



# Dementia Home Support Service Guidance Notes Form B

These guidance notes have been developed to support assessment and delivery of Dementia Home Supports and can be used alongside the interRAI Assessment or Common Summary Assessment Report (CSARs).

(The interRAI Assessment will in the future replace the CSARS as the primary means of assessing the health and social care needs of people looking for support under the Home Support Services scheme).

**Dementia Home Supports** aim is to maximise functional ability, promote independence and improve quality of life by providing graded levels of assistance to people living with dementia.

### Eligibility Criteria for Dementia Home Supports:

The client **(1)** has a diagnosis of dementia or mild cognitive impairment **(2)** lives in the community **(3)** requires support at home **(4)** family members are unable or are having difficulty providing care.

Assessment for dementia home supports should be completed with the person and family member/care rep (where appropriate).

**1.1** Dementia affects an individual physically, cognitively, psychologically and socially. Using these classifications the list below can be used alongside the interRAI Assessment or CSARS to help identify the support needs of the person living with dementia.

CLASSIFICATION	SUPPORT NEED
<b>PHYSICAL SUPPORT NEEDS</b> Staying Healthy	<ul style="list-style-type: none"> <li>■ Nutritional Support: assisting/preparing/cooking food and drink; assisting/supervision with eating and drinking</li> </ul>
	<ul style="list-style-type: none"> <li>■ Engaging in healthy behaviours: managing health conditions, exercise</li> </ul>
	<ul style="list-style-type: none"> <li>■ Personal Care/Hygiene: assistance to wash/shower/bathe, dressing &amp; undressing, continence care and any other additional personal care requirements</li> </ul>
	<ul style="list-style-type: none"> <li>■ Maintaining Safety: assistance with mobilising and using aids, maintaining a safe environment</li> </ul>
	<ul style="list-style-type: none"> <li>■ Managing Essential Household Tasks: assistance with essential tasks and chores</li> </ul>
<b>COGNITIVE SUPPORT NEEDS</b> Supporting Cognition Maintaining Ability Understanding & Planning	<ul style="list-style-type: none"> <li>■ Provision of Prompts/Cues/Reminders: to initiate and complete an action e.g. prompting medication or preparing a meal</li> </ul>
	<ul style="list-style-type: none"> <li>■ Planning and Organising the day/week &amp; implementing practical strategies e.g. keeping a diary, using checklists/whiteboard, planning meals</li> </ul>
	<ul style="list-style-type: none"> <li>■ Maintaining Ability: support with personal care, cooking, shopping, tasks/chores</li> </ul>
	<ul style="list-style-type: none"> <li>■ Managing bills &amp; money</li> </ul>
	<ul style="list-style-type: none"> <li>■ Planning ahead i.e. EPA / Wills / Driving / ACP</li> </ul>
<b>PSYCHOLOGICAL SUPPORT NEEDS</b> Supporting Emotional Wellbeing	<ul style="list-style-type: none"> <li>■ Understanding diagnosis and how to live well with dementia - confidence building</li> </ul>
	<ul style="list-style-type: none"> <li>■ Participation in meaningful activities i.e. interests / hobbies / roles</li> </ul>
	<ul style="list-style-type: none"> <li>■ Minimising impact of mood and behavioural changes / non cognitive symptoms dementia</li> </ul>
<b>SOCIAL SUPPORT NEEDS</b> Staying Connected	<ul style="list-style-type: none"> <li>■ Staying/Becoming involved in community activities e.g. clubs/groups/organisations</li> </ul>
	<ul style="list-style-type: none"> <li>■ Continued involvement with friends/peers</li> </ul>
	<ul style="list-style-type: none"> <li>■ Being able to access local shop/church/library/memory café etc.</li> </ul>

**1.2 What are the person's most pressing needs** - discuss what type of support would help them to maximise ability and live as independently as possible i.e. what is important to them (in their own words).

**1.3 Discuss why those needs are not currently being met** - i.e. any specific difficulties/ barriers.

**1.4 Discuss how those needs can be met and by whom?** - include the person's natural support network comprising in the first instance of family, then their wider social network i.e. friends/ neighbours/ colleagues and local community.

**1.5 Refer or signpost as appropriate to the following supports or services:**

COMMUNITY SERVICES	LOCAL GROUPS/ ORGANISATIONS	DEMENCIA SUPPORTS
<ul style="list-style-type: none"><li>Meals on Wheels</li><li>Day Care</li><li>Other</li></ul>	<ul style="list-style-type: none"><li>Befriending</li><li>Volunteer Service</li><li>Men's Sheds</li><li>Leisure/Social Group</li><li>Resource Group</li><li>Other</li></ul>	<ul style="list-style-type: none"><li>Dementia Specialist/Advisor</li><li>Memory Resource Room</li><li>Cognitive Rehabilitation</li><li>Psychoeducation Programme</li><li>Cognitive Stimulation Group</li><li>Memory Cafe</li><li>Alzheimer Society of Ireland</li><li>Family Carers Ireland</li><li>Peer Support Group</li><li>Advocacy Services</li><li>Other</li></ul>

**2.0 DISCUSS THE CARER'S SUPPORT NEEDS I.E .**

- Is the carer having difficulty coping?
- Is caregiving having a negative impact on their physical health
- Is caregiving having a negative impact on their mental health & wellbeing
- What is the likelihood of the carer experiencing burnout if present circumstances remain unchanged
- What would support them in their caregiving role?

**3.0 CARE & SUPPORT RESPONSE (Health & Social Care)**  
Consider the remaining gaps in support needs that exist for the person  
Explore what level of support may be required

**LEVEL 1**  
The person requires support to improve or maintain existing ability. The aim is to promote self-management. Main focus is on supporting social engagement but may need prompts/support with medication management and other tasks.

**LEVEL 2**  
In addition to level 1, the person requires assistance with personal care i.e. bathing, dressing, and toileting. May also require support in the presence of non-cognitive symptoms of dementia.

**LEVEL 3**  
The person has a high level of personal care needs. They require help with all ADLs including physical, emotional and social needs. May also require support in the presence of non-cognitive symptoms of dementia.