

## "Carers Support in Greece"

### Greek Association of Alzheimer Disease and Related Disorders

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



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# Who are we?



- non-for-profit organization
- founded in 1995
- 2 Day Care Centres & 1 Palliative Care Centre in Thessaloniki
- funded from Ministry of Health and European Union
- 60 psychologists, doctors, social workers, nurses, physical therapists, etc.



'St. John'  
Day Centre



'St. Helen'  
Day Centre



Palliative  
Care Centre



# In numbers



- More than 6.000 members
- 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**




**Lectures  
Conferences**




**DAY CENTERS  
IN GREECE**



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



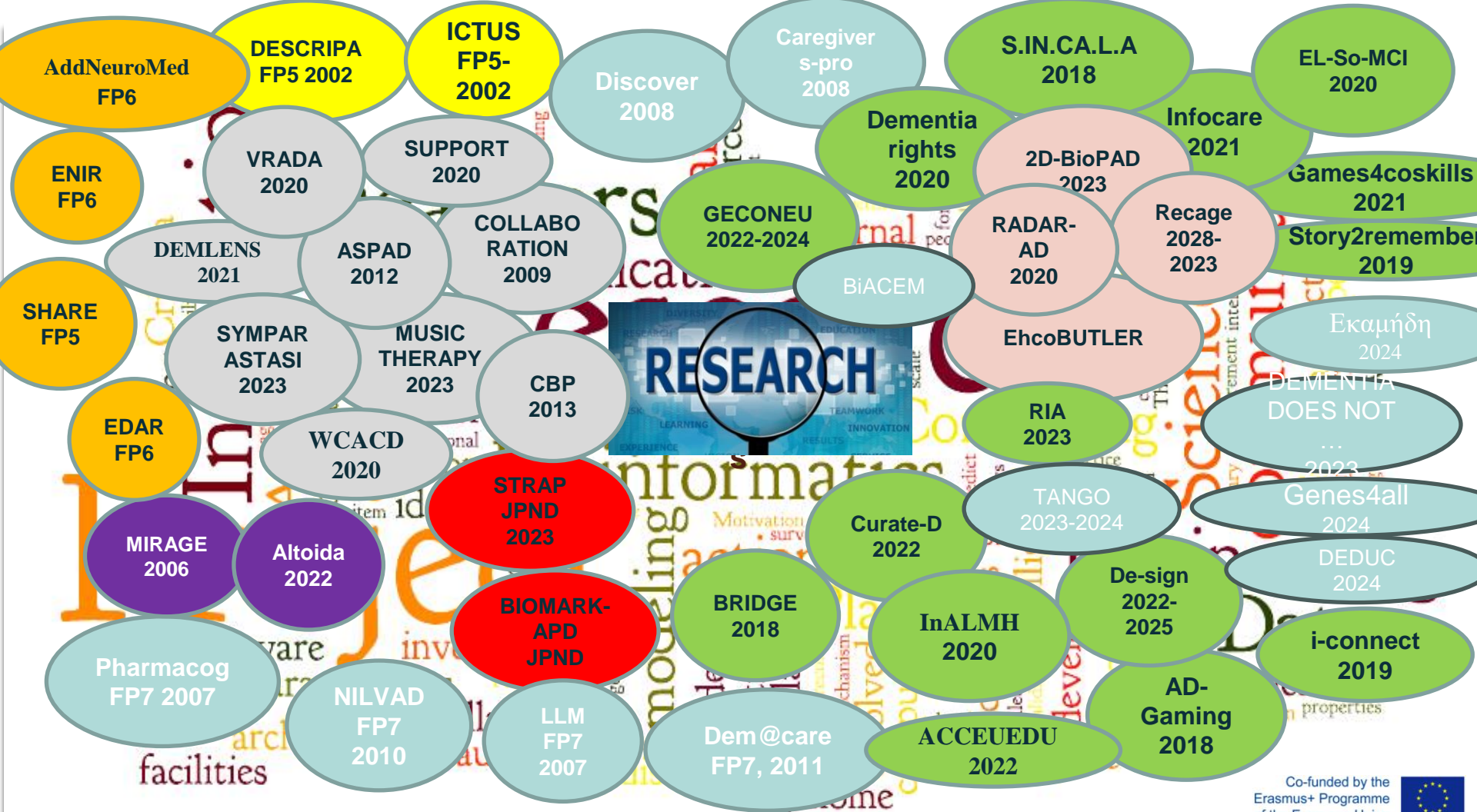
**Education  
Training**



**Events -  
awareness**



**Research**



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



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



*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”



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



GECONEU

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



13. **CURATE-D** - A game-based methodology for empowering dementia-friendly communities and equal access to Culture for people with Dementia

14. **Dementia does not affect my heart: intergenerational exchange as a cure**

15. Cross-Cultural Dance and Research: On Track for "The Seniors Tangueros Olympiads 2024"

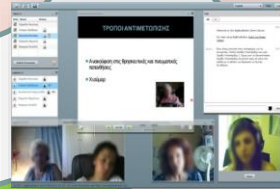
16. **Genes4all** - Enhancing Genetic Knowledge and Decision-making for Neurodegenerative Disorders through gamification

RAISING AWARENESS FOR DEMENTIA IN DEAF OLDER ADULTS IN EUROPE

**Psycho-educational Group**



**Online Psycho-Educational Group**



**Support Group**



**Family psychological support**



**Radio broadcast "All about Dementia"**



**Carers**

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



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



**Support Group for grief**

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



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



**Relaxation intervention**



# Therapeutic Interventions for carers



1. A psychosocial assessment to evaluate:
  - the status of anxiety and depressive symptoms,
  - sense of burden,
  - coping strategies and
  - dysfunctional thoughts
2. A second assessment at the end of the interventions, to estimate the effectiveness of these psychological programmes

## Psycho-educational Group

- Provide information regarding day life difficulties
- Encouraged to be actively involved throughout the seminars
- Guidelines for more effective care of themselves
- Helps in making difficult decisions that concern like their treatment decisions
- Learn to be flexible in the negotiation of alternative solutions
- Share their experiences
- Realize their own needs
- Accept their conditions of life



# Support Group

(using CBT)

- ❑ Improve effectiveness in their day life and in their role in the family.
- ❑ Build up the necessary psychological skills to deal with difficult aspects of disability and feelings of anger, loneliness, loss and helplessness.
- ❑ Develop new ways of interpreting the situation they are dealing with, adapt more realistic targets and more effective strategies of pressure and anxiety management.



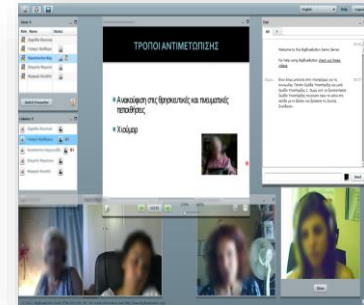
## Family psychological support (systemic approach)

- ❑ Help the whole family of person with disability to face and cope with the disability
- ❑ Reduce negative feelings and sense of burden
- ❑ Acknowledge that all family members must work together and accept person with disability suffering as people with valid needs



# Online Educational/Support Group

- ❑ different cities that cannot benefit from the traditional health support services, due to health issues, transportation and time constraints.
- ❑ Reduces feelings of loneliness, anxiety and distress
- ❑ Increases feelings of hope and empowerment
- ❑ Helps them learn new ways of coping and communicate better with their loved ones
- ❑ Provides them with practical information about treatment and resources
- ❑ In this journey *“you are not alone”*



# Support Group Intervention using arts

- ❑ Based on therapeutics benefits of art.
- ❑ Help people with disabilities express their feelings and find new meanings of their experiences.
- ❑ During each session, literature or poetry stimulates participants to exchange thoughts and emotions.
- ❑ Besides oral sharing, the members of the group write their own stories, using expressive and spontaneous writing techniques.



# Relaxation intervention

- ❑ Reduce anxiety level and manage psychosomatic symptoms using relaxation techniques and mental imagery which lead in deep relaxation of body and mind.
- ❑ Helps to develop well-being and decrease stress levels.
- ❑ It is used to decrease tension and anxiety, to interrupt obsessive negative thoughts and to enhance the coping ability



# Dyadic Intervention: “Writing our couples’ life book”

- Participants are couples, where the one partner has been diagnosed with MCI or mild dementia.
- Based on the principles of narrative therapy, dyadic intervention helps the couple to re-narrate and rewrite their story, including dementia in their common life.
- Communication techniques are presented to the couples to improve their communication skills.
- Learn new ways for interaction.



# Support Group for grief

- It refers to those who experience grief due to the loss of their patient.
- The aim is to help them accept the reality of loss, manage their emotions and adapt to the new cycle of their life.



# Community outreach

# 'Positive care in dementia'



ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ ΝΟΣΟΥ ALZHEIMER ΚΑΙ ΣΥΓΓΕΝΩΝ ΔΙΑΤΑΞΕΩΝ

- 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



# Theatre performance "Caregiver's voice"

- Three professional actors and a caregiver have presented in a theatre show, the stories of the caregivers, which have been produced during the intervention "Listen to my story...".



# Radio broadcast "All about Dementia"

- Information on dementia
- Counseling in caregivers
- Newer research data
- Ways to better address the symptoms of the disease
- Called health professionals and caregivers



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

- Raise the awareness and provide knowledge to children concerning dementia.
- Grandchildren have the opportunity to express their feelings and thoughts towards the disease and find out ways of interaction with the grandparents with dementia.
- We use experiential techniques & expressive means (Fairy tale, Photo Painting, Collage, Team games, Pantomime, Hidden treasure, Memory games).
- ADI-MetLife Foundation Awards 2014.



# Who am I grandpa?

Κωνσταντίνη Καραγκιόζη - Πετρίνα Μαργαριτίδου  
Ευδοκία Νικολαΐδου

## ΠΟΙΟΣ ΕΙΜΑΙ ΕΓΩ; ΠΑΠΠΟΥΣ;



Ο μικρός Φίλιππος και η νόσος Αλτσχάιμερ

Επιμέλεια: Μάγδα Τσαλάκη



εκδόσεις iWrite



εικονογράφος: Ιριγιάννα Στέφαν

Το βιβλίο αυτό περιγράφει την ιστορία μιας παρέας παιδιών, που ανακαλύπτουν πως ο παππούς έχει Αλτσχάιμερ.

Δύο αδέρφια, ο Φίλιππος και η Άννα, μαζί με τους φίλους τους, τον Κωστή και τη Δανάη, είναι οι τέσσερις πρωταγωνιστές μας. Όλοι μαζί προσπαθούν να βρουν απαντήσεις για τις διάφορες περίεργες συμπεριφορές που εμφανίζει τον τελευταίο καιρό ο παππούς τους.

Τι συμβαίνει και έχει αλλάξει; Πώς μπορούν να βοηθήσουν ο Φίλιππος και η Άννα τον παππού τους; Θα τους βοηθήσουν οι φίλοι τους; Θα μπορέσει να αλλάξει ο παππούς μόλις ανασκλήψουν τι κρύβεται πίσω από την περίεργη συμπεριφορά του;

Έχουν πολύ δρόμο και αρκετή δουλειά μπροστά τους οι τέσσερις φίλοι μας, μέχρι να δώσουν απαντήσεις σε όλα αυτά τα ερωτήματα. Για να δούμε, λοιπόν, θα τα καταφέρουν;

εκδόσεις



iWrite

ISBN: 978-960-627-095-6



# Celebration of World Alzheimer's Month

- speeches, festivals, memory walks, informational stands, free memory tests
- Alzheimer Athens held its 3rd Alzheimer's Festival with great success at the Stavros Niarchos Foundation Cultural Center in Athens
- The association "Nestor" held an interesting photography exhibition
- An informative event called "Talk with the experts about dementia", at the Archaeological Museum in Thessaloniki
- A Memory Walk took place, with attendees holding balloons and marching through the main streets of Thessaloniki
- An informative event in Patra entitled "Dementia-Let's talk openly", and co-organised an in-tergenerational workshop with creative activities and games





# Recent Publications

## Special Article – Family Caregivers

# Interventions for Caregivers of People with Dementia in Greece

Karagiozi K<sup>1\*</sup>, Margaritidou P<sup>1</sup>, Egkiazarova M<sup>1</sup>,  
Toumpalidou M<sup>1</sup>, Makri M<sup>1</sup> and Tsolaki M<sup>1,2</sup>

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**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

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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>, Hippokratris Apostolidis <sup>3</sup>, Thrasyvoulos Tsiatsos <sup>3</sup>, Magdalini Tsolaki <sup>1</sup> <sup>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

ACTIONS



SHARE



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Relate

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

**Konstantina Karagiozi\*<sup>1</sup>, Vasileios Papaliagkas<sup>2</sup>, Georgios Giaglis<sup>1</sup>,  
Evridiki Papastavrou<sup>3</sup>, Vassiliki Pattakou<sup>4</sup> & Magdalini Tsolaki<sup>1,2</sup>**

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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,

*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.





# Challenges faced by carers in Greece

There are no

- any provisions in **laws/legal framework to protect** rights of carers in employment
- a public mechanism for carers to receive a **carer's allowance**
- a statutory **right for workers to have paid leave**
- right to **flexible working hours**
- a statutory right for workers carers to have **unpaid leave**



1. Other challenges faced by carers  
in Southern Europe
2. The models that foster collaboration across  
disciplines

Thank you for your Attention



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