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Mobile Daily Centre (Mdc) for Elder People with Cognitive Impairment: a Retrospective Observational Study

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Introduction: Trieste is a city characterized by a high mean age of the resident population, with 6,000 people with a cognitive impairment. Evidences show that is necessary to have a multidisciplinary approach, making alliances with the social network and families, while dealing with people with cognitive impairment. Because of this, the 3rd catchment district has developed a Mobile Daily Centre that aims to promote health, abilities and socialization giving the possibilities for these people to stay in a social context.

Objectives: Evaluating the impact of the Mobile Daily Centre on QoL of people with Cognitive Impairment.

Aims: Considering the rate of hospitalization and access to the first aid unit at the general hospital.

Methods: Retrospective Observational Study for the period between 01.01.2012 and 30.04.2014 on people in charge to the MDC. We have considered socio-demographic variables such as age, gender, care-givers; clinical variables such as psychopharmacotherapy and acetylcholinesterase-inhibitors drugs; rates of hospitalization, number of accesses to the first aid unit and of interventions of the MDC.

Results: in the period of the study 20 patients have been followed by the MDC; half of them had a psychopharmacological prescription. Very low rates of institutionalization have been detected.

Conclusions: MDC, in these small numbers, has shown to reduce the number of improper institutionalizations while guaranteeing to the elder people to maintain their abilities and socialization and to their care-givers periods of relief. Moreover, it promotes social inclusion and destigmatization. These results suggest that more territorial work and further studies should be done.