



ChivaCare

Dementia and Alzheimer's Disease

“Before the progression of memory and daily function, the cognitive training could help to prevent and reduce loss from Dementia and Alzheimer's disease”

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Progression of Memory Decline in Dementia and Alzheimer's Disease

Alzheimer's disease and other dementia forms, have significant progression of memory and cognitive function loss. Taking anti-dementia medication slows down the disease natural progression, but cannot cure the disease. Added multimodal therapy with cognitive training can add benefits and further prevent progression.

Therapy Interventions for Alzheimer's Disease Patients

Enhance Quality of Life

Occupational therapy practitioners work with individuals who have Alzheimer's Disease (AD), and with their families, to maximize occupational engagement, promote safety, and enhance quality of life. A variety of skilled techniques may be used when working with an individual who has AD, depending on the focus of the intervention, the stage of the disease process, and the treatment setting.

Evaluations

Evaluating a person with AD should begin with an occupational profile of the individual's valued occupations, roles in their life routines, and current level of occupational performance. It is essential to identify the remaining abilities of the person with AD rather than to focus solely on what he or she can no longer do.

Exercise Routines

For maximum performance in preferred activities, incorporate exercise routines into their interventions to improve the performance of activities of daily living (ADLs) and functional mobility, and to help restore range of motion, strength, and endurance



Cognitive Training

To train speed of processing is a well-established method to enhance memory and cognition. The program include the use of games, or computer programs that are designed to train the brain to focus on particular functions through repeated practice of related tasks that increase in difficulty over time.

Duration of Cognitive Training

The cognitive training is continuous process. We can see benefit within several weeks after intervention.