



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.

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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.

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