

P02-252

ASSESSMENT AND SUPPORT FOR CARERS OF DEMENTIA PATIENTS AT SANDWELL PARK HOSPITAL, HARTLEPOOL, UK

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Introduction: NICE Guidelines on Dementia (CG42) recommends that the Carers assessments should seek to identify any psychological distress and the psychosocial impact on the carer, including after the person with dementia has entered residential care. The assessment is offered by Health and social care managers.

The assessment includes

- Individual or Group Psycho education
- Peer support groups, tailored to the needs of the individual (for example, the stage of dementia of the person being cared for)
- Telephone support and internet information
- Training courses about dementia, services and benefits.
- Psychological therapies like CBT
- Practical support like transport, day care and Respite/short-break care

Objective: To identify the support received by the carers of patients suffering from Dementia.

Method: A standardised questionnaire was answered by 25 carers attending the Outpatient clinics, Memory clinics, Day Hospital & Inpatients at Sandwell park Hospital, Hartlepool. The questionnaire contained 8 questions reflecting NICE guidelines. The audit was carried out between Nov 2008 and Jan 2009.

Results: The standard was met up to 80% (20).

Everybody was aware of all the available support except five carers.

Three were not aware of the Psychological therapies and two were not aware of Training courses about Dementia.

Conclusions:

- Dissemination of the report through Trust email to the Health and social care managers involved in the care of the carers in the catchment area.
- Educational meetings for the carers to be arranged
- Conduct the Audit in a year's time.