book and the Kin Chi table games for cognitive training. Apart from providing direct services for persons with cognitive impairment, Kin Chi Centre also holds regular training and/or workshops for family carers and volunteers that focus on the relevant conditions, need of care for persons with cognitive impairment and coping skills. The trained volunteers offer their personal



time to support centre staff for providing voluntary services at the day care centre.

The increasing prevalence of dementia is associated with longevity, it is thus essential to develop more community-based day care services for supporting family caregivers in caring for persons with dementia and/or cognitive impairment at home. Though most of the day care services for dementia are self-financed, family caregivers generally find them to be resourceful, accessible and professional.

Kin Chi Dementia Care Service

Carer Support Service

St. James' Settlement is the first organization to develop carer support group for family caregivers in care of their members with dementia in Hong Kong. At present, a model is developed to provide continuous support services for family caregivers

- Services are:**
- Carer training workshop
 - Carer Support Group
 - Carer Alliance
 - Carer Forum
 - Weekend Camp
 - Newsletter

Dementia Day Care

Case management model adopted by developing a multidisciplinary approach so as to provide a comprehensive care for different stages of dementia

- Services are:**
- Day Care Centre
 - In Home training
 - Saturday Club for MCI
 - Mental Health Assessment
 - Centre on Behavioral Management
 - Community Assessment Service

Community Education

Regular public health education to various organizations and public are organized. Pamphlets or leaflets were distributed to the public.

- Services are:**
- Volunteer Training
 - Road Show & Exhibition
 - Public Talks
 - Publication
 - Resources Kit and tools
 - Website :
dementia.sjs.org.hk

Brain Health Service

- outreach service to raise public awareness of dementia and brain health, to provide initial screening, and to make referrals for community care.



Brain Health Service



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A GLANCE OF THE HKPGA STUDY TOUR CUM THE 2014 IPA INTERNATIONAL MEETING

Ms. Wong Hoi Kwan, Kate
Registered Social Worker

It's my honor to have the chance to join the HKPGA study tour cum IPA International Meeting in Beijing in October 2014. Working for people with dementia and their carers for several years, it's a golden chance to explore more, and we paid a fruitful site visit to the Beijing residential care home - the "QIANHE YANGLAO LIANSUO", psychiatric hospital - Beijing Anding Hospital and an online support platform for carers who take care of people with dementia - Memory 360, CHINA Alzheimer's Project.

The self-financed residential care home, "QIANHE YANGLAO LIANSUO":



The wood placed parallel on the right hand side photo was said to be an anti-oxidant for hundred years, representing an analogy to the elders living there to be healthy over hundred years!

Individualized design for the elders living at the residential care home:

The visit to one of the self-financed residential care homes, "QIANHE YANGLAO LIANSUO", on the first day impressed me most. They have individualized designs for the elders. We find their names posted outside the bedroom door, together with their working unit titles or some with their awards gained in the past or with their old living addressed clearly shown. This can easily uphold their sense of self-belonging to the living environment and enhance interactions with others. In response to the cultural background in the Mainland China, the elders would find that it was their honor to be arranged to live in the residential care home since they worked hard throughout their life and now the government takes good care of them.

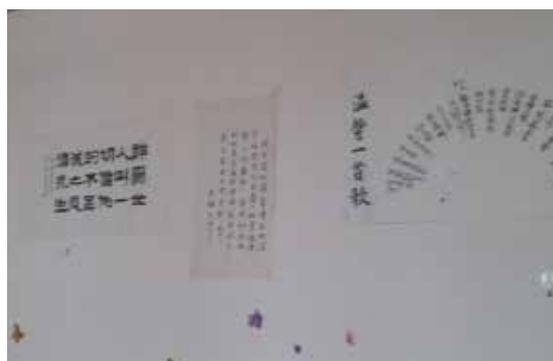




Besides, they have made good use of technology. The lift is locked by staff with identity cards to prevent the elders from wandering on different floors. It's environmentally friendly to people with dementia, they have home-like areas and planned programs everyday, like calligraphy, movie watching, hand crafting, exercises, etc. They also mobilize volunteers to join the service and run small groups.



Room for worship



Calligraphy

Memory 360, CHINA Alzheimer's project:

We couldn't imagine that the place we visited for the online carer support platform, Memory 360, is situated in such a therapeutic environment, where it used to be a villa for the Empress Dowager Tzu-hsi. We were all surprised by the greenery and the mixed designed heritage building.



Memory 360 is an online platform providing online resources for carers and practitioners, quality care online training, volunteer recruitment and training, etc. They aim at upholding the quality of care on dementia among the practitioners in China and provide resources to carers, learning how to carry out proper care. If you feel interested, you may learn more about them by visiting the following website: <http://www.memory360.org> Founders who welcomed us showed passion on promoting the well-being for people with dementia and their carers, showing how to consolidate their experience and share with practitioners in different settings. We do look forward to their development and progress in the near future.

Looking forward to the next exploration:

May I show my special thanks to the HKPGA for the sponsorship on the trip, providing a chance to widen our horizons and meet different professionals. Here I would like to encourage you all to join next time, not only to work for people with dementia, but also stepping forward to explore more together!



COUNCIL NEWS

The HKPGA 16th Annual Scientific Symposium and Annual General Meeting was successfully held at the Hyatt Regency Ballroom in Tsimshatsui on December 6, 2014. We were honored to have Prof. Alfred Chan, Patron of HKPGA to give his opening speech and a number of overseas experts to share their knowledge and experiences with our members. Prof. George Grossberg from the Department of Neurology and Psychiatry, St Louis University School of Medicine talked about *“Moving from Dementia to Major Neurocognitive Disorder: Recent Understandings and Research Developments”*; Prof. Pichet Udomratn shared the *“Development of Psychogeriatrics in Thailand”* and Dr. Ismail bin Drahman reflected on the *“Psychogeriatric Services in Malaysia and its challenges”* with the participants. Here is a selection of the photos:



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Prof. Helen Chiu; Dr. TK Poon and Dr. SW Li have represented HKPGA to join the meeting of the World Health Organisation and the Taiwanese Society of Geriatric Psychiatry respectively in March 2015. They will share with us the important moment of the meetings in the next issue of the HKPGA newsletters.

EVENTS CALENDAR

<i>Date</i>	<i>Activity</i>	<i>Venue</i>
Jun 12, 2015	HKPGA Mid-year Scientific Meeting	Lecture Theatre, Block P, United Christian Hospital
Oct 13-16, 2015	IPA International Conference 2015 www.ipa-online.org/wordpress/event/2015-international-congress-berlin/	TBC Berlin, Germany
Dec 4-5, 2015	HKPGA Capacity Conference cum AGM	Ballroom, Hyatt Regency Hotel, TST



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Newsletter Committee:

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Ms. Winnie Lui (St. James' Settlement)

Dr. Connie Yan (Shatin Hospital)

Mr. KP Pang (Kowloon Hospital)

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