

Student Handout: MDT Role Play – Community Dementia Care

Guide
Overview
<p>This role play focuses on applying a Multidisciplinary Team (MDT) approach when managing a 65-year-old client with mild–moderate dementia living in the community. Students will act in the roles of Nurse, Physiotherapist, Occupational Therapist, Social Worker, and Family Caregiver.</p> <p>The team visits a client living with his daughter. The caregiver reports:</p> <ul style="list-style-type: none">● Increased forgetfulness● Unsteady gait and falls risk● Difficulty performing daily activities● High caregiver stress
Learning Objectives
<ul style="list-style-type: none">● Identify and perform MDT roles in community geriatric care● Conduct brief, discipline-specific assessments● Develop a collaborative, person-centred home care plan● Recognize safety risks and caregiver needs
Student Tasks- Role Responsibilities
<p>Nurse (Team Lead)</p> <ul style="list-style-type: none">● Conduct brief cognitive assessment● Review medications and safety issues● Identify behavioural or health concerns <p>Physiotherapist</p> <ul style="list-style-type: none">● Assess gait, balance, and mobility● Determine falls risk● Recommend simple home exercises

Occupational Therapist

- Evaluate ADLs/IADLs
- Assess home environment and hazards
- Suggest adaptive strategies and modifications

Social Worker

- Explore caregiver stress and support systems
- Identify community resources and financial concerns
- Discuss respite and social services

Family Caregiver

- Share daily challenges
- Describe changes in behaviour, mobility, and routines
- Express current stress and support needs

Role Play Flow (10–15 Minutes)

1. **Introduction** – Team introductions and caregiver concerns (1 minute)
2. **Individual Assessments** – Each professional conducts a short assessment (5–6 minutes)
3. **Team Discussion** – Share findings and identify priorities (3 minutes)
4. **Care Plan Presentation** – Present home safety, ADL support, mobility plan, caregiver support, and follow-up (3 minutes)
5. **Closure** – Summarize next steps and responsibilities (1 minute)

Key Concepts to Focus On

- Person-centred, respectful communication
- Interprofessional collaboration
- Home safety and dementia-friendly environment
- Support for caregiver wellbeing

Expected Outcomes

By the end of the role play, students should be able to:

- Describe the roles of each MDT member
- Perform a basic assessment aligned with their assigned role
- Participate in developing an integrated care plan

- Recognize the importance of community-based dementia management