‘OPTIMAL TIME’ STUDY
How do people with dementia decide when to move to a care home

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Outline

Background
Aims
Methods
Emerging findings
Next Steps
Background

• Moving to a care home is a difficult decision

• People with dementia are often not included in decision making process

• Determining when is the ‘optimal time’ to make this move may be challenging.

• Identified as a priority area: Alzheimer’s Society and James Lind Alliance (2013).
Aims

1. **Factors** that affect decision to move

2. **Drivers** of this decision

3. What (if any) may be considered an ‘**optimal**’ time to move
Review of the literature: search procedure

Bibliographic databases:

1. CINAHL
2. EMBASE
3. PsycINFO (OVID)
4. PsycARTICLES
5. Social Policy and Practice
6. MEDLINE (OVID and EBSCO).

References of included papers.
Search procedure

Search terms:

Dementia AND decision making AND (move OR transition) AND care home.

Definitions:

Care home – residential home or nursing home

Dementia – Alzheimer’s disease, vascular dementia, and other ‘dementias’, early and late onset.
## Inclusion criteria

<table>
<thead>
<tr>
<th>Date:</th>
<th>Up to the end of December 2016</th>
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<tbody>
<tr>
<td>Types of studies:</td>
<td>All empirical studies</td>
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<td>Language:</td>
<td>In the English language</td>
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<tr>
<td>Context:</td>
<td>Moving from home to a care home</td>
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<td>Outcomes:</td>
<td>Experiences of people with dementia, their family carers, professionals</td>
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Exclusion criteria

Papers were also excluded if:

- the person with dementia did not move (or plan to move) from their own home to a care home.

- people with dementia (or their family carers) could not be distinguished from other participants in the study sample.

- the study only focused on the predictors or risk factors of a person with dementia moving to a care home.
Emergent findings

Three main themes:

1. What happened before the move?
2. The decision making process
3. Continued reflection on the decision by carers

And...timing of the move?
What happened before the move?

- Crisis event
- Worsening symptoms of dementia
- Carer recognition unable to cope
- Options and planning
The decision making process

• Struggling with the decision
• Weighing up the decision
• Emotion
• Person with dementia and carer relationship
• Family negotiations
Continued reflection on the decision by carers

- Family and staff relationship
- Continuation of caring relationship / less on change
- Seeking reassurance
- Emotions
Timing of move – limited literature

Professional (USA)

There is no “right or wrong time”.

“The ‘appropriate time for placement’ is subjective, that is ‘when one’s personal level [limit] of stress and caregiving is reached’”.

(Mamier & Winslow, 2014, p. 16).

Carer’s readiness for move.
Next steps: Qualitative interviews

Participants
- Carers /relatives of residents
- Residents with dementia
- Care home managers
- Social workers

Recruitment: speaking with care home managers
Next steps: Factorial Survey

• Interview findings will help us develop real life stories (vignettes)

• Survey will ask people what they would do if faced with a similar story

• We will be able to ‘jiggle’ the stories so we know the most important consideration

• Campbell Killick and KCL statisticians

Disclaimer

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