

**A series
of research
projects about
health and
social care for
older people.**



Perspectives on Outcomes of Early Stage Support for People with Dementia and their Carers

What are the outcomes of early stage support for people with dementia provided by Alzheimer Scotland's Dundee Service?

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Overview

Alzheimer Scotland uses a Five Pillars of Post-Diagnostic Support: peer support, community connections, understanding the illness, planning for the future decision making, planning for future care. This research applied this Five Pillars tool, along with a Talking Points Personal Outcomes Approach, to examine the experiences of individuals who have accessed the Dundee Early Stage Support Service.



Findings

- People with dementia, carers and staff were able to identify positive change in the person with dementia as a result of the Early Stage Support Service, particularly in relation to confidence.
- Peer support and community connections were identified by people with dementia as the most important elements of the Five Pillars of the support they receive from the Dundee Early Stage Support Service.
- The semi-structured interviews and staff questionnaire also identified that people with dementia were impacted by the loss of group members.

Recommendations

- Within the year of post-diagnostic support it is vital that individuals are provided with options for becoming involved with activities that are on-going and enable access to peer support.
- We need to look at managing transition more effectively, not only for the person moving onto more intensive forms of support, but also from the point of view of the group members who remain. The impact of the loss is felt by individuals and the group as a whole.