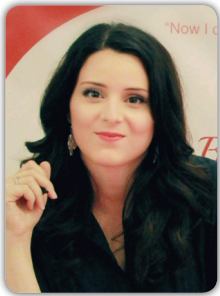


# Neurology and Neuroscience

June 11-13, 2018 | London, UK



## Zafeiropoulou M

BRINA Ltd, UK

### **Brain Gyms for older people: A new model of cognitive training therapy to be run by care providers for their clients and the local community**

Evidence has shown that active participation in the cognitive training programmes can help people to maintain their cognitive and functional skills. Our new, award winning, therapeutic model was originally developed in mainland Europe and is now available in the UK to forward thinking care providers and other organizations, via an ongoing series of regular training programmes or 'Brain Gyms'. The aims are: 1) To help prevent or delay the initial onset of dementia, and 2) To help arrest its escalation among people in early to middle stages of dementia. The therapeutic programmes are designed to enhance cognitive functions and help people improve their ability to carry out daily activities. All the programmes follow the same structure, but use different cognitive cues, which are focused on enhancing primarily the skills of attention and executive function. This new model includes providing healthcare professionals with specialist training so that they are able to deliver the sessions to participants. The brain workout session packs are individually designed for each participant by

a team of neuroscientists and delivered to the care provider weekly. Cognitive performance assessments are made for each participant, so that the measured evaluations can be carried out regularly. Support and supervision is also provided during the assessments, as well as guidance in setting up and running the sessions. A demonstration video of training programmes in progress will be shown during the presentation.

#### **Speaker Biography**

Zafeiropoulou M has completed her Bsc in psychology at the Empire State University of New York, USA. She is a Cognitive therapist and the CEO of BRINA,-Brains In Action UK. She has been trained in neuropsychological assessment and worked as an assessor for 12 years. In addition, she has been involved in two clinical trial studies both associated with dementia for pharmaceutical companies through Kings College University. She has served as the coordinator of the 'Care Home Research Network' at the Institute of Psychiatry, Psychology & Neuroscience, Wolfson Centre for Age-Related Diseases, Kings College University. Also, she has participated in various standardization projects of neuropsychological scales in regard to the diagnosis of dementia and mild cognitive impairment. She has delivered 3 publications in prestigious scientific journals worldwide.

e: [m.zafeiropoulou@brainsinaction.uk](mailto:m.zafeiropoulou@brainsinaction.uk)