

# Psychosocial interventions in the care of persons with dementia across Europe: the SIDECAR PROJECT



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## Objective

To provide an overview of how psychosocial interventions are mentioned or incorporated into strategic (political, governmental) documents on dementia.

## Background

High quality care is essential when providing care for people with dementia. There is evidence that psychosocial interventions:

- have positive effect on behavioural and psychological symptoms of PwD
- have positive effect on physical and psychological health of PwD
- have significant effect in reducing caregiver’s psychological burden
- are more cost-effective
- have no serious side effects

## Methods

A systematic search method of European Policy documents was carried out.

- The search was undertaken between January and June 2019
- Alzheimer Europe and the Alzheimer Disease International websites were searched
- Google and Google Scholar were searched if required documents were not found on the websites listed above
- Used search terms:
- Psychosocial care
- Psychosocial interventions
- Non-pharmacological care
- Non-pharmacological interventions
- Non-medical

## Conclusion

European dementia policies are characterized by high fragmentation, incompleteness and low systematization. Government documents and National Action Plans for the care of people with dementia usually recommend psychosocial interventions, often without specifying the type of intervention.

## Results

A total of 27 national action plans and strategies were found across Europe, including plans and strategies on a regional level. The issue of psychosocial interventions was addressed in 17 action plans and strategies.

### Main categories:

- Quality of care
- Education/training

### Ways of psychosocial interventions delivery:

- Referral of non-pharmacological approach
- Person-centred diagnosis and care
- Guidelines implementation
- Education and training programs
- Networking and strengthening of health and social services

## Next steps

The results of the analysis of these documents will facilitate the preparation of a joint international curriculum of educational programs on psychosocial care in Higher Education.

## About SIDECAR

SiDeCar is a European Erasmus+ project aimed at promoting the psychosocial knowledge in dementia care through the introduction and delivery of HE programs relevant to the labour market in dementia care. It has been receiving the support of the KA2 Strategic Partnerships for Higher Education. For more information: <https://sidecar-project.eu>

## References

An overview of references is available from the authors.

Country	Main categories		Way of delivery				
	Quality of care	Education/ Trainings	Referral of non-pharmacological approach	Person-centred diagnosis and care	Guidelines implementation	Education and Training programs	Networking and strengthening of health and social services
Austria	X		X	X			
Czech Republic	X				X		
Denmark	X				X		
Finland	X		X				
Greece	X		X			X	X
Ireland	X	X	X	X	X	X	
Israel	X		X				
Italy	X				X	X	
Malta	X		X			X	
Netherlands	X	X	X	X	X	X	X
Norway		X				X	
Slovenia	X	X	X	X		X	X
Sweden	X		X	X	X		
Switzerland national	X		X				
UK - England	X		X		X		
UK – N. Ireland	X			X			X
UK – Wales	X		X				
TOT	16	4	12	6	7	7	4



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