

Descripción de la aplicación de un programa de entrenamiento cognitivo en adultos mayores de residencias de larga estada pertenecientes a Fundación Las Rosas

Mariela Araya, Alejandra Espinosa
Fundación Las Rosas, Santiago, Chile

INTRODUCTION

Unit Occupational Therapy Foundation Roses in host institution destitute elderly in Chile, has identified a percentage of residents with some degree of cognitive impairment (81%) participating in workshops occasionally nonspecific cognitive stimulation; emerges as target implement this study and implement a cognitive training program designed for older adults in institutions, which impact on both cognitive and functional performance and to know their results.

METHOD

We used a mixed design, analytical, experimental before-after, the application was for three months, twice a week and then applied the same initial pattern and compared the results obtained. The study population-not-probability is composed of 32 residents, divided into four groups, corresponding to subject volunteers to meet the requirements defined by the researchers.

The evaluations were conducted by four occupational therapists, who have daily practice of implementing the guidelines, which were selected among others for the simplicity and brevity in their implementation and wide dissemination in the clinical setting.

PRELIMINARY RESULTS

The first house analysis indicates that 100% improvement in the cognitive assessment, and 66.6% maintained or improved the area under application of affective Yesavage, keeping 100% of the participants within the range considered normal. From the viewpoint of the complaints mnesic disorder 50% increased negative perceptions regarding the frequency of their forgetfulness, and finally, 100% of the participants appreciated the program to maintain or improve relations with their peers.

CONCLUSIONS

The application of a cognitive training program produced positive effects on cognitive performance of institutionalized older with and without cognitive impairment, further impacting on their self-perception of functional independence.

CONTRIBUTION

There is a growing number of older Foundation, functional conserved, early entry to the absence or significant deterioration of their social support network, increase your risk of losing functionality, make visible the need for access to programs that allow them to generalize and implement strategies to improve their functional performance.