

0794

## **The effectiveness of a preventive program in high risk group of elderly individuals with dementia and/or depression**

Takayuki Tabira<sup>1</sup>, Gou Nakamura<sup>2</sup>, Kenji Maezono<sup>5</sup>, koji Tanaka<sup>3</sup>, Akira Sagari<sup>4</sup>, Shigeru Inokuchi<sup>1</sup>  
<sup>1</sup>Graduate School of Biomedical Sciences, Nagasaki University, Nagasaki, Japan, <sup>2</sup>Geriatric Health Services Facility Nishikinosato, Nagasaki, Japan, <sup>3</sup>Geriatric Health Services Facility Miharanosono, Nagasaki, Japan, <sup>4</sup>School of Health Sciences, Nagasaki University, Nagasaki, Japan, <sup>5</sup>Yuzuriha Hospital, Nagasaki, Japan

### **Introduction.**

In 2006, the Ministry of Health, Labour and Welfare established a new care prevention policy because the number of elderly people with dementia and depression who require care is rapidly increasing. Nagasaki City established a new prevention care program in a high risk group composed elderly individuals with either dementia and/or depression in 2005, and since that time we have cooperated with the development and improvement of this program.

### **Objectives.**

To investigate the effect of our preventive program for high risk individuals who have either dementia and/or depression in Nagasaki City.

### **Methods.**

Eighty-six elderly individuals participated in this program, while 61 of them completed six month of this program. All individuals participated once a week for 2 hours, and underwent both cognitive rehabilitation including attention and memory tasks, recreation therapy, including diagnostic exercise for their extremities, memory games, and creative activities. This program also was performed in small group consisting of from 2-7 subjects. We evaluated them before and after this program using the mini mental state examination (MMSE), word position verification task for divided attention, delay reproduction task for short memory, geriatric depression scale (GDS-15), self-efficacy scale, IADL scale and the social activity scale.

### **Results.**

The word position verification task, delay reproduction task, self-efficacy scale and social activity all significantly improved. However, MMSE, GDS-15 and IADL scale were preserved after 6 months.

### **Conclusion.**

This program demonstrated that it could help to preserve the divided attention and short memory which are observed in the early stages of dementia, and our findings suggest that self-efficacy and social activity were also important factors for the success of our program.

### **Contribution to the practice / evidence base of occupational therapy.**

It is therefore important that occupational therapists provide preventive care in various communities due to the rapid aging of modern Japanese society. These results support the validity of the above described program for high risk group of elderly individuals with dementia and/or depression