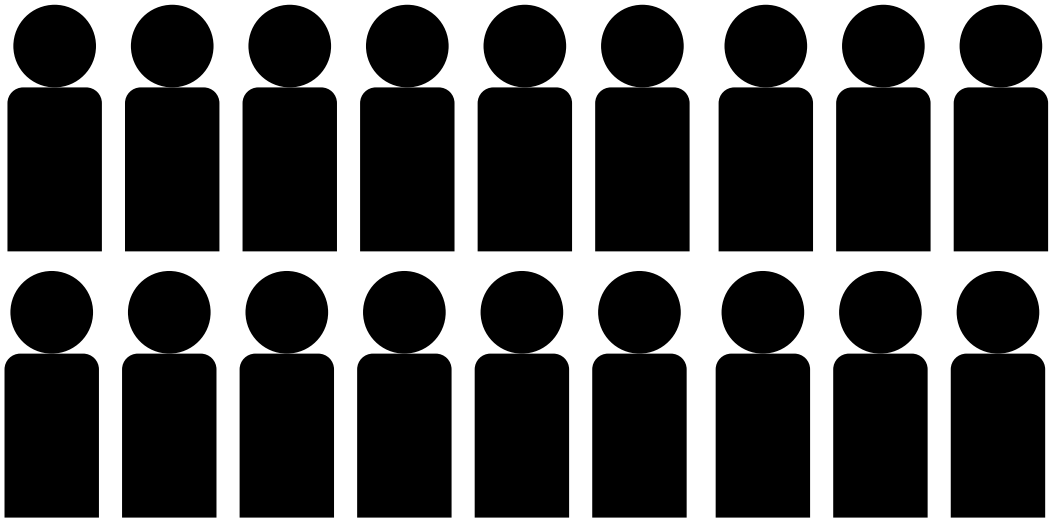
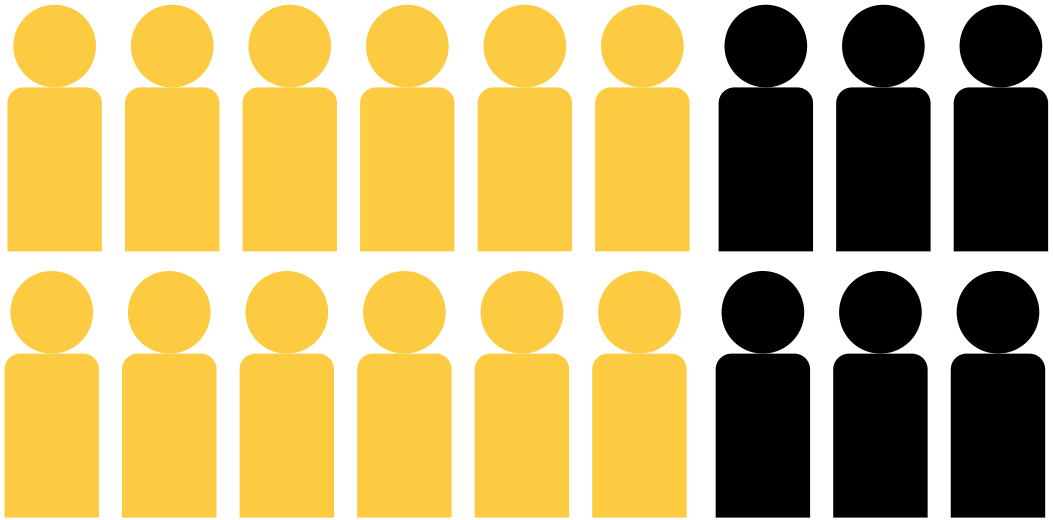
Incorporating Childhood Games into The Memory Club Program

Sofia de Oliveira, Gabriella Fiorentino, Braden St.Jacques, & Nicholas Roschewsk

30 Million People Worldwide are Affected by Alzheimer's



⅔ of Those People Live in Developing Countries



Our Project

To incorporate participant's childhood games into the Memory Club Program; to decrease anxiety and enhance their quality of life by improving their overall cognitive function.

Goal

The Memory Club

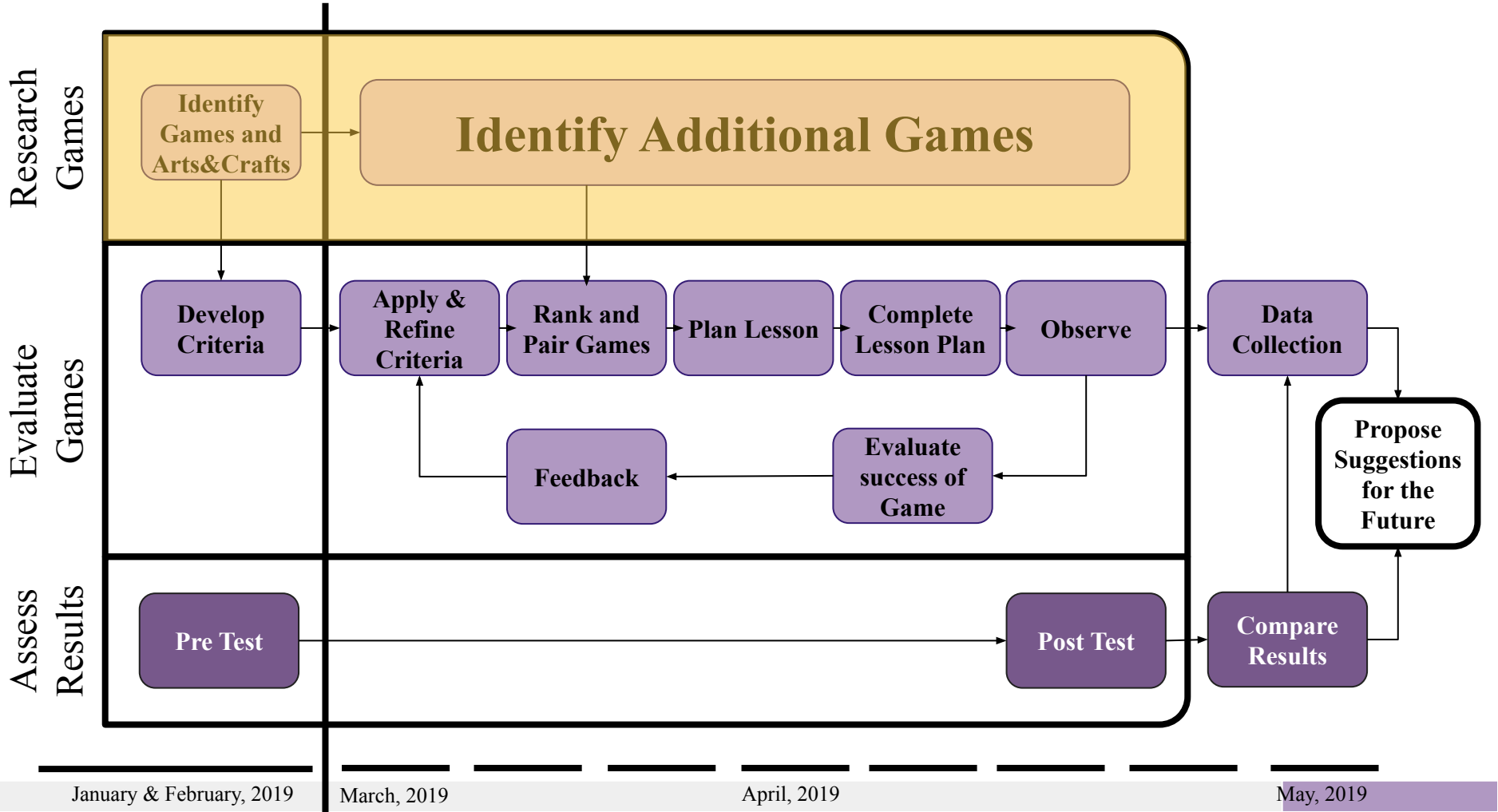
The Memory Club is a program for elderly people who experience memory loss issues

Discussion

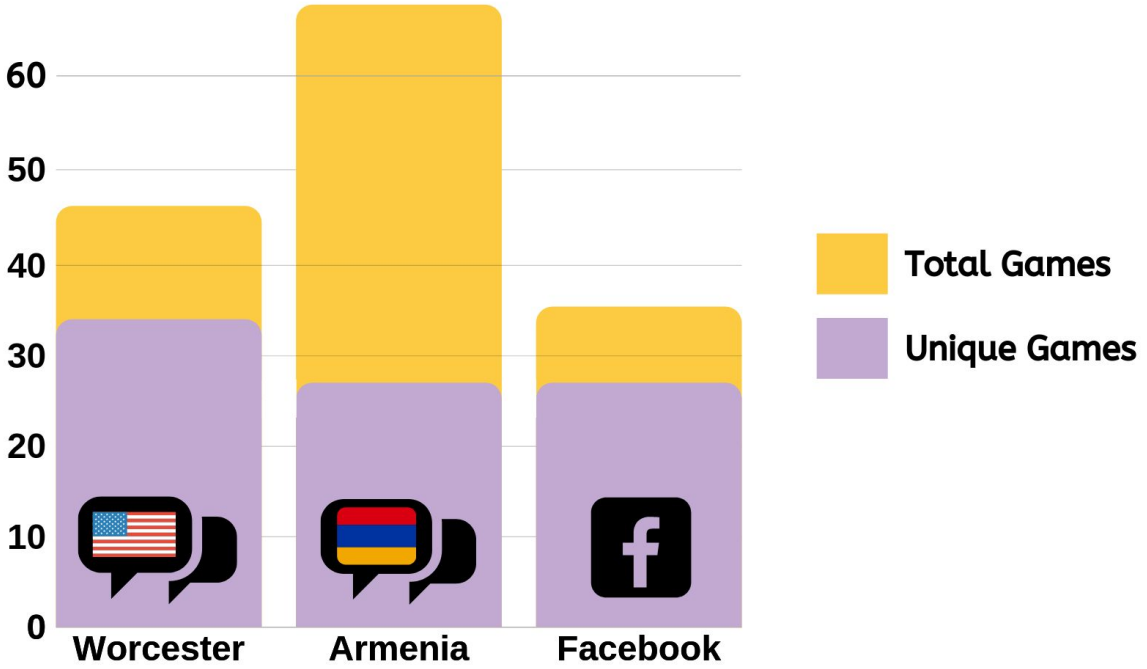
Game

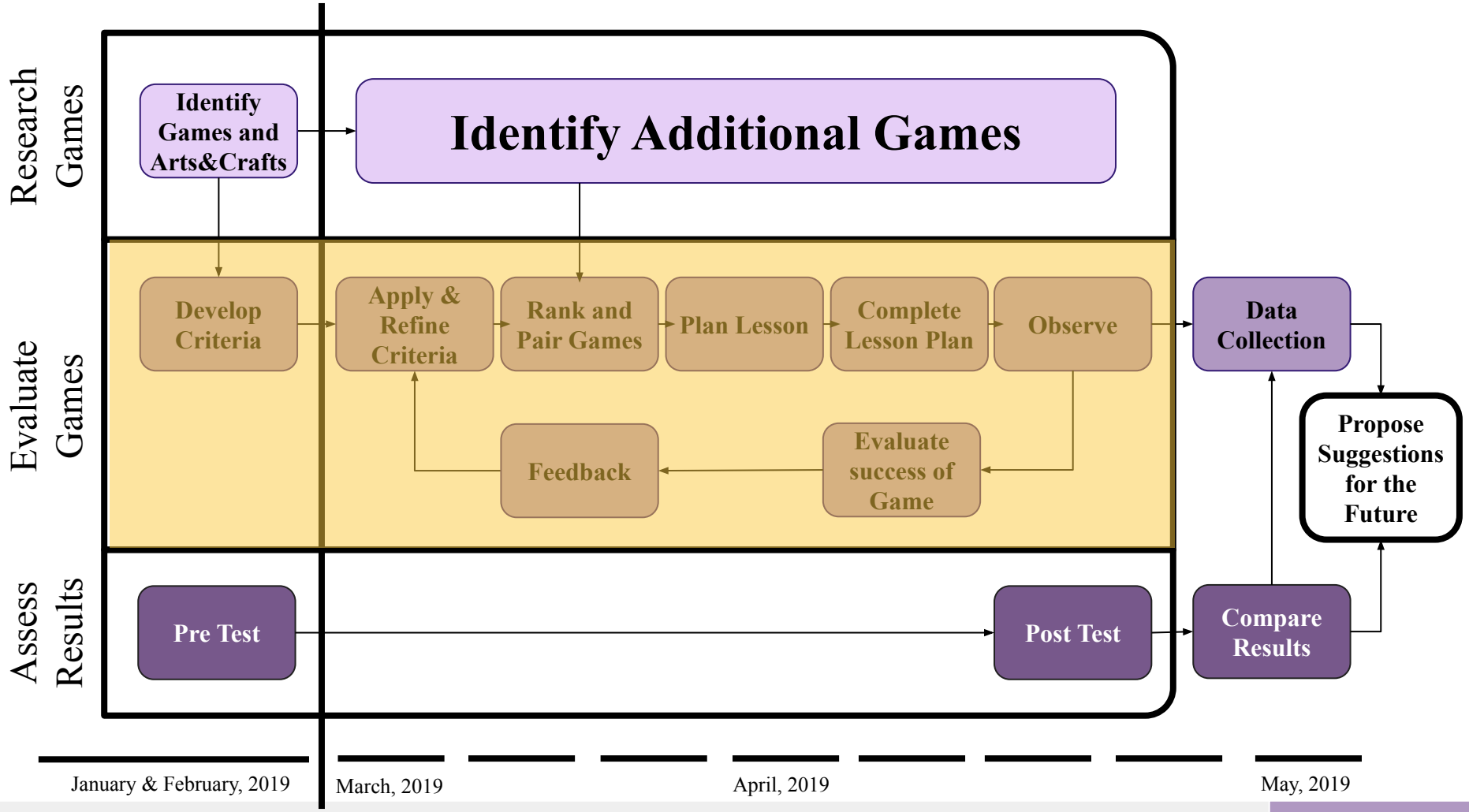
Art and Craft

Approach & Methods


Research Games
Identify Games and Arts&Crafts
Identify Additional Games
Evaluate Games
Develop Criteria
Apply & Refine Criteria
Rank and Pair Games
Plan Lesson
Complete Lesson Plan
Observe
Data Collection
Propose Suggestions for the Future
Feedback
Evaluate success of Game
Assess Results
Pre Test
Post Test
Compare Results
January & February, 2019
March, 2019
April, 2019
May, 2019

Community Outreach was the Most Successful Way to Identify Armenian Games

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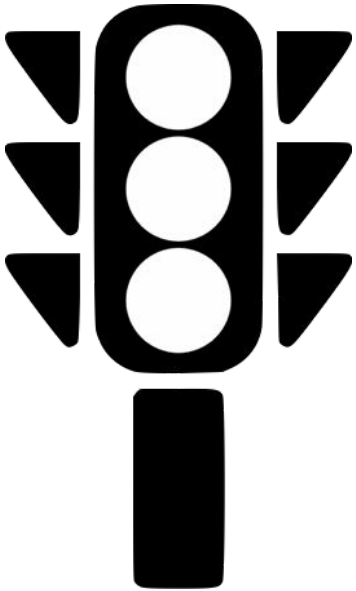
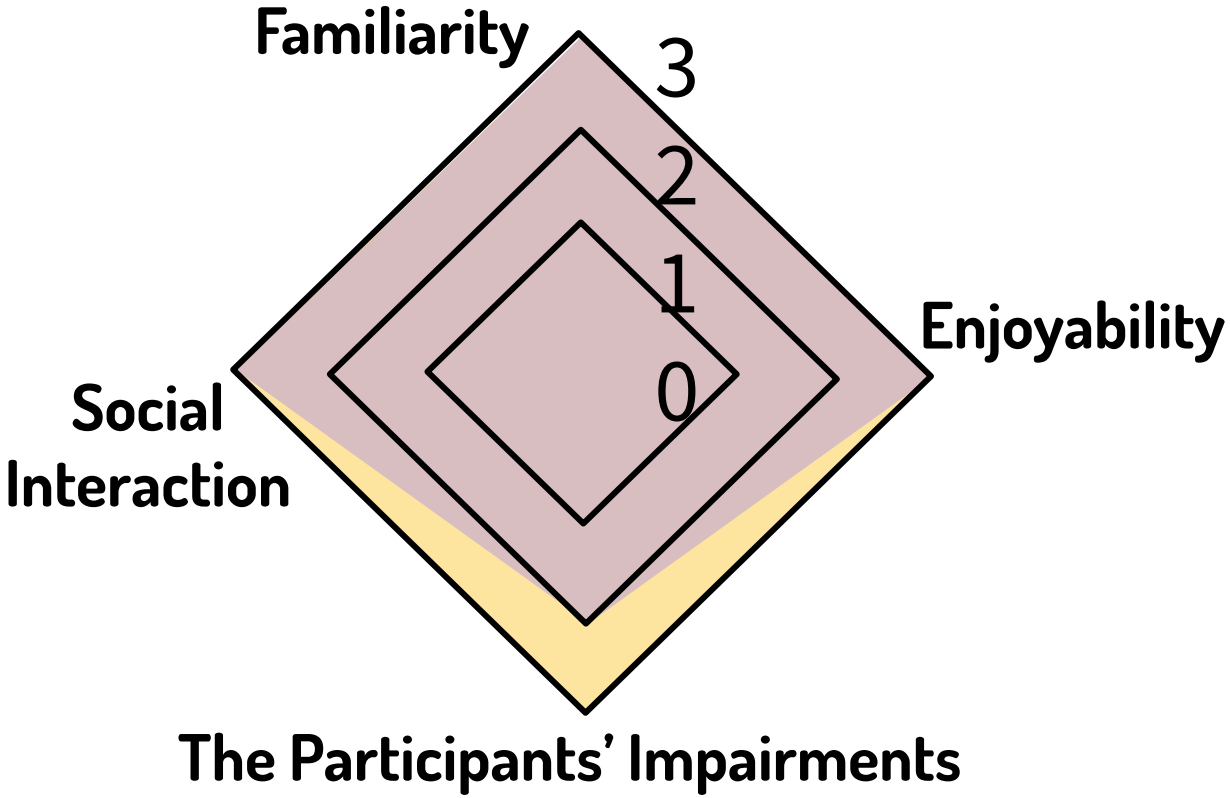
Games that Passed Through the Filters Were Ranked Using the Scaled Items



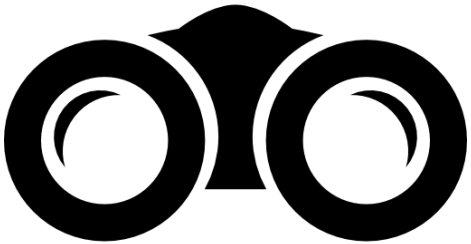
Filters

Scaled Items

Games Were Paired with Arts and Crafts in a Complementary Fashion to Maximize Benefits



Data was Collected Using Three Different Methods

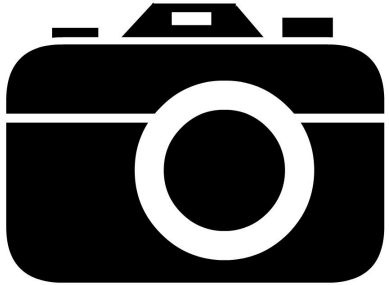


Observations

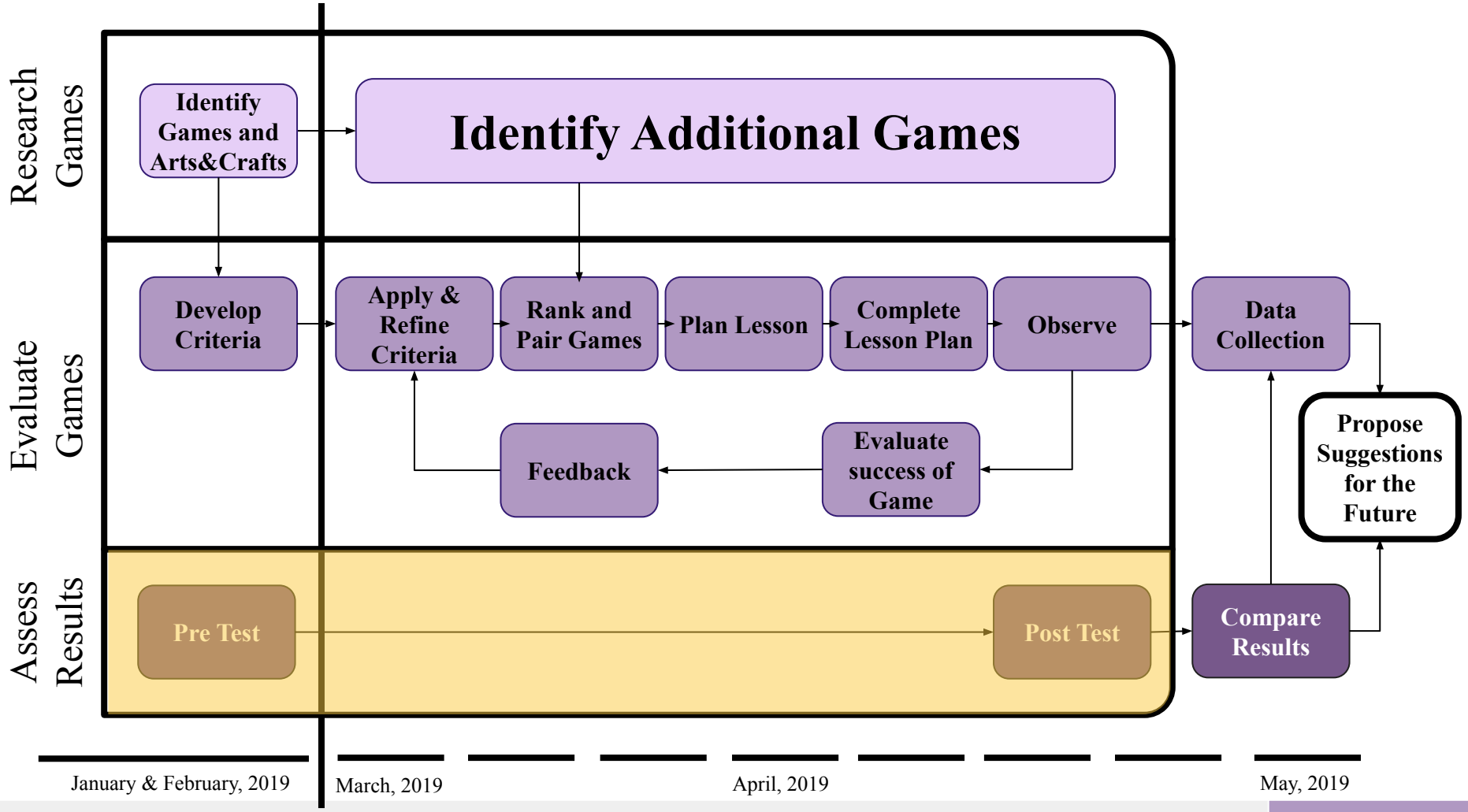
+

Survey

+



Photographs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Changes in Cognitive Function and Anxiety Were Measured By Two Standardized Assessments

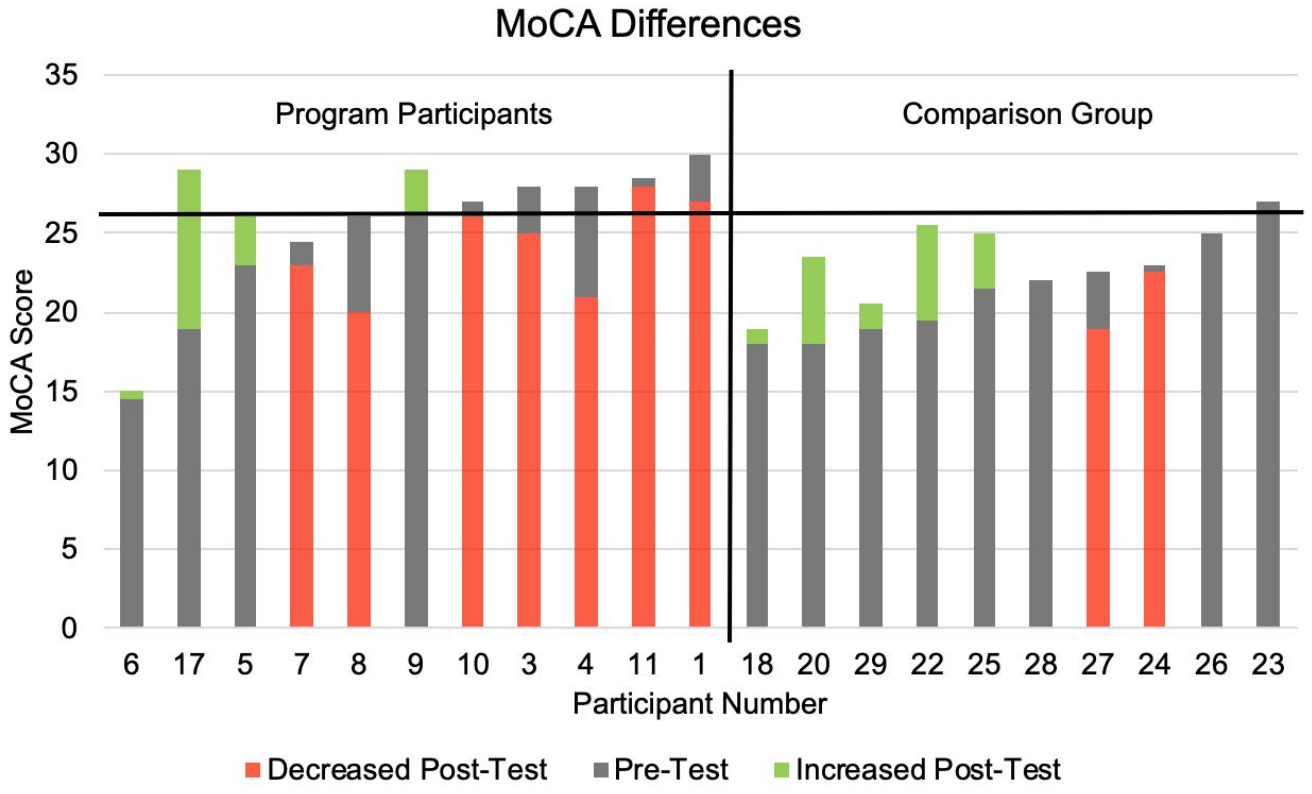
Montreal Cognitive Assessment (MoCA)

Geriatric Anxiety Scale 10 Item (GAS-10)

Test Results

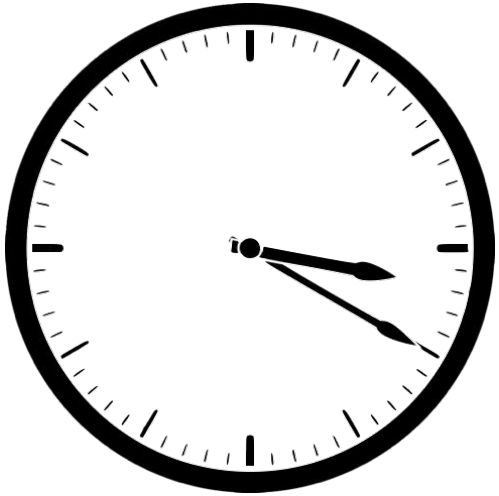
Results of the MoCA Test Were Opposite the Predicted Outcome

Avg: -0.5



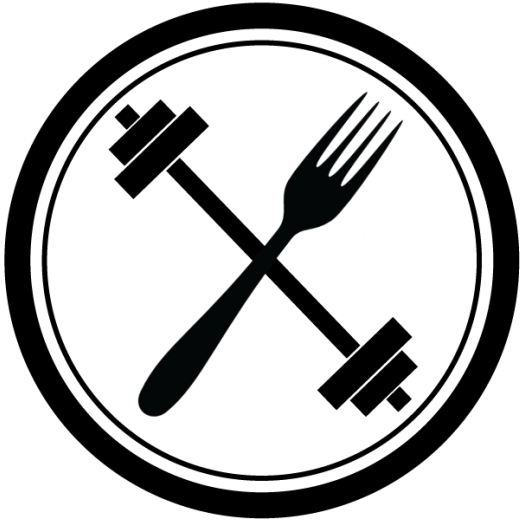
Avg: 1.35

Several Factors Contribute to Unreliable MoCA Test Data



Timing of Test

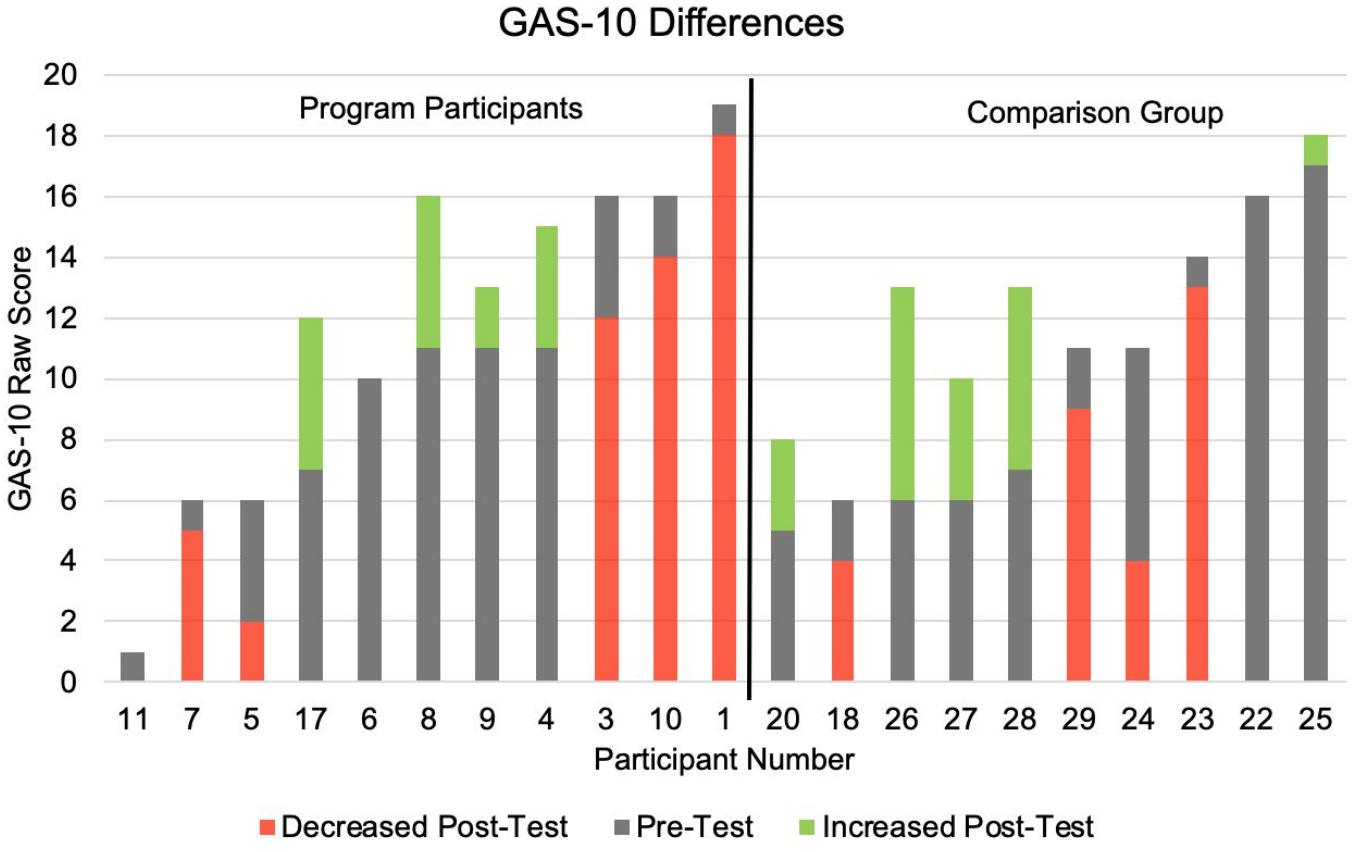
Inconsistent Scoring



Lifestyle

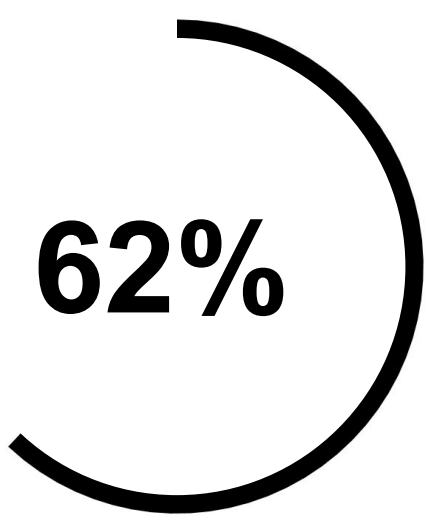
The Results of the GAS-10 Were as Expected

Avg: -1



Avg: 0.9

Participants of the Memory Club Had A Larger Reduction in Anxiety than the Comparison Group

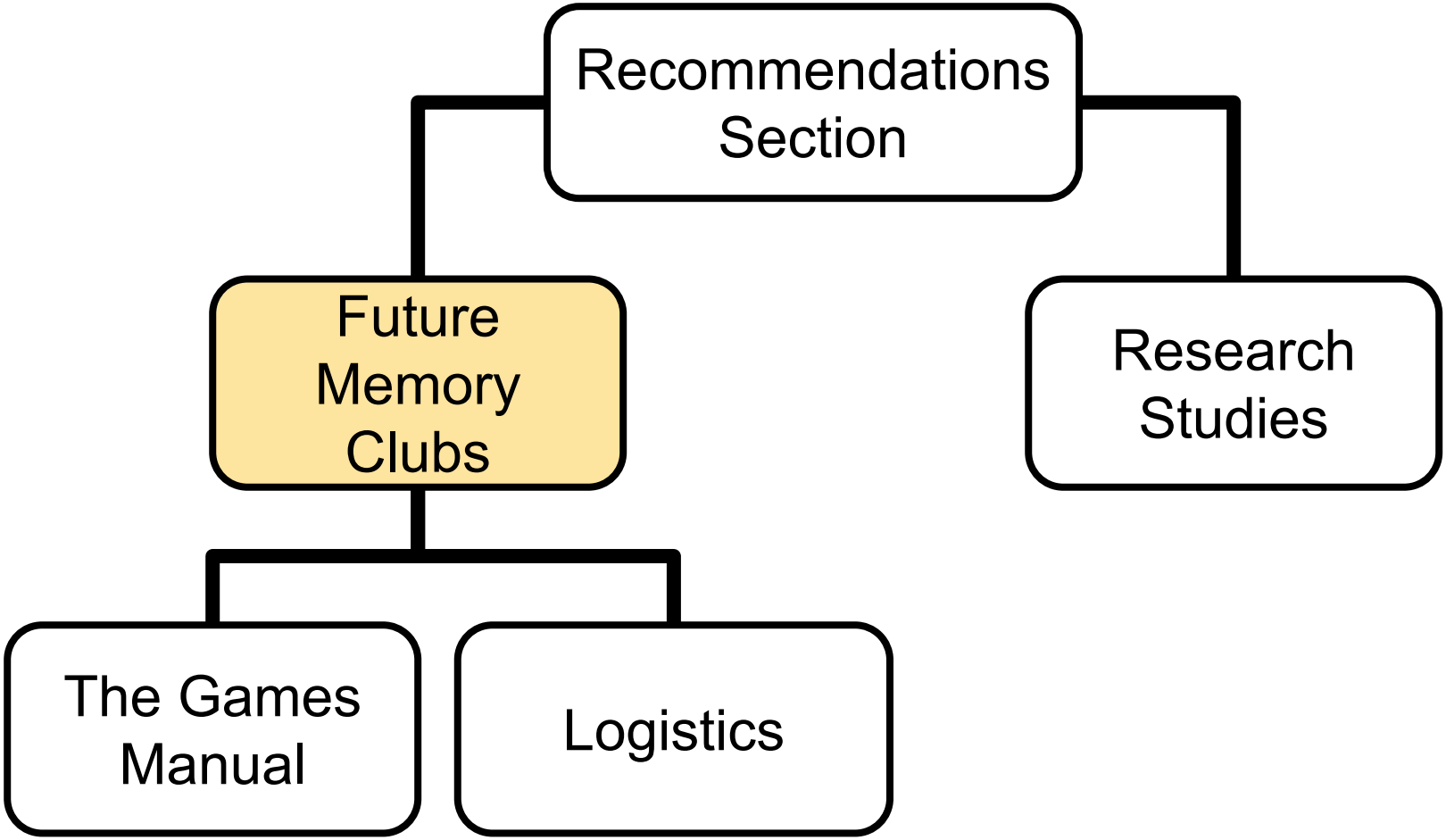


Participants

Comparison Group

Findings, Conclusions, & Recommendations

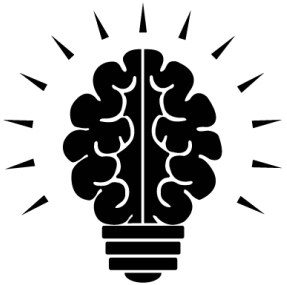
The Memory Club Was a Success Despite Scoring Challenges


Recommendations Section
Future Memory Clubs
Research Studies
The Games Manual
Logistics

The Games Manual Condenses All of Our Findings and Recommendations into One Location

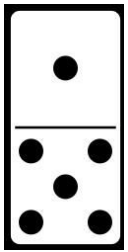
Game Title & Description

Pictures

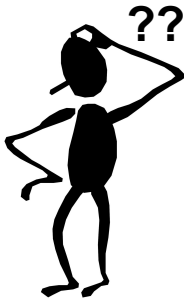


Cognitive Function

Instruction & Rules



Materials & Amounts



Cognitive Difficulty

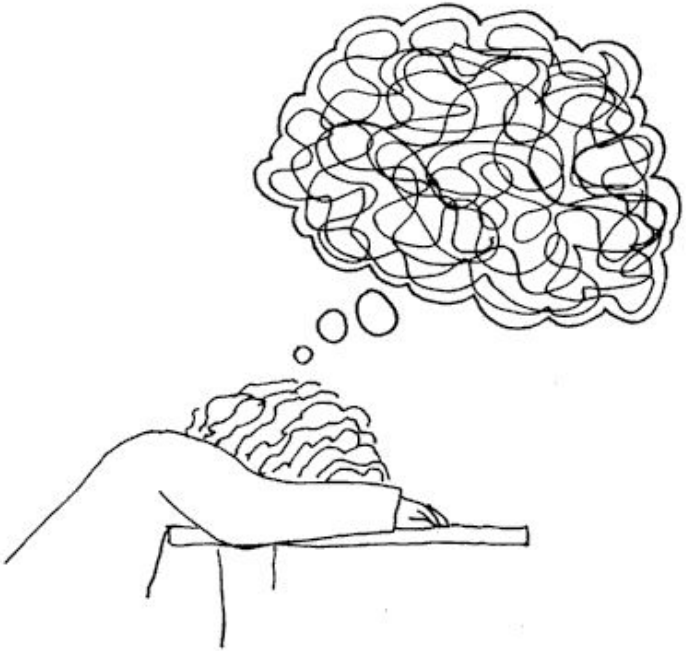
Successful Games Have Two General Traits: Competitive and Familiar

Familiar

Competitive

Unsuccessful Games Have Two General Traits: Not Familiar and Too Complex

Unfamiliar



Too Complex

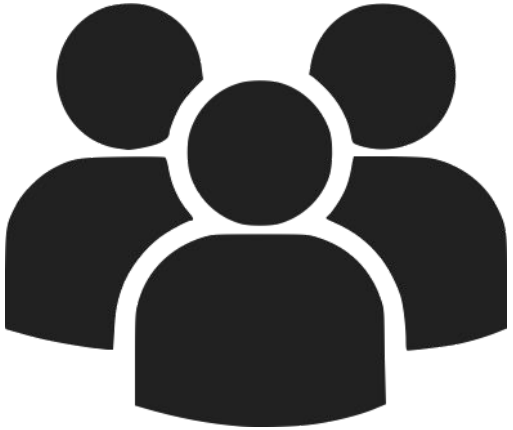
Checkers, Lotto, Dominoes, Broken Telephone, Hidden Figures, Zelena, and Puzzles Should be Implemented

Staple Games	Backup Games	Unsuccessful Games
1. Lotto 2. Checkers 3. Dominoes 4. Zelena 5. Jigsaw Puzzles	1. Halamola (Hidden Figures) 2. Broken Telephone	1. Concentration 2. Backgammon 3. Tag Saruh

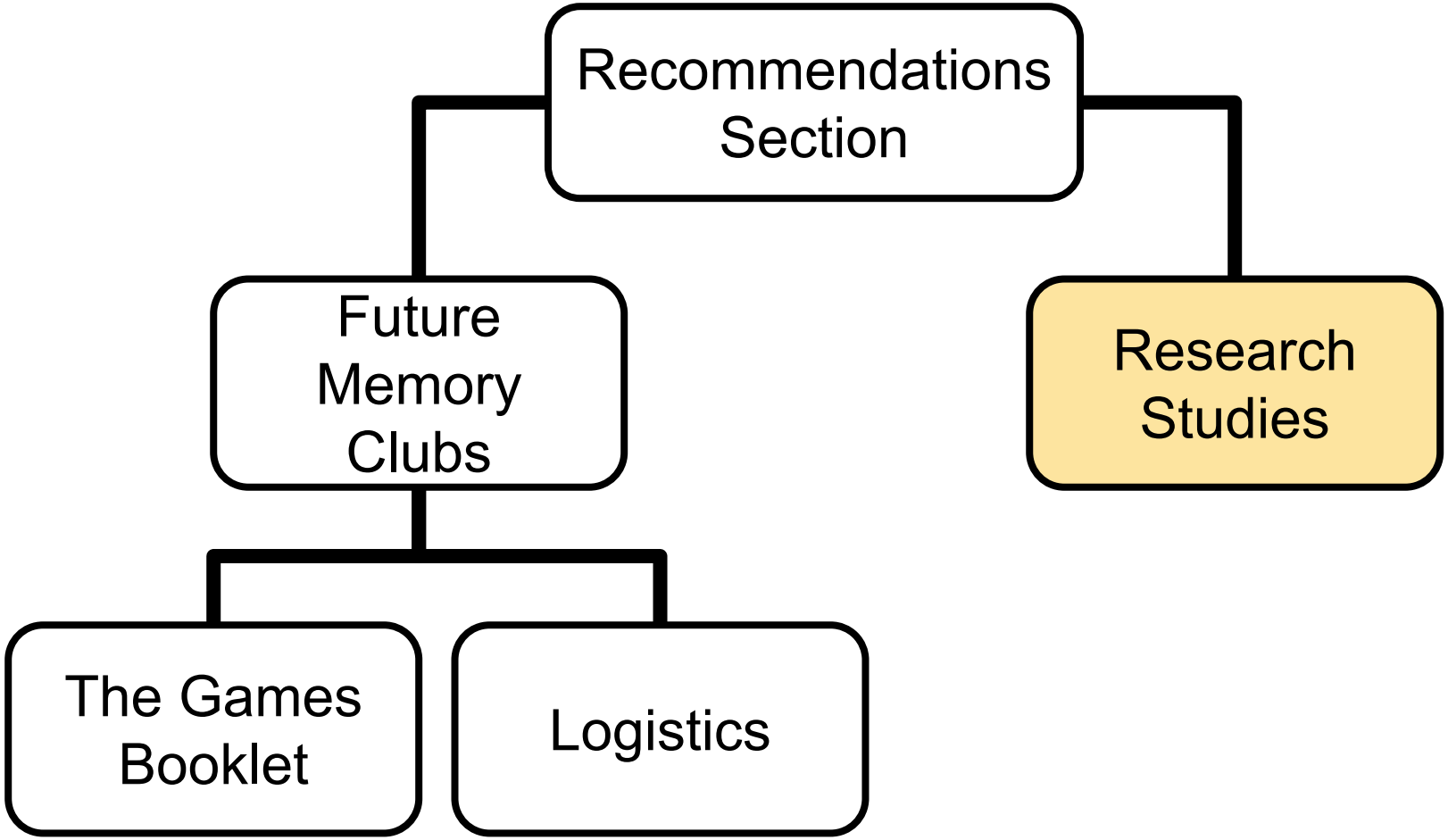
Aspects of the Program To Be Included in Future Memory Clubs

Structure of the Program

Games Available at the Facility



Volunteer Program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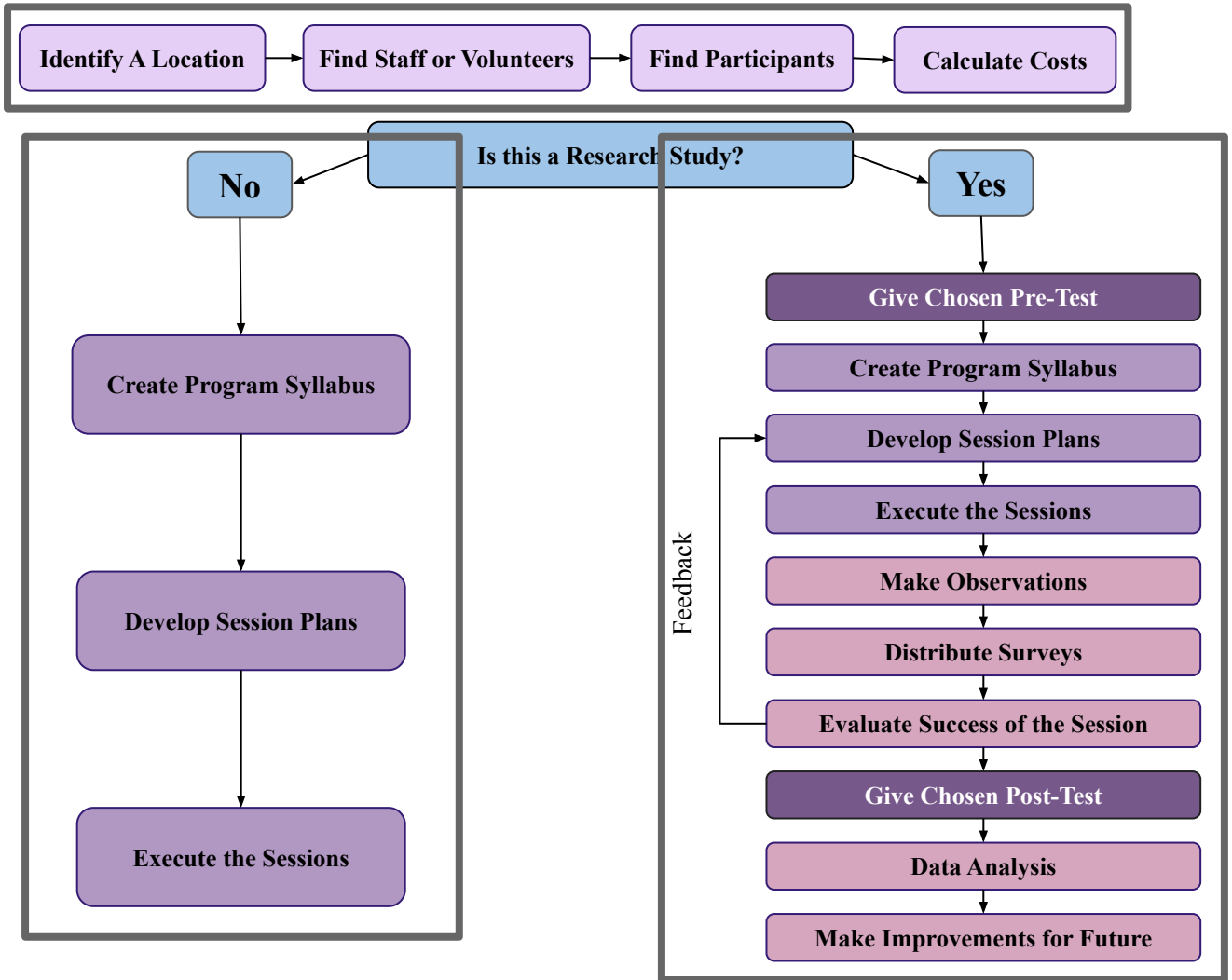
Changes Should be Made for Future Research Studies of the Memory Club

Minimal Social Interaction

Elimination of other Memory Club Elements

Standardized Scoring


Identify A Location
Find Staff or Volunteers
Find Participants
Calculate Costs
Is this a Research Study?
No
Create Program Syllabus
Develop Session Plans
Execute the Sessions
Yes
Give Chosen Pre-Test
Create Program Syllabus
Develop Session Plans
Execute the Sessions
Make Observations
Distribute Surveys
Evaluate Success of the Session
Feedback
Give Chosen Post-Test
Data Analysis
Make Improvements for Future

Thank You to All Who Supported Us Along the Way!

Armine Hovannisian
Hasmik Jinanyan
Arevik Antonyan
Orran Staff

Michael Aghajanian
Holly Ault
Paula Quinn

Dr. Jane Mahakian

Thank You For Your Time!