

Cognitive and cognitive/behavioural rehabilitation in subjects with alzheimer's disease: a review

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Alzheimer's disease is a degenerative pathology of the CNS which causes a progressive and dangerous impairment of various cognitive functions, such as memory, attention and language. The disease also impairs the normal progression of daily life activities.

So far, no proper drug to effectively treat or cure Alzheimer's disease has been found. Therefore, rehabilitation interventions play an increasingly important role in slowing the disease progression. The present paper is an overview of the main approaches to cognitive rehabilitation of Alzheimer's disease.

Two types of interventions are presented: the first refers to "specific" techniques of cognitive activation which include strategies to treat memory deficits (memory training, subject performed task, vanishing cue, copy cue, mnemotechniques, visual imagery); the second type includes "aspecific" techniques which address larger domains (ROT, adaptation to reality, validation therapy, recall therapy, musical therapy, behavioural therapy, occupational therapy, external aids). Finally, we suggest the use of Instrumental Enrichment Program, developed by Reuven Feuerstein for rehabilitation of cognitively declining persons.

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