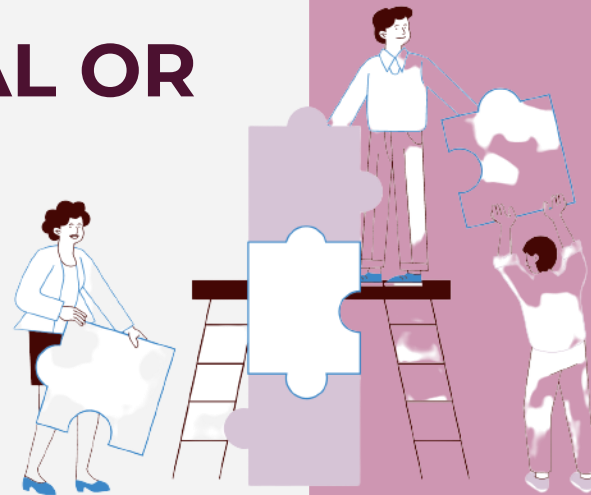


MODULE 1

NON-PHARMACOLOGICAL OR PSYCHOSOCIAL INTERVENTIONS IN DEMENTIA



01 Non-pharmacological interventions

02 Advantages of non-pharmacological interventions

03 Mental empowerment

04 Other types of intervention

06 Exercices on mental empowerment

06 Communication strategies

Increasing elderly population

Increase in people with MCI and dementia

People with MCI have an increased risk of developing dementia

There is still no definitive cure

Integrated Therapeutic Intervention in Dementia

Biological level

(medication - control of risk factors)

Mental level

(non-pharmacological mental interventions, speech therapy, occupational therapy)

Emotional level

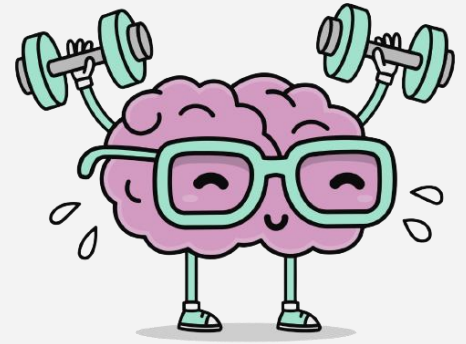
(art therapies, stress management techniques, psychotherapy)

Social level (education, counseling and carer support)

1. Non-pharmacological interventions


Advantages:

- ❑ They enhance the therapeutic effect of available drugs
- ❑ They help manage behavioral symptoms
- ❑ They are free of side effects
- ❑ They are flexible and adapt to the needs of each person at each stage of the disease - personalized treatment
- ❑ They include a multitude of activities - a combination of interventions
- ❑ They are carried out in the form of individual or group programs



Non-pharmacological interventions in dementia

- Mental empowerment
- Orientation to reality
- Reminiscence
- Speech therapy
- Occupational therapy
- Art therapies
- Physical therapy
- Gymnastics



**Differentiation
according to the
mental level of the
individuals and the
stage of the disease**

Mental empowerment

- The exercises can be done, **either with pencil and paper**, or using a computer
- The exercises are good to focus **on a specific mental function each time**
- There are **different levels of difficulty** so that each person can practice a task suited to their abilities.
- They are mainly aimed at people with Mild Mental Disorder and mild to moderate Alzheimer's disease
- People who are in the **early stages** of the disease are the ones who **benefit the most** from participating in mental empowerment programs

Orientation to Reality

- It is the method in which information about space, time, persons is presented, **information exercises are carried out on current events**, and which helps the person to orient himself during the day.
- Through this method:
- a change in the emotional state of individuals is observed and
- the feeling of hope improves



Reminiscence

- It involves **talking about past events**, experiences and habits.
- A wide variety of **stimuli** is used: videos, music, tastes, objects, photographs, old magazines, newspapers.
- The memories from the past may concern topics such as: family, work, childhood, school, teenage years, important moments, etc.



Reminiscence

- It is a pleasant process - **provoking pleasant feelings**
- Helps maintain cognitive functions and maintain the identity of the person with dementia (continuity of the person's identity from the past to the present)
- A **common field of discussion** is created between the person with dementia and their carer
- It boosts a person's **self-confidence**



Speech therapy


Speech therapy goals:

- **Restoring the ability to understand** and express speech, where possible (with the participation of a specialist speech therapist)
- Maintaining the **person's daily communication**, using extra-verbal expression techniques, such as facial expressions, gestures, etc.



Occupational therapy

- Occupational therapy programs include:
- **Mobilization and activity of the person with dementia**, eg handicrafts, painting, gardening, cooking
- **Encourage self-care in activities of daily living**, e.g. clothing, food, personal hygiene



**Goal:
the restoration of
the person's skills,
functionality and
autonomy**

Art therapies

- They are about the non-verbal expression of thoughts and feelings
- **Types of art therapy:** painting, crafts, music therapy, choir, etc
- They have a positive effect on the emotional state of people with dementia, as they **reduce the incidence of behavioral and psychiatric symptoms** such as aggression, anxiety, irritability and depression
- They **boost their confidence**



Gymnastics

Physical activity for people with dementia includes:

- Walking
- Aerobic exercise
- Balance exercises
- Muscle strengthening



Brain plasticity

- It exists in the brain of the elderly
- Activating plasticity requires a change in mental strategies and new learning
- Repetitive / intense / systematic exercise
- Learning ability in patients with Alzheimer's disease
- There is potential for mental plasticity (new learning and retention)

Brain plasticity

**Mechanisms of
neuropsychological
rehabilitation**

**Different in any
case**

**Severity of
damage**

Therapeutic intervention



The therapeutic programs aim to strengthen:



Memory



Attention



Executive functions



Language skills



Visuospatial abilities



Daily operation

Therapeutic intervention

- ❖ We need patience!
- ❖ We don't have to do all the activities. Only what we know fits and likes the person we are caring for!
- ❖ No pressure needed...
- ❖ We don't care about doing the activities right.
- ❖ All we want is participation!
- ❖ We encourage every effort!

Exercises and examples

On Mental Empowerment, Therapy through memories, Art Therapies, Gymnastics, Occupational and Speech Therapy

Mental empowerment exercises

How many times can you find number 2? Then count how many times you can find number 3 and 5.

495784395783421893627362592617067972

783421893627389868279872368237678379

829755235709211784332895726323054273

276467386349572594332576739875234095

374734975395793547239452345023405730

495743023475203495730490323202322340

Answer

2:..... times

3:..... times

5: times

Mental empowerment exercises

- Write as many words as you can think of, that relate to the given word.
- Yard:** trees, flowers, fence, railings, house, plant

- Table:
- Skirt:
- Clock:
- School:
- TV:

Mental empowerment exercices

Put the letters in the correct order to find the word we are looking for:

- SWON
- DOCLU
- IANR
- ILOHSTANES

Put the syllables in the correct order to find the word we are looking for

- LO-VE-EN-PE
- PO-MAN-ST
- CKA-GE-PA

Mental empowerment exercises

From the following words, find and delete those that have the letter p and the letter s in any position.

genarium	effort	caravan	operation
church	pot	perfume	merciful
phone	mission	evening	car
discovery	apparition	disturbance	singer
science	culture	evening	Glasses
explore	education	kiss	book
house	princess	walnut	Discount
ballerina	yarn	bicycle	chair

Mental empowerment exercises

For each of the following words, find one with an opposite meaning

Inside

Night

Truth

First

Sleep

Left

Light

Open

Clean

Below

Tall

Coarse

Ugly

Mental empowerment exercises

Below is a list of various items. In the right column rewrite the items from the cheapest to most expensive.

car	
chewing gum	
Fish	
Shirt	
bread	
home	
meat	
airplane	
table	

Mental empowerment exercises

**For the given letters,
write 3 verbs that start
from each letter.**

- A: Admire, Advice, Adore
- P
- R
- L
- F
- C
- Q
- Z

Mental empowerment exercises

**Write 3 occupations for
each letter of the alphabet**

- A Administrator, Accountant, Actor
- B
- C
- D
- E
- F
- G
- H
- I

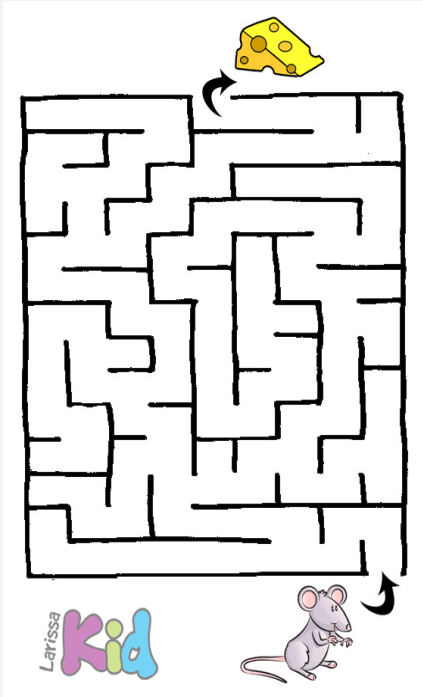
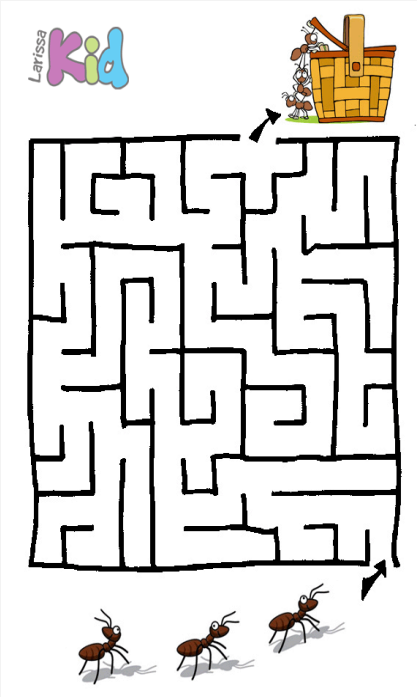
Mental empowerment exercises

Example: metallic, sharp, food = knife

- 1. clothes, wrinkled, steam =
- 2. wings, black, flies =
- 3. cup, sachet, boil =
- 4. pink, spring, sleeves =.....
- 5. oven, Sunday, food =.....
- 6. metal, paper, cuts =
- 7. actors, video, see =

Find the object / noun that the following words describe.

Labyrinths



Categories

- Write as many words as possible that come to mind that belong to a certain category categories:
 - animals, plants, Greek cities, countries, capitals, furniture, household items, islands, professions, female and male names, etc.
- *Depending on the capabilities of the person with dementia, you can modify the exercise by asking for a more specific category such as: furniture that we can find in a living room, wild animals, manual occupations

Name the items



Ask the person to tell you words that start with a certain letter

- Doing the exercise with variations: give the instruction and ask the person not to include proper names (names of people, cities)
- Three letter words
- Words starting with the prefix pro-, in-, en-.
- Words that indicate time, place....

Useful tips

- ❑ Practice the ability to focus attention alongside other mental functions
- ❑ Don't overload the person with dementia with exercises
- ❑ Let the person choose between the exercises
- ❑ Allow the person to solve the exercise on their own even if they make mistakes
- ❑ Reward the person for participating in the activity

Useful tips

- It is possible that the person with dementia has difficulty naming words, help them by giving the first syllable.
- Give descriptive information about the word
- Eg summer fruits. What is the name of that fruit we eat in the summer, it is round, red inside and has many seeds?

Reminiscence - useful tips

- Develop **one topic at a time**
- Think and write down possible questions
- Make your questions specific, for example what the school building was like, what size it was, what color it was and not what you remember from school...
- **Use the photo albums**/videos and ask about the faces and conditions
- Collect information and items about the person's important moments (pleasant)

Reminiscence - useful tips

Write down topics to discuss such as:

- Childhood
- children's toys
- place of origin
- meeting the spouse
- Marriage
- children
- profession
- married life
- holidays
- studies

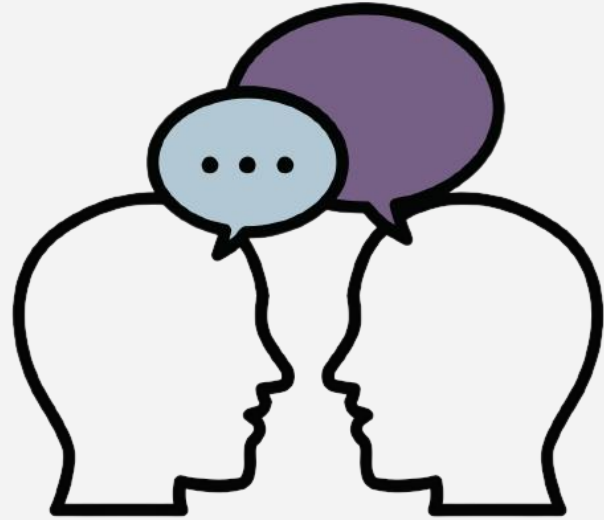
Creative activities

- Drawing
- Cutting with scissors
- Plasticine - plaster
- Embroidery
- Song
- Music
- Dance



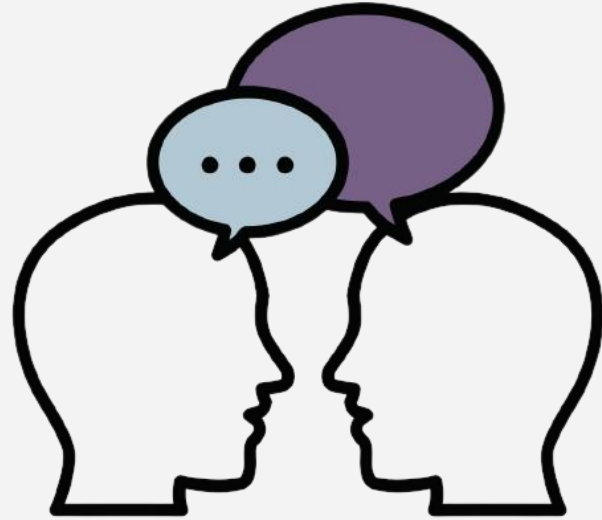
Communication strategies

- Drawing
- Cutting with scissors
- Plasticine - plaster
- Embroidery
- Song
- Music
- Dance



Communication strategies

- **Active listening**
- **Be polite**, patient and allow for response time
- Do not interrupt or persist
- Give hints where appropriate
- **Observe the symbolic language**
- Paraphrase what you have heard



ANY QUESTIONS?

