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## 22nd Conference of Alzheimer's Disease International

### 22. Kongress von Alzheimer's Disease International

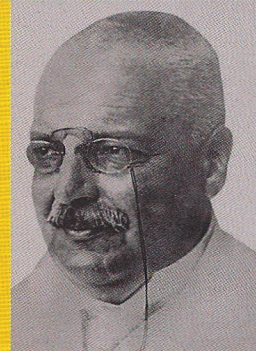
Berlin, October 12–14, 2006

Berlin, 12.–14. Oktober 2006



Dementia – A challenge for the 21st century  
100 Years of Alzheimer's Disease

Demenz – eine Herausforderung für das 21. Jahrhundert  
100 Jahre Alzheimer-Krankheit





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### I Interactive online counselling as a social early warning system

**Wagner, Peter**

Seniorenberatung Online, Unterschleissheim, Germany

In the in-home care provision of psychologically altered old people, it is very important for the caregiving relatives to recognise possible risks and problem constellations as early as possible, in order to avoid unnecessary stress situations and take suitable action in good time.

Outside of large cities there is a frequent lack of suitable counselling services at the local level, or the caregiver simply doesn't have sufficient time to take advantage of them.

Against this background, online counselling with its flexibility of use in terms of time and location, can provide an easily accessible counselling option, especially for caregiving relatives with time-intensive nursing duties.

It is not designed to replace traditional counselling. However by employing pre-structured scenario analyses it can identify possible assistance needs in different areas of the daily care provision, especially with complex, multiple problems and those lacking a clear contour. It can also generate recommendations for goals and courses of action as well as indicating suitable help services and facilities i. e. lead the user to them.

With its core orientation diagnostics (screening), it provides the opportunity for first contact, orientation and decision making assistance.

The deployment of modern and tried and tested early warning methods within the framework of so called Online Checks for the speedy identification of both individual and multiple problems, disturbances or risks, is thus at the centre of the interactive online counselling presented here.

The full spectrum of online counselling options, a number of short screenings, a visual presentation in the form of a help requirement profile as well as statistical data, graphs and diagrams for the use of individual options are presented using the example of an Internet surgery.

### ► Interaktive Online-Beratung als soziales Frühwarnsystem

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In der häuslichen Versorgung psychisch veränderter alter Menschen ist es für pflegende Angehörige sehr wichtig, etwaige Risiko- und Problemkonstellationen möglichst frühzeitig zu erkennen, um unnötige Überforderungssituationen vermeiden und rechtzeitig geeignete Maßnahmen einleiten zu können.

Häufig sind außerhalb größerer Städte in der erreichbaren Umgebung, aber keine geeigneten Beratungsmöglichkeiten zu finden oder es fehlt einfach an ausreichenden Zeitressourcen der Pflegenden.

Online-Beratung kann vor diesem Hintergrund durch die zeitliche und örtliche Flexibilität ihrer Nutzbarkeit eine leicht zugängliche Beratungsmöglichkeit v. a. für zeitintensiv pflegende Angehörige darstellen.

Sie soll dabei herkömmliche persönliche Beratung nicht ersetzen. Sie kann aber v. a. bei komplexen, multiplen und unübersichtlichen Problemlagen durch vorstruk-

turierende Situationsabklärung mögliche Hilfebedarfe in verschiedenen Bereichen der alltäglichen Versorgung sichtbar machen, Ziel- und Maßnahmerempfehlungen erstellen und auf geeignete Hilfsangebote, Dienste und Einrichtungen hinweisen bzw. zu diesen hinführen.

Mit ihrem Kernstück der orientierenden Diagnostik (Screening) bietet sie daher die Möglichkeit zu einer ersten Einstiegs-, Orientierungs- und Entscheidungshilfe.

Der Einsatz moderner und bewährter geriatrischer Früherkennungsmethoden im Rahmen sog. Online-Checks zur raschen Aufdeckung einzelner oder mehrerer unterschiedlicher Schwierigkeiten, Störungen oder Risiken steht deshalb im Mittelpunkt der vorgestellten interaktiven Online-Beratung.

Am Beispiel einer Internet-Praxis werden das gesamte Strukturspektrum der hier online angebotenen Beratungsmöglichkeiten, einige Kurz-Screenings, die optische Darstellung in Form eines Hilfebedarfsprofils sowie statistische Daten, Kurven und Diagramme zur Inanspruchnahme einzelner Angebote präsentiert.

### I The Danish Alzheimer Intervention Study (DAISY): Rationale, design and baseline characteristics

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The aim of DAISY was to investigate the efficacy and cost-benefit of an structured early social support program for patients with mild dementia and their caregivers. The program included

1. structured and individualized counselling with the patient, caregiver, and family;
2. teaching courses;
3. telephone follow-up; and
4. handbooks and dairies.

This presentation reports on the design, rationale, and baseline characteristics of the study, which was designed as a multi-centre, randomized, controlled, rater-blinded trial. Inclusion criteria were home-living patients with recently diagnosed AD; aged  $\geq 50$  years; MMSE score  $\geq 20$ ; and informed consent. The patients and their caregivers were randomized 1:1 to the intervention or usual care. Data on primary efficacy parameters (depressive symptoms, health-related quality of life, and MMSE) will be collected together with a wide range of secondary measures at 6 and 12 months by trained raters, blinded to the group allocation. Long-term follow-up data for mortality, morbidity, institutionalization, and health care utilization will be drawn from the national registries.

In total, 330 patients, with mean 24.1 (SD 2.6), of whom 11 % lived alone, were included in the study during a period of 17 months. Their median age was 77 years (range 53–92), while the median age of the 330 caregivers, 86 % of whom were spouses, was 68 years (range 22–90).