

# Improving quality of care for people with dementia living in residential aged care

Findings from the Investigating Services Provided In the Residential care Environment for people with Dementia (INSPIRED) study



## What did we do?

Traditionally residential aged care settings tend to be large facilities similar to those in health care. However, there is growing recognition internationally that residential aged care may be better provided in an environment that looks and feels more like a domestic home.

The INSPIRED study is the first to measure consumer rated quality of care, quality of life, resource use and costs in a home-like, clustered domestic model of care compared to a more standard model of care.

An important component of the study is that people with cognitive impairment and dementia were included.



Study participants



States in Australia



Residential aged care homes from 5 NFP organisations



Average age range 48-104yrs



Participants with cognitive impairment



# beds per facility

## Measuring good quality residential care from a consumer perspective

Previous measures of the quality of aged care homes have focused on the perspectives of staff or independent assessors with little attention given to the perspectives of residents themselves.

The INSPIRED study team therefore developed a questionnaire for evaluating the quality of residential aged care from the perspective of residents and their families: the Consumer Choice Index—six dimension (CCI-6D).

This simple questionnaire assesses quality of care via 6 questions. It can be completed by residents themselves or their family members to rate the quality of care of an aged care home.

Further information and full publications can be found at the INSPIRED study website:

[www.flinders.edu.au/sohs/disciplines/rehabilitation-aged-and-extended-care/research/residential-aged-care.cfm/www.flinders.edu.au](http://www.flinders.edu.au/sohs/disciplines/rehabilitation-aged-and-extended-care/research/residential-aged-care.cfm/www.flinders.edu.au)

## What is a home-like, clustered domestic, model of care?

In the INSPIRED study, the home-like model of care is a home with small clustered houses in which residents have more flexibility in their care and activities.

Residential aged care homes were identified as having a home-like model of care if they met at least 5 of the following criteria:

- Small size (up to 15 residents living in a unit)
- Accessible outdoor areas which residents can use independently
- Consistent care staff allocated to each unit
- Meals cooked within the units
- Meals provided in a self-service style
- Residents can assist with meal preparation

## Does a home-like model of care benefit the residents?

Residents and their family members rated the **overall quality of care** as **better** in a home-like model compared to a standard model. Residents and their families rated:

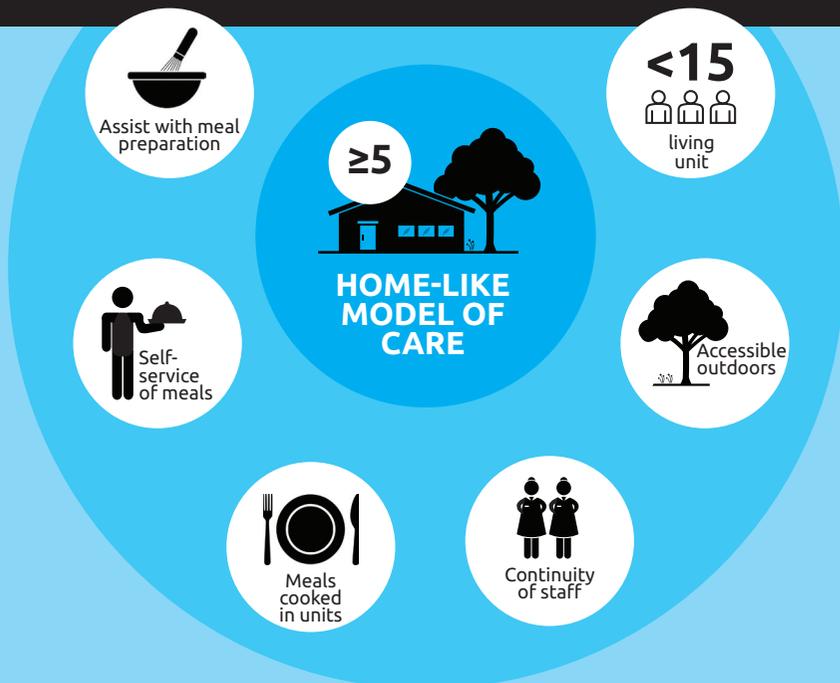
- access to outside and gardens and
- flexibility of care

higher in home-like models compared to living in a standard model of care.

This indicates that a home-like model of care is preferred by residents and their families. Other important outcomes for residents associated with living in a home-like model of care were:

- Better quality of life
- Lower rate of being admitted to hospital
- Lower chance of an emergency department presentation
- Less likely to be prescribed a potentially inappropriate medication

### INSPIRED DEFINITION OF MODEL OF CARE



### WHICH MODEL OF CARE PROVIDES BETTER OUTCOMES?

