

PISTA Dementia and Caregiving Programs and Collaborations



HOW PISTA HELPS DEMENTIA PATIENTS & CAREGIVERS

Our PISTA program aims at primary caregivers and their dementia patients in the community. The program consists of sessions focusing on the thoughts, feelings and behaviour of carers, and the stress response of being a carer. We provide relief on suffering in memory loss and pain management for dementia patients. Our program will help the carer to monitor their emotions and their patients' as well by improving the caring skills, and increasing the caring confidence.



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.

Whatsapp No: +852 6533 1152

A variety of techniques will help you change your thoughts, feelings and behaviors so you can better cope with the care process in different ways, while also learning how to manage your stress and frustration as a caregiver. With the help of PISTA Sound Technology, unwanted and destructive thought patterns are eliminated and replaced with constructive affirmations.

PISTA LESSONS FOR CARERS AND PATIENTS

- STRESS: MOOD MONITORING
- PLEASANT ACTIVITIES: SCHEDULE OF ACTIVITIES
- MANAGING PROBLEM BEHAVIORS & COMMUNICATION SKILLS
- FUTURE PLANNING AND CARE CONFIDENCE ENHANCEMENT

WHAT IS THIS PROGRAM IMPORTANT?

For people with dementia & caregivers, behavioral problems can be stressful for both parties. Inappropriate stress coping can trigger mental health problems in caregivers that require timely prevention and intervention.

WHAT WILL I GET FROM THIS PROGRAM?

Keeping a happy mood can reduce the burden of care.

It is important to make time for yourself. Do something you value in life, like being with other people or enjoying your favorite hobby

Don't blame yourself or the person with dementia for your problems.

Planning for the future can reduce panic. Comfort care can help you balance self-care with caring for others.

TIPS FOR FAMILY CAREGIVERS

Choose to take control of your life and don't let a loved one's injury always take center stage.

Watch for signs of depression and seek professional help when you need it

Be open to techniques and ideas for improving family self-care skills. Trust your intuition.

Seek support from other carers. Knowing that you are not alone can bring enormous power.

WHATSAPP: +852 6533 1152
www.pistatherapy.com

Old Age Home in China



益豐護理中心

佳意慈善基金資助

沙頭角公路龍躍頭段
188號



PISTA CENTRE HONG KONG

Nova Palm Foundation

佳意慈善基金香港PC活動中心



Tenderheart Homecare
and
PISTA Systems
Skill Building Workshop











FREE TEST FOR HONG KONG ELDERLY RESIDENTS ON
香港居民免費測試

SCREENING OF MILD COGNITIVE IMPAIRMENT IN CHINESE ADULTS

長者及成年人認知障礙查測

A MULTISTAGE VALIDATION OF THE MILD COGNITIVE IMPAIRMENT
USING CLINICAL DEMENTIA RATING ON DETECTING EARLY COGNITIVE
DEFICITS IN A COMMUNITY-BASED CHINESE OLDER PERSONS
IN HONG KONG.

我們使用臨床認知障礙症分級對香港社區
中老年人的早期認知缺陷進行多階段驗證

**SELINA CHAN, OUR PISTA PSYCHOLOGIST IS HERE TO
HELP YOU TO DO THE TEST TODAY AND TOMORROW.**

SELINA CHAN, 我們的 PISTA 心理學家會在今天和明天幫助您進行測試。

YOU CAN CONTACT HER AT WHATSAPP 你可以聯繫她: +852 6533 1152

NOVA PALM FOUNDATION 佳意基金
www.novapalmfoundation.com





NOVAPALM FOUNDATION led by our PISTA Psychologist, Selina Chan joined the event of "Magic Show to Spread our Love" last November 6, 2021.

With free offering from the foundation by giving Dementia Screening Tests and exhibiting the PISTA Machines to the public.



PISTA Ping Pong for Seniors
and dementia patients with their
Caregivers



This senior has undergone knee surgery and joined the PISTA Dementia Program for seniors.



The program for dementia patients involves table tennis to help the mind and body coordination of our patients.



After three sessions (20 mins per session) of joining our dementia program, this senior have improved her movements and got the correct stance on the basic Ping Pong game.



**Each session has 3 sets,
7 minutes each.
A total of 20 mins per
session.**



**Her mind is now
concentrated on
hitting the balls
without any help,**



**Her memory improved
a lot, too.**



This program also involves the caregiver of the patient.



This is to build a good relationship with their patients and be able to give quality care.