**Dementia Activity Centres in Malta:**

Providing Respite Day Care & Enabling Informal Carers to Work

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**Prevalence of Dementia in Malta**

- It is estimated that there are over 7,000 persons with dementia in Malta. This makes up 1.73% of the total population.

- It is projected that this will increase to around 13,000 by the year 2050, 3.2% of the total population.
**National Dementia Strategy**

**Empowering Change**
A National Strategy for Dementia in the Maltese Islands
2015-2021

**Specific Services Available to Dementia Clients**

- Memory Clinics
- Memory Classes (Karen Grech Hospital)
- Geriatric psychiatric outpatients
- Dementia Intervention Team
- Dementia Activity Centres (one in Malta and one in Gozo)
- Dementia Helpline
- Services offered by the National Dementia Society
- Dementia course for informal caregivers (St Vincent de Paul Long Term Care Facility)
OTHER SERVICES IN THE COMMUNITY:
- Domiciliary Geriatrician Service
- Commcare Service (domiciliary nursing, occupational therapy, physiotherapy, podiatry)
- Carer at Home
- Respite at Home
- Domiciliary Psychogeriatric Service
- Residential Respite Services
- Social Work Service
- Active Ageing Centres
- Domiciliary Phlebotomy Service
- Others

UTILISATION OF SERVICES BY INFORMAL CAREGIVERS OF PERSONS WITH DEMENTIA
- Informal caregiving in the Maltese Islands is still mostly associated with the female gender.
- Services utilised most included: Active Ageing Centres across the Maltese Islands, Dementia Activity Centres and St Vincent de Paul.
- A number of services were not being utilised.
- Overall satisfaction with services used.

*Spiteri & Scerri (2019). Utilisation of services by informal caregivers of community-dwelling persons living with dementia making use of the dementia activity centres in the Maltese Islands. Malta Journal of Health Sciences. 6(1)
DEMENTIA ACTIVITY CENTRES

Aim:

To provide **respite for informal carers** of persons with dementia by providing a **safe and stimulating environment** to persons with dementia living in the community through a programme of activities designed according to the needs of participants.

Two Dementia Activity Centres:

- Paul Cuschieri Dementia Activity Centre in Malta
- Dar Padova Dementia Activity Centre in Gozo
DAR PADOVA DEMENTIA ACTIVITY CENTRE

- Opened in the year 2016
- Daily average attendance: 16-18 service users
- Current caseload: 22 clients
- Clients on the waiting list: 0
- Opening hours 07.00 till 17.00
- Transport is available

PAUL CUSCHIERI DEMENTIA ACTIVITY CENTRE

- Opened in the year 2007
- Daily average attendance: 20 clients
- Current case load: 58 clients
- Clients on the waiting list: 39 applicants
- Opening hours: 06.30 – 18.00 hrs
- Transport is not available
- Mostly use it for respite
ACTIVITIES CARRIED OUT WITHIN THE DEMENTIA ACTIVITY CENTRES
ACTIVITIES CARRIED OUT

- Individual and group activities
- Arts and Crafts
- Knitting and Sewing
- The use of memory boxes and time slips.
- Orientation games
- Preparing seasonal activities (Christmas decorations, Good Friday, village feast etc).
- Physical exercises through games
- Spiritual activities – Attending Holy Mass, rosary and praying.
- Singing and Music therapy.

ACTIVITIES CARRIED OUT

- Beauty sessions and grooming
- Board games
- Billiards, Table Tennis, Bowling, Traditional marble game (bocci), Darts and Bingo
- Reading and Storytelling
- Reminiscence therapy
- Gardening.
- Cooking / shopping sessions
- Preparation of tables for dinner, folding napkins and other house chores
SERVICE SATISFACTION BY INFORMAL CARERS REGARDING THE DEMENTIA ACTIVITY CENTRES*

- 97.4% Satisfied
- 2.6% Neutral
- 0% Unsatisfied

*Spiteri & Scerri (2019). Utilisation of services by informal caregivers of community-dwelling persons living with dementia making use of the dementia activity centres in the Maltese Islands. Malta Journal of Health Sciences. 6(1)

TRANSPORT AVAILABILITY

- The Dementia Activity Centre is used mostly by persons who live in a locality which is geographically proximal to the centre.

- Distance to the centre and significant delays in traffic encountered when using this service are limiting factors.

- Transport availability might work for short distances but can be a traumatic experience for longer distances.
THE FUTURE OF DEMENTIA ACTIVITY CENTRES IN MALTA

- Need for more dementia Activity Centres across the Maltese Islands.

- The Government is exploring possibilities in opening new Dementia Activity Centres in different localities.

THANK YOU