

Dementia care: Personalized, integrated, holistic approach.

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Introduction

Multicomponent interventions, encompassing tailored activities and staff training, significantly boost well-being for people with dementia in nursing homes. This highlights the importance of holistic, personalized care approaches that integrate various support elements to improve quality of life and individual experience [1].

Primary care plays a pivotal role in supporting people living with dementia and their caregivers. It offers holistic support spanning diagnosis, ongoing management, and access to crucial community resources, which is vital for enhancing their overall quality of life and sustained well-being [2].

Implementing person-centred care for individuals with dementia requires a multifaceted approach. This involves robust staff training, strong organizational support, and continuous evaluation. These components ensure care truly meets individual needs and preferences effectively, leading to improved outcomes [3].

Telehealth solutions offer significant benefits for people with dementia and their caregivers. They provide accessible support, facilitate remote monitoring, and deliver essential educational resources. These efforts improve care continuity and significantly reduce caregiver burden, especially benefiting diverse populations [4].

Promoting meaningful engagement for individuals with dementia in residential care is critical for their well-being. This extends beyond basic care to incorporate personalized, purposeful activities that genuinely foster connection, support autonomy, and uphold their fundamental identity and self-worth [5].

Digital health technologies offer valuable support for informal caregivers of people with dementia. They provide tools for information access, emotional support, and care coordination. These advancements can significantly reduce caregiver burden and improve overall care quality, promoting better support systems [6].

Family caregivers play a crucial role in decision-making processes for people with dementia. This underscores the need for healthcare systems to better support and integrate their perspectives, ensuring care truly aligns with the individual's wishes and best interests, fos-

tering collaborative care [7].

Nurse-led interventions are effective in managing behavioral and psychological symptoms of dementia. This demonstrates that specialized nursing care can significantly improve patient outcomes and reduce distress for both individuals living with dementia and their caregivers, highlighting nursing's impact [8].

The COVID-19 pandemic profoundly impacted dementia care in primary settings. It revealed both challenges and adaptations in delivering essential services, emphasizing the critical need for flexible and resilient care models during times of crisis and widespread disruption [9].

Community-based interventions significantly benefit people with dementia and their caregivers. They provide accessible support, improve quality of life, and reduce caregiver burden. This showcases the immense importance of integrated local services in comprehensive dementia care frameworks and ongoing support [10].

Conclusion

Comprehensive dementia care emphasizes holistic, personalized approaches, integrating various support elements to enhance the well-being and quality of life for individuals with dementia. Multicomponent interventions in nursing homes, alongside person-centered care strategies that involve robust staff training and organizational support, are vital for meeting individual needs. Primary care plays a crucial role, offering support from diagnosis through ongoing management and access to community resources. Technological solutions, including telehealth and digital health tools, significantly benefit both people with dementia and their informal caregivers, providing accessible support, remote monitoring, and educational resources. These technologies work to improve care continuity, reduce caregiver burden, and facilitate better care coordination. Beyond clinical interventions, promoting meaningful engagement in residential care settings is essential, focusing on personalized, purposeful activities that foster connection, autonomy, and identity. Community-based interventions further complement these efforts by offering accessible local support, improving quality of life, and reducing caregiver strain. Family caregivers are

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key partners in decision-making, necessitating healthcare systems to integrate their perspectives to align care with the individual's wishes. Specialized nurse-led interventions effectively manage behavioral and psychological symptoms of dementia, improving patient outcomes and reducing distress. The COVID-19 pandemic highlighted the need for flexible and resilient care models, especially in primary care settings, demonstrating adaptations required during crises. Collectively, these findings underscore a multifaceted approach to dementia care, focusing on personalized support, caregiver involvement, technological integration, and adaptable service delivery across various care environments.

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