

What is Cognitive Rehabilitation?

- Cognitive rehabilitation is a cognitive improvement therapy that applies several techniques such as cognitive stimulation and cognitive training.
- The focus of cognitive rehabilitation in Alzheimer Disease (AD) is not only on re-storing or stopping cognitive deficits, but is also a process that helps individuals to achieve their optimum physical, psychological, social, and vocational well-being.
- It educates strategies to cope with stress, and teaches memory learning techniques.
- It emphasizes on minimizing functional disabilities of AD patients and maximizing their social participation in everyday life as well as engagement in daily activities.
- **Family involvement is CRUCIAL to oversee the progress and HELP determine goals.**



Alzheimer's Disease Foundation Malaysia (ADFM)

Alzheimer's Disease Foundation Malaysia (ADFM) is a non-profit organization formed in 1997 with the objective of helping people with dementia and their caregivers in the country. ADFM supports a wide network of support groups throughout Malaysia to empower them to promote and offer care and support for people with dementia and their carers. ADFM's vision is an improved quality of life for people with dementia and their families in the country. Besides that, ADFM plays the role of promoting greater awareness of dementia, besides advocating for the dementia community in Malaysia.

For more information please visit:
www.adfm.org.my

IMU Cares

The philosophy of the IMU Cares programme is focused on making specific elements of the IMU Vision into reality. These include helping to create "a community of scholars and professionals committed to serving society, promoting the development of students to reach their true potential in becoming competent, ethical, caring and inquiring citizens and visionary leaders".

For more information please visit:
www.imu.edu.my/imucare

Joint collaboration:



Cognitive Rehabilitation for Dementia



Serving the Community

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Strategies



Learn new memory strategies

Link information to something you already know. For example, a person's name might be better recalled if it is linked with a relative such as "Mohamed, sister's husband".

Group information that needs to be remembered, for example, put shopping list into groups such as vegetables, dairy products, stationary, etc.

Use visual cues around the home or in the community. For example, to help remember where the car is parked, take note of a nearby landmark such as a shop or a coloured sign.

Improve attention and concentration skills:

Break large tasks down into smaller tasks and work through each separately; Don't try to fit too much task into the day; take regular breaks; turn off the TV or radio when reading or talking; Have a set time each day to do specific tasks. For example, return phone calls in the early afternoon;

Do physical therapy and increase physical activity

Go to physical therapist if needed; Exercise regularly. This can help in maintaining attention during the day as well as helping with sleep at night.

Reducing stress and anxiety

Try to avoid putting time pressures on tasks and allow plenty of time to do complex tasks; recognize what causes stress to you and avoid it.

Common Goals

- The goals of this therapy are mainly determined in regards to areas that are currently causing difficulties for the patient (mostly in daily life situations).
- These goals are constructed based on specific assessments or discussions with caretakers.
- Evidence-based strategies will then be implemented in accordance to the goals made. (eg. Modifying problematic behaviors and supporting memory functioning etc).
- In brief, the goal setting process starts from specifying areas to attend to (eg. Memory impairment), to assessing the baseline performance and ending with identifying the exact level of performance that would indicate achievement of a goal.



Types of Assessments



- Specific assessments have to be done carefully in order to assess patient's weakness and strengths.
- The outcome of these assessments determine the selection of therapeutic strategies.
- Some of the areas of assessments are emotional reactions to personal difficulties, coping style, attention and so on and so forth.
- In other words, the findings from these assessments can help the therapists to paint a picture and understand their patients which helps a great deal in appropriate goal settings.

