

Conclusions: National dementia care services in Korea generally satisfy service clients. But, economic support for dementia medicine should be improved because amount of supporting money is too small to continue medication for low income population.

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THE BRAZILIAN VERSION OF TAILORED ACTIVITY PROGRAM (TAP-BR) TO MANAGE NEUROPSYCHIATRIC BEHAVIORS IN PERSONS WITH DEMENTIA AND REDUCE CAREGIVER BURDEN IN BRAZIL: A RANDOMIZED PILOT STUDY

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Background: Dementia cases are expected to rise significantly in low and medium income countries and has been shown to lead to adverse physical and psychological outcomes for care providers. The Tailored Activity Program (TAP) is a low-cost non-pharmacological intervention that has shown promising results in dementia care in US and already has a Portuguese version (TAP-Br) that needs to be studied in Brazil. The TAP-Br is an intervention program in the Occupational Therapy area for individuals with dementia and their caregivers, based on 8 sessions delivery by home for a period of 3 to 4 months of intervention. The program was developed from two perspectives: the application and use of proposed activities for individuals with dementia and enabling the participation and engagement in appropriate activities to their capacities and the orientation and training of caregivers in the use and implementation of these activities. **Objectives:** To evaluate whether the TAP-Br reduces neuropsychiatric behaviors, caregiver burden and improve the quality of life for the patients and their caregivers. **Methods:** A prospective, two-group controlled pilot study were randomized to treatment (n=15) or wait-list control (n=15). Dyads were interviewed at baseline and 4 months (trial endpoint); control participants then received intervention and were reassessed 4 months later. The dyads were recruited from the community of Santos. We carried out comparative analyzes between groups and the effect size of the intervention. **Results:** The elderly sample were mostly male (54.54%), the average of age was 77.54 ± 7.78 and educational level was 12.45 ± 3.69 . Regarding to the caregivers, 100% were female, the average of age was 62.54 ± 6.68 and the educational level were 14.27 ± 2.24 . After 4 months, compared to controls, intervention caregivers reported reduced frequency/intensity of behaviors ($p=.001$; Cohen's $d=0.86$), reduced number of behaviors ($p=.001$; Cohen's $d=0.90$), reduced caregiver distress

($p=.001$; Cohen's $d=0.87$) and improved the caregivers' quality of life ($p=.001$, Cohen's $d=0.60$). **Conclusions:** Results suggest clinically relevant benefits for both dementia patients and caregivers, with the program minimizing the occurrence/frequency/intensity of behaviors as well as the distress of the caregiver with the behaviors and improving their quality of life.

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THE ROTH PROJECT - MUSIC AND MEMORY: SURVEYING THE OBSERVED BENEFITS OF PERSONALIZED MUSIC IN INDIVIDUALS WITH DIAGNOSED OR SUSPECTED DEMENTIA

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Introduction: Previous research suggests that patients with dementia experience improvements in mood and social interaction as a result of listening to personally meaningful music. As a result of such findings and because of anecdotal accounts showing positive results, the Alzheimer's Association, Central and Western Kansas Chapter, through a service titled, "The Roth Project – Music and Memory," began distributing iPods to individuals with diagnosed or suspected dementia. These iPods contained music relevant to the individuals' pasts, as it is believed that exposure to such music might allow for access to otherwise difficult to retrieve emotions and memories. The aim of the current study was to examine the perceived effectiveness of this program. **Method:** Surveys were disseminated to caregivers of patients with diagnosed or suspected dementia who were enrolled in the Roth Project. A majority of patients enrolled in the program lived in residential facilities. The survey contained six questions inquiring about patients' use of and reaction (positive or negative) to the iPod and music. Seventy-nine completed surveys were returned. **Results:** All but one caregiver was satisfied or very satisfied with the program and most (94%) believed that listening to music was liked by the patient. Personalized music was observed to improve mood in 78% of patients, worsen mood in 4% of patients, and have no effect in 18% of patients. In cases where improvement was reported, the most common benefits endorsed by caregivers were: increased overall happiness (71%), decreased anxiety (68%), increased positive emotional expression (55%), decreased depression (36%), increased positive interactions (34%), and increased energy/arousal (34%). **Conclusions:** Results suggest that listening to personalized music leads to improvements in mood in a majority of individuals with diagnosed or suspected dementia. Caregivers largely viewed the Roth Project as being beneficial, and other community dementia care centers are encouraged to explore similar means for disseminating personalized music as a resource for patients with dementia. While the current study provides support for the use of personalized music in individuals with dementia, prospective research using control groups and objective assessment measures is also needed to continue to document the overall effectiveness of this intervention.