

# ADAPTIVE INTERACTION FOR RELATIONSHIPS

## Thank you!

Thank you to all the participants for generously dedicating your time to this study. Your involvement is greatly appreciated and crucial to the advancement of our research. Additionally, we want to express our sincere appreciation to Dundee Health and Social Care for their invaluable support in facilitating this research.

## What we wanted to know

Whether Adaptive Interaction training would affect caregivers' attitude towards dementia, their burden, and their relationship quality that they had with individuals with advanced dementia. We also wanted to see if the training had an impact on caregivers' understanding of people with advanced dementia's human right to communication.



## Who was in the study

The study involved two care homes and had a total of 20 participants. 12 of them were professional caregivers and 8 were people with advanced dementia.



## What we did



Staff were paired up with an individual with advanced dementia and provided four weeks of Adaptive Interaction training. This training taught them to recognise the fundamentals of communication and use the individual with dementia's actions to interact with them. This is called behaviour matching. We then compared the professional caregivers' attitude towards dementia, burden, and relationship quality from before the training with the results from after the training. We also got the professional caregivers to complete two interviews, one before the training and one after to find out about how they experienced caring for someone who was nonverbal and what they thought of people with advanced dementia's right to communication was.

## What we learned

Caregivers attitude and burden were unaffected by the training, however, the caregivers reported having a better relationship with their residents after the training compared to before. This was shown in the questionnaires and the interviews. Staff discussed how after the training they felt like they had a better insight into the residents and that they felt more comfortable approaching residents who were nonverbal. Staff also mentioned that after the training their interactions with the residents were filled with singing, dancing, and affection.



## What this means for you

These findings suggest that using Adaptive Interaction to communicate with individuals with advanced dementia can help caregivers to build stronger relationships with their non-verbal residents and allow individuals with advanced dementia to engage in interactions which are positive and meaningful to them.



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