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The effectiveness of brain training box innovation on Dementia prevention

Yupawan Thongtanunam¹, Yaowarat Rungswang¹, Pimpat Chantient² and Jing-Jy Wang³

¹Boromarajonani College of Nursing Conburi, Thailand

²Kasernbanthit University, Thailand

³National Cheng Kung University, Taiwan

Thailand has a population of 60 to over approximately 16% of the total population and expected to become an Aged Society in 2021. Dementia is a very common condition in the elderly especially in the dependent group and affects the quality of their life. The purposes of this research were to develop a brain training model to prevent dementia in the elderly dwelling in community and to test the effectiveness of Brain Training Box for Dementia Prevention in elderly (BT-Box for DPE). The research and development processes were divided into two phases: Phase1, theoretical concepts related to brain development were reviewed for model developing appropriate with Thai elderly. Phase2, the G*Power Analysis was used to estimate the sample size. Thirty Elderly ADL score 5-11 dwelling in Nonthaburi Municipality were conveniently selected to participate in the study. One group pre-post test design was conducted to evaluate the effectiveness of the BT-Box. TH-SLUMs test (CVI=0.93, $\alpha=0.99$) modified from the St Louis University Mental Status of Jing-Jy Wang (2015) in accordance with Thai context using Back Translation Technique were used for data collection. The satisfaction data of the patients and their relatives towards the BT-Box for DPE and focus group among care providers were collected using instructional interviewing questions. The findings showed that using BT-Box for DPE composed of games that promote concentration, observation, aptitude and memory as well as music therapy decreased the risk of dementia in elderly statistically significant at .05. From the lesson learned this innovation is appropriate for Thai elderly and should be encouraged to use within family members to promote elderly social interaction. Elderly care providers should encourage the elderly to train their brains continuously within the relaxing atmosphere without pressure. The BT-Box for DPE should be encouraged to use within family members to promote elderly social interaction.

Yupawant@hotmail.com