

Cogs Club: First Italian Experience

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INTRODUCTION

The "Cogs Club" was born in England in 2011 thanks to the efforts of a nurse, Jackie Tuppen, who specialized in the assistance of people with dementia. The project is based on the Cognitive Stimulation Therapy (CST, Spector A.), that has shown over the years its validity in slowing down the progression of Dementia (2003; 2006; 2011). CST is related to other psycho-social activities (occupational activity, music, physical activity). Cogs Club changes a traditional session of about an hour into 4 hours of activities.

OBJECTIVE:

The trial of this project began in Italy at the beginning of October 2015. It started with 2 clubs located in the province of Modena. Each club meets once a week, one club in the morning and one club in the evening. From the Spring of this year, other Cogs-Clubs have been opened with the same formula in other districts of the province for a total amount of 4. The conduction of the Cogs-Club is entrusted to three professionals. The first being a psychologist, whose function is conducting the CST and coordinating the project. The Cogs-Club also involves an occupational therapist and a psychiatric rehabilitation therapist. The OT's duty is to cook and to stimulate reminiscence; the last therapist's job is related to music and to motor and physical activities. In every club there are also some volunteers present, trained for the activity. The project is promoted by the local association.

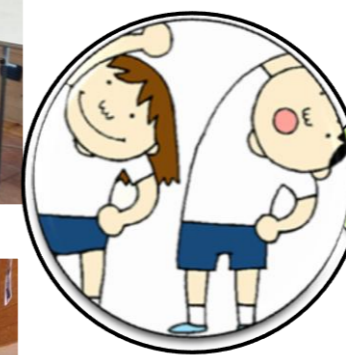
RESULTS:



COGNITIVE STIMULATION THERAPY (CST)



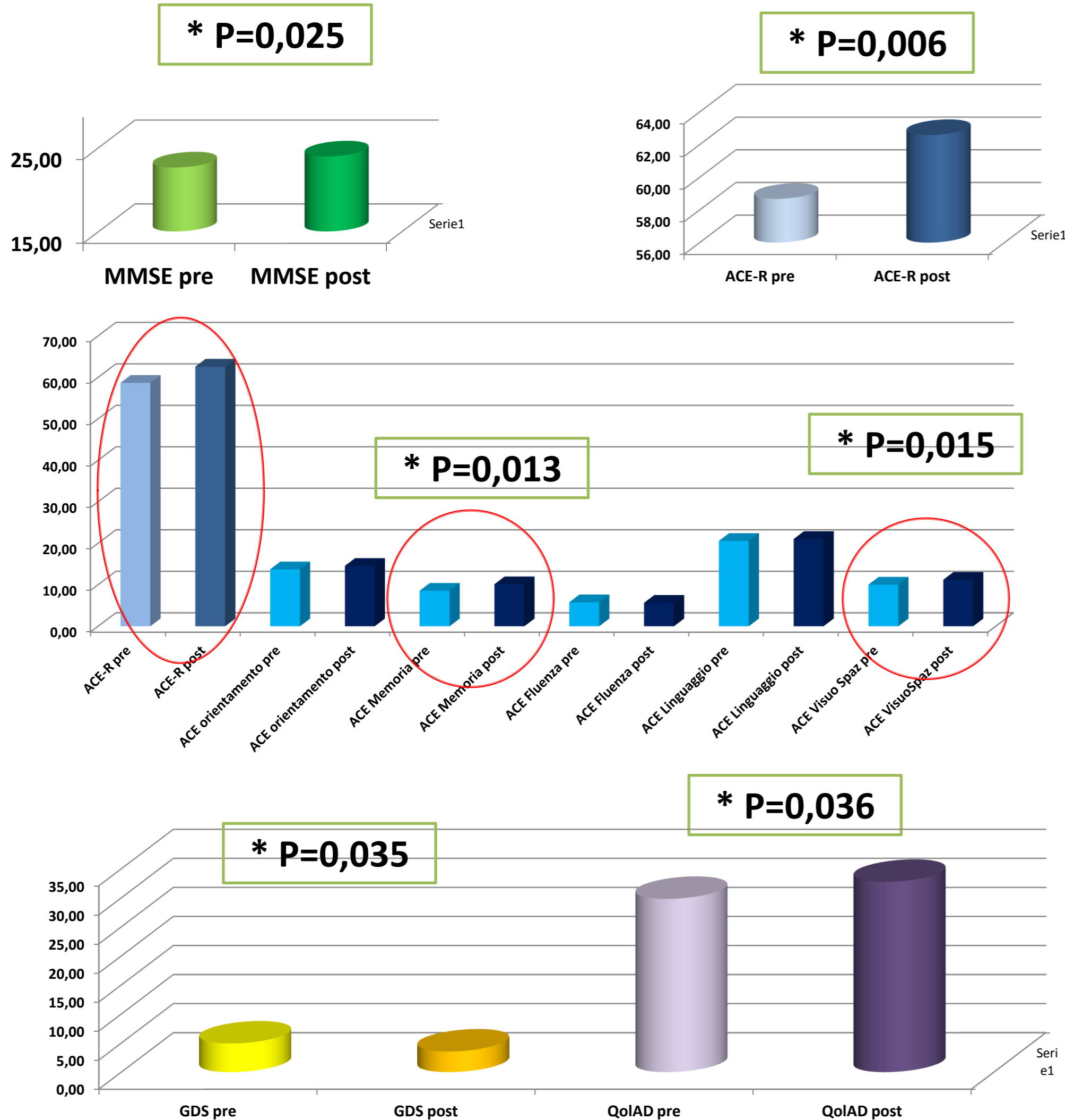
OCCUPATIONAL THERAPY: COOKING ACTIVITY



MOTOR AND PHYSICAL ACTIVITIES



MUSIC ACTIVITY

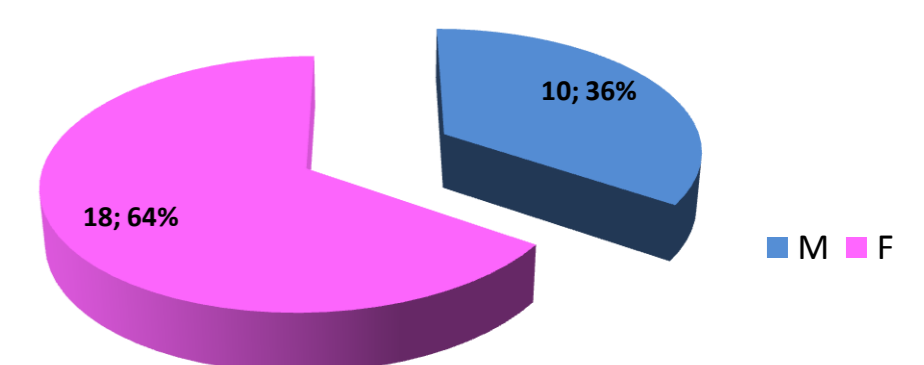


METHOD:

Participants who take part in the project have a diagnosis of light-moderate dementia, preferably the type with Alzheimer. People with sensorial deficit, motor or behaviour disorder are excluded. In each group there are about 12-15 people.

The participants are submitted to a cognitive, functional and emotional evaluation, composed by ACE-R, GDS-15, DAD, QoL-AD and ZBI, at the beginning and at the end of the 4 month cycle of meetings. At the end of the meetings, a final satisfaction questionnaire will be delivered to the participants and to their families. The quantitative and qualitative results of the participants and of their caregivers are really encouraging.

28 cases
M 10 - F 18
Average age 78,9 ± 5,2
Average years of schooling 5,3 ± 2,1



CONCLUSIONS:

The purpose of the project is also to offer the opportunity of a psycho-social intervention, creating a context for the socialisation and a net of formal and informal connection to people that traditionally do not ask for the start up of the services. The main goal is to delay as much as possible the development of the disability, and keeping a reasonable level of independency as long as possible.

WEBSITE:

<http://www.cogsclub.org.uk/home/>
<http://www.cstdementia.com/>
<http://www.asssde.com/>

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