

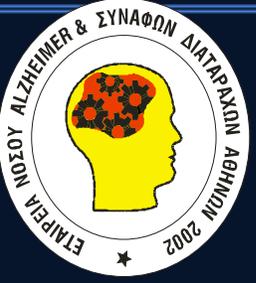
“THE PAST RECAPTURED” - A PERSONAL WEBPAGES REMINISCENCE PROGRAMME

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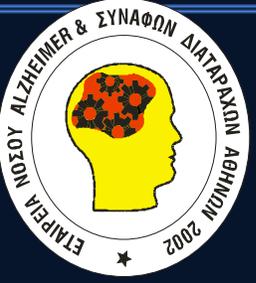
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Background

There is evidence to suggest that psychosocial interventions can significantly improve the quality of life of people with dementia and their families (Brooker, 2007).

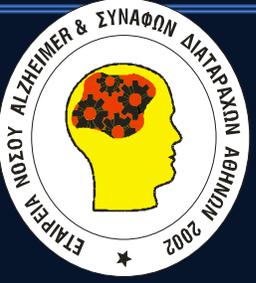


Reminiscence

Reminiscence is a well-established psychosocial intervention that is based on remembering past events.

'The primary goals of reminiscence therapy are to facilitate recall of past experiences so to promote intrapersonal and interpersonal functioning and thereby improve well-being.'
(J. Kasl-Godley & M. Gatz, 2000)

Statistically significant results have been shown for cognition, mood, behavioural function, as well as care-giver strain (Cochrane Database Syst Review, 2005)

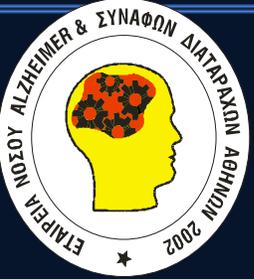


Reminiscence

Different types of reminiscence programmes have been used with people with dementia involving a variety of mediums in the reminiscence process to facilitate remembering.

The life review/life storybook intervention (Haight, Gibsonb, Michela, 2006)

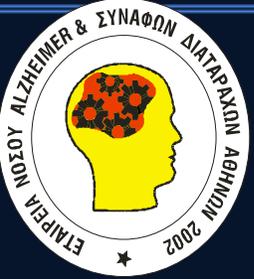
'... seeks to preserve personhood by reinforcing personal identity through conversation and preservation of tangible reminders of a person's lifetime.'



Reminiscence & Multimedia

Computer-aided reminiscence and communication aid
(CIRCA) (Astell, Ellis, Alm, Dye, Campbell & Gowans, 2004)

'People with AD can be supported to participate in conversations and positive social interactions through the sensitive use of computer technology. Hypermedia appears to provide an excellent basis for these activities by its 'here and now' nature ...'

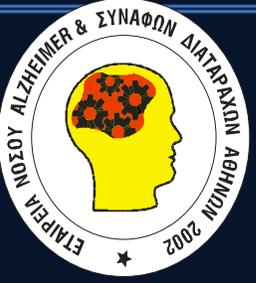


The Personal Webpages Programme

The programme combines the use of computer technology with the life review intervention.

It was designed as a group programme for persons with mild dementia attending a Dementia Day Care Centre.

It is a reminiscence programme which leads to the development of participants' Personal Webpages.



Personal Webpages

Personal Webpages are constructed using the Microsoft's commercial programme 'Front Page'.

There is a standard arrangement of the material using hyperlinks which was decided by the group of participants as a whole.

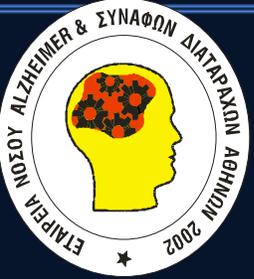
Information and materials are gathered in collaboration with their families, as well as through the internet.



Personal Webpages

Personal Webpages contain written accounts of participants' life in their own words, photographs of places and persons significant to them, songs, poems and other personal mementos.

Personal Webpages are handed to people with dementia as CDs or in a printed form for use at home, to enhance communication with caregivers, other relatives, friends.



Participants' Web pages

Ευσεβεία Πρώτη Σελίδα Φωτογραφίες

Ποια είμαι

- Παραγραφή
- Γενεαλογικό Δέντρο
- Τόπος γέννησης
- Οικογένεια

Παιδικά χρόνια

- Παιδικά χρόνια
- Σχολείο
- Παιχνίδια
- Φίλοι

Ενήλικη ζωή

- Ενηλικίωση
- Γάμος
- Η ζωή μου σήμερα

Επίλογος

- Αναμνήσεις
- Φωτογραφίες



Δρόμοι που περπάτησα...

Ιωάννης Πρώτη Σελίδα Φωτογραφίες Τραγούδια

Ποιος είμαι

- Παραγραφή
- Οικογένεια
- Γενεαλογικό Δέντρο
- Τόπος γέννησης

Παιδικά χρόνια

- Παιδικά χρόνια
- Σχολείο
- Παιχνίδια φίλοι

Ενήλικη ζωή

- Βγαλικά
- Η ζωή μου σήμερα

Ενδιαφέροντα

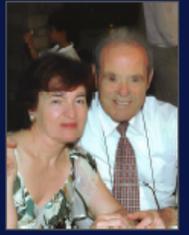
- Ταξίδια
- Τραγούδια
- Φωτογραφίες

Η οικογένειά μου

Οι γονείς μου Κυριάκος και Μαρία έκαναν 6 παιδιά (Άννα, Αναστασία, η αφεντιά μου, Βαγγέλης, Ανδρέας, Μανώλης). Στη ζωή βρισκόμαστε εγώ, ο Ανδρέας και ο Μανώλης. Οι άλλοι τρεις έχουν φύγει και πήγαν εκεί που πηγαίνουνε όλοι.



Το έτος 1966, στις 20 Ιανουαρίου, νυμφεύτηκα την Ελένη Κριβαρά με την οποία απέκτησα 1 κόρη και 2 γιους (Μαρία - Κυριάκο - Χρήστο) και 6 εγγόνια (Σαράντη - Ελένη από την κόρη μου, Γιάννη - Δημήτρη από τον γιο μου Κυριάκο και Φώτη - Ελένη από τον Χρήστο).



Είμαι πολύ ευτυχισμένος με την οικογένειά μου όλη την οποία υπεραγαπώ και όλοι με αγαπούν και με σέβονται.

Οκτωβριανή Πρώτη Σελίδα Φωτογραφίες Τραγούδια

Ποια είμαι

- Παραγραφή
- Γενεαλογικό Δέντρο
- Τόπος γέννησης
- Οικογένεια

Παιδικά χρόνια

- Παιδικά χρόνια
- Σχολείο
- Παιχνίδια φίλοι
- Παιχνίδια

Ενήλικη ζωή

- Ενηλικίωση - Έργασία
- Γάμος

Ενδιαφέροντα

- Ταξίδια
- Τραγούδια
- Άλλα ενδιαφέροντα
- Φωτογραφίες

Φωτογραφίες - Ενθύμια



Μπάμπης Πρώτη Σελίδα Τραγούδια

Ποιος είμαι

- Παραγραφή
- Γενεαλογικό Δέντρο
- Τόπος γέννησης
- Οικογένεια

Παιδικά χρόνια

- Παιδικά χρόνια
- Σχολείο
- Παιχνίδια
- Παιχνίδια φίλοι

Ενήλικη ζωή

- Ενηλικίωση
- Γάμος
- Η ζωή μου σήμερα

Ενδιαφέροντα

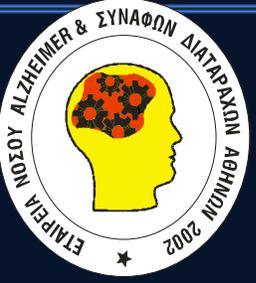
- Ταξίδια
- Τραγούδια

Σχολείο



Το γυμνάσιο Κρασιέλιου

Example

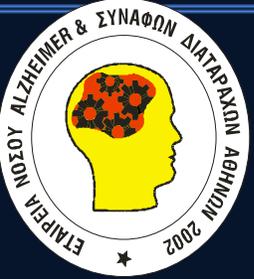


Research Project

The purpose of the project was to evaluate the reminiscence programme which leads to the construction of Personal Webpages.

The programme was delivered alongside with other interventions (physical exercise, cognitive stimulation and recreational activities).

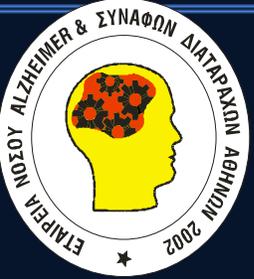
The programme lasted for 4 months with a frequency of 2 times a week (1 hour sessions).



The Structure of the Programme

28 sessions

- 4 sessions: personal details, description of self, family tree
- 6 sessions: childhood (place of birth, school, friends, games and toys)
- 6 sessions: adulthood (occupation, marriage, children, friends)
- 6 sessions: hobbies (travel, music, cooking, exercise, etc.)
- 6 sessions: construction of the Personal Webpages



Participants & Methodology

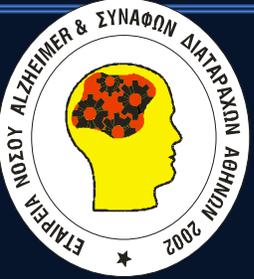
Experimental group: 6 persons ranging from mild cognitive impairment to mild dementia.

Control group: 8 persons who did not differ significantly on MMSE, MOCA, age and years of education from the ex. group. They were attending all activities but the Personal Webpages Programme.

Testing: **Quality of Life:** QL-AD **Depression:** GDS-15

Functional abilities: FAQ **Implementation:** questionnaires

Cognitive abilities: MMSE, Clock test, Verbal & Category Fluency, BNT-15, Digit Span, Modified trails, Rey's figure



Results - Tests

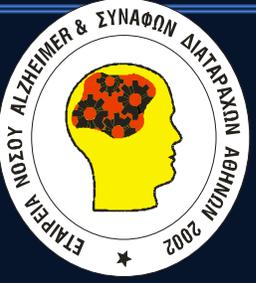
- Statistical analysis of the data using a factorial mixed design ANOVA did not reveal any statistically significant differences between the experimental and the control group.
- However, post-intervention performance in the experimental group was significantly better on the verbal fluency task ($p < 0.05$).



Results - Questionnaire

5 point Likert scale: I completely disagree → I completely agree

- They did not feel exposed, they were supported from the other group members
- They feel that they learned more about the other group members
- They feel that the programme helped them (improved their memory, mood, motivation)
- Participants report high satisfaction rates with the Programme and their Personal Webpages
- They consider the use of computer technology to be a positive and essential element of the reminiscence programme.
- All of them state that they will use their Personal Webpages at home.



Conclusions

- The Programme promoted interaction between group members.
- All participants were highly involved and eager to use their Personal Webpages at home.
- The use of computer technology seems to motivate people with mild dementia and their families and can be used as an alternative tool in reminiscence programmes.
- Psychosocial interventions need to take into account the ICT as useful tool.