

Comparison of Quality of Life of Older Adults Living in a Licensed Dementia Housing Facility to Community Dwelling Older Adults with Dementia

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Abstract

•Canada has an increasingly aging population (Health Canada, 2002). Dementia is one of the most prevalent mental health problems of an aging population (Health Canada, 2002). When someone has dementia, the decision of placement in a facility is often the most difficult decision that their informal caregivers face (Kaplan, 2003). The purpose of this study is to determine whether individuals in a newly commissioned assisted living facility, Licensed Dementia Housing Facilities (LDHF), have a better quality of life than those who live at home with the support of a family caregiver in the community. Results indicate that individuals in the LDHF experience a greater number of pleasant events compared to community dwelling participants ($p < .05$). Individuals in the LDHF also experience greater enjoyment during pleasant events compared to community dwelling residents ($p < .05$), as measured by the Pleasant Events Schedule. Participants in the community dwelling group were found to experience greater depression ($p < .05$), as measured by the Cornell Scale Depression in Dementia when compared to individuals in a LDHF.



Objective

Do older adults with dementia have a higher quality of life living at a Licensed Dementia House Facility compared to older adults with dementia who live at home, in the community?

Results



Figure 1. Mean number (\pm SEM) of pleasant events experienced by community dwelling and Licensed Dementia Housing Facility (LDHF) residents. Pleasant events were measured by the Pleasant Events Schedule. Residents of the LDHF reported higher frequencies of pleasant events, $t_{(19)} = -3.107$, $p < .05$.

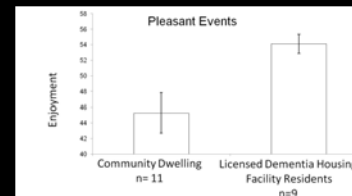


Figure 2. Average amount (\pm SEM) of enjoyment experienced during pleasant events by community dwelling and Licensed Dementia Housing Facility (LDHF) residents. Pleasant events were measured by the Pleasant Events Schedule. Residents at the LDHF reported greater enjoyment of pleasant events, $t_{(19)} = -3.087$, $p < .05$.

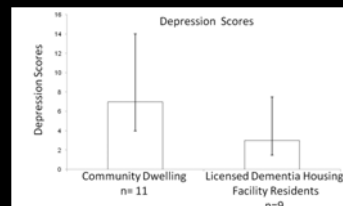


Figure 3. Median depression scores (\pm interquartile range) of participants as reported by the primary (formal or informal) caregivers measured by the Cornell Scale for Depression in Dementia. Formal caregivers reported lower depression scores for residents at the LDHF $U_{(19)} = .025$, $p < .05$.

Method

•Participants in the community dwelling group consisted of 11 older adults with dementia (M = 83.4, range 74-94) and their informal caregivers (M = 69.3, range 53-81)

•Participants in the LDHF group consisted of 9 older adults with dementia (M = 86.9, range 75-97) residing at the LDHF for over 6 months time and their formal caregivers.

•Quality of life was measured using the Cornell Scale for Depression in Dementia (Alexopoulos et al. 1998) and the Pleasant Events Schedule for Alzheimer Disease (Logsdon, & Teri. 1997)

Both groups of participants completed the Folstein Mini Mental Status exam (MMSE; Folstein, Folstein & McHugh.1975) and Cornell Scale for Depression in Dementia

Both the informal and formal caregivers were administered the Pleasant Events Schedule and caregiver portion of the Cornell Scale for Depression in Dementia.

Conclusion

•A greater number of pleasant events were experienced by participants residing in the LDHF compared to community dwelling participants ($p < .05$).

•Greater enjoyment in pleasant events was reported by participants residing in the LDHF compared to community dwelling residents as measured by the Pleasant Events Schedule ($p < .05$).

•Lower levels of depression was found in residents at the LDHF compared to community dwelling participants ($p < .05$).

Background

•Half a million Canadians currently suffer from Alzheimer's disease or a related dementia (Alzheimer Society of Canada, 2005).

•Caregiver burden is associated with increased risk for negative physical, emotional, and social outcomes (George & Gwyther, 1986).

•Licensed Dementia Housing Facilities (LDHF) are newly commissioned settings that support individuals with mild to moderate dementia (MacCourt, 2008).

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