LIVING WITH DEMENTIA AT HOME IN SLOVENIA USING AD-GAMING

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SLOVENIA ON MAP

- **Capital city:** Ljubljana
- **Area:** 20.273 km²
- **President:** Borut Pahor
- **Population:** aprox. 2,100,000
LAKE BLED WITH ISLAND

POSTOJNSKA JAMA- THE LONGEST CAVE SYSTEM IN THE WORLD

TRIGLAV-THE HIGHEST SLOVENIAN MOUNTAIN

SLOVENIAN COAST - PIRAN
LIPIZZAN HORSES

SLOVENIA AS WINE REGION

SOČA RIVER VALLEY

LIJUBLJANA-THE CAPITAL
ALZHEIMER SLOVENIJA
20 years anniversary in 2017

- Established in 1997 by dr. Aleš Kogoj, from University Psychiatric Clinic of Ljubljana
- GOAL: to help the carers
- Telephone help-line from 1999
- Training program for carers „Forget me not“ from 2000
- The magazine Spominčica from 2000
- Self-help groups for carers from 1999
- Alzheimer Cafes from 2002, more than 60 in Slovenia
- Spominčica is widely spread with 33 branches in Slovenia
SPOMINČICA, member of AE and ADI

- In 2012 full membership of Alzheimer Europe at Vienna congress.
- In 2014 full membership of ADI in Puerto Rico as 84th state.
- We have received support and a lot of practical information about DEMENTIA STRATEGY
25th conference of Alzheimer Europe was under auspices of the President of Slovenia, Borut Pahor
SLOVENIAN DEMENTIA STRATEGY

- **2009 initiative** made by Spominčica, **2010 working group established**
- **2014 a meeting** of Marc Wortmann with the president of Slovenia, Borut Pahor in Ljubljana
- **support** for DEMENTIA STRATEGY from ADI, AE.
- **May 2016** Minister of Health signed the Strategy
- **end of June 2017** we have to finish the **ACTION PLAN**
DEMENTIA MANAGEMENT STRATEGY IN SLOVENIA UNTIL 2020

• The Strategy focuses on the individual and his needs, for which a coordinated and responsive operation of law and a multidisciplinary treatment are required

• Three main goals will be achieved:
  1. Early diagnosis of the disease
  2. Access to treatment and antidementia therapy
  3. Coordinated support for persons with dementia, their families and carers
LIVING WITH DEMENTIA AT HOME
the beginning

- Our main activities are aimed at providing support, information and training for family carers.
- Caregivers showed increased demand for assistance and companionship at home.
- In 2014 successfully applied for EEA and Norway grants with project "Educational Program and Home Aid Group for People with Dementia"
LIVING WITH DEMENTIA AT HOME programme

- Questionnaire for families – assessment of needs.
- Workshop with families.
- 2-3 visits under the guidance of the experienced companion.
LIVING WITH DEMENTIA AT HOME

what kind of help is needed?

- Companions, who can **provide for adapted and active spare time** with emphasis on hobbies and needs of persons with dementia.
- Constant **assistance and guidance** is preferred.
- Providing **minimal help** at:
  - personal care (grooming, dressing, drinking)
  - food preparation (bringing plates, cups, ingredients).
- A **companion** for shopping.
LIVING WITH DEMENTIA AT HOME

in practice

• Volunteers are mainly students of health care and adults with experience with dementia in their families.
• Visits of one family occur once or twice a week.
• In average each visit is two hours long.
• Companions assist persons with dementia and care for their safety.
• Since October 2015 more than 50 families.
LIVING WITH DEMENTIA AT HOME

popular activities

• Important to **prevent caregiver burden, stress and lacking of heath.**

• Activities focused to **boost self confidence and fulfill spare time** of person with dementia.
  • **Conversation** about childhood and everyday topics
  • **Variety of activities:** walking, reading books, listing magazines, singing folks songs, **playing games**, watching TV shows about nature and animals,…
GAMES AS ACTIVITY TO ANIMATE PERSONS WITH DEMENTIA – AD GAMING PROJECT

- **Occupation** for persons with dementia contribute to:
  - relaxation and calmness
  - self-confidence
  - extend social network

- **Performing games help to improve self-esteem and self-image.**

- **Choice of games on abilities, needs and game popularity.**

- **Focus on games related to persons previous skills.**
AD-GAMING PROJECT
SERIOUS GAMES to improve COGNITIVE ABILITIES

- **Project partners** (SI, ES, RO, GR, UK)
- **Goal** to improve behavior, skills, knowledge, cognitive abilities and quality of life of persons with dementia and their caregivers

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AD-GAMING PROJECT – serious games

SERIOUS GAMES not just for fun, opportunity to stimulate cognitive skills

Cover 8 cognitive areas:
- ORIENTATION
- ATTENTION
- PERCEPTION AND GNOSIA
- MEMORY
- LANGUAGE
- CALCULUS
- PRAXIA
AD-GAMING PROJECT

AIMS OF PROJECT:

- To inform caregivers, carers and health professionals about importance and outcomes of „serious games“
- To motivate them to use „serious games“
- To develop methodological guide and training materials with list of „serious games“
- To design webpage for trainers and caregivers and develop proper skills to use it
AD-GAMING methodology

Develop through CO-CREATIVE sessions with persons with dementia and carers

- list of serious games
- methodological guide
- training materials
- web platform
Thank you for your attention!

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