

# Dyadic, activating interventions: what makes them working, according to people with dementia and their informal caregivers?

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## DYADIC, ACTIVATING INTERVENTIONS

Aim to increase skills for maintaining participation in activities and cope with declines capacities, to increase self-management. People living with dementia and their informal caregivers often report difficulties in maintaining their usual activities. Daily activities create structure, satisfaction, and continuity in life, and contribute to well-being and health. Dyadic activating interventions take these challenges as a starting point and are focused on engaging both persons with dementia and informal caregivers in activities. Scientific evidence is heterogeneous.

### AIM

**Research aim:** to explore the working mechanisms of activating interventions as perceived by the participating PWD, CG, and coaches.

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## METHOD

A qualitative design with interviews was used.

**Cases:** 34

### Consisting of interviews with:

Persons with dementia

27



Caregivers

34



Coaches

19



We performed a conventional content analysis with the constant comparative method.

## RESULTS:

### WORKING MECHANISMS

*Empowerment* was the core theme. Three underlying working mechanisms explained why the interventions were perceived as having a beneficial impact. Participants described the impact as capacity building, resulting in more activities, increased self-confidence, more competence and hope.

#### 1. Enabling activities without providing false hope

*PWD and CGs:*

- Emphasize capacities
- Maintain activities
- Opportunity to learn
- Encouraging facilitator
- Home visit

*Coaches:*

- Staying active
- Both capacities and limitations
- Attune to motivation

#### 2. Exploring the most important activity needs of PWD and CGs

*PWD and CGs:*

- Attention to both
- Genuine interest
- Facilitator competent in dementia
- Performing an activity

*Coaches:*

- Unravel needs of both
- Explore capacities
- Observation
- Home visit
- Set attainable goals

#### 3. A solution-focused approach to adapt, test and practice activities

*PWD and CGs:*

- Piloting ideas, tips, solutions
- Persistence and rehearse
- Adapt to individual situation
- Reinforcement for the CG

*Coaches:*

- Patience
- Creativity
- Practice activities, actual doing
- Coaching communication

EMPOWERMENT