

Sensory Palaces at Hampton Court and Kew

An evaluation of the benefits for people living with dementia and their carers and the impact of the heritage setting.

“The impact on well-being for care supporters and the person living with dementia was considerable, with findings from all data sources demonstrating that participants experienced high levels of enjoyment and attending the sessions impacted positively on individual well-being”

The benefits

Enjoying & engaging

People living with dementia:

- Engaged with sessions and stories
- Improved mood, enjoying the ‘here and now’
- Feeling welcome
- An outlet for creative expression

“This is the best medical treatment that you could possibly get...”

“I enjoy them, I look forward to them and they are valuable”

Learning & connecting

People living with dementia:

- Pleasure in learning
- History tapping into the familiar
- Talking/ socialising with others

“I’m coming because there’s going to be something interesting, and it’s nice to talk to people...”

“...he might not remember it the next day, but at that time...he gets a great deal of pleasure of finding out information”

Impact of the heritage setting

Special place & time

People living with dementia:

- History where it happened
- Subject gravitas makes it meaningful
- A special place to come
- Reflect on personal histories

“It’s special to us, coming here”

“It makes it come alive. It makes it so much more real for them...”

“Like coming back to an old friend”

Care Partners:

- Pleasure from seeing partner enjoying the session
- Own enjoyment and relaxation
- Everyone in the same boat

“I enjoy it as much as him, and with age we are not going out so much, and so this is such a nice way of going out, seeing something beautiful”

“...by the time people were leaving there was a bit more lightness, I think in the room, in terms of everybody’s mood”
(facilitator)

Care Partners:

- Still things to do and enjoy
- Still things to learn
- Improved relationships with PLWD
- Social resilience – networking, support and inclusion
- Confidence to do more

“It’s nice to meet other people, to have a chat, and especially other carers”

Care Partners:

- A sense of occasion
- Pride in place
- Puts own life and time in perspective

“No matter what you do in a local centre somewhere, it’s never going to match that moment when you walk round the corner and there’s the front of the palace...”

“...you feel part of something that’s timeless. That’s bigger than yourself”

What is Sensory Palaces?

- A health and wellbeing programme for people living with early dementia and their care partners
- A series of dedicated two-hour sessions at Hampton Court and Kew Palaces (sessions on: The Grape Vine, The Kitchens of King George III, A Courtier’s Commentary, Queen Mary II & the Baroque Palace, Tudor Symbolism, The Sensory Postcard, Chocolate Court, William III Battle Music, Exploring a Tudor Feast)
- A focus on senses, stories and spaces in the palaces
- Run by expert freelance artists

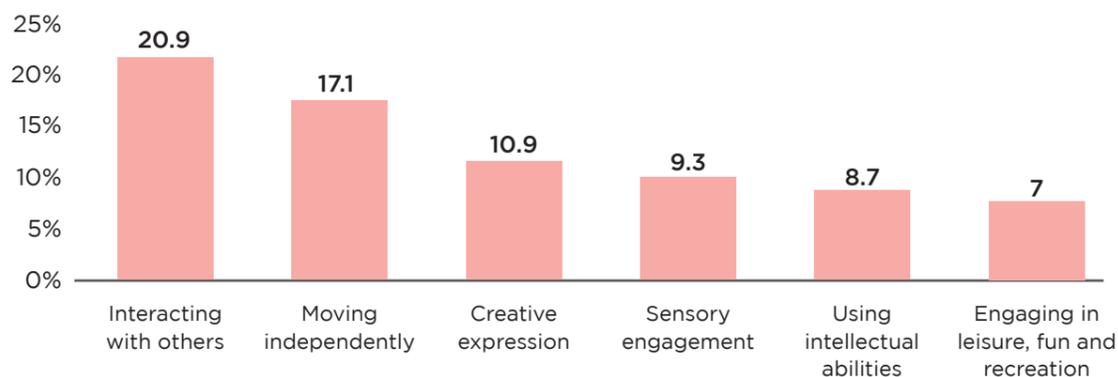
Dementia Care Mapping

Observing for signs of wellbeing during sessions

“Participants were actively engaged and participating for the majority of all sessions and demonstrated consistently high levels of wellbeing evidence via the WIB scores, suggesting positive mood and engagement overall”

Behaviours:

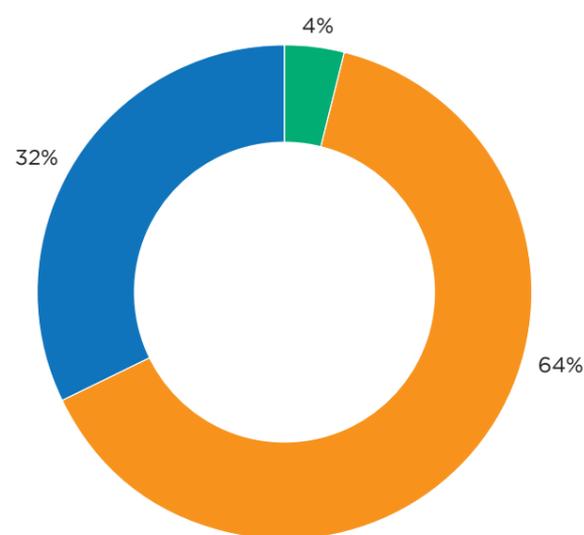
Six of the most widely observed behaviours in the sessions were all associated with well-being



% Time wellbeing categories observed for Sensory Palaces

Wellbeing:

High levels of positive mood and engagement during all sessions

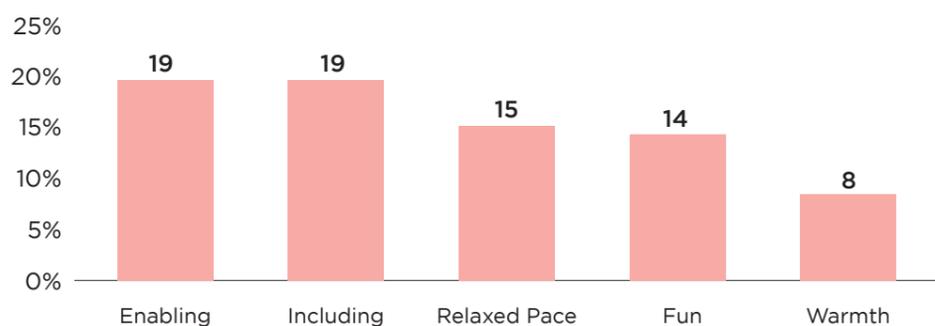


Well or ill-being (WIB) Scores (-5 to +5)
% time spent in well- or ill-being

- +5: Very happy, cheerful, very high positive mood, very absorbed, deeply engrossed/engaged
- +3: Content, happy, relaxed, considerable positive mood, concentrating but distractible, considerable engagement
- +1: Neutral. Absence of overt signs of positive or negative mood, alert and focused on surroundings. Brief or intermittent engagement.

Meeting participant needs:

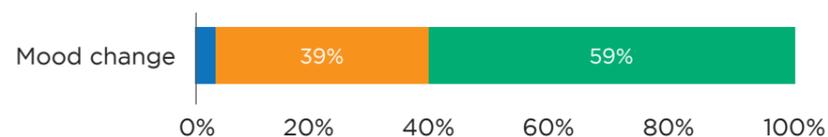
Sessions enabled engagement, feeling included, a relaxed pace, fun and humour, feeling welcome and looked after



Top five personal enhancers recorded - % instances

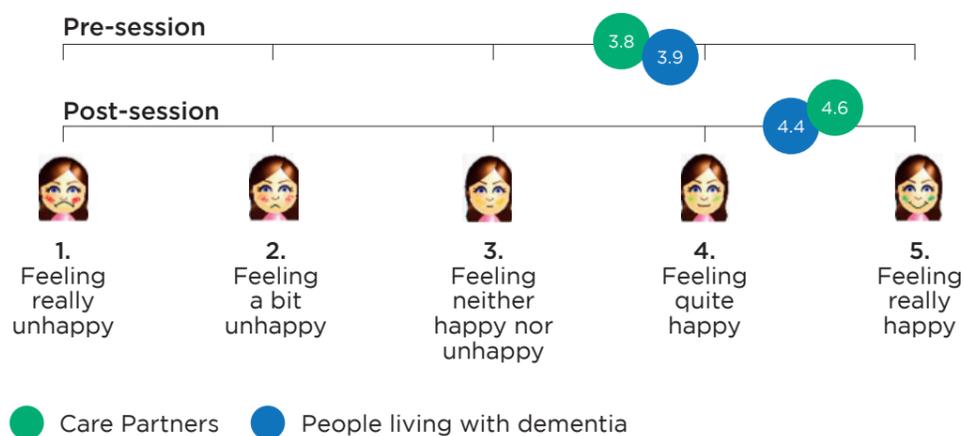
Self-Reported Mood Questionnaire

59% reported improved moods, with the highest average improvements for care partners



- Decreased
- Same
- Improved

Average scores



Evaluation Methodology

A mixed-method approach

Evaluation from May 2017 – May 2018, with data collection from June – December 2017

Unstructured data

- 6 x pre-session interviews (CP)
- 40 x post-session interviews and 1 x post-session group (PLWD + CP)
- 10 x follow-up interviews after 3-6 months (PLWD + CP)
- 1 x facilitator focus group (F)
- 4 x facilitator interviews (F)
- 12 x ethnographic observations (PLWD + CP)

Structured data

- Dementia Care Mapping (PLWD):
 - 95.75 hours observed (78% sessions)
 - 24 people living with dementia
- 131 pre and post-session mood questionnaires (PLWD + CP)
- Demographic profile questions (PLWD + CP)

PLWD = People living with dementia CP = Care Partners F = Facilitators