



Alzheimer Hellas Activities

Eurocarers Research Working Group meeting,
Ancona, 30/11/2023



Mahi Kozori,
Psychologist, Research Associate
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2 Day Centers



Care at home (Mobile Unit)



Alzheimer Hellas

Carers Unit



Palliative Care Center



Panhellenic Federation of Alzheimer's Disease and Related Disorders

Panhellenic Institute of Neurodegenerative Diseases



Alzheimer Hellas

**Diagnosis-
Medical care**



**Non-
pharmacological
interventions**



**Lectures
Conferences**



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



**Education
Training**



**Events -
awareness**



Research



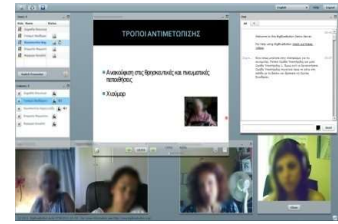
Support Group



Family psychological support



Online Psycho-Educational Group



Carers Unit

Psycho-educational Group



Radio broadcast "All about Dementia"



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



Relaxation intervention



Support Group for grief



Theatre performance "Caregiver's voice"



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



Dyadic Intervention: "Writing our couples' life book"





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

Magda Tsolaki^{1,2,3,4}, Marianna Tsatali^{1*}, Mara Gkioka^{1,2}, Eleni Poptsi¹, Anthoula Tsolaki^{1,2}, Vasileios Papaliagkas^{1,5}, Irene-Maria Tabakis¹, Ioulietta Lazarou², Marina Makri^{1,2}, Dimitrios Kazis⁴, Sotirios Papagiannopoulos⁴, Andreas Kiryttopoulos², Efrosyni Koutsouraki² and Thomas Tegos²

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OPEN ACCESS

Edited by:

Rufus Olusola Akinyemi,
University of Ibadan, Nigeria

Reviewed by:

Georgios Ponirakis,

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

Special Article – Family Caregivers

Interventions for Caregivers of People with Dementia in Greece

Karagiozi K^{1*}, Margaritidou P¹, Egkiazarova M¹,
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Greece

Received: August 01, 2017; **Accepted:** August 24, 2017;

Published: August 31, 2017

Abstract

Recent researches have shown that intervention programs are essential in order to facilitate the caregivers' role and improve their emotional state and quality of life. This study presents the therapeutic interventions that are provided in the Day Center for Caregivers of Greek Association of Alzheimer Disease and Related Disorders (Alzheimer Hellas). Day Center for Caregivers is established in order to give psycho-educational and psychological support to dementia caregivers. Participating in therapeutic interventions caregivers learn to take care of the people with dementia and themselves physically and emotionally.

Keywords: Caregivers; Dementia; Interventions; Day center

Introduction

Dementia is considered to be one of the major public health

interventions on caregiver mood or burden [15,16]. Self-efficacy, coping, mastery, depressive symptoms, emotional distress, burden

Research Article

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

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Received: March 10, 2021; Accepted: April 14, 2021;

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.

Special Article – Family Caregivers

Forgiveness as an Intervention among Caregivers of Dementia Patients: Case Report

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Received: August 08, 2017; **Accepted:** September 01, 2017; **Published:** September 08, 2017

Abstract

There is extensive research evidence supporting that it is very common for the caregivers for dementia patients to experience high levels of burden and psychological morbidity. Therefore, supportive interventions for caregivers have been developed in order to face their needs. Prior research has shown forgiveness to be a crucial intervention process in helping people heal anger over betrayals, relieve depression and anxiety and restore peace of mind. This article presents a case report from a support group at Alzheimer Hellas depicting and highlighting the main aspects of the forgiveness intervention.

Keywords: Forgiveness; Caregivers; Support Group; Burden; Dementia

Case Presentation

Mrs. Helena aged 56 years old, came to the Day Care Center of Alzheimer Hellas to ask for help with the care of her mother who has been diagnosed with dementia. She has joined our support group

back to her. She was caring an overwhelming burden since those childhood memories and after she opened herself to us, she decided to announce her leaving through a phone call as she was too fearful to face the past again. After a few phone calls we convinced her to

> 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 ¹, Petrina Margaritidou ¹, Marianna Tsatali ¹, Makri Marina ¹,
Tatiana Dimitriou ², Hippokratris Apostolidis ³, Thrasylvoulos Tsiatsos ³, Magdalini Tsolaki ^{1 2}

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

ACTIONS



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Combined Intervention for Caregivers of Patients with Dementia: A Randomized Controlled Trial

**Konstantina Karagiozi*¹, Vasileios Papaliagkas², Georgios Giaglis¹,
Evridiki Papastavrou³, Vassiliki Pattakou⁴ & Magdalini Tsolaki^{1,2}**

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DOI: 10.6007/IJARP/v1-i2/1203

URL: <http://dx.doi.org/10.6007/IJARP/v1-i2/1203>

ABSTRACT

Objectives: Caregivers of patients with dementia are at a greater risk of developing burden,

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

Marina Makri^{1,2*} , Konstandina Vasiliki Iakovou^{3,4}, Minas Dasygenis⁵, Nikolaos Baras⁵, Asimina Brouzou⁴, Ioannis Brouzos⁴, Evangelia Angelidou⁶, Ioana Caciula⁷, Sara Beccati⁸, Alexandra Manattini⁸, Magda Tsolaki^{1,2}

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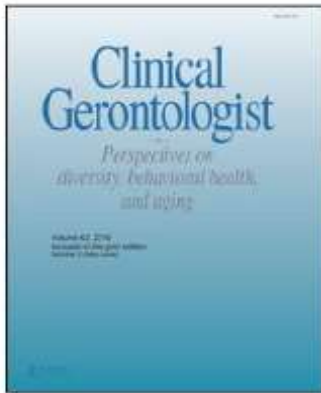
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ISSN: 0731-7115 (Print) 1545-2301 (Online) Journal homepage: <https://www.tandfonline.com/loi/wcli20>

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

To cite this article: Marianna Tsatali, Maria Egkiazarova, Maria Toumpalidou, Konstantina Karagiozi, Petrina Margaritidou & Magda Tsolaki (2019): Greek Adaptation of the Positive Aspects of Caregiving (PAC) Scale in Dementia Caregivers, *Clinical Gerontologist*, DOI: [10.1080/07317115.2019.1685047](https://doi.org/10.1080/07317115.2019.1685047)

To link to this article: <https://doi.org/10.1080/07317115.2019.1685047>



10.1080/07317115.2019.1685047

Article

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

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Petrina Margaritidou ¹ and Magdalini Tsolaki ^{1,2,5} 

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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.



Citation: Nikolaidou, E.; Tsatali, M.;



brain sciences

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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 ^{1,2,*}, ^{1,2,3}, ^{1,2,3}, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹, ¹ and [+ Show full author list](#)

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Brain Sci. **2021**, *11*(9), 1165; <https://doi.org/10.3390/brainsci11091165>

Received: 5 July 2021 / Revised: 26 August 2021 / Accepted: 30 August 2021 / Published: 31 August 2021

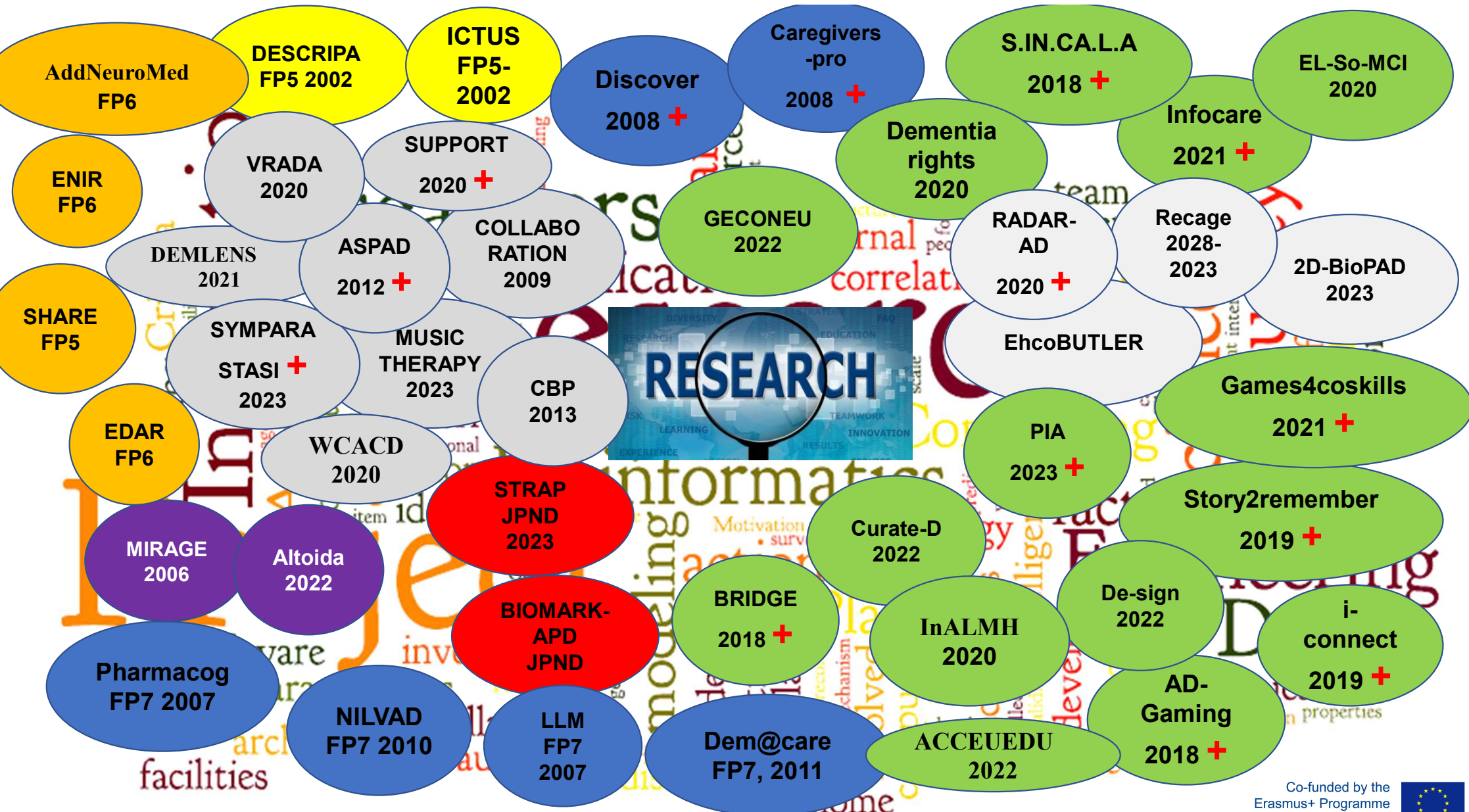
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<http://adgaming.ibv.org/>

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

<http://iconnectdementia.eu/>

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

<http://www.sincala.eu/>

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

<https://projectbridge.eu/>

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

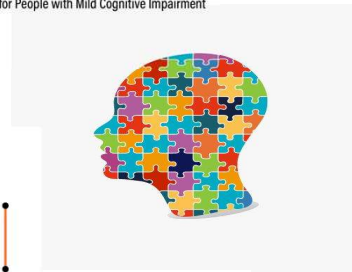
11. **GECONEU** - Genetic counseling in European universities: The case of neurodegenerative diseases

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

<https://story2remember.eu/>



Intergenerational CONTACT between students and people with dementia through Creative education



GECONEU



RAISING AWARENESS FOR DEMENTIA IN DEAF OLDER ADULTS IN EUROPE



INFOCARE

Thank you for your attention!



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