Meeting Centres Support Program

Continuous program

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Objective: To test the effectiveness for carers and people with dementia of the Meeting Centres Support Program (MCSP) against non-integrated support (psychogeriatric day care)

Setting: Community

Participants: 55 client dyads from Meeting Centres and regular day care

Mean age
- Caregivers: E = 63.6 (±13.3), C = 60.9 (±12.7)
- Gender Caregivers: female E = 26 (72.2%), C = 13 (68.4%)
- BCRS E = 31.1 (±7.5), C = 35.2 (±7.2)

Design: Pre-test-post-test control group design with matched groups.

Sample size: n_E = 36, n_C = 19

Follow-up: Baseline, after 3 and 7 months

Intervention: The MCSP offers support and information to people with dementia and their caregivers, and is based on the adaptation-coping model. For caregivers 10 informative meetings and bi-weekly discussion groups are organized. People with dementia can attend the daytime activity club, based on emotion-oriented care approaches, three days a week and they can attend psychomotor therapy three times a week. Additionally, a weekly consultation hour for dyads and monthly centre meetings are organized. The MCSP is offered in general community centers. Collaboration is sought with all relevant care and welfare services

Frequency: Maximum 3 times a week

Duration: Continuing program

Facilitator: Meeting centre staff team

Outcome measures: Caregivers

Burden
- Carer Strain Questionnaire (Robinson, 1983; Hadderingh et al., 1991)
- Philadelphia Geriatric Centre Moral Scale (Lawton, 1975; Ryden & Knopman, 1989; Dröes, 1991)
- General Health Questionnaire (GHQ-28; Goldberg & Hillier, 1979)

Determinants of burden
- Loneliness Scale (De Jong-Gierveld & Tilburg, 1990)
- Modified version Feeling of Competence Scale (Teunisse & De Haan, 1994)
- Jalowiec Coping Scale (Jalowiec, 1987; 1991)
- Social Support list (Van Eijk et al., 1994)
<table>
<thead>
<tr>
<th>Results</th>
<th>The MCSP did not significantly reduce the feelings of burden after 7 months. But with respect to determinants of burden: after 3 months more avoidance behavior was displayed in the MCSP group and more professional support was experienced as compared to the control group. After seven months the MCSP group felt more competent than controls. The MCSP was effective in delaying institutionalization of people with dementia. See Dröes et al. (2004b) for the effect of MCSP on people with dementia.</th>
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<tbody>
<tr>
<td>Implementation material</td>
<td>For available materials and courses, see <a href="http://www.vumc.nl/afdelingen/ontmoetingcentradementie/">http://www.vumc.nl/afdelingen/ontmoetingcentradementie/</a></td>
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<th>Services list (Schulz, 1991)</th>
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<td>People with dementia</td>
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E = experimental group; C = control group
* Corresponding author