

Feasibility of SOCAV-PC, a self-direction support program for nurses and informal caregivers in dementia primary care, based on the Community Occupational Therapy in Dementia (COTiD) program & Kalorama reflective coaching (KRC)

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On request of Nursing Home organization:

“What can WE do that people living with dementia (PLWD) feel in charge & remain active? How to support their well-being?”

❖ **Aim SOCAV programme: Promote the self-direction of people living with dementia (PLWD) by**

❖ **training** (evidence-based COTiD program)

❖ **coaching** (evidence-based KRC program)

nurse peer-coaches who train nurses/-assistants (=nursing staff)

- in reflective behaviour in applying person-centred care principles
- how to identify wishes, needs and possibilities PLWD & environment
- how to stimulate and support self-direction by making use of their remaining capacities and strategies adapted in meaningful occupations

How?

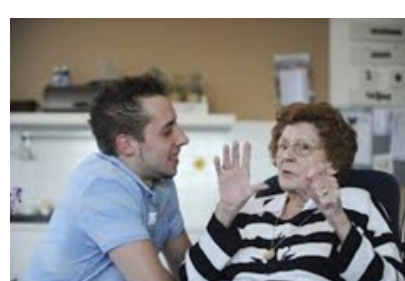
Observing



Mirroring



Communicating



Use strategies



SOCAV was proven successful in improving self-direction PLWD (from 3 perspectives) in longitudinal mixed methods pilot study in nursing home (Das, Douma, Donkers, Roets & Graff, BMC geriatrics, 2026, accepted)

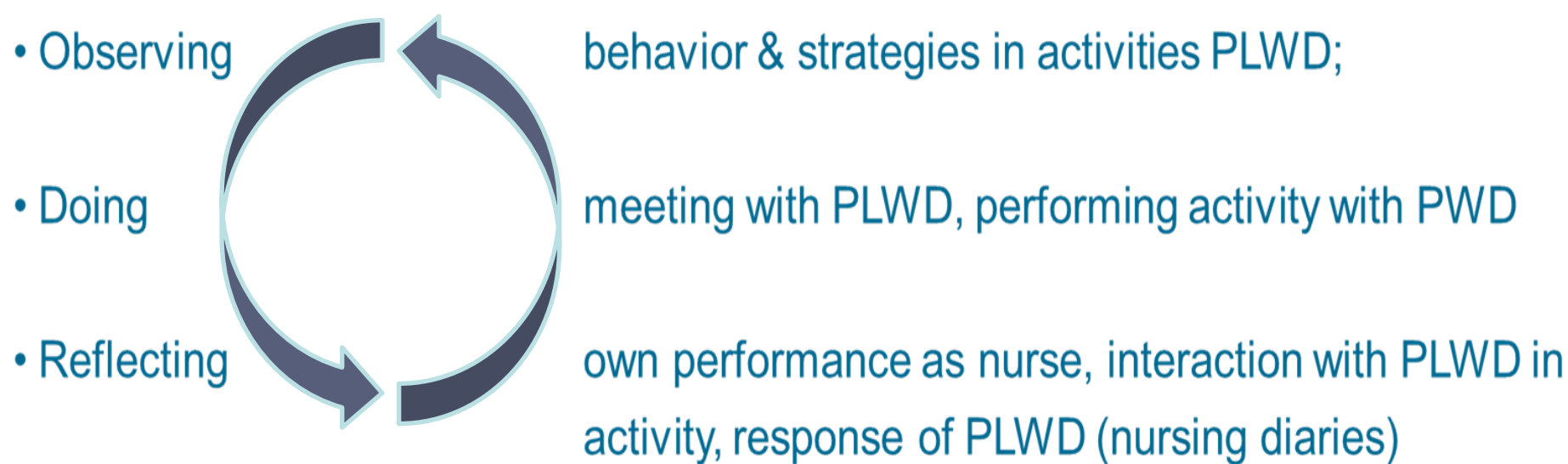
Financed by Dutch healthcare Fund ZonMw



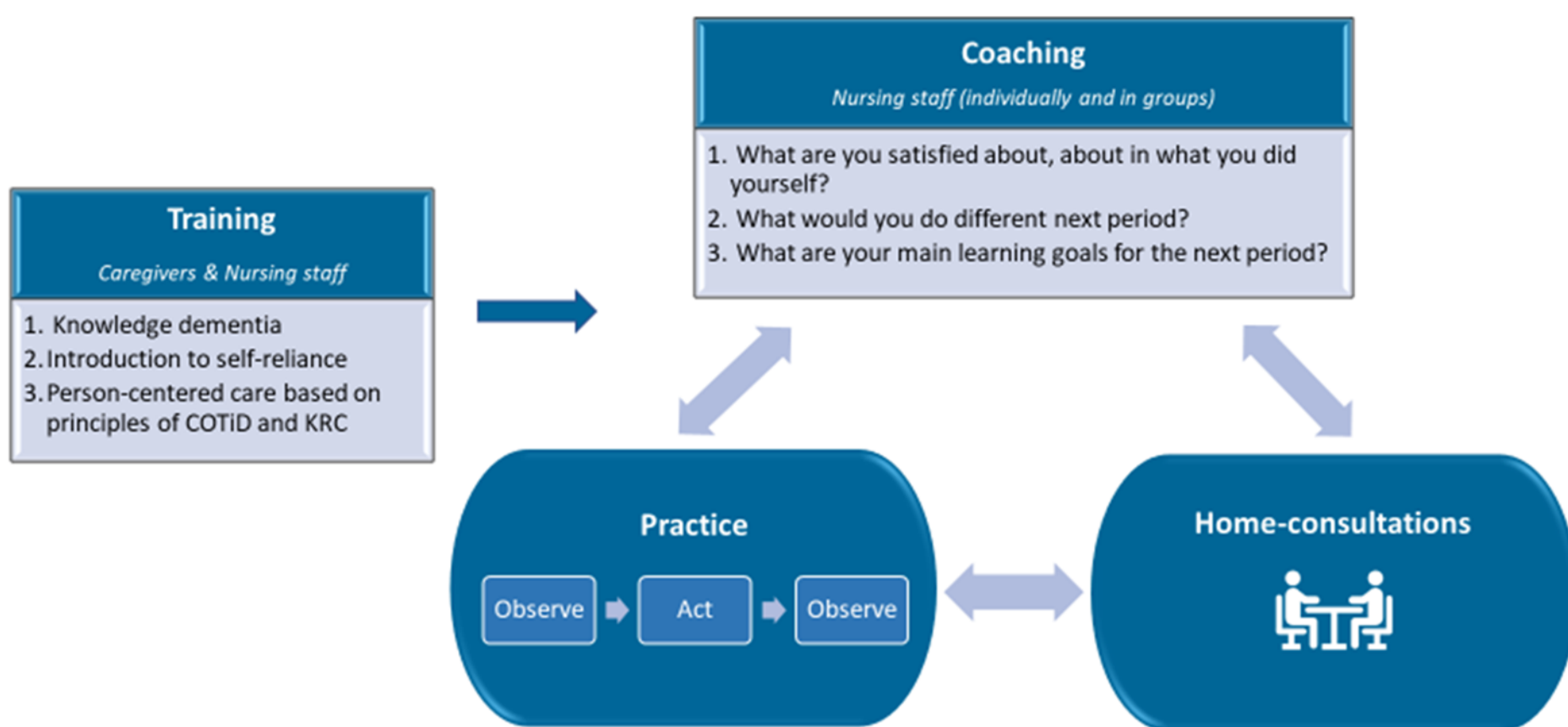
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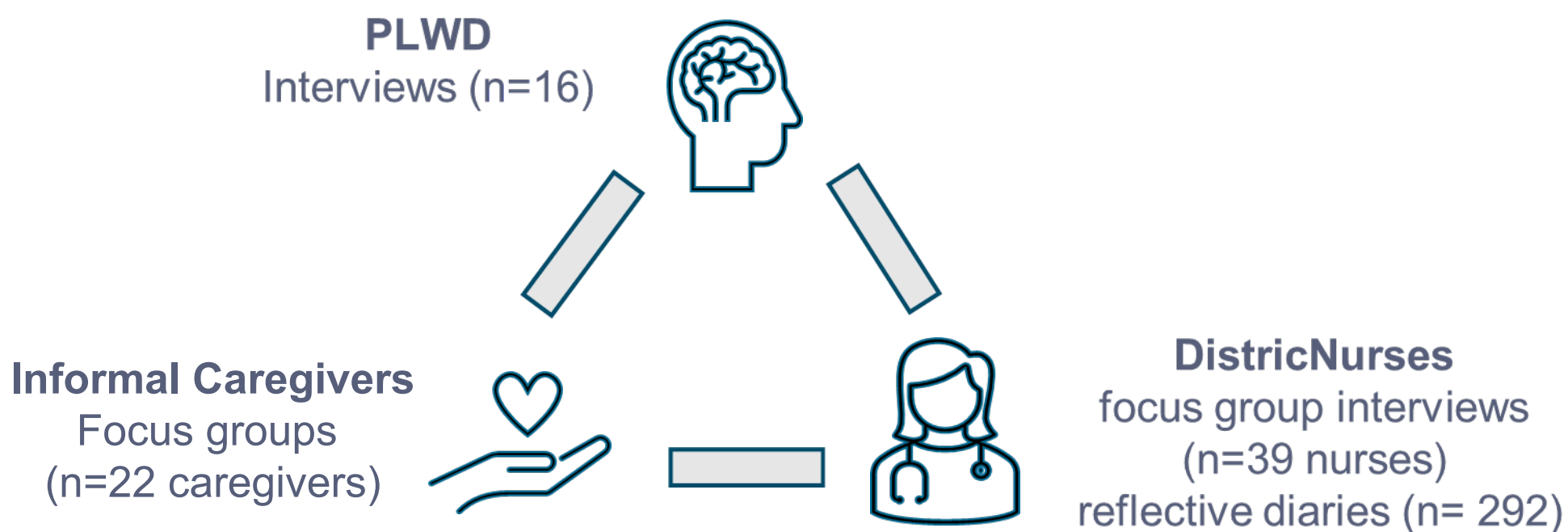
SOCAV learning process nursing staff



SOCAV training and intervention programme



Aim: Adapt SOCAV-NH & evaluate feasibility: 3 perspectives



Persons living with dementia:

- ❖ Feel more heard and respected in choices



Informal Caregivers:

- ❖ From directing and controlling to supporting self-direction
- ❖ Greater awareness of the influence of own behavior
- ❖ More emotional peace
- ❖ Added value informal care training
- ❖ Concept of self-direction was difficult to understand in beginning



Nursing staff

Leaving space for the person living with dementia

- ❖ Giving substance to the concept of self-direction
- ❖ Letting go of automatism and discovering the power of person-centered conversation and observation
- ❖ Concept of self-direction was not clear and difficult to use in care at beginning



Conclusion:

- ❖ SOCAV in homecare (SOCAV-PC) fosters self-direction in PLWD and nurse-led person-centered care but requires clarity of concept of self-direction, simplification and intensive training to enhance feasibility & impact at home