

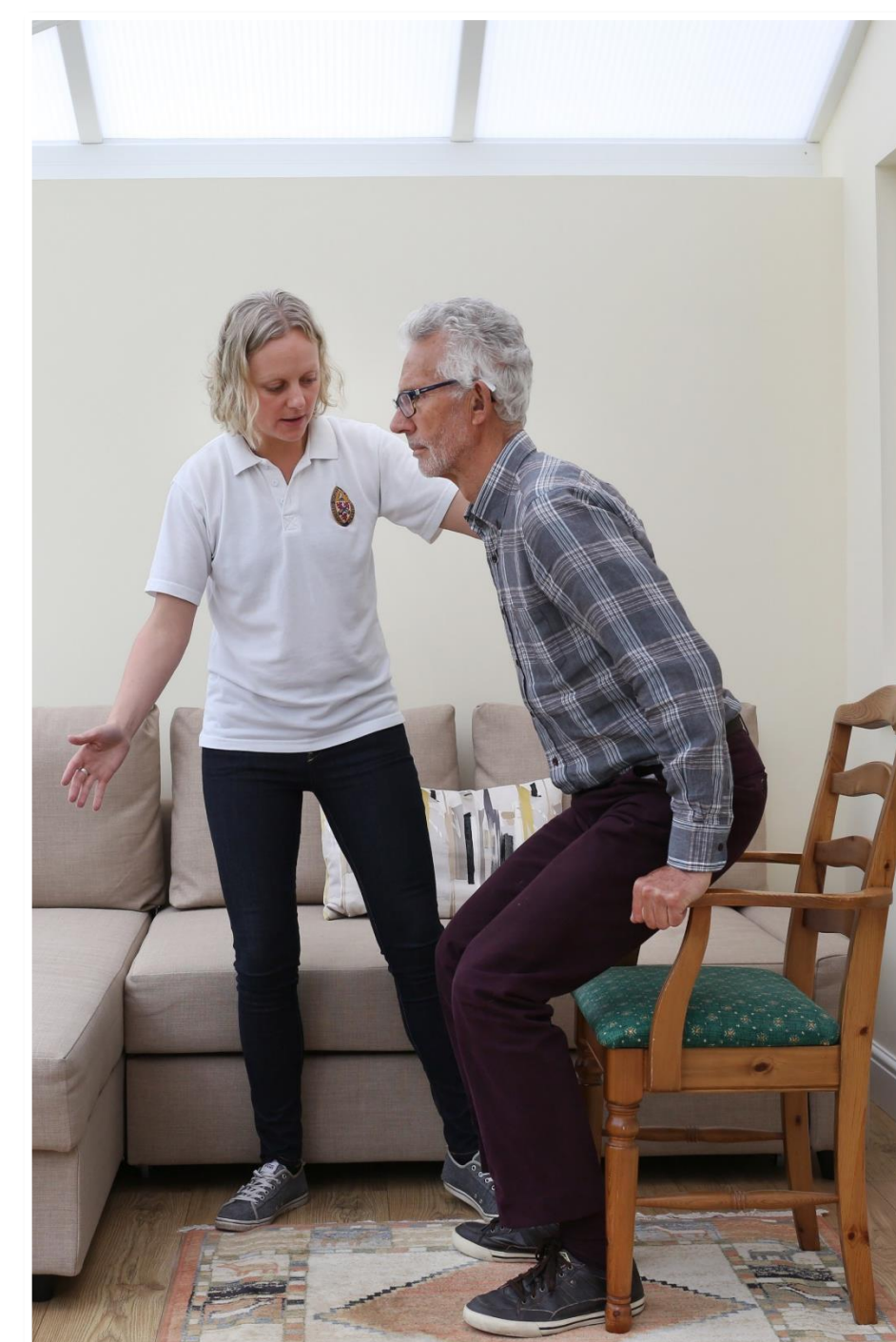
Tele-rehabilitation for people with dementia in the COVID-19 pandemic: A case-study

Claudio Di Lorito¹, Carol Duff², Carol Rogers², Jane Tuxworth², Jocelyn Bell², Rachael Fothergill², Lindsey Wilkinson², Alessandro Bosco¹, Louise Howe¹, Rebecca O'Brien¹, Maureen Godfrey¹, Marianne Dunlop¹, Veronika van der Wardt², Vicky Booth¹, Pip Logan¹, Alison Cowley⁴ and Rowan H. Harwood¹

1. University of Nottingham, United Kingdom; 2. Lincolnshire partnership NHS foundation Trust, United Kingdom; 3. Philipps-Universität Marburg, Deutschland; 4. Nottingham University Hospitals NHS Trust, Nottingham, United Kingdom



The Promoting Activity, Independence and Stability in Early Dementia (PrAISED) is an individually tailored programme of physical, dual-task exercises, and functional activities of daily living for people living with dementia



The programme is delivered at participants' home by a multidisciplinary team including physiotherapists, occupational therapists and rehabilitation support workers for a year

As a result of COVID-19, the PrAISED multidisciplinary teams were unable to visit participants in their homes and delivered the intervention through a National Health Service-approved video-calling platform named Q Health: <https://qhealth.io/>



Interviews were conducted with five participants with dementia, five caregivers and five therapists to identify the circumstances where Q health worked best, its benefits and challenges

When Q Health worked best

- When users had a carer present
- When therapists showed enthusiasm and creativity
- When good rapport existed between therapist and client

Benefits of Q Health

- Time-efficiency of sessions (e.g. no travel required to participants' homes)
- Enhancing participants' motivation by doing the exercises with the therapists in real time (e.g. compared to phone support only)
- Boosting caregivers' dementia awareness and therapists' creativity



Challenges of Q Health

- Users' poor IT skills (e.g. generational or due to cognitive impairment)
- Lack of infrastructure and support for some users (e.g. no internet, computer, living alone)



Conclusion

The COVID-19 pandemic requires innovative ways of delivering rehabilitation. This study supports that people with dementia can use tele rehab, but success is reliant on having a caregiver and an enthusiastic and known therapist.

Further information available from: claudio.dilorito@nottingham.ac.uk