

# The Effects of Training Workshop for Cognitively Intact Community Dwelling Older People on Knowledge of Dementia and Dementia Worry in Hong Kong

## Background:

The number of people suffering from dementia is increasing. Little is known about the knowledge and worries of the cognitively intact elders towards this dementia.

## Aim:

The aim of the study is to assess the effects of training workshop to the cognitively intact elders on the knowledge and worries about this disease.

## Methods:

An interventional study with convenience sampling technique was conducted.

Cognitively intact older people in the community were invited.

A 3-hour workshop on knowledge of dementia was given.

Chinese version of the Alzheimer's Disease Knowledge Scale (ADKS) and the Modified Dementia Worries Scale (MDWS) were given to them before and after the training workshop.

## Results:

Among the 177 recruited subjects, 149 participants successfully completed the pre and post questionnaires.

The score of ADKS was slightly above average before the training.

Most of the participants were not really worried about the disease.

There was significant increase in the ADKS after misconceptions being corrected

There was also a decrease in MDWS after the training.

## Conclusion:

The cognitively intact older people in the community were not too worried about dementia, however, the study showed there was misconceptions about the disease.

Training helps to strengthen their knowledge and correct their misunderstandings.

The study suggests putting emphasis to those caregivers at home who may not have time to attend onsite trainings.

When more people have better understandings to this disease, it may lessen unnecessary worries, thus, improve the quality of life to the older generation.

Change of knowledge score after attending workshop		
Change of knowledge score	No. of person	Percent
Decrease	24	16.11%
No Change	6	4.03%
Increase	119	79.87%

Change of worry score after attending workshop		
Change of worry score	No. of person	Percent
Decrease	81	54.36%
No change	40	26.85%
Increase	28	18.79%