



Caring for the Elderly with Dementia in our Community

Presenters:

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Workshop:

Multidisciplinary case management approach promotes ageing in place – An overview of models of Community Mental health services.

In this workshop we will discuss community care models for assessment and treatment of mental health problems in the elderly from 2 different countries Singapore and UK.

In Singapore, the Aged Psychiatry Community Assessment and Treatment Service (APCATS), follows the multidisciplinary case management approach in providing care for the elderly in the community. This approach is found to be beneficial as evidenced by reduction in readmission episodes to psychiatric hospitals. Through the Regional Eldercare Agency Partnership (REAP) program community care partners are empowered through training on detection and management of mental health problems with APCATS providing the consultation service.

Similarly community mental health teams in UK, such as the service in North and East Northamptonshire, cover well defined geographical areas providing assessment and treatment of mental illness among elderly, while they continue to live in the community. Such service often includes memory clinic which aims to detect dementia in its early stages so as to provide support to patient and families during the course of the illness.

Effective multidisciplinary working, case management, proactive planning for crisis as well as education and supportive intervention are helpful in promoting ageing in place. Such a care model may help improve quality of life for the patients and reduce caregiver burden especially with practical support offered at home and effective networking with social care agencies.