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## Preventing disability with activity of daily living performance among dementia elders living in long-term care facilities

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**Objective:** To test the effectiveness of a theory-based intervention program aimed at preventing disability with activities of daily living performance among dementia elders living long-term care facilities in Taiwan.

**Methods:** This was an experimental, longitudinal research design. One hundred and eighty-one subjects with mini-mental status exam score less than 24 were assigned to either experimental group (n = 101) or comparison group (n = 80) Based on a long-term care facility they lived. Subjects in the experimental group received a Self-Care and Exercise Self-Efficacy Enhancement Program (SCESEEP) via staff caregivers and caregivers of elders in long-term care facilities. Subjects in the comparison group will receive care as usual. Data will be collected five times: baseline, 8-weeks, 2-month, 4-month and 6-month post-interventions.

**Results:** Using Pearson correlation to exam the relationship among activity of daily living performance and physical

fitness, including single right leg standing with eyes closed; single left leg standing with eyes closed; site and reach; the total body rotation, left; total body rotation, right; and step test. Results found that activity of daily living performance score among elders with dementia was positive correlated with scores of physical fitness. The score of mini-mental status exam (MMSE) was also positive correlated right and left hands' strength. In additional, both group subjects showed no statistical significant changes in the score of activity of daily living performance and self-efficacy for function score. The outcome expectation for function score showed statistical significant decline in the comparison group, but no statistical change in the experimental group.

**Conclusion:** This study can provide a theory-based intervention aimed at improving activity of daily living performance for elders with dementia living in long-term care facilities.

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