

E-mental health in dementia & aging

The Trimbos Institute aims to develop and translate knowledge that contributes to the improvement of mental healthcare, quality of life and psychological well-being of older adults and their (professional) carers.

The use of E-mental health contributes to this. It is our ambition to make e-mental health widely available.

Foto: Bert Verhoeff

Online internet intervention to promote wellbeing in older adults

The self-help internet intervention 'Leven in de Plus' (LIDP) is developed by the Trimbos Institute for older adults living in the community who feel the need to gain more control over their lives. It specifically focuses on older adults who: are lonely, go into retirement, have lost a significant person, experience physical decline, find it difficult to give meaning to their daily schedule. LIDP aims to promote wellbeing by improving older adults' self-management skills. LIDP exists of several exercises subdivided in five modules: Positive thinking, Goal seeking and achievement, Relaxation and pleasant activities, Social contacts and Aiming your own life. Exercise examples are: 'setting achievable goals' and 'strengthening your social network'. Each module is optional to follow and takes about 1.5 hours to complete.



E-learning 'Learning about dementia'

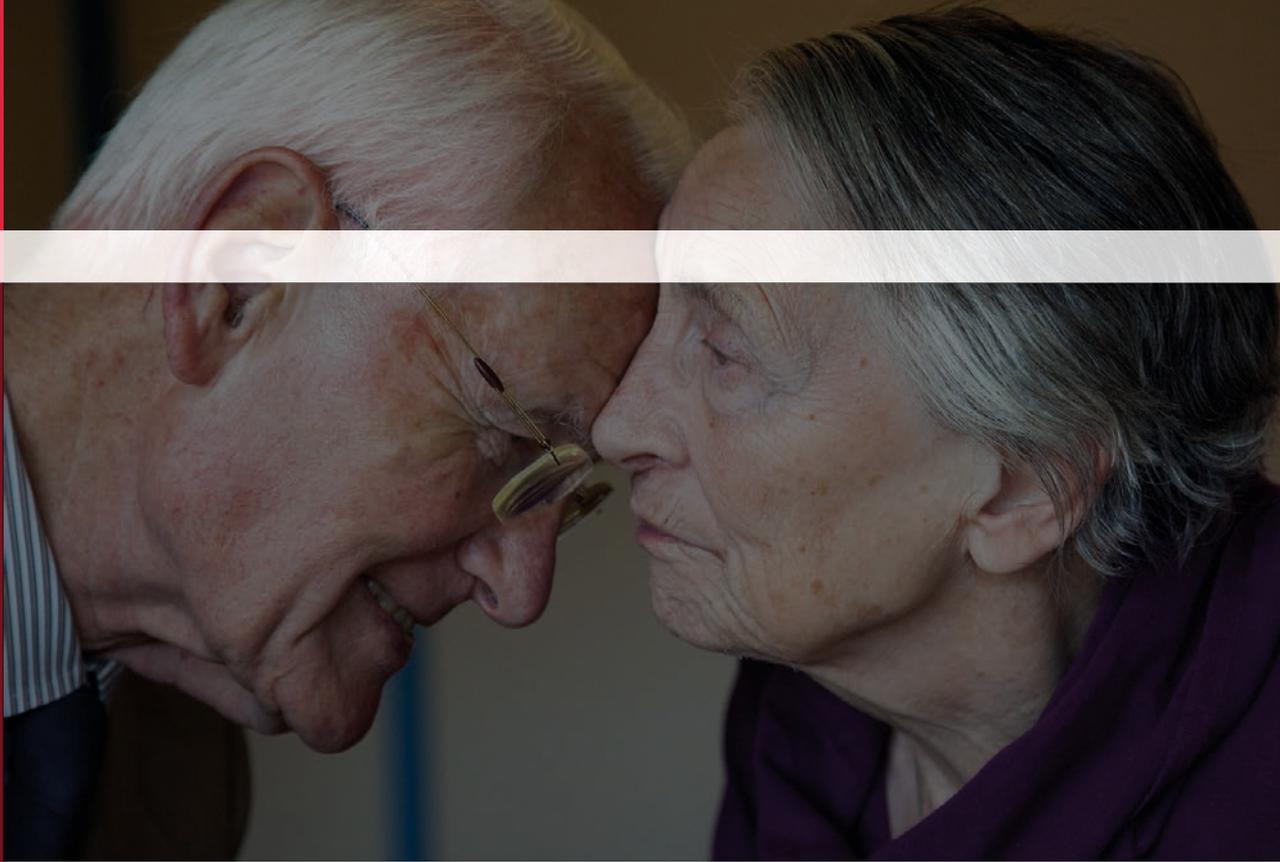
How does a professional caregiver make sure that someone with dementia feels comfortable? How can you prevent the occurrence of challenging behavior in people with dementia? And if this behavior does occur, how do you cope with it? These questions are central to the e-learning tool 'Learning about dementia'. The e-learning tool consists of two sections. The first section elaborates on different types of dementia, and how to relate to people with dementia through a person-centered approach. The second part of the e-learning tool focusses on challenging behaviours of people with dementia. *"I recognized some of the incidents in the videos and now I understand why people with dementia act the way they do. I then knew I had to do things differently. And the fun part is, it really does help."* (Student of a nursing working and learning trajectory, Albeda College)



iSupport

The World Health Organization has partnered up with international experts, including the Trimbos Institute - WHO collaborative center for mental health - to develop a comprehensive, online education portal called 'iSupport'. The portal is aimed at relieving the burden of caregiving by emphasizing self-help, skills training and support for informal caregivers of people living with dementia. iSupport will be tested in a Randomized Controlled Trial in India and thereafter adapted in collaboration with local Alzheimer organizations to be provided in countries all over the world.





E-learning challenging behaviour for caregivers of people with dementia

A video-based e-learning that aims to support caregivers in managing several types of challenging behavior (CB) of their relative is being developed. The e-learning will be integrated on www.dementie.nl, a platform for informal caregivers of the Dutch Alzheimer organization. The e-learning will be launched at the end of 2016.



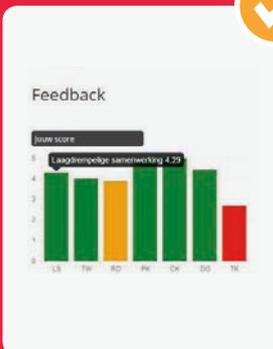
Through the D'mentia Lens

'Through the D'mentia Lens' gives informal caregivers the opportunity to experience what it feels like to live with dementia. It is a simulator using the innovative Oculus Rift VR headset combined with an e-learning. It contains a 360o movie that shows the world from the perspective of a person with dementia. In a pilot study we test the feasibility and impact of Through the D'mentia Lens. Questions we aim to answer in the pilot study are: does this simulator have the potential to contribute to improved understanding of the people with dementia, more empathetic relationships and thereby reduce care burden?



Cooperation within dementia networks

There are many professionals involved in the care of people with dementia, such as GPs, case managers, physicians, psychologists, paramedics and geriatricians. They work together in so called dementia networks. However, the collaboration between professionals does not always run smoothly. 'Soft' factors that determine the success of collaboration are for instance experiencing added value from each other, clarity about the role of each partner and shared assumptions. However, these factors are not accounted for in existing evaluation tools for dementia networks. Therefore, we developed an online tool which can be used by dementia networks to evaluate teamwork between partners and provide input where improvements can be made.



More information

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