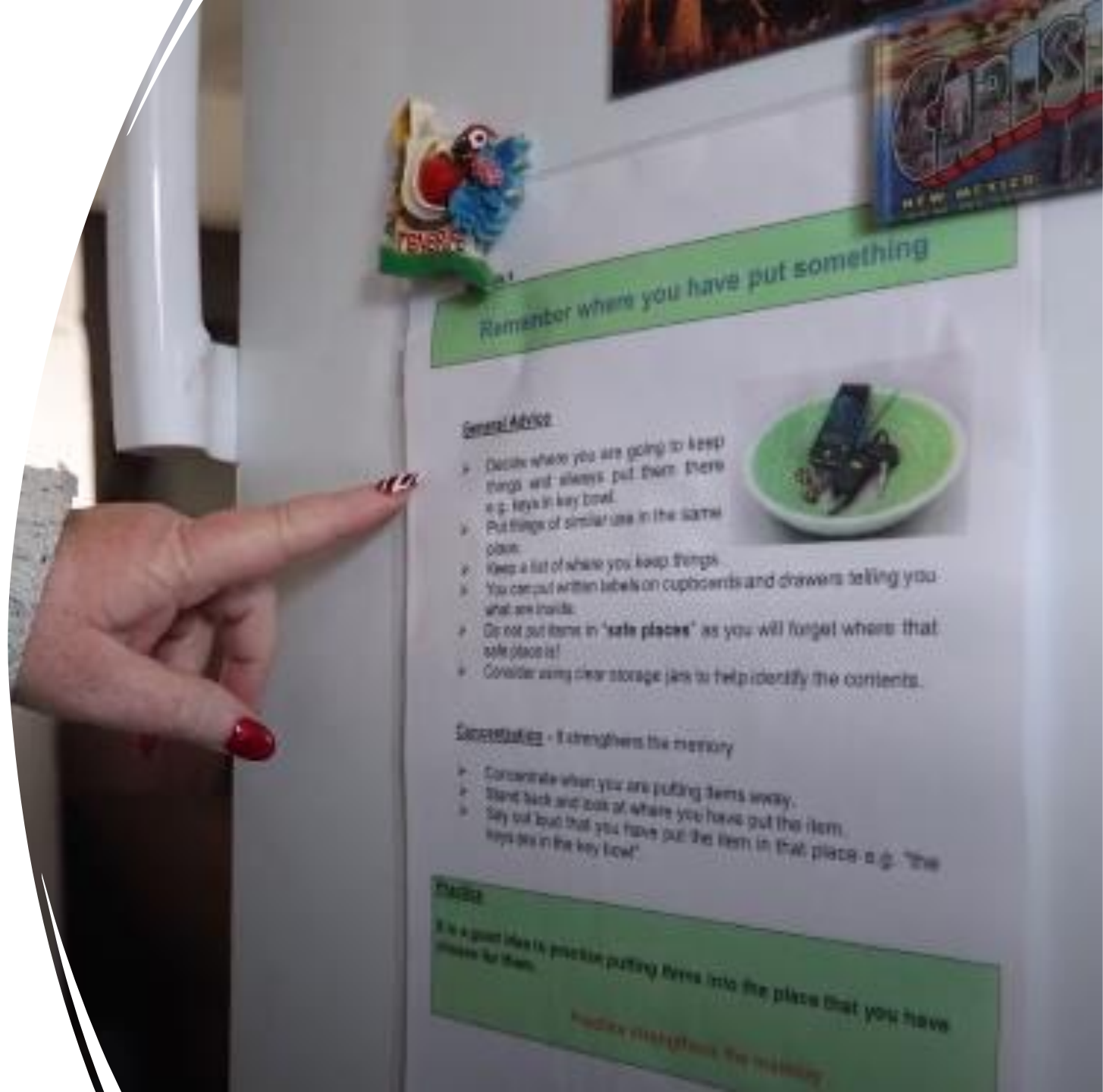


Occupational Therapy: Post Diagnostic Intervention programme.

Project lead, Head Occupational Therapist, Jessica Moss

- **ABUHB:
Home Based
Memory
Rehabilitation
pilot service**



Remember where you have put something

General Advice

- Decide where you are going to keep things and always put them there e.g. keys in key bowl.
- Put things of similar use in the same place.
- Keep a list of where you keep things.
- You can put written labels on cupboards and drawers telling you what are inside.
- Do not put items in "safe places" as you will forget where that safe place is!
- Consider using clear storage jars to help identify the contents.



Secretaries - It strengthens the memory

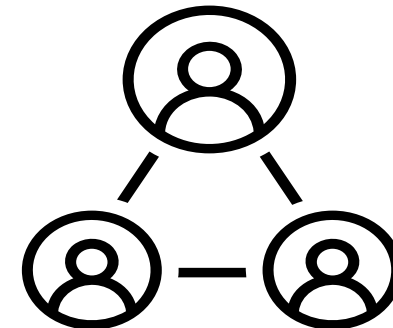
- Concentrate when you are putting items away.
- Stand back and look at where you have put the item.
- Say out loud that you have put the item in that place e.g. "the keys are in the key bowl".

It is a good idea to practice putting items into the place that you have chosen for them.

Practice strengthens the memory

What was the problem we were trying to solve?

- 2020 ABUHB Occupational Therapy service review identified a **significant gap** for people with Dementia **early in their point of contact with memory services.**
- Interventions should be provided as soon as possible to enable to people to remain as active and involved in their daily life as possible and sustain living in the community.
- Dementia Action Plan for Wales (2018-2022)
- All Wales Pathway and Standards for Wales (2021)
- Memory Service National Accreditation Programme (2018)
- AHP Framework for Wales (2022)





What is it?

- **Home Based Memory Rehabilitation (HBMR):** manualised 1:1, personalised programme (McGrath. 2009).
- For Individuals who are recently referred to memory services and are suitable to the programme (have to be willing and able to engage in the programme including practicing strategies).
- Delivered 1:1 in a person's home across six 'themed' sessions (can be less or more as needed)
- Introduces memory strategies, memory aids and environmental adaptations at an earlier stage of dementia whilst the individual still has the ability to learn new habits and routines.
- Due to the nature of the person-centred initial assessment, the OT is led by the person's occupational priorities and suited to their unique skills/needs. The family/carer can be involved to support embedding the strategies into daily life, if appropriate.
- Pilot service in Blaenau Gwent and Newport from April 2022 to April 2025