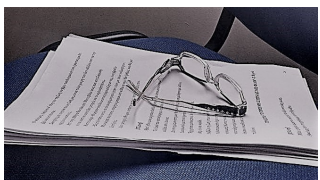


Support Group Intervention “Listen to my story...”



Based on the therapeutic benefits of art, this intervention aims to help caregivers express their feelings and find new meanings of their caregiving experiences. During each session, literature or poetry stimulates caregivers to exchange thoughts and emotions. Besides oral sharing, the members of the group write their own stories, using expressive and spontaneous writing techniques.

The "Theater of the Oppressed"



The «Theater of the Oppressed» is an experiential method created by the Brazilian writer Augusto Boal. During the group sessions, the participants construct a script in which the "protagonist" is the caregiver and the problems they face in relation with dementia. This script is presented in the form of a performance, with a request from the audience to intervene, in order to get the "protagonist" out of the impasse. The intervention works therapeutically for both the participants and the audience.

“Who am I, grandpa?” A workshop for children and adolescents

The aim of the intervention is to raise awareness and provide knowledge to children concerning dementia.

Grandchildren have the opportunity to express their feelings and thoughts towards the disease and find out ways of interaction with the grandparents with dementia.



The essence of the seminar is depicted in the book “Who am I, grandpa?”, which can be a useful handbook to introduce children to dementia.

Greek Association of Alzheimer’s Disease and Related Disorders

Units for caregivers of people with dementia



ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ ΝΟΣΟΥ ALZHEIMER ΚΑΙ ΣΥΓΓΕΝΩΝ ΔΙΑΤΑΡΑΧΩΝ

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Social Media: AlzheimerHellas

The units for caregivers are part of Alzheimer Hellas and provide supporting, educational and counseling services to caregivers of people with dementia.

Psycho-educational Group



The aim of the psycho-educational program is to provide information to caregivers regarding the disease and the level of functioning of the patient in addition to guidelines for more effective care. Education helps caregivers in making difficult decisions that concern the care and the treatment of their care receivers. Caregivers, also, learn to be flexible in the negotiation of alternative solutions.

Family Psychological Support

Family psychological support aims to help the whole family of people with dementia to face and cope with the disease and also to reduce negative feelings and the sense of burden.

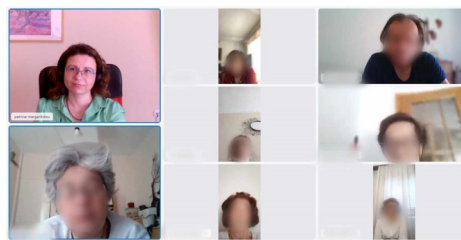


Support Group

The support group aims to help the caregivers to be effective in their role and build up the necessary psychological skills to deal with difficult aspects of the disease and feelings of anger, loneliness, loss and helplessness. During the support group caregivers can develop new ways of interpreting the situation they are dealing with, adapt more realistic targets and more effective strategies of pressure and anxiety management.



Online Psycho-Educational Group



The online group aims to provide education and psychological support to caregivers

from different cities that cannot benefit from the traditional health support services, due to health issues, transportation and time constraints. Apart from the evidence based knowledge on dementia issues our goal is to emphasize that in the journey of dementia “*you are not alone*”.

Psycho-educational videos

A series of videos, that have been translated into Greek language, deal with the appropriate behavior that a caregiver could adopt.

By watching the videos, the caregiver can understand and manage issues related to the behavioral and psychiatric symptoms of the disease.

