

Day time activities for patients with Huntington's disease

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Background

Topaz Huntington Centre Overduin is a 72 bed long-term care facility with a specialized daycare facility for 25 patients and an ambulant support centre for 100 HD-patients. It was unclear what patients see as an activity and what their appreciation is of the activities.



Aim

The aim of this research is to improve quality of life for institutionalized patients by offering a meaningful day time program. Furthermore, patients and caregivers gain more insight into the possibilities of the day time activities.

Method

1. Literature study.
2. Look up history of internal practice research in Overduin.
3. A questionnaire is developed, we asked 20 patients (long-term care, short stay, daycare) about the day time activities and their appreciation.

Examples of activities

- Yoga
- Gardening
- Having a meal
- ADL
- Individual and group therapy
- Horse riding
- Swimming
- Trip to village
- Small animals
- Visiting a café



First results

Most patients appreciate activities that are offered. A different appreciation of offered activities in weekdays and weekend (see table). Having a meal or activity of daily living (ADL) isn't experienced as an activity. Going to therapy (multidisciplinary) is experienced as an activity. Talking with the patient about activities is important.

Future point of interest

The results gave us insights that personal needs and wishes of the patients are important. Therefore we will need to do more research where we can go deeper into these needs and wishes.



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