



Therapeutic Interventions for The Support of Those with Alzheimer's Disease.

Strategic Partnerships for Adult Education.

Partner Organisations

- [Enso Group - UK](#)
- [The Polish Association for Assistance to Persons with Alzheimer's Disease](#)
- [EKEDISY - Greece](#)
- [Larende Anadolu Lisesi - Turkey](#)

Project Duration

36 months 2019-2022

ABOUT THE PROJECT

Project background

European countries are increasingly becoming ageing societies and as such the potential for social isolation increases. In two thirds of European countries, over 1 in 10 persons over 65 either have no friends or do not socialise with their friends at all. This is significantly detrimental to their health and well being and those sufferers of Alzheimer's disease may find this isolation rapidly onsets once symptoms persist.

Alzheimer's disease is a physical disease that affects the brain. The symptoms caused include memory loss, anxiety and difficulty thinking. It is a progressive disease and so gets worse over time. Globally, nearly 44 million people have Alzheimer's disease and the largest numbers are found in Western Europe.



PROJECT OBJECTIVES

- **Share knowledge of complementary therapy types and benefits for the cognitive improvement and relaxation of those suffering with Alzheimer's disease and/or its symptoms.**
- **Develop a bank of resources and references for carers and support staff to refer to and use.**
- **Create a forum for carers and support staff to share ideas, challenges and outcomes of complementary therapies.**

PROJECT RESULTS

- **Project website: <https://www.enso-academy.com/therapeuticinterventions>**
- **Bank of resources and references for carers and support staff: <https://www.facebook.com/TherapeuticSupport4Alzheimers>**
- **Forum for carers and support staff: <https://www.enso-academy.com/forum>**



WHAT WAS DONE?

- 1st Transnational Meeting - Poland
- 2nd Transnational Meeting - Turkey
- 3rd Transnational Meeting - Greece
- Final Training Event in the UK

First Meeting

During the first meeting, the coordinator presented the project goals, activities and expected results. Partners were asked to introduce their organisations, staff, activities and target groups.

Second Meeting

The aim of the second meeting was for partners to present complementary therapies in their country.

Third Meeting

During the third meeting, partners found out about the workshop facilitation and discussed the forum layout and content. We also discuss the forum's dissemination strategy.

Training Event

The overall aim of the final training event was to meet all 3 project objectives. The event consisted of trainings, visits, demonstrations and workshops.

The partners worked to create material that was accessible and consistent for the partners' websites, forums and online platforms, but also made it accessible to professionals and families. The outcome was also to create content for flyers and presentations that the partners will make when they return to their organisations.



Visit at Winash Residential Care Home



'Armchair Travel'

'Goldies Sing & Smile'



Training event in the UK



Transnational Meeting in Greece

HUB OF RESOURCES

Alzheimer's disease: https://www.enso-academy.com/_files/ugd/6b46fd_85a7047485a94698ae97c29c1169fb72.pdf

Causes of Alzheimer's disease: https://www.enso-academy.com/_files/ugd/6b46fd_ea337fe0d3424799aba0fa6cf31e0d7d.pdf

Fight with stigma: https://www.enso-academy.com/_files/ugd/6b46fd_20c6da7aaee94640b81724d05e021bde.pdf

Alzheimer's VS. Dementia: https://www.enso-academy.com/_files/ugd/6b46fd_650e7b5f099b4cc2974963719f23f8f9.pdf

Complementary Therapies Alzheimer's: https://www.enso-academy.com/_files/ugd/6b46fd_31b7575a65a54e2f8eb8a02a116b2e80.pdf

Music Therapy: https://www.enso-academy.com/_files/ugd/6b46fd_e0fcf972e6fb4a81af8d607da627bc84.pdf

Art Therapy: https://www.enso-academy.com/_files/ugd/6b46fd_1c5c6b0c99c74e3b81bfd76769231535.pdf

Light Therapy: https://www.enso-academy.com/_files/ugd/6b46fd_ea244a022b454a57a9a2c97d91a77598.pdf

Doll Therapy: https://www.enso-academy.com/_files/ugd/6b46fd_cda5b2fdbc81499089a3d92744d60cee.pdf

Pet Therapy: https://www.enso-academy.com/_files/ugd/6b46fd_3e87899cea2f4dd188ecd152de391afb.pdf

Project partners:



**SCHOOL LIFE
AND EDUCATION
MUSEUM**
NATIONAL CENTRE OF RESEARCH
& PRESERVATION OF SCHOOL MATERIAL