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The validity of training for Dementia prevention supporters

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Background and purpose of the study: The previous literature of this study has shown that the level of cognitive and physical functioning in elderly persons is extremely diverse, which results in uneven access to preventive activities. On challenge that is especially pressing is to provide support for elderly persons who cannot participate in health checkups and other activities due to declines in ADL. Thus, this study aimed to train personnel who can visit the homes of elderly persons and engage in dementia prevention activities, as well as to examine their effectiveness.

Methods: Training for dementia prevention supporters were conducted twice a month for half a year (12 times in total). Questionnaire and interview surveys were implemented on the trainees on every third training session (4 times in total), in order to analyze the progress of the training.

Results: This survey presents the results of the 6th interim evaluation. The data for 46 valid respondents out of the 69 registrants were analyzed. The average age was 60.1 ± 9.5 , with 6 males and 40 females. In the first questionnaire, it was found that there were differences among trainees in the level of knowledge regarding dementia prevention. As the training progressed, the differences among individuals decreased,

and by the 6th training, the participants were able to serve as guides in occupational therapeutic craft activities and showed an increased self-perception of themselves as dementia prevention supporters.

Conclusion: Even elderly persons who cannot participate in dementia prevention activities due to reasons such as declining ADL can participate in certain available activities if supporters visit their homes. There is a high demand among elderly persons for these kinds of activities, and the training of personnel who are able to respond to this demand is urgently needed. In the future, we would like to publicize the results of interviews taken during visitations.

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Speaker Biography

Kazue Sawami is a professor at Nara medical University and completed her PhD at health science. Her research is about the cognitive abilities of elderly people. Current clinical trials below. UMIN000029749, 000025484.

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