

## Verification of skill improvement of Dementia prevention supporters

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**Background and purpose of the study:** Nowadays, one out of four elderly people suffer from dementia. To establish the prevention for dementia is one of our international goals. With this background, we conducted a so-called "Step-up Training" comprised of 12 sessions for caregivers who possess certification for recreational therapy. The intended effect is to for them to learn techniques for dementia prevention and practice these techniques to elderly people.

**Methods:** We conducted surveys once at the beginning of the training and one more time at the session number six, which serves as the interim assessment. We compared these results to see how their responses changed after going through 6 sessions of the trainings.

**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  $60.1 \pm 9.5$ , with 6 males and 40 females. The results showed that they did stepped up from just knowing recreational therapy to knowing various methods and evidence behind these methods regarding dementia prevention. Their self-

assessment of techniques increased from 2.26 to 4.02 in average with 5 being the maximum (paired t-test:  $p < 0.01$ ).

**Conclusion:** Practical dementia prevention requires the combined method of aerobic exercises and cognitive trainings and also they have to be enjoyable so that the elderly people can enjoy these activities every day. To develop the talents who can extensively practice this is an urgent matter in the field. Also it is an effective support for increasing number of the preventable people of dementia. We were able to confirm the improved skills among the trainees in this study. In the future, we will present the results of their actual practices and application of their skills. This research funding is scientific research expenses of the Japanese Ministry of Education, Culture, Sports, Science and Technology.

### 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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