

**Will tailoring activities to incorporate patient's interests help people with dementia living in the community?**

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<b>Clinical Question</b>	What are the effects of personally tailored activities on psychosocial outcomes for people with dementia living in the community?
<b>Bottom Line</b>	Offering personally tailored activities to people with dementia living in the community may reduce challenging behaviour and may slightly improve quality of life, but does not seem beneficial in improving depression, affect, passivity, and engagement of people with dementia or most caregiver-related outcomes (e.g. burden, quality of life, or depression). No adverse effects were reported.
<b>Caveat</b>	Four studies were conducted in the USA, and one in Brazil. The participants were people with dementia living in their own homes. The cognitive status of study participants varied with Mental State Examination (MMSE) scores of 11.6 in one study and up to 23.9 in another. Some studies were conducted on participants with an early stage of mild cognitive impairment (MCI) and some studies were done in those in a late stage of MCI. Interventions were mostly based on the Tailored Activity Program (TAP), which is designed to select activities matched to the performance capabilities of the participants.
<b>Context</b>	People with dementia living in their own homes often have too little to do. If a person with dementia has the chance to take part in activities that match his or her personal interests and preferences, this may lead to a better quality of life, reduce challenging behaviour such as restlessness or aggression, and have other positive effects.
<b>Cochrane Systematic Review</b>	Möhler R, Renom A, Renom H, Meyer G. Personally tailored activities for improving psychosocial outcomes for people with dementia in community settings. Cochrane Database of Systematic Reviews 2020, Issue 8. Art. No.: CD010515. DOI: 10.1002/14651858.CD010515.pub2. This review contains 5 trials with a total of 311 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010515.pub2/full>