



# Quality of life of residents with dementia in small-scale living facilities versus traditional long-term care settings

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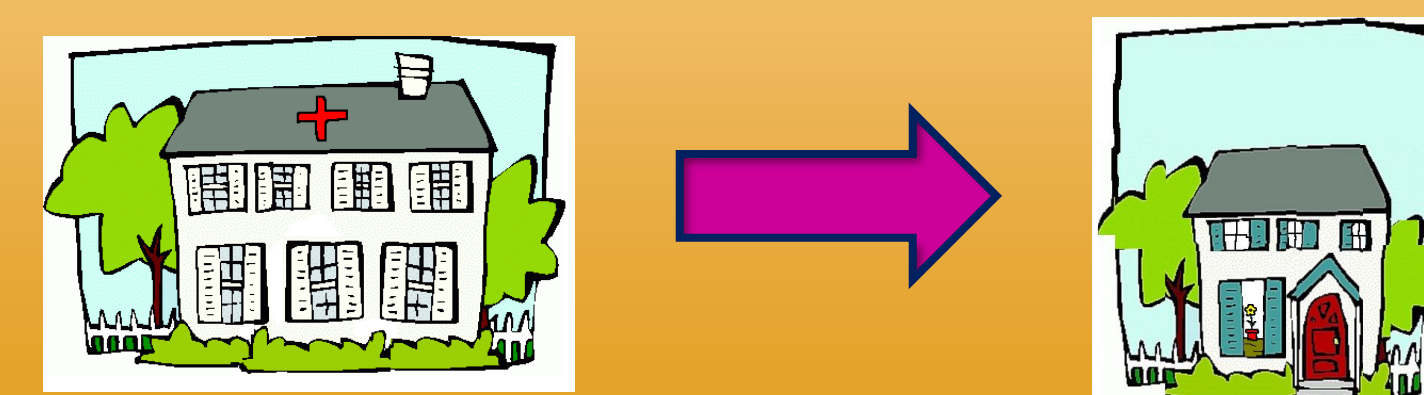
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## Introduction

The considerable **increase of the number of people with dementia worldwide** implies an **increasing demand for residential care**. In response to criticism of the traditional medical and nursing-based approach, many large nursing homes are **transforming their traditional care model to a more home-like, holistic and person-centred approach**. One example of this is the development of **small-scale living facilities**.

This study examined the **differences between** small-scale and traditional long-term care settings on the **quality of life (QoL)** of residents with dementia.



## Method

The study followed a quasi-experimental longitudinal design.



**Traditional (T) and small-scale (SS) care settings**, located in the Netherlands (NL) and Belgium (BE) were compared within countries.

**Participants** were residents with dementia over 65 years of age. Assessments were made through **observations** by nurses, nursing assistants and psychologists.

### Type of Setting

Traditional or Small-scale

Behavioral characteristics  
Behavioral problems  
Depression

Behavioral interventions  
Use of restraints  
Use of psychotropic medication

Social interaction  
Social engagement  
Visiting frequency of relatives

Domains of Quality of Life

## Within Country Comparisons on Quality of Life domains<sup>a</sup>

Subscale (Range)	NL T (n=51)	NL SS (n=51)	BE T (n=30)	BE SS (n=47)
Caregiver Relation (0-21)	14.36	14.66	14.21	14.80
Positive Affect (0-18)	10.85***	14.12	11.87	12.56
Negative Affect (0-9)	5.97	5.54	4.59*	6.00
Positive Self-Image (0-9)	7.42	7.61	6.24	6.74
Social Relations (0-18)	8.30***	10.97	10.37	10.40
Social Isolation (0-9)	6.34	6.14	5.48	5.82
Having Something to Do (0-6)	0.91***	2.43	1.58	2.11
Feeling at Home (0-12)	10.23	9.56	8.94	9.37
Restless Behavior (0-9)	4.63	5.11	4.30	3.81

Note: \* p < .05, \*\* p < .01, \*\*\* p < .001

<sup>a</sup> Scores are aggregated means over the three measurements presented by type of care setting and country

## Results

- ❖ Residents in Dutch small-scale settings as compared to Dutch traditional settings showed better scores on **'Positive Affect'**, **'Social Relations'**, and **'Having Something to do'**.
- ❖ Residents in Belgian small-scale settings as compared to Belgian traditional settings showed better scores on **'Negative Affect'** (less 'Negative Affect') (see table).



## Conclusion

### Effects over time

- ❖ Residents in Belgian traditional settings improved on **'Feeling at home'** compared to Belgian small-scale settings, that remained stable.
- ❖ Residents in both Belgian and Dutch traditional settings remained stable on **'Social relations'**, whereas their counterparts in small-scale settings showed a slight decrease on this aspect.
- ❖ **'Caregiver relation'** and **'Negative affect'** remained stable during the study period in Dutch small-scale settings, while they decreased in Dutch traditional settings.

