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Feasibility trial of the HOME intervention for staff in homelessness hostels supporting older residents with memory problems.

Submission date
09/08/2023

Recruitment status
No longer recruiting

Registration date
15/08/2023

Overall study status
Completed

Last Edited
24/01/2025

Condition category
Mental and Behavioural Disorders

[X] Prospectively registered
[X] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
This study aims to test the feasibility and acceptability of a co-produced staff-focused intervention to support older people with memory problems living in hostel accommodations. This is aimed to be done in two phases; a pre-pilot study (Phase One) followed by a non-randomised multi-site feasibility trial (Phase Two).

Who can participate?
Participants will be homelessness hostel staff in participating hostel sites and residents with memory problems aged 50 years old and over.

What does the study involve?
In Phase One, a single pilot will be conducted of the co-produced six-session HOME intervention in one hostel over three months followed by a three-month 'implementation period'. A focus group will be held at the end of the three-month HOME intervention and a brief semi-structured interview will be held with participating staff at 6 months. The intervention will be refined based on findings from the pilot.

In Phase Two, a non-randomised feasibility trial will be held of the six-session HOME intervention followed by a three-month implementation period to see if the intervention is feasible (if hostel staff and residents agree to take part and if we can collect necessary information) and acceptable (if people completed and liked the intervention). Feasibility and test procedures will be informed by collecting clinical and cost-effectiveness measures planned for a full trial at baseline and at six months from participating hostel staff and residents. Records will be kept of eligible referrals, consent, intervention attendance and losses to follow-up to inform intervention adherence and acceptability of measures. Qualitative interviews will be undertaken, with 8-10 hostel workers who received the intervention and their managers using a semi-structured interview guide and intervention sessions will be audio recorded to assess facilitator fidelity to the intervention. Information will be collected about how the intervention

was delivered, how it was received and what people feel should be changed and how, if it proves useful, it could be rolled out. The study team will work with patient and public involvement representatives throughout the research process.

What are the possible benefits and risks of participating?
The study might not help but the information obtained might help to understand whether an intervention can help staff to better support people with memory problems experiencing homelessness. There are no risks foreseen to be associated with the study, although some topics discussed may be upsetting.

Where is the study run from?
The study is being run by University College London (UK)

When is the study starting and how long is it expected to run for?
January 2023 to January 2026

Who is funding the study?
The National Institute for Health Research (NIHR) (UK)

Who is the main contact?
Dr Penny Rapaport (Clinical Psychologist and study Chief Investigator), p.rapaport@ucl.ac.uk

Contact information

Type(s)
Principal investigator

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Scientific

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Additional identifiers

Integrated Research Application System (IRAS)
324735

Protocol serial number
Sponsor Ref 157693

Study information

Scientific Title
Assessing the feasibility and acceptability of a training and support intervention for homelessness hostel staff supporting older residents with memory problems: Work package 3 of HOME (Homeless, Older and experiencing MEmory problems) study.

Acronym
HOME (Homeless, Older and experiencing MEmory problems)

Study objectives
Is the co-produced HOME staff intervention to support older people with memory problems living in homelessness hostel accommodation feasible and acceptable to deliver?

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 14/06/2023, London - Camden & Kings Cross Research Ethics Committee (NHSBT Newcastle Blood Donor Centre, Holland Drive, Newcastle upon Tyne, NE2 4NQ, United Kingdom; +44 (0)207104808; CamdenandKingsCross.REC@hra.nhs.uk), ref: 23/LO/0455

Primary study design
Interventional

Study design
Non-randomized multi-site feasibility trial

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Dementia or significant memory disorder

Interventions
The HOME intervention is a group-based training and support intervention for staff working in homelessness hostels supporting residents aged fifty and over with memory problems. The intervention comprises six sessions focused on:
1. Introduction to understanding memory problems
2. Communicating with people with memory problems
3. Trauma-informed understanding and managing distress behaviours and unmet needs.
4. Strategies to support functioning, meaningful interaction & harm minimisation
5. Understanding and assessing capacity and safeguarding
6. Keeping it going and developing individual and hostel-wide plans
The training sessions will be followed by a three-month implementation period with supervision and troubleshooting for staff on putting learning into practice. This is a non-randomised trial therefore there is no control arm.

Intervention Type
Behavioural

Primary outcome(s)
The primary outcomes for the feasibility trial will be:
1. The proportion of hostel staff participants adhering to intervention (attending at least 4/6 sessions) measured using an adherence log of staff participants attending each session at three months
2. The proportion of participating staff completing candidate primary outcome for a full trial at follow-up - Sense of Competence in Dementia Scale (SCIDS) or Maslach Burnout Inventory (MBI) at six months

Key secondary outcome(s)
1. The proportion of participating older people for whom the potential primary outcome for the main trial is completed at follow-up measured using the EQ5D-5 level and the Disability Assessment for Dementia Scale (DADS) at six months
2. The estimated cost of delivering the intervention to inform their feasibility in a future full trial

measured using the hourly cost of training and supervising facilitators; hours spent by facilitators delivering training and supervision in hostels; hours spent by staff engaging in the intervention; capital travel and materials costs; and numbers of residents supported. We will obtain staff costs from published sources and use the Client Services Receipt Inventory (CSRI) at baseline and six months
3. The acceptability of and fidelity to the intervention measured using a mixed methods process evaluation; acceptability will be measured by focus groups at three months and individual qualitative interviews at six months; fidelity will be assessed using checklists applied independently to transcribed audio recordings of the training sessions by two researchers to assess intervention acceptability and required refinements at three and six months post-intervention

Completion date
31/01/2026

Eligibility

Key inclusion criteria
Hostel staff:
1. 18 years or older
2. Providing direct support to some residents with memory problems
3. Working any weekday, daytime shifts
4. Willing and able to give written or audio-recorded informed consent
5. Able to understand spoken English

Hostel residents:
1. Aged 50 years or over
2. A recorded diagnosis of dementia
3. A score of ≥2/6 on the Noticeable Problems Checklist proxy measure (indicative of significant memory disorder)

Participant type(s)
Employee, Service user

Healthy volunteers allowed
No

Age group
Senior

Lower age limit
18 Years

Upper age limit
120 Years

Sex
All

Key exclusion criteria

1. Staff planning on leaving work within the hostel within six months
2. Residents with memory problems known to be moving on within the next three months

Date of first enrolment
24/08/2023

Date of final enrolment
31/07/2025

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
University College London
Division of Psychiatry
6th Floor, Maple House
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Study participating centre
The Single Homeless Project
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Study participating centre
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Kelsey Street
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E2 6HD

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18 Great Peter Street
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Sponsor information

Organisation
University College London

ROR
https://ror.org/02jx3x895

Funder(s)

Funder type
Government

Funder Name
National Institute for Health and Care Research

Alternative Name(s)
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type

Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during the current study will be available upon request from Dr Penny Rapaport (p.rapaport@ucl.ac.uk).

The types of data that will be shared are quantitative outcome data from baseline and six-month follow-up for staff and resident participants and anonymised qualitative data from focus groups and interviews with staff. These data will be available upon completion of the study. All participants will give informed consent (or if participants with memory problems lack capacity a consultee will consent on their behalf) to participate in the study. There is an optional box on the consent form for future data sharing. All qualitative and quantitative data will be fully anonymised before sharing.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file	version 0.2	11/04/2023	15/08/2023	No	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes