

POST-DIAGNOSTIC COMMUNITY SERVICES

FOR PEOPLE LIVING WITH DEMENTIA IN AOTEAROA NEW ZEALAND

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What does the research literature tell us about best practice for post-diagnostic community services for people living with dementia and their care partners?

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Strongest recommendations

- Multi-modal programmes should be the norm.
 - Aims should be clear, methods should be explicit, and outcomes should be measured.
 - Co-designed services are essential for tangata whenua.
 - Many other special groups exist that would benefit from national co-design efforts.
- Programmes should include:
 1. Personal and emotional support
 2. Culturally appropriate psychoeducation
 3. Cognitive Stimulation Therapy
 4. A named case manager

Intermediate recommendations

- Programmes should also include:
 1. Service navigation.
 2. An individualised care plan
- Other considerations:
 1. Psychoeducation is best delivered in group settings.
 2. Personal and emotional support should be provided to the person with dementia as well as their family / support people.

Other recommendations

- Programmes could consider:
 1. Structuring personal and emotional support via Dementia Café or Meeting Centre formats.
 2. An exercise programme.
 3. Life Story work.
 4. Including the Arts.
- A universally available dementia Helpline should be set up alongside each programme.
- Programmes should explicitly state how they will make progress towards increased equity of access and equality of outcomes.

