

An exploratory study into the use of reminiscence therapy amongst people with dementia and their carers in Ireland.

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It is estimated that approximately 38,000 people are living with dementia in Ireland . The risk of developing dementia increases with age. For Alzheimer's disease, the most common form of dementia in Ireland, the prevalence increases from approximately 1% in persons under 65 to more than 25% for those over 80. In common with most European countries, the changing demographic trend in Ireland is expected to lead to an increase in the elderly population with a subsequent increase in the number of people experiencing dementia. It is estimated that by the year 2026 the number of people in Ireland with dementia will have risen to approximately 70,115 (O'Shea 2007).

Currently there is no cure for dementia and symptoms must be managed. It is recommended that non-pharmacological approaches should be the first intervention for non urgent non cognitive symptoms (Royal college of Psychiatrists 2005). This exploratory study will look at the use of reminiscence therapy as an intervention amongst people with dementia and their carers and will look specifically at its use in Ireland. A multiple case study approach will be used which will allow for the effects of the therapy to be studied in a detailed manner. The perspectives of the person with dementia and their carers, both formal and informal, will be an important aspect of this study.