



Assessing the Cost-Effectiveness of Non-Pharmacological Therapies for Dementia in the Community using a Modelling Simulation Approach



Gillian Eaglestone, University of Greenwich

Public Summary:

Non-drug therapies for people living with dementia (PLwD) such as music and cognitive stimulation therapy, can be effective at slowing the decline of brain function, reducing dementia symptoms and improving quality of life.

Healthcare decision makers assess all new therapies to ensure that they are not only effective but also give good value for money. New therapies can only be considered by decision makers when both costs and effectiveness are known. However, a lot of the research on therapies fails to look at the cost of providing them.

The aim of our project is to provide healthcare decision makers with a clear way to assess the cost and value for money of specific therapies that don't have this cost information. Then they can consider offering these new therapies.

We surveyed people with lived experience of dementia, including carers and PLwD to ask which non-drug therapies they most wanted to see more research on.

Survey results showed that participants were most interested in **dementia training for family carers** and **music therapy**.

We designed an economic model for each of these therapies. Economic models are commonly used by decision makers in healthcare to assess the cost and value for money of new therapies, before they offer them to patients.

Our models merged data from published research to show the expected costs and effects of providing these two therapies. This gives healthcare decision makers the cost evidence they need to consider providing these therapies to patients.



Public and Community Involvement:

We recruited a group of five people with lived experience of dementia to work on the project development with us.

The group advised us on the survey design and development. They provided valuable feedback and ideas to improve the survey. The group also helped with ideas for organisations that could help with participant recruitment.

We held regular meetings to discuss progress and share ideas. A newsletter was designed and circulated to update the group on the progress of the project.

It is anticipated that the group will help with future dissemination activities.

Dissemination:

- **Publication**

The systematic review has been published in PharmacoEconomics online journal

- **International conference poster**

Alzheimer Europe conference in Finland in October 2023

- **Oral presentations**

A number of inhouse presentations to researchers within the University of Greenwich

Impact and Implementation:

A booklet is being designed to circulate to healthcare decision makers. This will contain our recommendations from the project.

It will detail results from the project providing healthcare decision makers with evidence to assess music therapy and carer training programmes.

As a result of this research project it is hoped that music therapy and carer training programmes can be considered for introduction into routine dementia care.

Publications (insert any links to published papers here)

<https://doi.org/10.1007/s41669-023-00440-z>

What next?

In future it is hoped to expand upon this research project by exploring the cost and value for money of providing other non-drug therapies for dementia.