



PISTA

FOR DEMENTIA

Memory loss is a condition in which an individual starts to lose the capacity to recall memory and facts that he would normally and effortlessly be able to remember. As one gets older, it is normal to be a bit forgetful of something that happened seconds or minutes ago, or of a memorable event that occurred in the past.

Memory loss is not a sudden condition but is instead a mental form that may gradually get worse over time. Some fear that this condition may be a sign they may already have dementia. However, not all cases of memory loss are signs of dementia.

A person with dementia is not usually aware of his memory loss or may deny it. He may struggle to remember immediate or recent events, but can still recall events that happened a long time ago (Memory loss, 2015).

Dementia, a Loss of Efficient Cognitive Functioning

Dementia which is sometimes referred to as cognitive impairment or amnesia usually occurs in people over the age of 65. It is not a disease but a collection of symptoms that result from damage to the brain. It is the loss of cognitive functioning—which is the ability to think, remember, or reason—and behavioral abilities to such an extent that it interferes with a person's daily life and activities

According to the Dementia Guide (2015), different conditions bring about symptoms of dementia. The most common are similar to the signs of Alzheimer's disease, including difficulty in recounting recent events, remembering names and directions, and asking questions.



Symptoms and Causes of Dementia

Some of the early symptoms of dementia are often mild and not easily noticeable. As it slowly gets worse, there is an increased difficulty in performing tasks and activities that require organisation and planning in finding the right words in conversations, and in handling numbers and money. Patients with dementia also experience depression, become confused in unfamiliar environments and have sudden changes in personality and mood.

The brain of an individual with dementia becomes more damaged and starts to do less optimal work over time. The symptoms develop at a speed that varies among individuals, depending on the cause or type of dementia that they are experiencing. People with vascular dementia may experience symptoms similar to that of stroke including muscle weakness or paralysis on one side of their body



As dementia advances, memory and communication deteriorate further. Because the ability to speak is becoming increasingly difficult, not to mention the possibility of eventually losing the ability to speak altogether, communicating with patients with advanced dementia is important. Also vital is the recognition and use of other non-verbal means of communication, like facial expression, touch, and gestures.

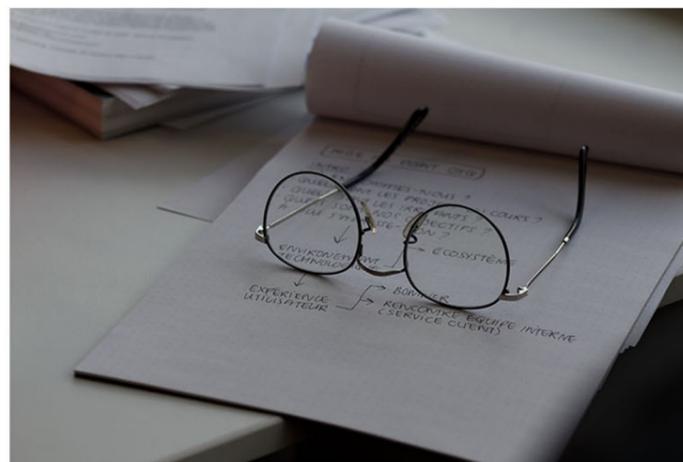
During the late stage of dementia, patients are unable to look after themselves and already require constant care and attention. They may no longer recognize close family and friends nor remember where they live or know where they are.

Many people in this late stage also experience mobility issues, becoming less able to move around without assistance. They may appear increasingly clumsy when performing daily duties. Some may eventually be unable to walk and may become bedridden.

PISTA for Dementia

Numerous research studies demonstrated that our brain, to some extent, is flexible to environmental demands and stimuli, mainly with regards to the process learning new things because of its capacity for neuroplasticity – the ability of the brain to change and develop. Thus, knowing the brain functions, and how the positive or negative changes in the brain affect our daily lives would be of help to know why cognitive decline occurs.

And how **Processing Inner Strength Towards Actualization (PISTA)** therapy can help people with memory problems. While PISTA cannot change or stop the natural brain changes, this method can provide help by focusing on managing the controllable factors of cognitive decline. It may include ways to improve one's thinking and memory through brain training using a sound tool or other activities facilitated by a PISTA coach. For instance, one way to reduce the risk of cognitive decline is to keep oneself physically active, which the PISTA therapy method can facilitate. PISTA therapy aims to foster the individuals' involvement in activities that will help them have a pause from their routine through physical activities and exercise. Through this, the individual will learn to support their body and mind.



Increasing the Power of Brain

Our brain is involved in all aspects and activities that we perform in our daily lives. It also allows us to control our actions and reactions, to think and feel, and gives us the privilege to have memories and emotions. The complexity of our brain and its functions enable us to have the things that make us humans. However, as we age, our brain also ages, and it is debilitating to know that part of living our lives is decreasing brain performance, mainly in cognitive functioning.

Neuroplasticity

Technically, neuroplasticity refers to the capability of neural networks in the brain to restructure and adapt to environmental changes. Neuroplasticity illustrates changes in the brain's circuit and network due to learning, environmental factors or influences, and psychological stress. Neuro means the building blocks of the brain and nervous system, which is the neurons, while plasticity is the brain's capability of being shaped, trained, or controlled.

The core of PISTA modalities facilitates the perspective of neuroplasticity. To achieve the desired outcome, the **Processing Inner Strength Towards Actualization (PISTA)** utilizes brainwave feedback, brain training, stimulation, self-regulation procedures, and coaching to change the mechanism of the brain and inefficient mental activities. PISTA's daily brain training can heal a lot of potential diseases. Also, the modalities are lifestyle based, intend to change, maximize the benefits of brain stimulation, and guide the client's brain to master different required tasks by sectioning their daily life experiences into small portions.



PISTA SOUND TECHNOLOGY is a form of auditory cognitive neuroscience. Designed for brain entrainment turning our brainwave to connect to a range of frequencies to improve our quality living in learning and at work.

PISTA for Brain Training

While brain training is helpful, it is likely to be most successful for tasks identical to the training activity. It also suggests that prolonged brain may bring more favorable outcomes.

On the other hand, PISTA also uses modalities that stimulate and train the brain to activate a new thinking system by deactivating the maladaptive one. PISTA facilitates a form of the concept of neuroplasticity and brain training to reverse cognitive decline. Although, in older adults, the reversal may not completely cure the cognitive decline.

PISTA modality can help manage the symptoms to help the individual maintain functioning. In the younger age group, PISTA can help in the early prevention of cognitive decline or severe symptoms of cognitive decline in old age. The PISTA institute emphasizes the philosophy of stimulating the mind as well as creating new neural pathways is crucial in brain training.