

## REPORT

The official inauguration of our Alzheimer Project was planned to coincide with the Alzheimer Marathon. The marathon is the most important non professional sporting event in our area and is organized by our cooperating organization Amici di Casa Insieme.

More than 7000 runners and 700 volunteers participated in the marathon.

In addition to the marathon, for a week, collateral events were organized to raise awareness of the problems of fragile people. This is an objective pursued by the NGO Casa Insieme: to build *a friendly community*.

The presentation of our project was the central event of the Alzheimer marathon week.

A leaflet summarizing our project was handed out (**attachment n.1**)

*During the week of the marathon two Rotarians from Atlanta were our guests:*

Louise Barden (the primary International contact) and her husband Ron.

**September 12, 2019** the Rotary presents its Global Grant to citizens in the city hall.

Speakers: Louise Barden, Alessio Avenanti, Andrea Rossi

More than 200 people crowded the hall

**September 12 (evening):** at the Cesena's Opera Theater the recital of the actor Roberto Mercadini with an original piece on the theme of dementia (crowded theater)

**September 13:** convivial lunch of RC Cesena and RC Valle del Savio, our partner in the project.

Guests of honor: Louise and Ron Barden

**September 14:** Louise and Ron visit Don Baronio Nursing Home, a beneficiary of our project

**September 15:** the Marathon. Louise and Ron hold the banner of the last group of runners

*The events of the week are summarized in a photographic sequence (photo n.1)*

**The purchase and the installation of the equipment has been completed in July 2019.**

The equipment was chosen according to two criteria:

- agree with the beneficiaries according to a list of their needs
- functional to the didactic project

### **The procedure we followed to purchase the equipment**

We downloaded the proforma invoices following the best offers on the internet (**attachment n.2**)

Given that we had a lot of equipment and many different beneficiaries, it would have been chaotic to manage the purchases directly. In addition, the purchase on the internet would still have posed the problem of the installation with the beneficiaries.

We therefore contacted an intermediary to whom we proposed to purchase the equipment, to install it and to make us an overall offer.

As intermediary we chose FlashComputer company whose professionalism we knew because it had been used in the past by RC Cesena.

The quotation of FlashComputer, *including a charge for installation*, was equivalent to our internet proforma invoices.

Payment to FlashComputer took place in three stages:

- payment of a 30% deposit (**attachment n.3**)
- payment of the balance after receiving the goods (**attachment n.4**)

The manager of each Facility issued a declaration that the installed tool was working (**attachment n.5**)

- payment of the installation's charge after all the equipment had been installed at the beneficiaries (**attachment n.6**)

*Two equipment were purchased directly from us.*

These equipments were not available on the internet and were directly supplied by the manufacturer:

- Brainer software
- TOUCHWINDOW, the interactive table with its software

We Rotarians visited all the beneficiaries and verified that the equipment was actually used.

**In March 2020** we made a donation deed to the beneficiaries.

In the donation deed the beneficiary stated that he received perfectly functioning equipment, that maintenance and management costs were his responsibility

**11 facilities received our equipments, in the deeds of donation you can see the name of each facility and what equipment it received. (attachment n.7)**

A plaque reminiscent of the donation was placed at all the facilities that received our equipment. (photo n.2)

## **The training**

Our training courses started in September 2019 and were interrupted on February 24, 2020 due to the lockdown imposed by the epidemic.

The virus has entered two of our nursing houses which have been transformed into COVID intensive care units under the direct control of our Hospital.

Given the large workload of all the caregivers of the elderly facilities, distance learning was not possible.

Family members and volunteers are now not allowed to enter the nursing homes.

We are now organizing distance teaching for volunteers and plan to start in June.

*We don't know when we can resume a normal activity, in October 2020?*

**This report therefore relates the activities carried out from September 2019 to February 2020.**

**To date we have completed four courses.**

### **1. Training for Nursing Homes caregivers and home caregivers**

#### **Objectives**

- Improve the quality of care offered to people with dementia in residential, semi-residential and home settings
- Improve the approach of professional caregivers to the person with dementia and his family
- Promote the spread of personalized care interventions
- Raise awareness of prevention opportunities and encourage the reduction of disease risk

#### **Teaching topics**

##### **First module - Awareness of the experience of those who live with dementia**

What is dementia, what implications does it have for the person and his family.

##### **Second module - Taking care**

How to approach the person and the family especially to deal with critical behavior and to encourage participation and social inclusion.

### **Third module - Education on prevention and risk reduction**

Concept and interventions of primary, secondary and tertiary prevention in dementia.  
Risk and protective factors that influence the manifestation and course of the disease

### **Fourth module - Becoming ambassadors of a more friendly and inclusive approach towards people with dementia.**

How to promote awareness of the experience of those who live with dementia in the different contexts in which they operate

Each module consists of 2 hours of teaching, the participants were asked to be present in all the modules of the course

### **In 2019 we completed the first four teaching modules.**

A certificate was issued to everyone who completed the course (**attachment n.9**)

Between February and March 2020 we scheduled:

**Fifth module** - Specific for psychologists, animators, educators and dedicated operators.

Cognitive stimulation and psychosocial interventions - The validated methodologies for carrying out quality interventions.

**Follow-up** - verification of the training course and reinforcement of knowledge and skills learned. Three months after the end of the course, there will be a moment of discussion on the use of the skills acquired and any difficulties encountered.

**Fifth module and follow-up were canceled due to restrictions of the virus emergency.**

They will be recovered as soon as possible

### **Participants in the 4 modules: n.74; lesson hours 32**

*The nursing home operators* were divided into groups of 19, 18 and 21 respectively and the lessons were held in two locations: *Nuovo Roverella* Nursing Home and *Maria Fantini* Nursing Home.

*Social workers and professional home caregivers* formed a single group of 16 and the lessons were held in an equipped classroom in the Municipality of Cesena

At the end of the course, question sheets were distributed to all participants to evaluate the liking and effectiveness of teaching: 68/74 returned the completed questionnaire.

The questions were aimed at evaluating:

- content and interest in the course topics
- quality of teaching materials
- applicability in daily practice
- the tutoring ability of the teachers

For each question there was a score from 1 to 4: unsatisfactory → very satisfactory

The data were processed and the 3 - 4 score was in the 70% - 90% range (**attachment n.10**)

The use of questionnaires is an imperfect but indicative quality assessment method.

To evaluate the quality and effectiveness of teaching, we rely heavily on follow-up meetings a few months after the end of the courses.

## **2. Training for non professional home caregivers**

The disabled elderly, the elderly with dementia is dependent on his family.

The family is not always available.

The use of *private caregivers* (**badanti**) is widespread in Italy. The *badanti* are housekeepers who live in the same home with the elderly. The contractual cost is about € 1,500 (tax included), + food and accommodation. They come from eastern european countries, mainly Ukraine and Moldova. These *badanti* are immigrant women without any professional training.

**Participants: n.20; lesson hours 4**

### **3. training for volunteers working in the *day centers* (non residential facilities) for the elderly**

**Participants: n.19; lesson hours 8**

### **4. Training on the use of multimedia monitors**

a limited group of operators with *pre-existing IT skills* (one for each structure that received our equipment) was trained to use the free internet resources to be applied in daily use with the elderly. These operators will then spread their experience in their facilities.

The teaching on the use of Brainer is scheduled.

**Participants: n.10; lesson hours 2**

These equipments are widely used in our nursing homes.

With the lockdown imposed by the epidemic, they are particularly valuable for bringing the elderly into contact with their relatives.

A photographic sequence documents the use of our equipment (**photo n.3**)

**To date we have trained 123 people for a total of 46 hours of lessons**

The summary scheme of the courses is in a table (**attachment n.11**)

### **a course not foreseen in the application of this Global Grant**

Another Global Grant is in progress in our area:

- GG n. 1982546 Romagna Palliative Care Project (Videoconference System)

It's a GG of the RC Ravenna to which the RC Cesena contributed.

#### ***Romagna Palliative Care Project***

- *Supply of the equipment to connect the 5 Hospices in Romagna by videoconferencing*
- *Provision of an advanced training package for all the professionals involved in the palliative care.*

The training package was funded by the Taccia Foundation which is also co-financier of the GG Alzheimer.

Prof Rabih Chattat, the scientific director of training in GG Alzheimer, is also a psychologist consultant in Hospices of our Region.

Palliative Care is no more exclusively reserved for terminal cancer patients, neurodegenerative and dementia patients are eligible for palliative care programs.

*These two Global Grants are interconnected.*

The first training course by videoconferencing: *an ethical look at Palliative Care* dealt with the ethical issues of helping the dying person, the legislation regulating the behavior of doctors and nurses, the anticipated end of life provisions, terminal sedation, assisted suicide.

**10 healthcare operators interested in the Alzheimer Project were invited to attend the Course; 70 general practitioners attended too.** The training of GPs is strategic for the Alzheimer project too.

## "Side Effects" of the Rotary's Alzheimer Project

### **1. a new cognitive stimulation software**

Brainer cognitive stimulation software → expensive licenses

- Alessio Avenanti, Professor in Bologna University, Department of Psychology, Director of the non-invasive brain stimulation research group
- Mirko Viroli, Professor in Bologna University, Department of Computer Science and Engineering

Alessio and Mirko, members of the RC Cesena, are developing a new cognitive stimulation software that will be provided free within the framework of Rotary's Alzheimer Project: **Software Brain-Trainer**

**Photo n. 4** in University: at work to develop the Software Brain-Trainer

### **2. the Christmas gift of the Rotary Club Cesena: a professional piano for the Don Baronio nursing home**

This piano is installed in the hall of the nursing home available to those who want to use it

### **3. the TimeBank of Rotaract Cesena: voluntary work at the Don Baronio Nursing Home**

*The members and the Spouses Group of the Cesena Rotary Club and the members of the RC Valle del Savio support the Alzheimer Project with an active participation that the project promoters had not initially taken into account.*

## **BANK**

**The Global Grant budget is: € 77,875**, bank account of May 30, 2019 (**attachment a**)

### **Equipment payments**

Proforma invoices following the best offers on the internet (**attachment b**): **35,475€**

Flash Computer equipment invoice: €22,700 (**attachment c**)

Flash Computer installation invoice: € 800 (**attachment d**)

**total expenditure for Flash Computer: € 23,500**

equipment purchased directly from Rotary:

TOUCHWINDOW invoice: **€6,100 (attachment e)**

Brainer invoice: **€4,831 (attachment f)**

- **total paid for the equipment: € 34,431**

**payments to the cooperating organization *Amici di Casa Insieme***

flat-rate reimbursement for all management services: **€5,000 (attachment g)**

first installment for the prepayment of the training: € 12,000 (**attachment h**)  
second installment for the prepayment of the training: € 12,000 (**attachment i**)  
• **total paid to Amici di Casa Insieme: € 29,000**

**To date we have spent € 63,431** (€34,431 + €29,000)

All bank transfers to pay supplier invoices are combined in one pdf file (**attachment l**)

**only the third installment for the training's payment remains to be paid: €11,000**

**the current balance of the bank account is: €14,030** (**attachment m**)