

## Good practices supporting carers in Greece

**Greek Association of Alzheimer Disease and Related Disorders**

[www.alzheimer-hellas.gr](http://www.alzheimer-hellas.gr)



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# Who we are?

- non-for-profit organization
- founded in 1995
- operates 2 Day Care Centres in Thessaloniki
- funded from Ministry of Health and European Union
- employ 60 psychologists and doctors
- more than 6.000 members



# In numbers

- Serves an average of about **1,400 patients** per month which perform approximately 8.000 visits per month!
- During the last 10 years we recorded **410.000 visits** of elderly people with cognitive problems
- We count **3.500** people who took part in interventions for carers from 2008 until now
- Home care team has visited **3.000 patients** from 2008



**Diagnosis-  
Medical  
care**



**Care at home**



**Non-  
pharmacolog  
ical  
therapies**



**Information  
(24hour  
help-line)**



**Research**



**DAY CENTERS  
IN GREECE**

**Events -  
awareness**



**Education  
Training**



**Lectures  
Conferences**







1. **AD- GAMING** - DEVELOPMENT OF A TRAINING PROGRAM FOR THE IMPROVEMENT OF QUALITY OF LIFE OF PERSONS WITH ALZHEIMER THROUGH "SERIOUS GAMES"



2. **iCONNECT** - Intergenerational CONTACT between students and people with dementia through Creative education



3. **S.IN.CA.L.A** - Supporting Informal Carers: A Whole Family & Lifecourse Approach



4. **BRIDGE** - narrow the gap between generations by creating games during social events called "Bridge Game Jams"

*Intergenerational CONTACT between students and people with dementia through Creative education*



5. **Story 2 remember** - Using drama and storytelling in dementia care



6. **E.L.So.M.C.I.** - English Lessons with the Use of Songs for People with Mild Cognitive Impairment



7. **DEMENTIA RIGHT** - Developing a rights-based approach to dementia



8. **PIA** - Peer Support Workers as an Innovative force in Advocacy in dementia care

9. **Game4CoSkills** - Mobile game for cognitive skills development and concept teaching for adults with intellectual disabilities



10. **INFOCARE** - Supporting Informal Caregivers of People with Dementia



11. **GECONEU** - Genetic counseling in European universities: The case of neurodegenerative diseases

GECONEU

12. **De-sign** - Raising Awareness for Dementia in Deaf Older Adults in Europe



**Psycho-  
educatio  
nal  
Group**



**Radio  
broadcast  
"All about  
Dementia"**



**Who am I,  
grandpa?" A  
workshop  
for  
children and  
adolescents**



**Support  
Group  
for grief**



**Online  
Psycho-  
Educatio  
nal  
Group**



**Carers**

**Theatre  
performance  
"Caregiver's  
voice"**



**Support  
Group  
Intervention  
"Listen to  
my story..."**



**Support  
Group**

**Family  
psycholo  
gical  
support**



**Dyadic  
Intervention  
"Writing our  
couples" life  
book**



**Relaxation  
intervention**



# ‘Positive care in dementia’

- Alzheimer Disease International (ADI) and Alzheimer Hellas completed in 2016 a successful project!
- train the ‘Master Trainers’, who could then support a further 1000 caregivers and 600 dementia professionals through training events across the country
- the seminars focused on interactive ways to engage professionals and individuals supporting people with dementia
- including 6 modules on topics such as caring for yourself while caring for a person with dementia, the importance of effective communication and environmental awareness





# Home care unit

From 2008 ➡ 3.000 patients



- Patients at final stage or bedridden

- Medical doctor
- Psychologist
- Social worker
- Dentist

- **How the team works?**

- The benefits of the home care team are mainly supportive and counseling.
- The services help people with dementia, their family members and the professional caregivers.
- The team's visits take place approximately once a month.
- The services are for free.
- The home care team is the only home care team in the prefecture of Thessaloniki.



# Activities for carers during Covid19



- Online psychological **support** (personal or in a group)
- **psychoeducation** to cope with behavioural problems and other issues related to dementia and the lockdown
- a weekly telephone **communication** and support with carers who were not familiar with internet facilities
- a weekly email with educational and **counseling** material was provided to the carers, such as audio-visual sessions of relaxation or advice for coping with anxiety
- a 24/7 **helpline** to cover the special needs of carers and patients, with neurologists, psychologists, or social workers on hand to deal with urgent problems
- Weekly online **lectures** of professionals for carers e.g “*How to use positive psychology in order to strength your resilience*”





# Recent Publications

# The “Bridge” Project: A European Innovative Intergenerational Approach Using Serious Games for People with Dementia

**Marina Makri<sup>1,2\*</sup> , Konstandina Vasiliki Iakovou<sup>3,4</sup>, Minas Dasygenis<sup>5</sup>, Nikolaos Baras<sup>5</sup>, Asimina Brouzou<sup>4</sup>, Ioannis Brouzos<sup>4</sup>, Evangelia Angelidou<sup>6</sup>, Ioana Caciula<sup>7</sup>, Sara Beccati<sup>8</sup>, Alexandra Manattini<sup>8</sup>, Magda Tsolaki<sup>1,2</sup>**

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<sup>7</sup>Asociatia Habilitas-Centru de Resursesi Formare Profesionala, NGO, Bucharest, Romania

<sup>8</sup>Anziani e non solo, NGO, Carpi, Italy



# Memory Clinics and Day Care Centers in Thessaloniki, Northern Greece: 30 Years of Clinical Practice and Experience

Magda Tsolaki<sup>1,2,3,4</sup>, Marianna Tsatali<sup>1\*</sup>, Mara Gkioka<sup>1,2</sup>, Eleni Poptsi<sup>1</sup>, Anthoula Tsolaki<sup>1,2</sup>, Vasileios Papaliagkas<sup>1,5</sup>, Irene-Maria Tabakis<sup>1</sup>, Ioulietta Lazarou<sup>2</sup>, Marina Makri<sup>1,2</sup>, Dimitrios Kazis<sup>4</sup>, Sotirios Papagiannopoulos<sup>4</sup>, Andreas Kiryttopoulos<sup>2</sup>, Efrosyni Koutsouraki<sup>2</sup> and Thomas Tegos<sup>2</sup>

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## OPEN ACCESS

### Edited by:

Rufus Olusola Akinyemi,  
University of Ibadan, Nigeria

### Reviewed by:

Georgios Panirakis,

**Background:** This review describes the diagnostic and interventional procedures conducted in two university memory clinics (established network of G. Papanikolaou



Research Article

# Feelings Experienced by Informal Caregivers of Patients with Dementia, from the Moment of Diagnosis Until the Beginning of Psychotherapy

Makri M<sup>1,3\*</sup>, Sourgouni E<sup>2</sup>, Tsatali M<sup>1</sup> and Tsolaki M<sup>1,3</sup>

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## Abstract

When dementia is diagnosed, specific emotions, crucial for the post-diagnostic experience, emerge in the family members of the person with dementia. The present study investigated feelings about the diagnosis at the time of its announcement as well as the feelings that urged family members to get involved in counseling sessions or delay seeking help. Semi-structured interviews were conducted with nine participants recruited from an Alzheimer Association. Three key topics emerged from the analysis: "Experiencing the diagnosis", "Experiencing dementia" and "Understanding psychotherapy". The three topics included five, three, and three specific sub-topics, respectively. Most participants reported having feelings of loss, a sense of helplessness, and feelings of responsibility and trauma that were followed by a period of loneliness.

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> Clin Gerontol. 2021 Jul 5;1-11. doi: 10.1080/07317115.2021.1940409. Online ahead of print.

## Comparison of on Site versus Online Psycho Education Groups and Reducing Caregiver Burden

Konstantina Karagiozi<sup>1</sup>, Petrina Margaritidou<sup>1</sup>, Marianna Tsatali<sup>1</sup>, Makri Marina<sup>1</sup>,  
Tatiana Dimitriou<sup>2</sup>, Hippokratis Apostolidis<sup>3</sup>, Thrasyvoulos Tsiatsos<sup>3</sup>, Magdalini Tsolaki<sup>1 2</sup>

Affiliations + expand

PMID: 34219617 DOI: 10.1080/07317115.2021.1940409

### Abstract

**Objectives:** The purpose of this project was to comparatively assess the benefit from the effects of the online versus onsite psychoeducative interventions on caregivers' emotional burden, including their sense of burden, anxiety, and depression. **Methods:** Seventy-one caregivers of Patients with Dementia (PwD) were divided in two groups, the online versus the onsite, and participated in the 4-month psychoeducational group intervention. Psychosocial assessment was performed using Beck Anxiety Inventory, Beck Depression Inventory and Zarit Burden Interview before and after the intervention. **Results:** No significant differences were found between the online and onsite groups in anxiety ( $p = .531$ ), depression ( $p = .577$ ) and sense of burden ( $p = .623$ ) after the interventions. Both interventions showed significant reductions across emotional variables measured over the course of the treatment study and treatment interventions. **Conclusions:** Both online and onsite interventions

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# Are There Any Cognitive and Behavioral Changes Potentially Related to Quarantine Due to the COVID-19 Pandemic in People with Mild Cognitive Impairment and AD Dementia? A Longitudinal Study

by  Marianna Tsatali <sup>1,2,\*</sup> ,  Despina Moraitou <sup>1,2,3</sup> ,  Eleni Poptsi <sup>1,2,3</sup> ,  Eleni Sia <sup>1</sup> ,  Christina Agogiatou <sup>1</sup> ,  Moses Gialaouzis <sup>1</sup> ,  Irene-Maria Tabakis <sup>1</sup> ,  Konstantina Avdikou <sup>1</sup> ,  Evaggelia Bakoglidou <sup>1</sup> ,  Georgia Batsila <sup>1</sup> ,  Dimitrios Bekiaridis-Moschou <sup>1</sup> ,  Ourania Chatziroumpi <sup>1</sup> ,  Alexandra Diamantidou <sup>1</sup> ,  Andromachi Gavra <sup>1</sup> ,  Eleni Kouroundi <sup>1</sup> ,  Despina Liapi <sup>1</sup> ,  Nefeli Markou <sup>1</sup> ,  Fani Ouzouni <sup>1</sup> ,  Chrysa Papasozomenou <sup>1</sup> ,  Aikaterini Soumpourou <sup>1</sup>  and + Show full author list

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## Article

# Emotional Function, Negative Thoughts about the Pandemic, and Adaptability Skills among Dementia Caregivers during the COVID-19 Pandemic

Evdokia Nikolaidou <sup>1</sup>, Marianna Tsatali <sup>1,2,3,\*</sup> , Marina Eleftheriou <sup>1</sup>, Helen Wang <sup>4</sup>, Konstantina Karagiozi <sup>1</sup>, Petrina Margaritidou <sup>1</sup> and Magdalini Tsolaki <sup>1,2,5</sup> 

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**Abstract: Background:** It can be easily inferred that dementia caregivers were severely affected by the general home confinement, or ‘lockdown’, due to their caregiving roles. **Aim:** The aim of the current study is to investigate how the quarantine measures applied during the COVID-19 pandemic affected the emotional function (specifically the emotional management, emotional experience, and stress symptoms) and the negative thoughts, as well as the adaptability skills, of Greek dementia caregivers.





# Greek Adaptation of the Positive Aspects of Caregiving (PAC) Scale in Dementia Caregivers

Marianna Tsatali, Maria Egkiazarova, Maria Toumpalidou, Konstantina Karagiozi, Petrina Margaritidou & Magda Tsolaki

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# 13th Panhellenic Conference on Alzheimer's Disease & 5th Mediterranean Conference on Neurodegenerative Diseases

9-13, February 2023, Thessaloniki, Greece

Participate Virtually or with Physical Presence at the Greek Association for Alzheimer's Disease and Related Disorders Palliative Care Unit for patients with Alzheimer's disease:

***“Virgin Mary Glykophilousa”***

[www.alzheimer-conference.gr](http://www.alzheimer-conference.gr)

Organizers:

Panhellenic Federation of Alzheimer's Disease and Related Disorders

Panhellenic Institute of Neurodegenerative Diseases

Greek Association of Alzheimer's Disease and Related Disorders



Thank you for your Attention

