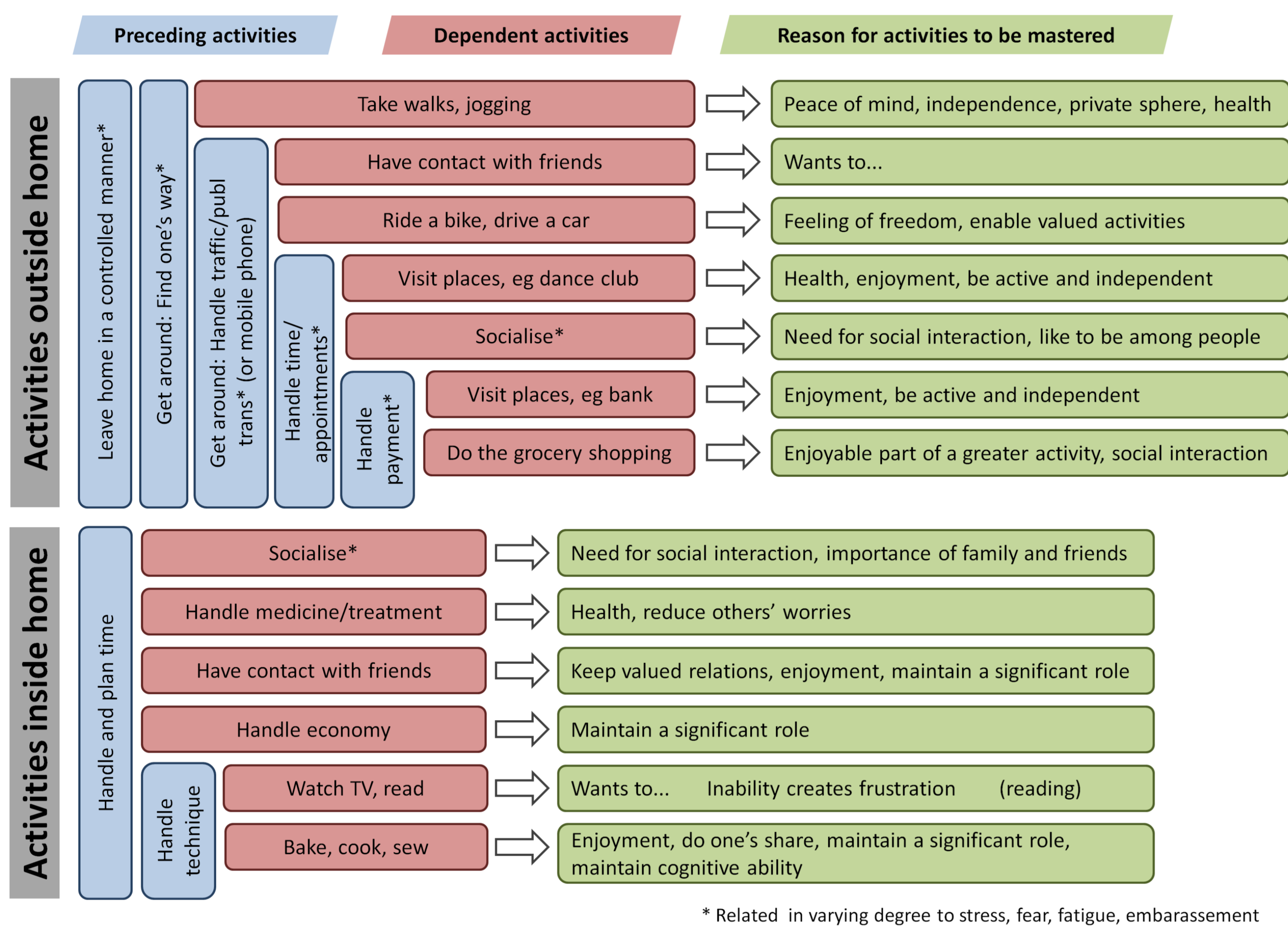


What everyday activities do people with mild cognitive impairment or early dementia want to maintain mastery of - and why?

Eva Lindqvist, Annika Persson Vasiliou, Andrew Sixsmith, Arlene Astell, Alex Mihailidis, Louise Nygård

In order to increase the usefulness of AAL technologies for persons with cognitive impairment, there is a need to identify what potential AAL-support users want to master in everyday life. This study (in manuscript) is a first step in the AAL-WELL project where desired and needed AAL technologies will be developed and evaluated.

Dependencies between difficult, valued activities



Conclusion

Identified difficult activities were not only important in their own right. Often, the accomplishment of one activity was the prerequisite for another; the activities depended on each other. Many of the preceding activities were related to being safe and sound, which is of crucial value.

However, mastering activities that are related to engagement or role maintenance might be of the same significant value to support qualities in life. Most difficult activities were identified as outdoor activities, which indicates that AAL support should be designed for use outside home.

Aim

To identify the current state of knowledge regarding what activities people with MCI wish to master in their everyday lives, the reason thereof and in what contexts.

Method

A scoping review method was applied in order to rapidly map out the knowledge in the area. Sixteen qualitative studies were included in the review and analysed with a generic descriptive-interpretative approach.

The findings showed that many of the activities were valued for a variation of reasons. Different persons valued one activity for different reasons or the same person had different reasons for valuing a specific activity. The difficult activities that were wished to be mastered were categorised into four themes according to the reason why they were valued (see below):

Activities that are performed for their engaging components

such as baking, going for a walk, socialising or dancing

Activities that enable the person to maintain significant roles

such as being confident among others, handling economy or going to the cinema

Activities that decrease others' burden and worries

such as taking medicine, turning off the cooker and managing planned meetings

Activities that enable the person to be safe and sound

such as leaving home in a controlled manner, taking walks, paying safely, baking and handling administration of doctor appointments



Karolinska Institutet
Eva Lindqvist, Ph D
E-mail: Eva.k.lindqvist@ki.se
NVS - division of Occupational Therapy



Karolinska Institutet