

My rotation at the ACE Alzheimer Center in Barcelona was a very inspiring and valuable learning experience. As a psychologist working with people with dementia, this programme gave me the opportunity to gain practical knowledge in a specialised centre focused on memory disorders and Alzheimer's disease, while observing daily clinical work and patient care.

During the rotation, I observed a wide range of patient cases, including Alzheimer's disease, vascular dementia, mild cognitive impairment, subjective cognitive impairment and other related disorders. By observing many neuropsychological assessments, diagnostic procedures and follow up evaluations, I improved my understanding of how cognitive disorders are detected, diagnosed and monitored using specialised tools and techniques. I also observed how neuropsychologists and researchers work together which showed me the importance of teamwork in patient care.

I also had the opportunity to observe clinical trials, screening and follow up visits where I learned about research using biomarkers and new medication approaches for dementia. Another very important part of my experience was my time at the ACE Day Hospital and Day Center, where I observed cognitive stimulation programmes and non pharmacological interventions. This allowed me to interact with patients and see how these activities can help their daily functioning, well-being and overall quality of life.

This experience was not only educational but also personally meaningful. It strengthened my motivation to continue working in the dementia field and reminded me how important it is to combine scientific knowledge with empathy and human connection. The ACE rotation is a unique and highly recommended experience for professionals interested in the important work being done in the field of dementia.

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