



Goal-oriented Cognitive Rehabilitation

Interventions for improving the experience of dementia

What is the GREAT study?

Goal-oriented cognitive **R**ehabilitation in **E**arly-stage **A**lzheimer's disease: multi-centre single-blind randomised controlled **T**rial



Aims of the GREAT Study

- **How effective goal-oriented CR is compared to treatment as usual with regard to:**
 - improving goal performance for people with memory difficulties,
 - improving quality of life, self-efficacy (perceived ability to influence one's situation), mood, memory and thinking skills, and
 - producing benefits for carers by reducing stress and improving perceived health status and quality of life.
- **Whether CR is a cost-effective form of treatment in early-stage dementia by examining the benefits achieved in relation to the cost of providing the therapy.**
- **How the goal-oriented CR approach can most effectively be integrated into routine NHS provision.**



A person displays function when he is able to choose, organize, and perform occupations that are personally meaningful



Volition

Source of motivation

Habituation

Patterns and routines

Performance

Cognitive and physical abilities

Selecting the appropriate CR technique: Errorless or Effortful Learning??

- Cognitive ability
- MOHO
- Activity analysis



Restorative rehabilitation – effortful learning

Prompting



Visual and
verbal
mnemonics

Cueing

Semantic elaboration and processing

Verbal mnemonics



Visual mnemonics



Restorative rehabilitation – errorless learning

Expanded rehearsal

Semantic images



Patterns of movement:

Tapping into old ones
Learning new ones

Activity Grading

Positioning:

Self

Objects

Communication:

Speech

Body Language

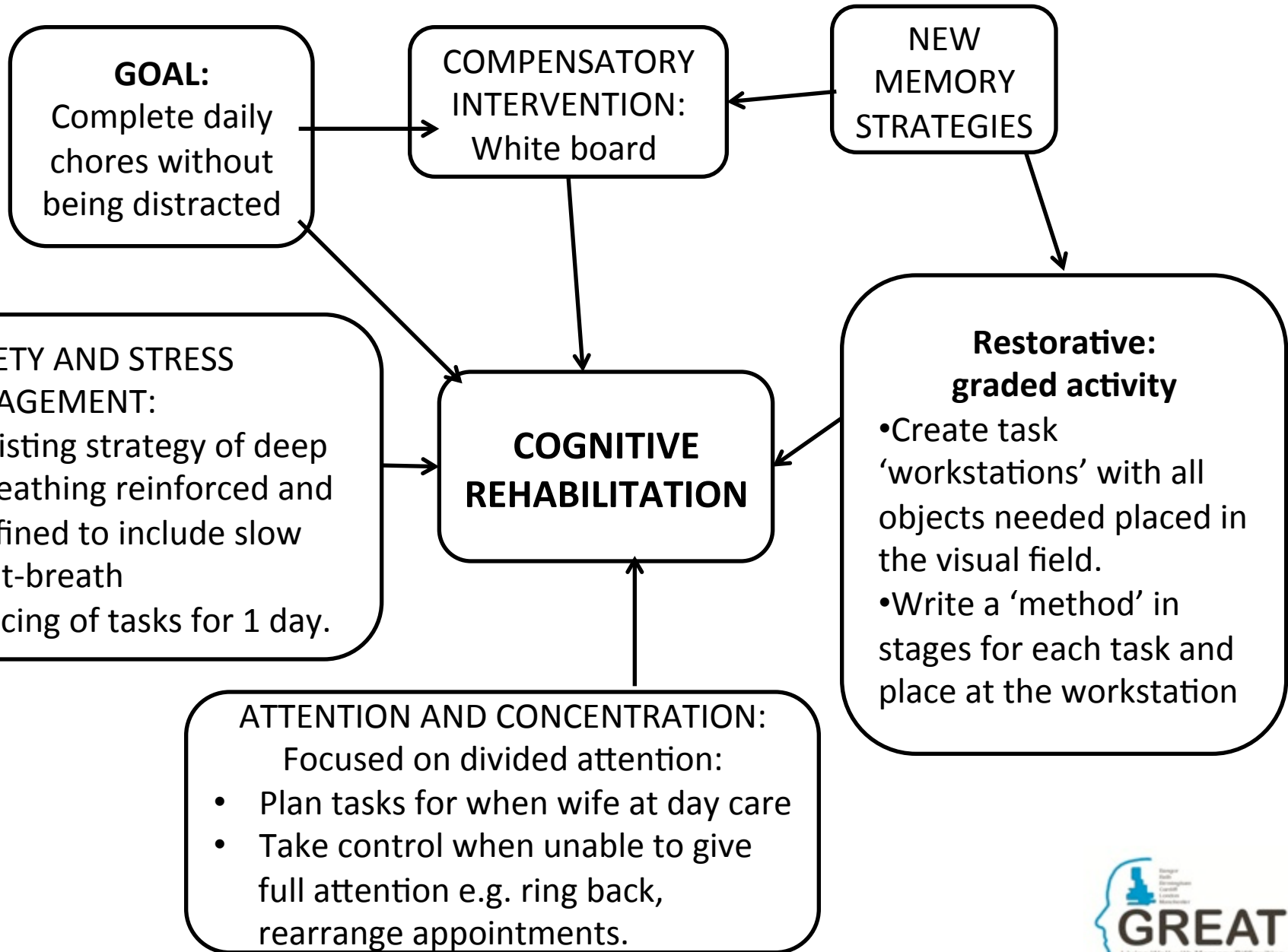
Pace

Compensatory techniques

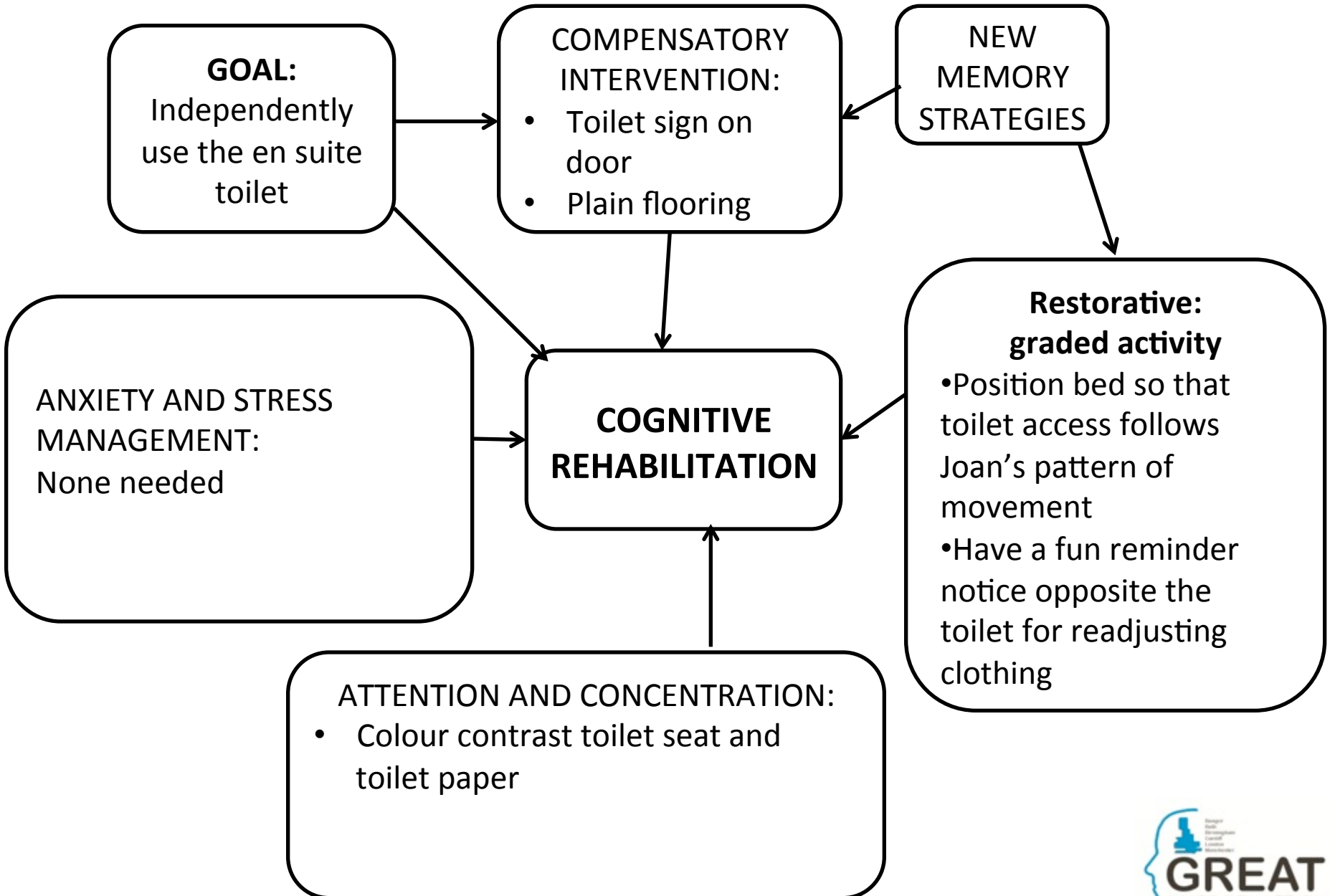
Toilet



John's Cognitive Rehabilitation



Joan's Cognitive Rehabilitation



Check before you leave!



Have you pulled up
your pants?

Anxiety management

- Relaxation techniques
 - Progressive Muscle Relaxation
 - Meditation/Mindfulness
 - Conscious observation
 - Deep Controlled (Diaphragmatic) Breathing
- Solution focused approach



<http://great.bangor.ac.uk/>