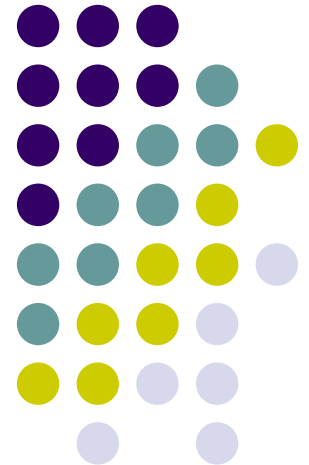


**MEMORY Center, Bratislava - Slovakia**



**Cognitive training as a non – pharmacological approach in comprehensive care and treatment of patients with Alzheimer’s Disease.**

# MEMORY Center



- the first preventive, diagnostic, specialised institution for the people with memory disorders and Alzheimer's disease in Slovak republic.

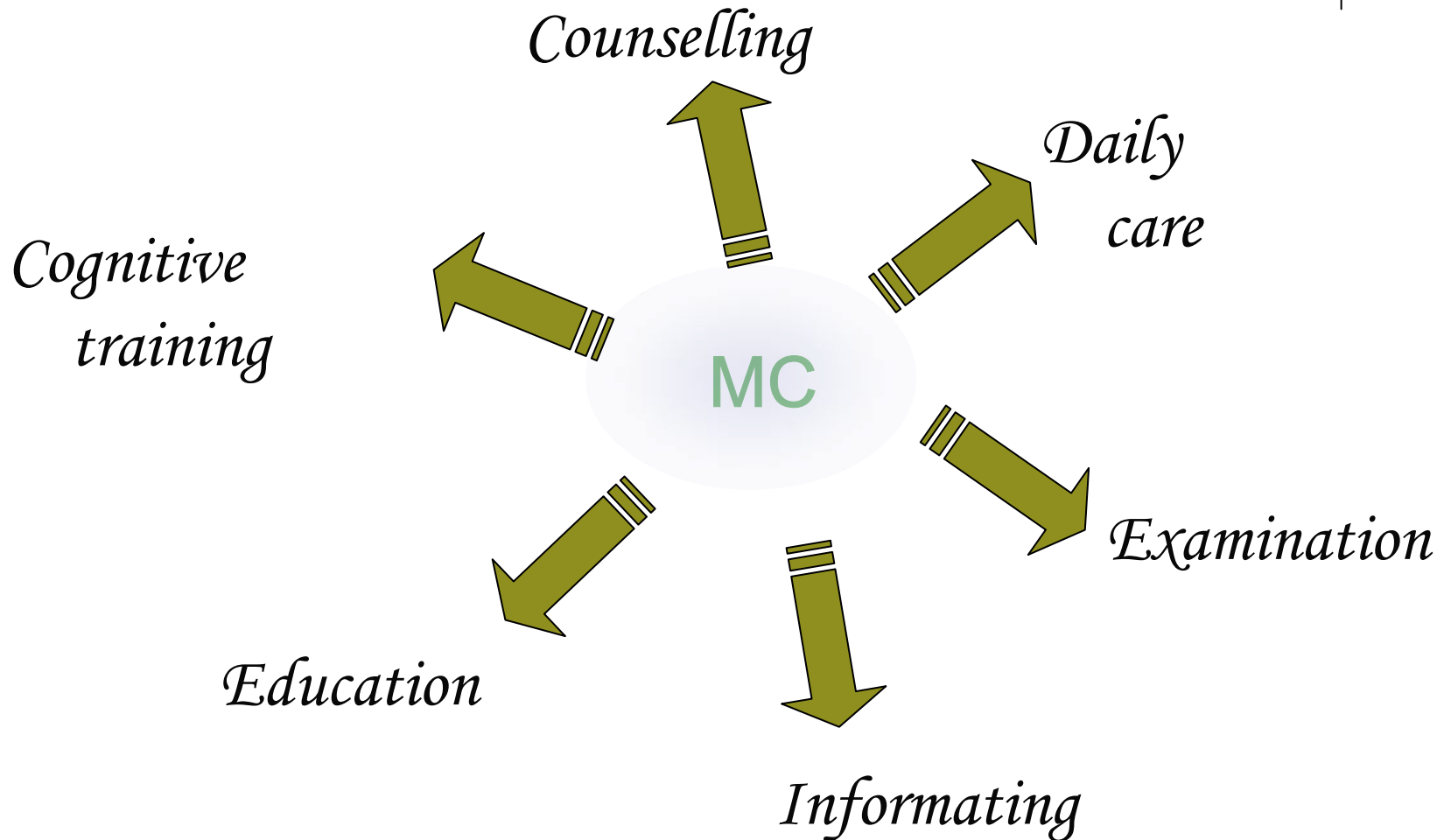
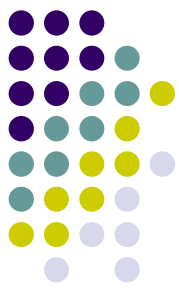


Address:  
Mlynská 21  
851 03 Bratislava  
Slovakia

[www.alzheimer.sk](http://www.alzheimer.sk)



# MEMORY Center - services



# *Cognitive training*



Memory training – seniors without cognitive impairment.

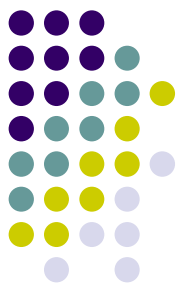
- prevention of cognitive decline
- early diagnostics

Cognitive rehabilitation – people with AD, MCI, ... (MMSE less than 24p.)

- supportive therapy

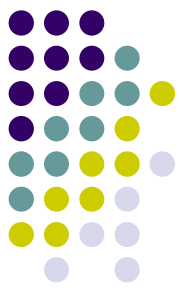
Both are Stimulative programmes – essential for the creation of neuronal connections

# Cognitive training



## KASSA model

- **C**oncentration – consciously focus attention
- **a**ssociation – help with processing, recollecting and remembering information
- **S**election – what is important to remember
- **S**tructuring – how to remember (the best options for learning process)
- **a**cceptance – self acceptance (and my opportunities)



## 1. Kinetic and concentration training:

### Orientation:

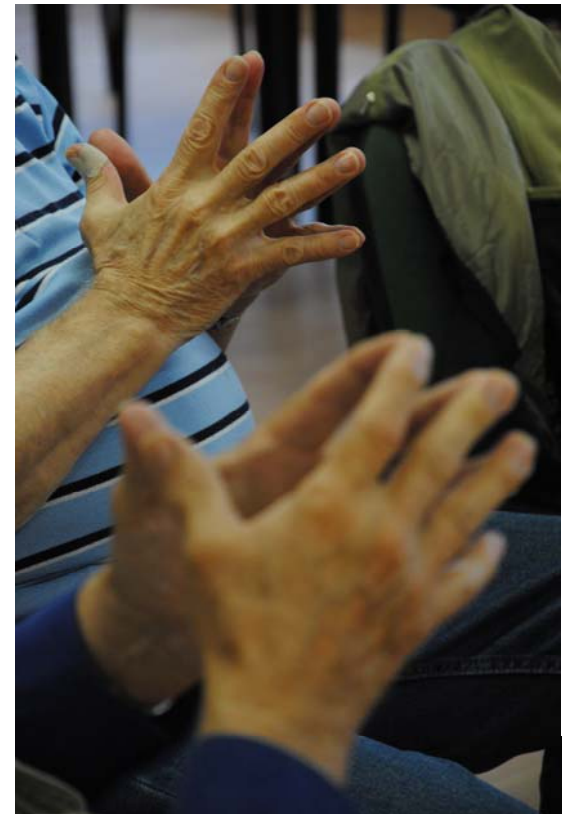
- Focusing situation „here and now“, concentration to own body

### Physical body:

- Brain oxidization, skin blood supply, practicing muscle groups, joints and other body parts.

### Brain:

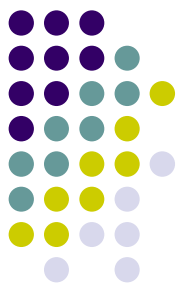
- Left and right hemisphere cooperation, loading both brain hemispheres, concentration and attention







## 2. Preparatory (concentration) training:



Concentration and attention:

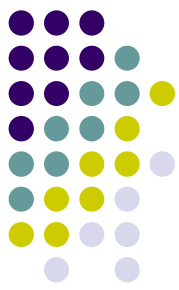
- Important for absorption of information and remembering
- The principle is: Better concentration is more important if lower are cognitive functions
- Usually, in non – performance oriented



! Stimulation of sensory organs !





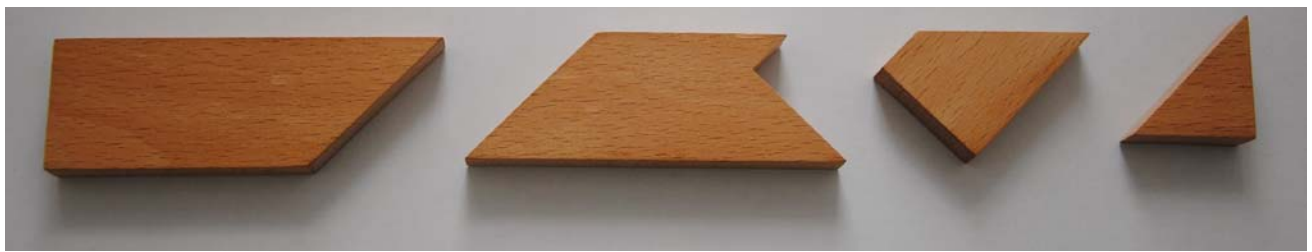
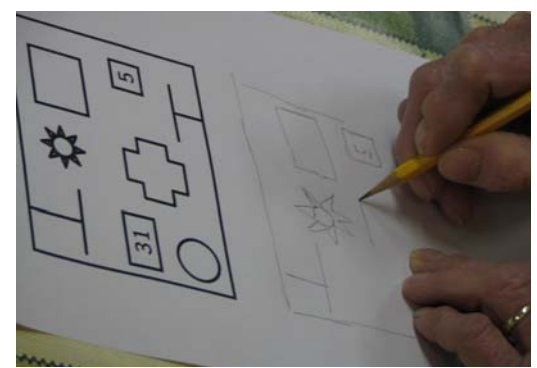


### 3. Main activity – The cognitive function training:

- **Directly affecting the function** (for example short and long – term memory, spatial orientation, planning,...) and **communication skills**
- **Intervences which involving and connecting various neuronal systems**

#### Examples:

- Verbal tasks, mathematical tasks, puzzles, clozes, discussion of human values, recognize deformed pictures, creative activities, brainjogging PC programmes
- Items of art therapies (music, drama, dance, ... therapy), senses training, creation



# *Aspects of training:*



1. Educational
2. Incentive and stimulate
3. Support
- 4. Social**

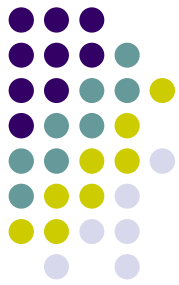




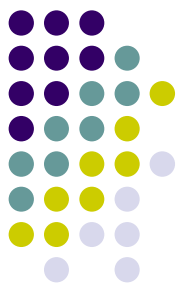
# IPEP

Intensive supportive educational programme

- directed to inform and support relatives in the role of carers and how to handle the situations arising with relatives with Alzheimer's Disease
- 10 meetings, 1 per a week







**Thank you for your attention**

**Mgr. Katarína Karol'ová**  
**curative pedagogue**

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**MEMORY Center, n.p.o.**

**Slovakia**