

Dementia Care at Home in Italy

Christian works with people living with Dementia in the Community at home. This testimony describes his experience of using RITA with one of his patients.

As an occupational therapist working in the care and support of people living with dementia, I had the opportunity to use the R.I.T.A. Digital Therapeutic Intervention solution as a tool for cognitive stimulation and the promotion of autonomy. I would like to share with you a significant experience I had working with a patient named Giovanni.

Giovanni is an elderly gentleman suffering from mild dementia. He is often confused and has difficulty maintaining spatio-temporal orientation and basic skills for daily life at home. During our occupational therapy sessions, I decided to use a Digital Therapeutic Intervention that would allow me to create an interactive environment that could foster his active participation and slow down cognitive impairment, as well as help him to be more oriented and enhance his wellbeing.

Firstly, I identified several applications already available in R.I.T.A. specific to people with dementia. These applications offered activities such as memory games, puzzles, language skills and other cognitive activities. I selected those that best suited Giovanni's needs that could involve him in a meaningful way.

During our sessions, we used R.I.T.A. to perform a variety of activities. For example, we played memory games that involved image and word matches. These games helped Giovanni strengthen his memory and his ability to concentrate. In addition, we used applications that offered attention exercises, such as cruci-puzzles and coloring drawings, to promote his coordination and his praxis skills.

In addition to cognitive activities, the Digital Therapeutic Intervention was an excellent tool to help Giovanni capture and tell his life story. It is in fact possible to insert within the solution important images that recall his history and his home environment.

Throughout the therapeutic process, I noticed some improvement in Giovanni's cognitive abilities. He showed an increase in his attention and cognitive flexibility. In addition, he became more involved and motivated during occupational therapy sessions, demonstrating greater confidence in his abilities.

In addition to the benefits for Giovanni, the use of Digital Therapeutic Intervention through R.I.T.A. has also allowed me as an occupational therapist to monitor and record the patient's progress more accurately. I was able to document the results of the activities and make any changes to the treatment plan according to his individual responses and needs.

In conclusion, the use of R.I.T.A. Digital Therapeutic Intervention as a tool for cognitive stimulation and increased autonomy in people with dementia has proven effective and satisfying in my experience as an occupational therapist, offering me a wide range of engaging activities to accompany traditional therapy. I also believe that the use of Digital Therapeutic Intervention solutions by the caregiver can be deepened to give continuation at home of what has been carried out in therapy.

Testimony freely shared by Christian, Occupational Therapist – June 2023

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