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Η ΜΚΟ “ΑΠΟΣΤΟΛΗ” στο 29ο Ευρωπαϊκό Συνέδριο Alzheimer

Αυτοκέφαλες Εκκλησίες / Εκκλησία της Ελλάδος

Στο 29ο Πανευρωπαϊκό Συνέδριο του Οργανισμού «Alzheimer Europe» στη Χάγη της Ολλανδίας συμμετείχε το ιατρικό και επιστημονικό προσωπικό της Ολοκληρωμένης Μονάδας Αντιμετώπισης Νόσου Alzheimer και Συναφών Παθήσεων του Φιλανθρωπικού Οργανισμού «ΑΠΟΣΤΟΛΗ».

Οι άνθρωποι του «Καρέλλειου» παρακολούθησαν το επιστημονικό πρόγραμμα και παρουσίασαν επιστημονικές ανακοινώσεις. Ανέλυσαν την δράση της Μονάδας της «ΑΠΟΣΤΟΛΗΣ», αναφέρθηκαν στην Πανελλαδική Εκστρατεία Ενημέρωσης για την άνοια που πραγματοποιεί το «Καρέλλειο» τα τελευταία τέσσερα χρόνια ενώ μίλησαν και για τις νέες τεχνολογίες που χρησιμοποιούνται στις μη φαρμακευτικές παρεμβάσεις για την άνοια καθώς και για τη συμβουλευτική συγγενών και

φροντιστών.

Η συμμετοχή **στο 29ο Ευρωπαϊκό Συνέδριο Alzheimer έδωσε την ευκαιρία σε επαγγελματίες υγείας** από όλη την Ευρώπη να γνωρίσουν το έργο του «Καρέλλειου» και της «ΑΠΟΣΤΟΛΗΣ» και να πραγματοποιήσουν επιστημονικά τεκμηριωμένους διαλόγους γύρω από την άνοια και τις συναφές διαταραχές.

Ο μη κυβερνητικός οργανισμός **«Alzheimer Europe», πραγματοποιεί ετήσια συνέδρια σε όλη την Ευρώπη** και έχει ως στόχο να ευαισθητοποιήσει την κοινή γνώμη σχετικά με την άνοια, να συμβάλλει πρακτικά στην έρευνα που διεξάγεται στον ιατρικό κόσμο και να παρέχει έμπρακτη βοήθεια στα άτομα που πάσχουν από τη νόσο.

PO3.11 The "KARELLEION" integrated Alzheimer's and related disorders unit: Structure, functions and goals.

Zachariadis Andreas, Psychiatrist, Chrysikakou Ioanna, Psychologist , Efkymiopoulou Catherine, Adm. Director

"Karelleion" Integrated Alzheimer and related disorders Unit of the "Apostoli" charitable organization, of the Holy Archdiocese of Athens, Greece

The Archdiocese of Athens, always being sensitive to the needs of the social environment as whole but also to the individual needs of people, has created in 2012, via the "Apostoli" Charitable Organization, in Chalandri, Attica, in Greece, the Integrated Alzheimer's and Related Disorders Unit "Karelleio", in order to cope with some of the problems, afflicting people of the third age.

The "Karelleion" Integrated Alzheimer's and Related Disorders Unit is providing specialized high-level services, to patients with Alzheimer's and related disorders.

Our Unit has, an inpatient department, with a capacity to accommodate 15 patients on a permanent basis and also an additional capacity to accommodate 5 more patients, on a short-term basis, aiming to relieving their families for a brief period of time, from the burden of their care.

We also have a day center, to which patients with dementia may participate. Patients, caregivers, as well as healthy elderly individuals, may also receive specialized information, consultation as well as education, as far as dementia and preventive measures are concerned.

And last but not least, we have a memory clinic, which is a specialist outpatient service, into which anyone interested may be examined, free of charge, as far as their cognitive functions are concerned, by a psychiatrist and a psychologist. If need be, they can also be followed-up by the psychiatrist and receive prescriptions for medication or referrals for further diagnostic control. During the last 3 years, in our memory clinic we have performed 723 memory assessments, and 468 follow-ups.

Our patients and participants of our day center are also receiving specialized therapies like occupational therapy, physiotherapy and music therapy.

Among the other services we provide, we also offer counseling and psychological support to caregivers, as they do need information as well as appropriate advice.

But that is not all. Our Unit is also an area of education, as well as one of social gathering, creation and communication.

Among the educational activities, organized by the Karelleion, a psychoeducational program of seminars on dementia and Alzheimer's disease takes place, within the context of the community, three times per year.

The aforementioned activity is carried out by members of our Unit's scientific team, who investigate and present to relatives, carers of patients with dementia, students and various other healthcare professionals, theoretical issues about dementia as well as practical advice on what to do and how to take care of a person with dementia.

It should be noted at this point, that everyone interested is encouraged to participate to these seminars, (so there are no exclusion criteria), and all this is taking place without the attendee, having to pay anything out of one's own pocket, which is also very important as in our country, Greece the socioeconomic crisis is still present.

During each psychoeducational seminar, we give scientific presentations, on layman's terms, on a weekly basis, by our psychiatrist, psychologist, nurse, occupational therapist, physiotherapist, and social worker.

In order to cope with the needs of people in our country, our Unit conducts an information campaign about dementia since 2015, until today.

These actions are organized throughout our capital Athens, but also at a national level, in cooperation with various health structures, as well as Local Branches of the Greek Church, the municipalities, the Open Protection Centers for the Elderly etc.

In the context of the aforementioned, all these years, we have a carried out visits to many locations in Athens, as well as provincial cities such as, in Northern Greece, in Macedonia, in Central and Southern Greece, as well as many of our islands.

The warm welcome tot his initiative and the positive feedback we are receiving by people, show us that local communities have already embraced it. This is also shown by the number of people who have participated to these actions, since 2015,which amounts to 4.404, until now.

Other, than what has already been mentioned our Unit serves also the purpose of providing a place where students in Psychology and in Physiotherapy, can perform their pre practice, as it is a prerequisite for them, stated also in their respective training programs.

The enthusiasm which a big number of people have overtly displayed towards our endeavors and various initiatives, are and will continue to be, our greatest motivation, in order for us to continue to invest in state-of-the-art technologies and adopt new techniques, as well as to be always updated in new therapeutic guidelines. And all this without forgetting that everything must have in its focus, the patient, as a bio-psycho-social being.