

Dance Therapy

In this program, patients learn from specialist dancers and physical trainers, traditional and modern European dances with main aim the mental health improvement and also the improvement of quality of life.



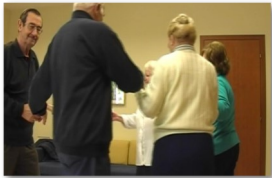
Theatre team

The basic aim of this program is to improve mental abilities through role playing and theatre workshops and finally the performance of a play.



Dance and Drama therapy

This program uses dancing and also the role playing in order to cope with behavioral problems. Furthermore it practices attention abilities and parameters of executive function.



Peter Pan: Cognitive training through toy therapy

Auditory and visual selective attention, dual task abilities, working and episodic memory, language and visual spatial abilities, are practiced through toys. The aim of the program is the maintenance of cognitive function and activities of daily living.



Art therapy

The basic aim of this program is the emotional expression and the thinking enhancement through the use of art.



Gestalt psychotherapy

Gestalt psychotherapy is applied on patients with Mild Cognitive Impairment. The aim of this psychotherapeutic procedure is the improvement of mental health and also the reduction of anxiety that is connected with mental deficits.

Computer lessons in groups

Computer lessons are used in order to succeed the familiarization with the new technology and the improvement of processing speed and attention.

Psychomotor intervention

The aim of this program is the improvement of physical skills, the enhancement of cognitive abilities and daily function and also in the improvement of patient's mood state.



Chess teams

Chess teams are used for patients' entertainment and also for the maintenance of their cognitive alertness.



Cognitive training through mental imagery and relaxation

This program uses the mental imagery and relaxation techniques in order to help patients to cope with anxiety disorders and enhance visual memory deficits.



Cognitive stimulation through musical-kinetic activities

Musical-kinetic activities employ a combination of music, speech and movement through group activities with the aim of creating a sense of unity, increasing social interaction and communication skills, improving the emotional state. A variety of media such as singing, voice, movement, musical instruments, listening to music, imitation, exploration, improvisation, melodic and rhythmic investments and more are used.

Cognitive control & executive functioning training program based on song listening

The particular non-pharmacological intervention is based on listening and understanding of musical lyrics and is implied via paper and pencil. The program targets in the improvement of cognitive control abilities and of other domains of executive function. The cognitive tasks include both structured audio and visual stimuli and exercise working memory, inhibitory control, different items of attention, emotional perception and critical thinking.

Greek Association of Alzheimer's Disease and Related Disorders



Use it more and keep it alive

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Alzheimer's Hellas Non Pharmaceutical Therapeutic Programs for Mild Cognitive Impairment and Mild Dementia

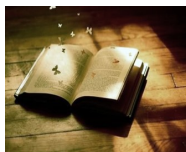
Cognitive training of attention and executive function through video exercises

The program practices visual and auditory attention through the use of specific documentaries and promotes the social participation and the social interaction between the members of the group.



Cognitive Bibliotherapy

The program includes the reading and discussion of texts. Exercises are performed through paper and pencil tasks in order to improve executive function and attention skills. A secondary benefit is to improve problem-solving and decision-making skills in everyday life.



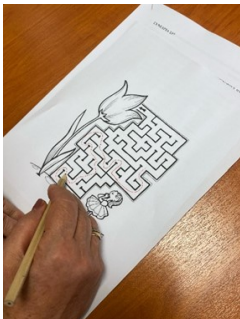
Computer based cognitive training

In this program we use special software comes from Oak Software and is called "Complete Brain Workout". The program trains attention abilities, parameters of executive function, processing speed, visual memory and perception and also visual spatial abilities.



Visuospatial exercises

Visuospatial exercises aim to improve the visual-spatial skills of individuals, as well as to cultivate visual perception, attention and executive functions. The program includes written exercises such as the maze, finding differences between two pictures, copying drawings, etc.



Cognitive training of attention and parameters of executive function

This program comprises tasks that are conducted with paper and pencil. Every task enhances 9 specific attention and executive function abilities. The program also improves other cognitive abilities, such as verbal memory, and daily function.

Non-Literal Language

The Non-Literal Language aims to the improvement of working and semantic memory and abstract thinking, through proverbs, sayings, metaphors, similes, symbolic images and texts, etc. The program consists of oral as well as written exercises, based on both visual and audio stimuli.

Reality Orientation in Current Events



This program includes a structured discussion of daily current events. The aims of the program are the practice of cognitive functions and also the enhancement of socialization and the transference of the new learning in daily life.

Language program



This program aims to train and also to enhance language abilities, such as word comprehension and speech production. It can be applied orally, or with pencil and paper, or even as a computer based

Ancient Greek language training

Ancient Greek has its own rules, a specific structure, and elements that their acquisition is considered as a significant cognitive exercise. Participation in the program provides the training of cognitive functions such as direct and delayed verbal memory, new learning, language and verbal production capacity, attention, critical ability.

Teaching of internal memory strategies

The program teaches to participants memory strategies in order to use them in every aspects of daily life. These strategies are very helpful as the participants use them in order to remember an appointment, a name, a current event or the list of the super market.

Dual Task

The aim of the intervention is to improve attention, working memory and processing speed through dual task training. The exercises involve ecological tasks (product lists, songs, sounds, cooking shows, crafts, playing cards).

English language training

The patients learn how to use English as a second language in everyday situations and real life communication. The program aims to enhance verbal memory, attention, perception, and speech production and comprehension.

Prospective Memory

In this specific cognitive training program, the use of personal strategies is encouraged and new ones are taught to improve prospective memory (the ability to perform an action after a delay) and daily functioning. The exercise involves ecological tasks with the aim of transferring the benefit to everyday life.

Cognitive training through music stimuli



The program's basic aim is the enhancement or the maintenance of cognitive functions, such as memory, attention, language and dual task abilities. Participants hear different music stimuli and they have to answer to specific questions which are based on the music sounds that they have heard.