

KMB 2F 愛❤巴士站牌 齊建關愛文化

A Trip of Memory: Narrative-based Cognitive Stimulation for Visually Impaired Elderly with Dementia

This presentation explores the development and preliminary findings of 'A Trip of Memory' - an innovative narrative-based cognitive stimulation program designed specifically for visually impaired elderly with dementia. The research, conducted by a multidisciplinary team from The Hong Kong Society for the Blind and The Hong Kong Polytechnic University, offers promising insights into non-pharmacological interventions for this unique population.

Presented by
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FCHSM, FHKCHSE

Why do we have a “Bus Stop”





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Wayward Alzheimer's patients foiled by fake bus stop

A German nursing home has come up with a novel idea to stop Alzheimer's patients from wandering off: a phantom bus stop.





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Bus stop poles aim to spark nostalgia

HONG KONG NEWS 13-02-2023 00:00 HKT



- Bus stop to nowhere – 2008 Germany
- Settle emotions and agitations from an elderly resident in Melbourne - 2022
- Bus parade in Victoria Park - 2024
- Nostalgia / Reminiscence the “good ol’ days” - Current
- Could we enhance the experience with the elderly aside from bus stops and pictures from the past?
  - A central point to connect people from all generations

KMB has donated "Caring Bus Stop Poles" to six more elderly care homes to refresh seniors' memories of what Hong Kong streets had looked like.
The familiarity brought about by the poles aims to help elders with dementia recall their youth, increase their sense of belonging and prevent them from wandering out of a care home and going missing.

Source: Bus stop poles aim to spark nostalgia. The Standard.13 February 2023. https://www.thestandard.com.hk/section-news/section/17/249729/Bus-stop-poles-aim-to-spark-nostalgia
Bus parade and exhibition amid 75th National Day celebrations review important role of bus services in public transport system. HKSARG. 19 October 2024. https://www.info.gov.hk/gia/general/202410/19/P2024101800245.htm
Wayward Alzheimer's patients foiled by fake bus stop. The Telegraph. 3 June 2008. https://www.telegraph.co.uk/news/newstopics/howaboutthat/2069467/Wayward-Alzheimers-patients-foiled-by-fake-bus-stop.html
Waiting for a bus that never comes. Transport Xtra. 9 October 2009. https://www.transportxtra.com/publications/transit/news/17814/waiting-for-a-bus-that-never-comes/
Travelling back in time: Hong Kong 'bus stop' helps aged care residents bypass dementia and remember. SBS. 22 April 2022. https://www.sbs.com.au/language/chinese/en/article/travelling-back-in-time-hong-kong-bus-stop-helps-aged-care-residents-bypass-dementia-and-remember/feyd3o8bq

Cognitive Health Tools Applied and Research Gap

Cognitive Stimulation

Non-pharmacological interventions, particularly cognitive stimulation, have demonstrated effectiveness in improving cognitive functions in people with dementia.

Storytelling Therapy

Narratives relevant to personal experiences are commonly used for life review and reminiscence therapy for people with dementia.

Research Gap

The efficacy of cognitive interventions for individuals with both visual impairment and dementia has rarely been investigated.



Study Objectives and Design

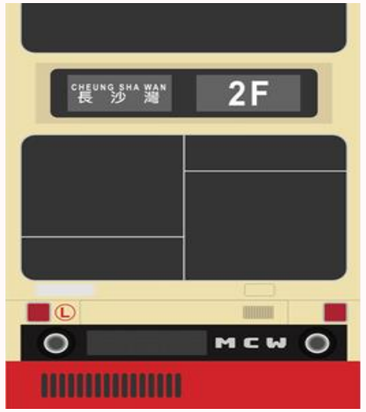


Primary Objective

To investigate the efficacy of 'A Trip of Memory', a narrative-based cognitive stimulation program specifically designed for people with dementia who also have visual impairment.

Study Design

A pilot study involving 36 visually impaired elderly with dementia (mean age = 87.2 years) residing in the Kowloon Home for the Aged Blind. Convenient sampling was adopted for participant selection.







Intervention Methodology

Group Formation

Participants were organized into small groups of five to six individuals to ensure personalized attention and engagement.

Storytelling Sessions

Each session featured a story related to a local bus trip, designed to be accessible and relatable for visually impaired participants.

Cognitive Activities

Stories were followed by cognitively stimulating activities and questions regarding the narrative content.

Personal Sharing

Participants engaged in discussion and sharing of personal events related to the plot of the story, encouraging reminiscence.



Assessment Measures

Cognitive Assessment

Hong Kong Version of Montreal Cognitive Assessment for the Visually Impaired (HK-MoCA-VI)

Semantic category fluency tests to evaluate verbal fluency and executive function

Language Assessment

Cantonese version of the Amsterdam Nijmegen Everyday Language Test (CANELT)

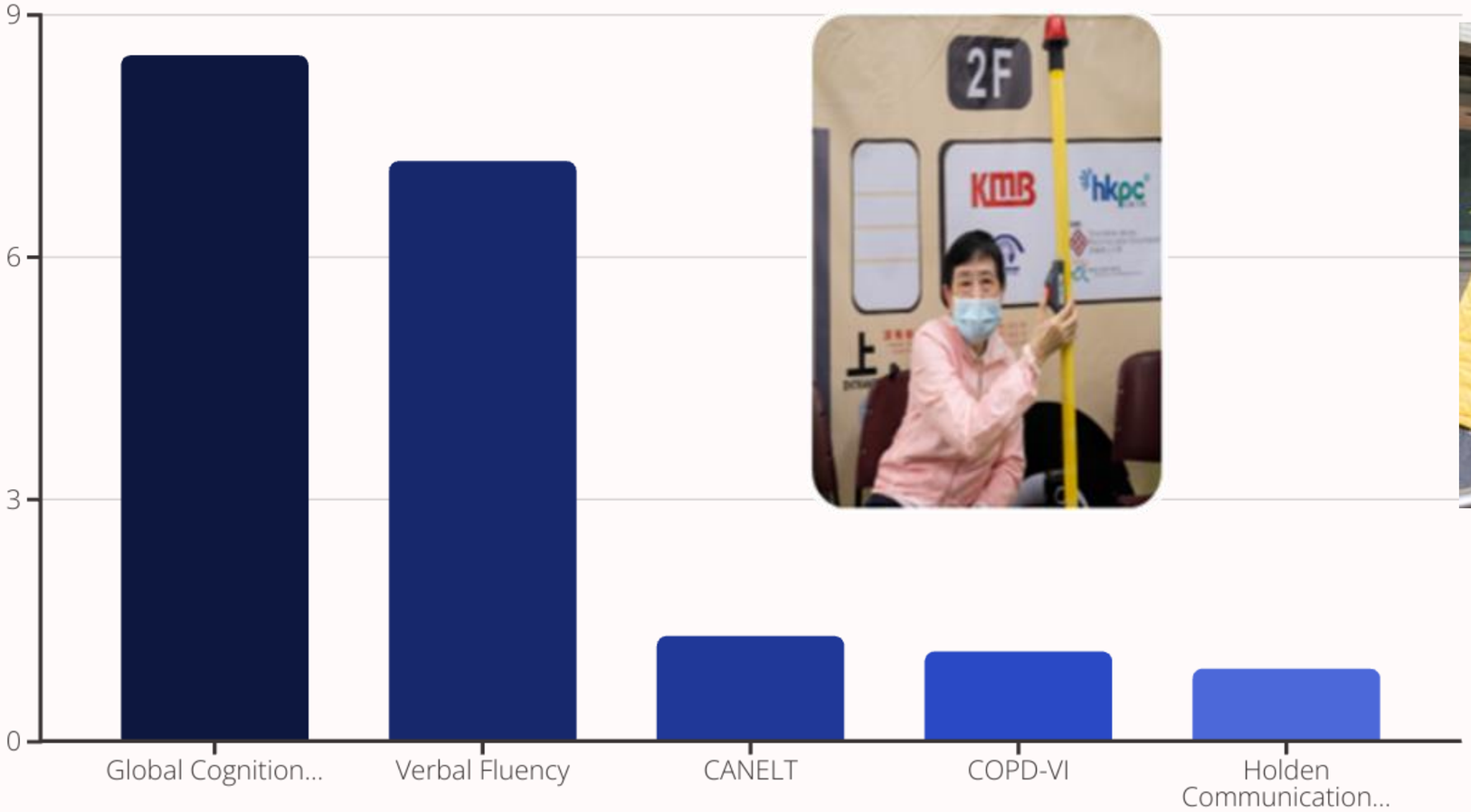
Evaluates functional communication abilities in everyday contexts

Communication Assessment

Communication Outcomes for People with Dementia Scale for the Visually Impaired (COPD-VI)

Holden Communication Scale (HCS) to assess overall communication abilities

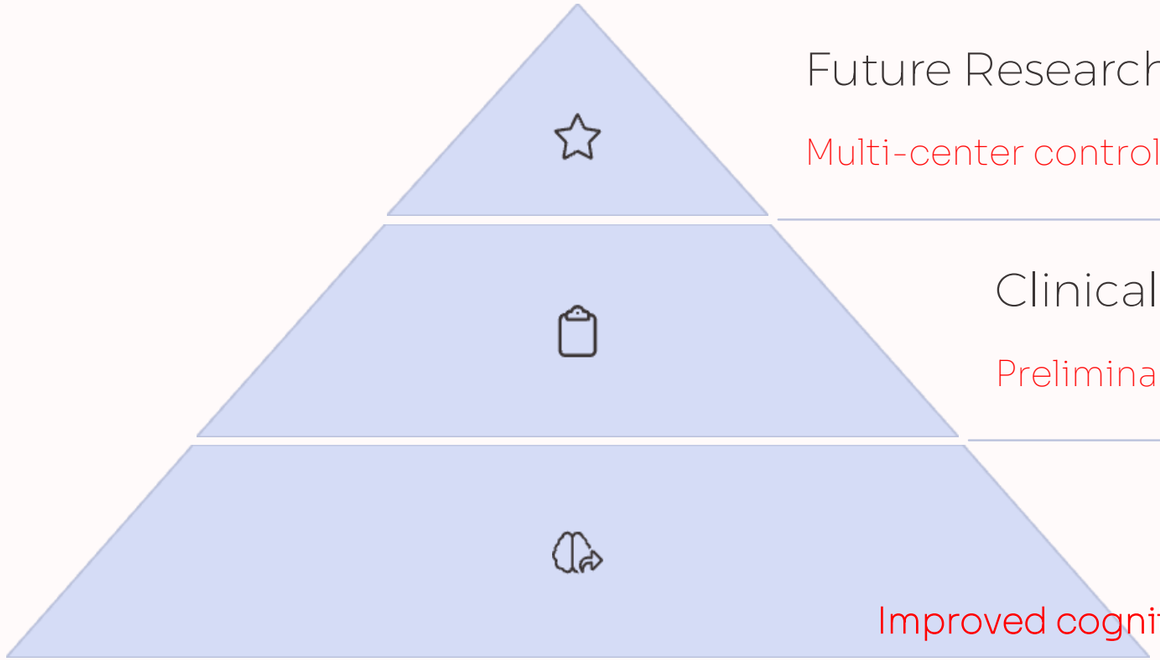
Key Findings





The study demonstrated satisfactory adherence to therapy among participants. Statistically significant improvements ($p \leq .01$) were observed in global cognition (HK-MoCA-VI scores) and verbal fluency following the intervention. However, no significant improvements were noted in the CANELT, COPD-VI, and HCS measures, suggesting that the program's benefits may be specific to certain cognitive domains rather than overall communication abilities.

Conclusions and Implications



Future Research

Multi-center controlled study planned

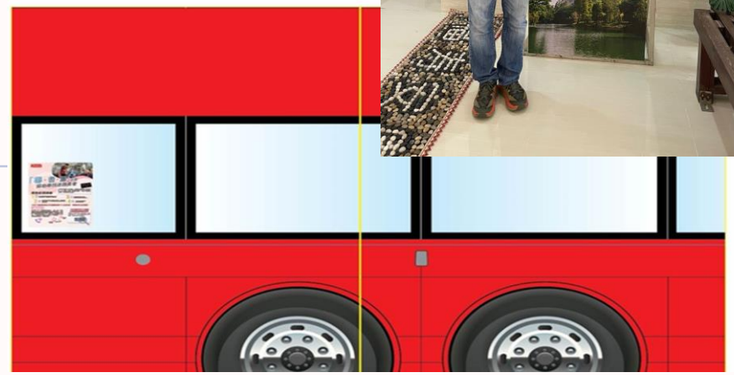
Clinical Evidence

Preliminary support for efficacy

Cognitive Benefits

Improved cognition and executive function





The study provides preliminary clinical evidence supporting 'A Trip of Memory' as an effective intervention for improving global cognition and executive functions in people with dementia who have visual impairment. These findings are particularly valuable given the limited research on interventions for this specific population.

Building on these promising results, the research team plans to implement a multi-center controlled study in the second phase of research to further validate the efficacy of this narrative-based approach.

Acknowledgments and Collaborations





This research represents a collaborative effort between multiple organizations and departments

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The multidisciplinary nature of this collaboration has been instrumental in developing and implementing this innovative approach to cognitive stimulation for visually impaired elderly with dementia.

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