FINDING A WAY: IS COGNITIVE REHABILITATION EFFECTIVE IN DEMENTIA?

Anita Rose, UK

We know that the aim of Cognitive Rehabilitation (CR) is to empower people with cognitive impairments to achieve their optimum level of well-being, be that physical, psychological or social, by helping to reduce the functional disability resulting from damage to the brain. CR is based on a number of theoretical approaches and is aimed at restoration, compensation and modification and together with emotional and psychosocial approaches provides a holistic framework upon which CR can work. Central to the process of CR is the identification of goals that have personal meaning to the cognitively impaired person and in collaboration with the therapist thus develop interventions aimed at addressing these goals. The efficacy of CR has been well established in non-progressive brain injury however the role and effectiveness of CR is less understood in dementia. This presentation reviews the use of CR for people with dementia and considers the evidence for its effectiveness.