Meeting Centres
Support Programme
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MEETINGDEM (2014-17) is led by the VU Medical Center University Amsterdam & focuses on establishing Meeting Centres in the UK, Italy and Poland and evaluating the impact of these Centres after 12-18 months of operation: Many people and organisations have contributed.

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IN THE UK University of Worcester: Dawn Brooker, Shirley Evans, Mike Watts & Simon Evans: LSE Cate Henderson, Amritpal Rehill, Martin Knapp; UCL Martin Orrell; Alzheimer’s Society: Colin Capper, Ruth de Sainte-Croix, Gill Read, Sam Arnold, Ginnie Jacques; All the members and supporters at the Droitwich Spa, Leominster and Lutterworth Meeting Centres
Meeting Centres – Dutch studies

1. **Needs study**
   In the community 1990-1991

2. **Development MC program & pilot study**
   in 2 MCs in 1993-1994

3. **Effect study** in 4 MCs 1994-1996

4. **Implementation study and repeated effect study**
   11 MCs 2000-2003

5. **Helpdesk Meeting Centers** 2004-now
   → 118 meeting centres in NL, 20 in preparation
   → Much interest from many countries in/outside Europe

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**MeetingDem**
European Implementation study to support dissemination

Institute for Research in Extramural Medicine

VU medisch centrum Amsterdam
Results of Dutch multi-centre study

Compared to regular day care the MCSP participants showed:

Persons with dementia:
• Less withdrawal and unsocial behaviour
• Less depressive symptoms
• A higher self-esteem
• Delay of nursing home admission

Carers:
• Less psychosomatic complaints in isolated carers
• Less feelings of burden after 7 months participation
Meeting Dem Research will report on:

1. The facilitators and barriers for the implementation process of the MCSP for each country and overall analysis
2. The efficacy and cost-effectiveness of the MCSP for each country and overall analysis
3. User satisfaction for the MCSP for each country and overall analysis
Meeting Centers Support Program

Person with dementia
- Social club
- Psychomotor group therapy
- Creative and recreational activities

Carer
- Informative meetings
- Support group
- Care coordination

For both
- Consulting hour
- Monthly center meeting
- Social activities
Key Features of a MCSP

• Very local focus on people living at home in a community
• Small permanent team of staff and volunteers trained in MCSP
• Centre set in a non-stigmatising ordinary life setting
• A person-centred programme of intervention and activity for both the person living with dementia and family carer using the adaptation-coping model
• Inclusive engagement from health, social care, voluntary organisations, community groups and any local movers and shakers in supporting people living with dementia.
• Programme of information sessions for the community/outreach into the community
• In the UK fits well with post-diagnostic support, Dementia Friends and Dementia Friendly Communities, Dementia Action Alliances
Underpinning Theory: Adjusting to Change (Adaption Coping Model)

*Both person living with dementia and the family carer have to adjust to changes*

- Dealing with the disabilities dementia brings
- Preserving an emotional balance – even keel
- Maintaining a positive self-image
- Preparing for an uncertain future
- Developing and maintaining social relations
- Dealing with treatment and institutional environment
- Developing relationship with professionals
First meeting centres in Italy & Poland and UK
The Droitwich Spa Experience

- Pop 5000 over age 65
- May 2014 Information Meeting
- Sept 2014 Initiative (Planning) Group
- June 2015 Staff employed and preparation
- Sept 2015 Opened
- Oct 2015 Advisory Group
Droitwich Spa Meeting Centre

- Social Club Weds-Friday 10am - 4pm
- Staffed by Centre Manager, Group Co-ordinator, Day Support Worker & Volunteers
- Supports 16 people per day plus family (28 currently on books)
- Very local, accessible
The Initiative (planning) and Advisory (operational) Group in Droitwich Spa

- Association for Dementia Studies: Staff and Link Group
- Alzheimer’s Society
- Age UK
- Droitwich Spa Rural Council for Voluntary Service
- Forum for Older People
- Community Transport
- Thursfields Solicitors

- Spa Medical Practice
- Corbett Medical practice
- South Worcs Clinical Commissioning Group
- Worcs Health & Care NHS Trust
- Worcs County Council
- Wychavon District Council
- Sanctuary Care
- Worcestershire Wild-life Trust
Key Decisions in Initiative (local planning) Group

• Who is the service aimed at? Inclusion and exclusion criteria
• What does the programme consist of for people with dementia and their carers?
• What’s the best venue?
• Personnel: who is employed/how do we manage volunteers/training?
• How do we fund it?
• How do we get cooperation between different parties?
• How do we get people to use the service?
Early observations on outcomes

“One husband fed back that last week he was outside cleaning his car and was amazed and delighted when he turned around to find his wife stood holding a mug of tea she had made for him – the first time she had done this in a long, long time. He put this down to the Meeting Centre. She had stopped doing anything in the house but at the Meeting Centre has taken on the role of Mum and Housewife again – carrying out all sorts of tasks and really feeling needed – transferring this to home really made her Husband's day!”

“The Meeting Centre has transformed our life...I welcomed the company and knowing that I was not the only carer finding circumstances difficult...He hardly spoke, just sat in a chair all day...now I am watching him come alive...It is a new life with new interests, new friends, support and companionship”.
What next?

• Complete evaluation of effectiveness and cost-effectiveness reporting early 2017
• “Pioneer” workshops and short film
• Operationalise Funding Models & implementation routes e.g. Lutterworth Care & Share Meeting Centre
• Develop and test effective dissemination and implementation activity
Thank you for listening!

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