

Background

Garrawarra Centre is home to residents living with a primary diagnosis of dementia who exhibit behavioural & psychological symptoms of dementia (BPSD).

Research indicates that the use of multisensory environments for people with dementia can improve mood, behaviour, communication, reduce depression, anxiety, wandering and boredom and have a positive effect of the resident & caregiver relationship.

MSE's are a dedicated space containing sensory equipment that is used to provide stimulation to engage a person or minimise stimuli to provide relaxation. The stimuli provided by the sensory equipment focuses on the five senses of sight, smell, hearing, taste & touch.

References

- Bauer, M., Rayner, J., Koch, S., & Chenco, C. (2012). The use of multisensory interventions to manage dementia-related behaviours in the residential aged care setting: A survey of one Australian state. *Journal of Clinical Nursing*, 21, 3061-3069. <https://doi.org/10.1111/j.1365-2702.2012.04306.x>
- Cox, H., Burns, I., & Savage, S. (2004). Multisensory environments for leisure: Promoting wellbeing in nursing home residents with dementia. *Journal of Gerontological Nursing*, 30(2), 37-45. <https://doi.org/10.3928/0098-9134-20040201-08>
- Wert, J. C. M., Dulmen, A. M., Spreeuwenberg, P. M., Ribbe, M. W., & Bensing, J. M. (2005). Behavioural and mood effects of Snoezelen integrated into 24-hour dementia care. *Journal of the American Geriatrics Society*, 53(1), 24-33. <https://doi.org/10.1111/j.1532-5415.2005.53006.x>



Aim

- To reduce agitation levels in residents diagnosed with dementia living at Garrawarra Centre that utilise the MSE within 12 months
- To increase social engagement of residents at Garrawarra Centre diagnosed with dementia through the use of the MSE within 12 months

Method

Four multisensory environments were designed following best practice principles in consultation with staff, carers and residents.

Residents personal sensory profile was assessed and individualised multisensory environment programs were developed to meet their needs.

Staff received training on the use of Multisensory environments for people with dementia to equip staff with the knowledge and skills to incorporate this concept into care.

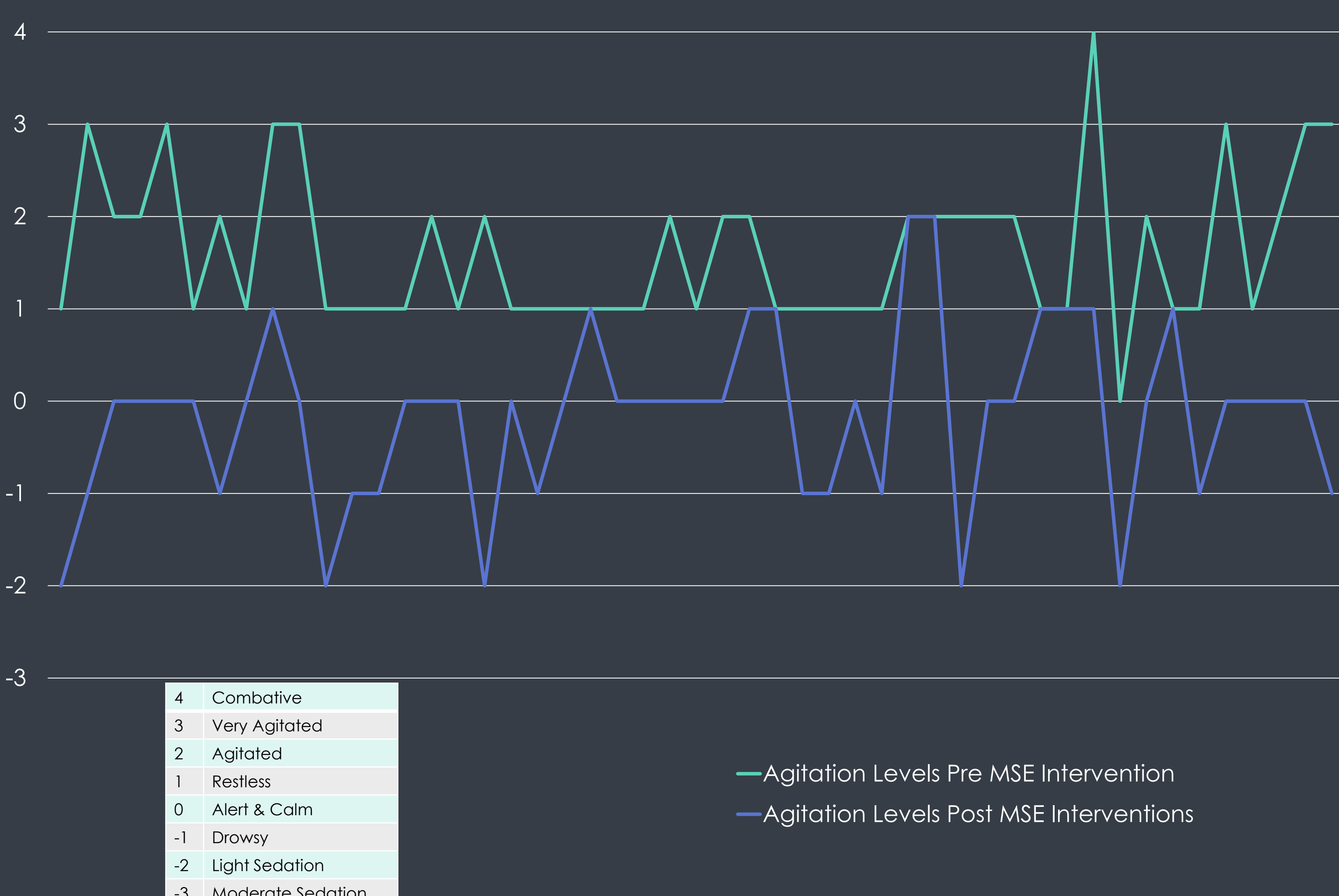
The Richmond Agitation and Sedation Scale was used to measure changes in residents agitation levels and a Behavioural Rating Scale was used to measure social engagement.

Outcomes

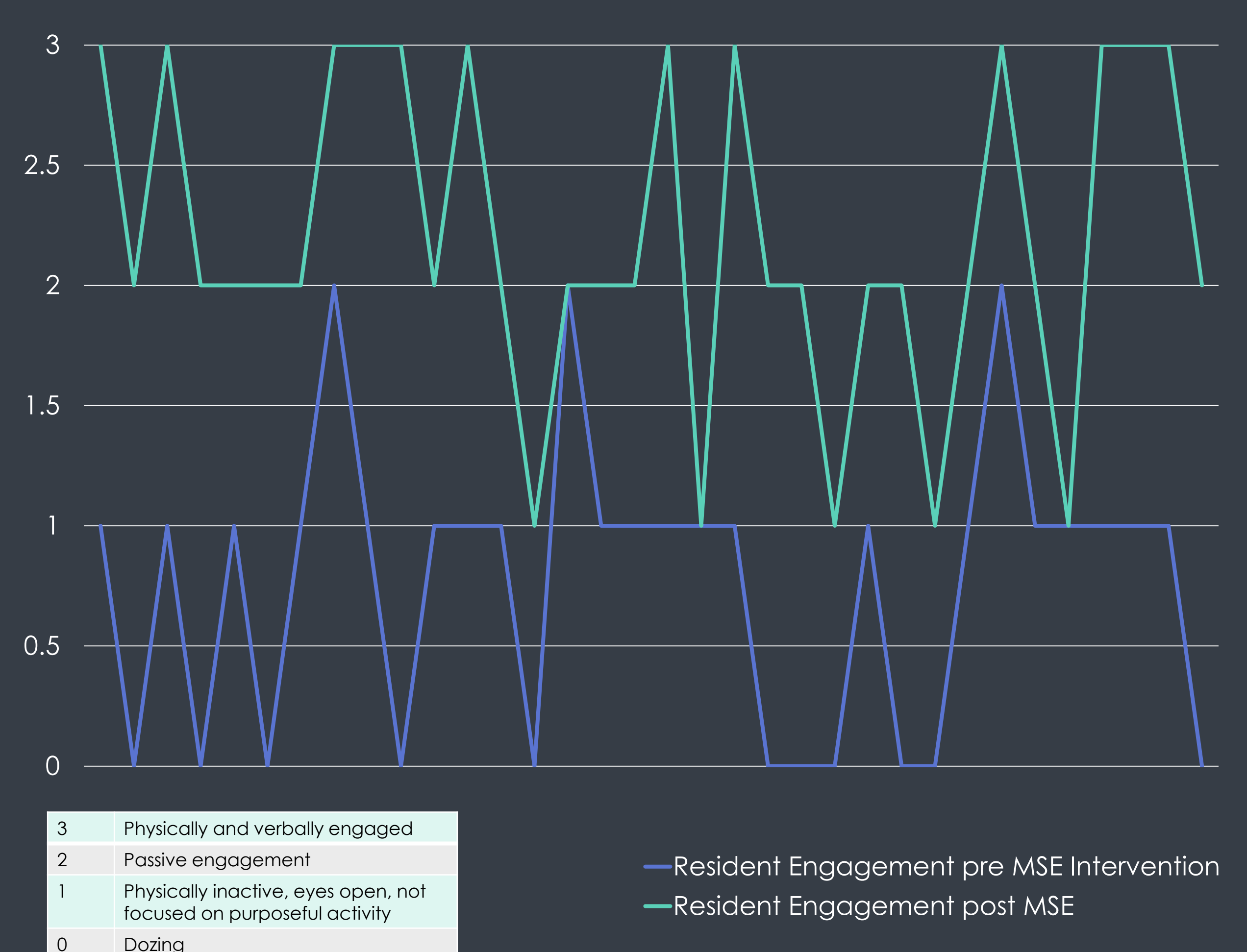
The Multisensory environment program at Garrawarra Centre had a significant impact on reducing agitation and increasing social engagement for residents who participated in the program.

- 87% of residents who participated in the multisensory environment program had a reduction in agitation.
- Average agitation levels improved by 40% indicating most residents became relaxed and content as a result of the multisensory environment program.
- Residents engagement levels increased by 98% as a result of staff initiating the multisensory environment program to stimulate conversation and interaction.

Resident Agitation Levels following MSE Interventions



Resident Engagement Levels following MSE Interventions



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