

PARTNERSHIP WITH THE COMMUNITY TO IMPROVE THE PSYCHOSOCIAL WELL-BEING OF PWD AND CAREGIVERS WITH MUSIC INTERVENTION (2018)

與社區建立伙伴關係，運用音樂干預以改善認知障礙
症患者及其照顧者之心理社會安康 (2018)

In collaboration with Baptist Oi Kwan Social Service, ELCHK Ma On Shan District Elderly Community Centre, Hong Kong Federation of Women's Centres, LCH Charitable Foundation, St. James' Settlement, The Salvation Army Yaumatei Multi-service Centre for Senior Citizens, Windshield Charitable Foundation

合作單位：浸信會愛羣社會服務處、信義會馬鞍山長者地區中心、香港婦女中心協會、利駿行慈善基金、聖雅各福群會、油麻地長者社區服務中心、宏施慈善基金

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BACKGROUND

The caregiver-delivered home-based music-with-movement intervention was found to be effective in reducing the anxiety of people with early dementia, and enhancing meaningful interactions between the person with dementia and his/her family (hereafter refer to as dyad). This project aims to promote the adoption of the music intervention programme by community service centres in Hong Kong to support family caregivers (hereafter refers to caregivers) when they care for their relatives with early dementia or mild cognitive impairment (MCI) at home.

背景

研究顯示由照顧者在家中施行的音樂律動干預能有效減少早期認知障礙症長者的焦慮及促進他們與其家庭照顧者的有意義交流。本項目的目的是透過與香港本地社區服務機構合作，推動以音樂干預來支援需在家中照顧患有早期認知障礙症或輕度認知障礙長者的家庭照顧者。



CORRESPONDENCE 項目負責人

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OBJECTIVES

This project aims to partner with local community service centres, which are run by non-governmental organizations (NGOs) to improve the psychosocial wellbeing of dyads in the community through achieving the following objectives:

1. Develop certain forms of contractual agreement with NGOs in order to collaborate on
 - a. structuring a system for capacity building of the centre staff; and
 - b. developing the means to sustain the interest and capacity of families who are members of the participating centres.
2. Teach centre staff how to deliver the music-with-movement intervention programme (hereafter refer to as the intervention) and enhance their abilities to be teachers of the intervention, i.e., to teach families how to deliver the intervention at home as well.
3. Teach families who have relatives with dementia how to deliver the intervention. Empower them with skills training and continued support offered by centre staff and trained volunteers, with the aim that they will be come more likely to sustain its use even after the completion of this project.
4. Build up a mobile voluntary support team with the necessary skills required to enable the caregivers to adopt and sustain the intervention at home.
5. Create a supportive culture for people with dementia and their families, through learning about and engaging in meaningful interactions during the intervention programme.
6. Find further evidence on the effect of the intervention for people with dementia and their families.

目標

本項目的目的是與社區服務組織建立伙伴關係，以改善患有早期認知障礙症或輕度認知障礙的患者及其家屬的安康，並以以下六點為目標：

1. 與合作伙伴協作
 - a. 有系統地加強中心職員帶領音樂律動的技巧
 - b. 維持參與家庭對項目的興趣與熱誠
2. 教導中心職員如何引導音樂律動及加強他們作為導師的能力，以教導家庭如何在家中帶領活動
3. 教導家庭照顧者進行音樂律動。他們接受技巧訓練，中心職員和受訓後義工提供持續支援，令他們更有可能於完成這個項目後能持續進行音樂律動
4. 建立一個義工支援團隊，以協助照顧者在家中持續進行音樂律動
5. 建立互助互諒的支援文化
6. 尋找更多證據以證明音樂律動對認知障礙症患者及其家屬的療效

STRATEGIES USING INFORMATION TECHNOLOGY

1. E-book: <https://goo.gl/4YYTV1>
2. WhatsApp communication among volunteers, centre staff and project team
3. Online evaluation and feedback
4. Digitalized teaching materials (handouts, video, photo) for caregivers, volunteers, staff

所運用之資訊科技策略

1. 電子書 (<https://goo.gl/4YYTV1>)
2. 即時通訊軟件 (WhatsApp) 與義工、中心職員和理工大學團隊聯繫
3. 網上評價及回饋
4. 電子化教學資源 (筆記、影片、相片) 提供予照顧者、義工及中心職員

