Living with dementia: an intervention in a nursing home

This oral presentation is based on a 4 year practice in KREOUZIOS nursing house, cited in Thessaloniki-Greece. The dynamic of this nursing house is 52 patients, 9 nurses, 2 clearing staff and 1 doctor. The criteria for someone to have a bed in this place, was to have a type of dementia or other neurological deficiency, like Parkinson or stroke patients, a not self-service person, because of mobility problems or when a rehabilitation center couldn’t provide any more help to the patient. A part of the cost for the hospitalization comes from the NHS, and the other half is coming from the personal income. Most of the patients are coming to the nursing house and they live there till the end of their life. Living with dementia in a nursing house, is quite difficult when there are no daily activities and impacts. Life turns boring and miserable, especially when the only interest every day is the feeding procedure, medication and hygienic procedure or doctor’s daily visits. My first day in Kreouzios nursing house was one of the most horrible days of my career. I will never forget the feeling in my stomach when I met the conditions in this place. There was no plan, no schedule for activities and the stuff was completely burned out. I had to decide what I should do. First the staff? Or the patients? After 2 year of practice I had some really intestina resulta to bot direstino- stuff and patients. After 4 year of practice I could notice more possibleste and opportuniste. This experience in KREOUZIOS nursing house was full of challenger. Some Times full of disappointments, Others Times fruitfull and memorabile moment.

Biography

Despoina Drivakou has completed her BSc of Psychology and then continued with a MSc in Medicine school. Now she is a PhD candidate in medicine school. She has completed a four year training in systemic approach psychotherapy too. Despoina Drivakou has a long experience working with people with dementia in a nursing house in Thessaloniki- KREOUZIOS- and teaching experience as well. This year she is teaching psychology in NYC college- Thessaloniki. Last year one of the subjects she was teaching was Cognitive impairment in elderly populations, in Metropolitan College-Thessaloniki. She is a private practice psychologist / psychotherapist in Thessaloniki.

ddrivako@gmail.com