

## "La Participación Social en las Demencias"

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Patients with dementia often present difficulties in carrying out their basic and instrumental activities of daily living. This functional impact progresses toward a total dependency of the individual to dress, feed, and perform basic hygiene procedures.

At the beginning of the disease, the most important problems in terms of functional capacity include the loss of dependency, the lack of initiative, and the involvement in social activities. This leads to a diminishing of their quality of life.

The occupational therapy department at INECO has been conducting for the past three years, a program for leisure and cultural outings for patients with Alzheimer disease and other types of dementia.

The goals of the program are: to improve and/or maintain the patient's quality of life, and that of his/her family; to provide a significant space for cultural leisure; to promote a safe environment for stimulation adapted to the needs of this patient population; to incorporate social activities into the patient's routine; to stimulate socializing and interaction between peers.

We present the format of the program and its clinical and theoretical implications.