

EADC Resident and Research Fellow Section (RRFS)

Exchange through internship programs

Name and location EADC hosting center

Alzheimer Hellas

Link to center's website

<https://www.alzheimer-hellas.gr/index.php/en/home/aboutus>

PI of the EADC hosting center

Em. Prof. Dr. Magda Tsolaki, MD, PhD

Contact person of the EADC hosting center

Give full coordinates of the person that can be contacted by the RRFS member for additional information

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Description of the center

The Greek Association of Alzheimer's disease and Related Disorders (Alzheimer Hellas) is a non-profit organization that was founded in 1995, by relatives of patients with Alzheimer's Disease as well as by doctors of all specialties. Alzheimer Hellas operates two Day Care Centers in Thessaloniki, one in Katerini, a Day center for caregivers, a Home-care unit, and an inpatient facility for End-stage Dementia patients. Alzheimer Hellas, since 2000, has organized 14 Pan-Hellenic Interdisciplinary Conferences in addition to informative lectures and seminars.

Currently it consists of more than 5.000 members. Alzheimer Hellas aims to raise awareness to the community, fight stigma associated with neurodegenerative diseases, and control behavioral and affective disorders (caused by dementia) with non-pharmacological interventions and appropriate medical care from specialized health care professionals.

Alzheimer -Hellas serves almost 7.400 individuals with more than 255.000 offered services per year.

It participates in National, European, and International research projects, Pharmaceuticals, and Nutraceuticals trials. Since 1995, it has been an active member of the International and

European Alzheimer's Associations and participates in every major conference on the field of dementia. 14 Pan-Hellenic Inter-Scientific Alzheimer Conferences have been carried out until now along with the 13th European Alzheimer Conference in Thessaloniki in 2003 and the 25th International Conference (ADI) in 2010.

It has been a referral spot of clinical and research expertise regarding all aspects of Neurodegeneration, in North Greece, Greece in general and the Balkan peninsula.

The scientific crew is multidisciplinary and includes neuropsychologists, social workers, physiotherapists, dieticians, geneticists, biochemists, neurologists and internal medicine specialists, dentists and pathologists.

It owns a Database with more than 23000 patients enrolled, an Imaging and EEG library, and a Biobank with more than 2000 CSF and blood samples and more than 100 brains.

Internship program

Optimal duration of the internship program: 2-4 weeks

Contents of the internship program:

- A. Visit to our 2 daycenters where
 1. the psychologists will attend neuropsychological examination of two hours in two different days and participate in different programs of rehabilitation of memory, attention, orientation, language etc
 2. The neurologists will attend the diagnostic procedure after the neuropsychological examination
 3. The social workers will discuss with our social worker all the social problems we have in Greece and how we solve them
 4. The body exercise trainers will attend the program we have prepared for patients with cognitive problems
 5. The physiotherapists will attend the work our physiotherapist does at the homes of our patients.
- B. Visit to our Nursing home for patients with dementia at the end stages
 1. the psychologists will attend neuropsychological examination and participate in different programs of rehabilitation, such as doll therapy, music therapy, Snoezelen etc
 2. The neurologists will attend the diagnostic procedure after the neuropsychological examination. We do 2-4 LP every day
 3. The social workers will discuss with our social worker all the social problems we have in Greece and how we solve them
 4. The physiotherapists will attend the work our physiotherapist does at the homes of our patients