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North Wales Organisation for  
Randomised Trials in Health & Social Care  
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a Gofal Cymdeithasol Gogledd Cymru



National Institute for  
Health Research

PrAISED

Promoting Activity, Independence  
and Stability in Early Dementia

## Delivering the PrAISED intervention

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This describes independent research funded by the National Institute for Health Research (NIHR) under its Programme Grants for Applied Research (RP-PG0614-20007). The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health.

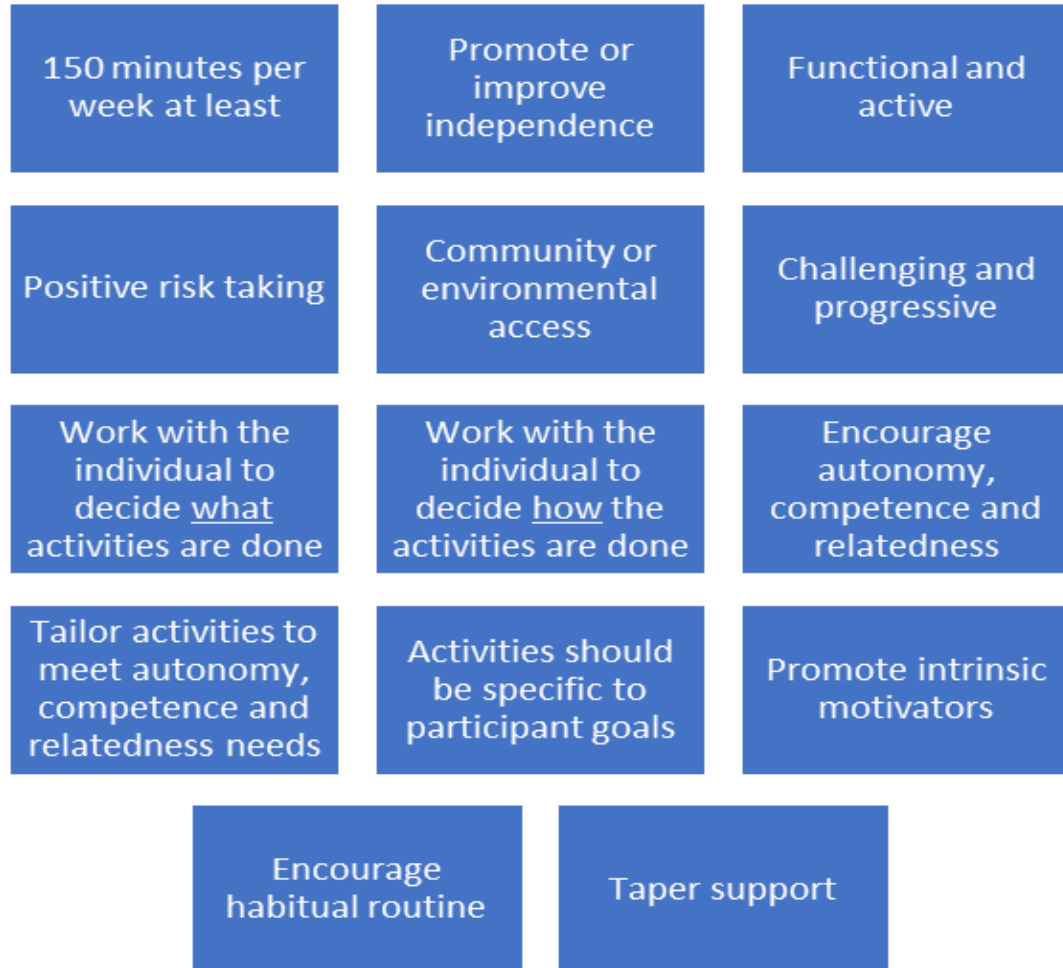


# Aim of the session

To describe how the PrAISED intervention was delivered and the key factors within this:

- Delivering the principles
- Staffing
- Support and structure
- Challenges
- Benefits
- Key reflections on 'best practice'

## Core Principles



- Driven by understanding the person
- Flexibility in approach
- Understanding motivation
- Different to usual service – criteria for accessing therapy
- Training and Manual
- Intensity Decision Support Tool



- Occupational Therapists, Physiotherapists and Rehabilitation Support Workers with experience and skills working with older people and people with dementia
- Approach:
  - person centred / strengths based
  - rehabilitative
  - positive risk taking
  - flexible
- Communication – listening skills and ability to build rapport
- Research – part time roles

- Supervision
- Regular team communication
- Team meetings
- Monthly teleconference and support from the central research team
- Documentation / recording – including research documentation



- Matching demand to capacity – staffing levels, flow of participants
- Team communication
- Retaining staff in these additional / part time roles
- Isolated roles
- Intervention vs control
- Variability of community resources and access / transport
- Life events, illness, cognitive decline
- Delivering during the pandemic



## Participants

- Improvement / maintenance in strength, balance and participation in meaningful activities
- Ability to maintain / optimise roles and function
- Support for the person with dementia and carer in the early stages of dementia
- Positive risk taking with support to the carer

## Staff

- Job satisfaction
- Staff development
- Theory into practice
- Own activity levels!



# Summary and reflections of what we learnt about working with people with early dementia and their carers

- Person centred / strengths based
- Staff needing this core philosophy of working
- Building rapport and trust
- Understanding motivation
- Timings of visits – with and without carers
- Tailoring – life events, length of intervention
- Positive risk taking
- Ability and flexibility to do ‘different’ things
- Team approach
- Working collaboratively with others





# Thank you

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