

PISTA Sports: Table Tennis

For Young Onset Dementia

What is Young Onset Dementia?

- Dementia is a degeneration of the brain that causes a progressive decline in people's ability to think, reason, communicate, and remember. A person's personality, behaviour and mood may also be affected.
- When dementia affects people of working age (between 30 and 65 years old), it is called “young onset dementia” or “working-age dementia”.

Who experiences Young Onset Dementia (YOD)?

- An estimated 200 000 people in the United States, 42 000 people in the UK, and 16 000 Canadians have YOD.
- These people are of employable age. Many of them are the main earners in their families and are often parents of young children. They may have major financial commitments (mortgage, tuition fees, etc.).
- Getting an accurate diagnosis of YOD can be a long process because health care providers generally don't look for dementia in young people.
- The early symptoms of YOD are not easily recognised. This can lead to a significant delay in getting accurate diagnosis and appropriate post diagnosis support.

Causes of Young Onset Dementia

- Most cases of YOD are caused by degenerative diseases -- Alzheimer's disease, vascular dementia, FTLD, and dementia with Lewy bodies.
- Some causes are genetic. The younger the onset of dementia, the more likely that the person has a genetic or metabolic disease.
- Scientists have identified from a few hundred families worldwide several rare genes that directly cause dementia. People who inherit these genes tend to develop symptoms in their 30s, 40s and 50s.

Symptoms of Young Onset Dementia

- People with YOD experience an atypical (unusual) form of dementia compared to older people experiencing the condition.
- Dementia is atypical when the first symptom is not memory loss, which is the most common symptom of late-onset dementia. Some of the early symptoms of YOD are usually problems with:
 - changes in personality
 - apathy and cognitive impairment
 - planning, decision-making and behaviour
 - social function and relationships
 - mood, depression, anxiety
- A person with YOD may be oblivious and not recognise these symptoms and so he may be reluctant or resistant to seek help or support.

What needs to be done

- YOD not only affects people experiencing the illness but also directly impacts their families, careers, and social circles.
- People with YOD should seek professional help right away.
- Early recognition and timely, accurate diagnosis combined with appropriate specialist support, can reduce the distress experienced by the whole family.

What is PISTA Sports for Table Tennis?

- PISTA Sports for Table Tennis is one of the specialised training programs offered by the PISTA Sports Academy.
- Playing Table Tennis with PISTA is a way to ease the symptoms of YOD and prevent YOD from progressing.
- Uses frequency from the PISTA device to regulate and optimize the brain's ability to:
 - process information and improve memory
 - manage emotions, moods, stress
 - improve behaviour and reaction to situations
 - manage the symptoms of YOD

How can PISTA Sports for Table Tennis help?

- Get professional PISTA help for:
 - ✓ Memory building; sharpen memory
 - ✓ Developing awareness and acceptance of the patient's condition
 - ✓ Creating and working on a support plan to meet the patient's personal and family needs
 - ✓ Availability of age-appropriate and meaningful occupation and activities
 - ✓ Enhancing concentration and the ability to formulate solutions and strategies for any situation
 - ✓ Developing mental skills for dealing with the YOD symptoms everyday
 - ✓ Access to 24x7 helpline and global peer support

What is the PISTA Method?

- PISTA programmes are self-directed courses based on scientific methods.
- Each programme is carried out under the supervision of a certified PISTA Coach.
- The PISTA Coach will guide the clients in their learning process.
- The client will work through different PISTA Modalities and report back to the coach.
- The programmes incorporate the PISTA device, both sound and vibration to optimise thinking process.
- The client has access to 24/7 support throughout the programme.
- The client has the backing of a global community of peers and PISTA experts.

What is the PISTA Method?



PISTA is a self-directed programme that was created by scientists based on 40 years of research in sound, frequency, biofeedback, and brain stimulation.

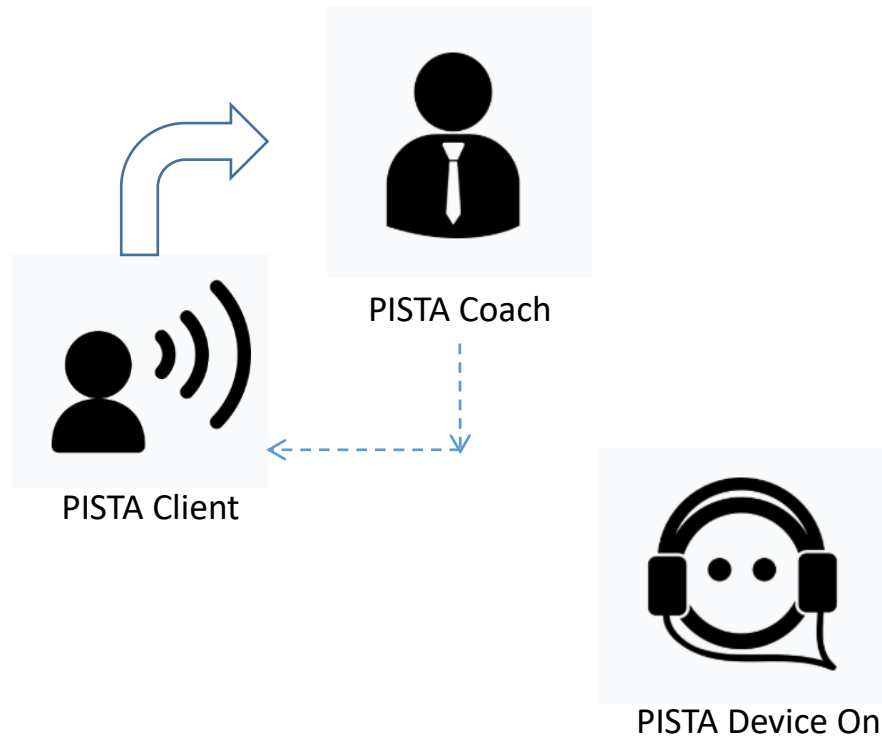
What is the PISTA Method?



PISTA Device On

The components of the PISTA process are
the coach
the client
and the PISTA device.

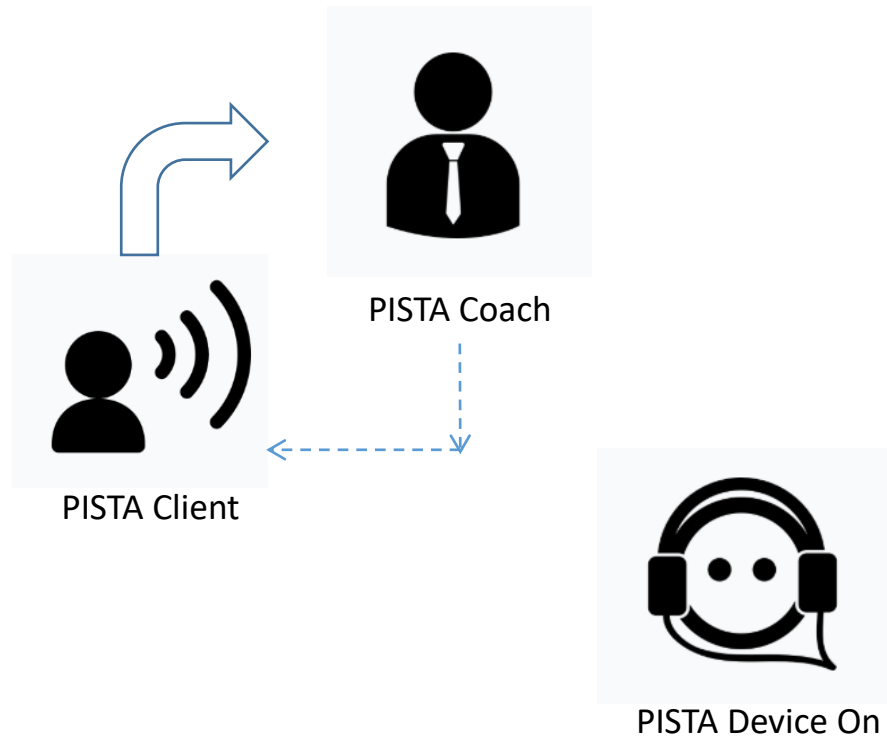
What is the PISTA Method?



Each programme is carried out under the supervision of a certified PISTA coach.

The PISTA client and the PISTA coach communicate regularly.

What is the PISTA Method?

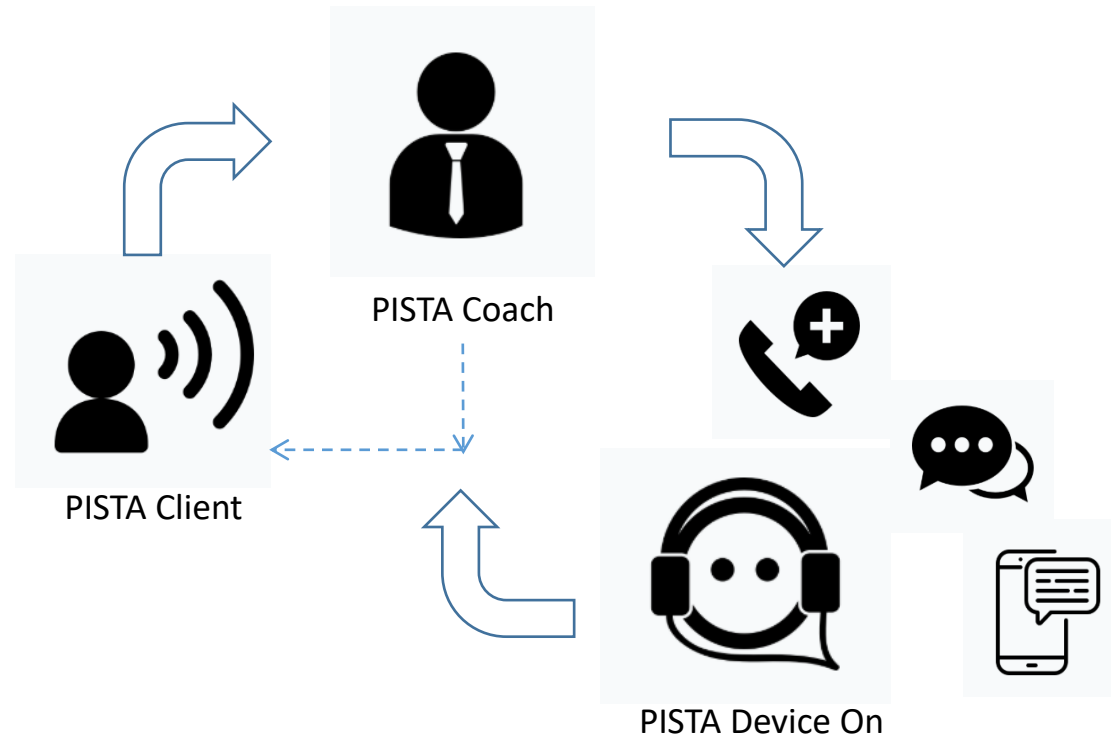


With the use of the PISTA device, the brain's ability to process information is optimized.

Memory is improved. Emotions, moods, and stress are correctly managed.

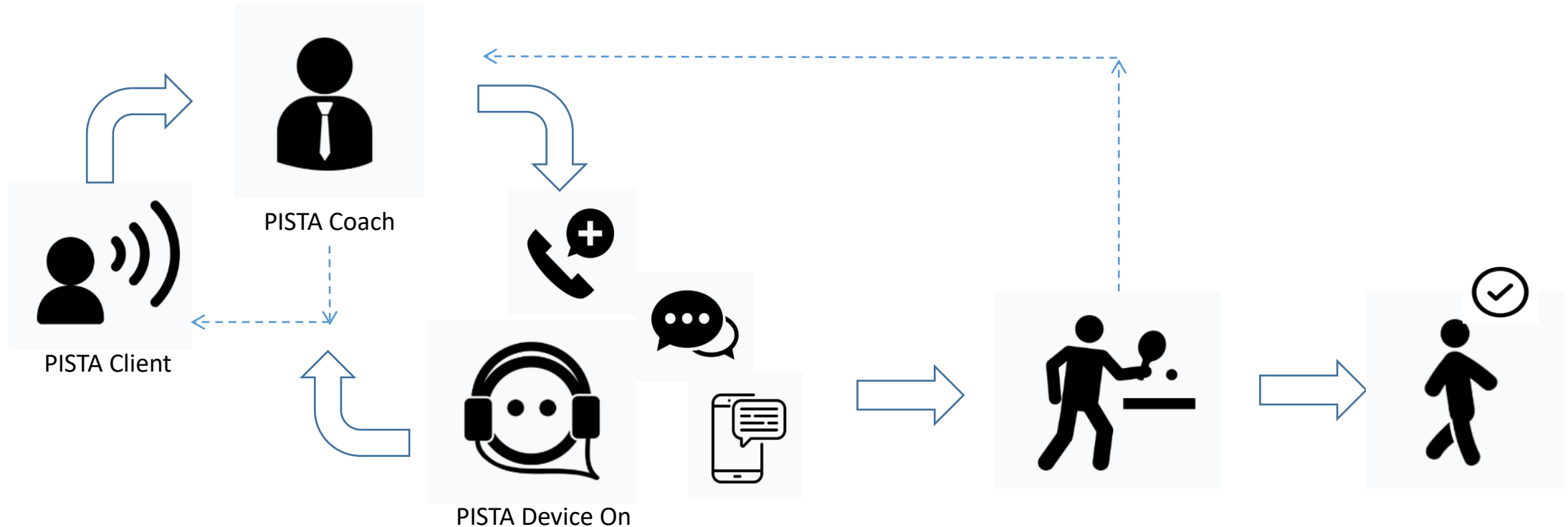
The client is able to properly assess and react to situations.

What is the PISTA Method?



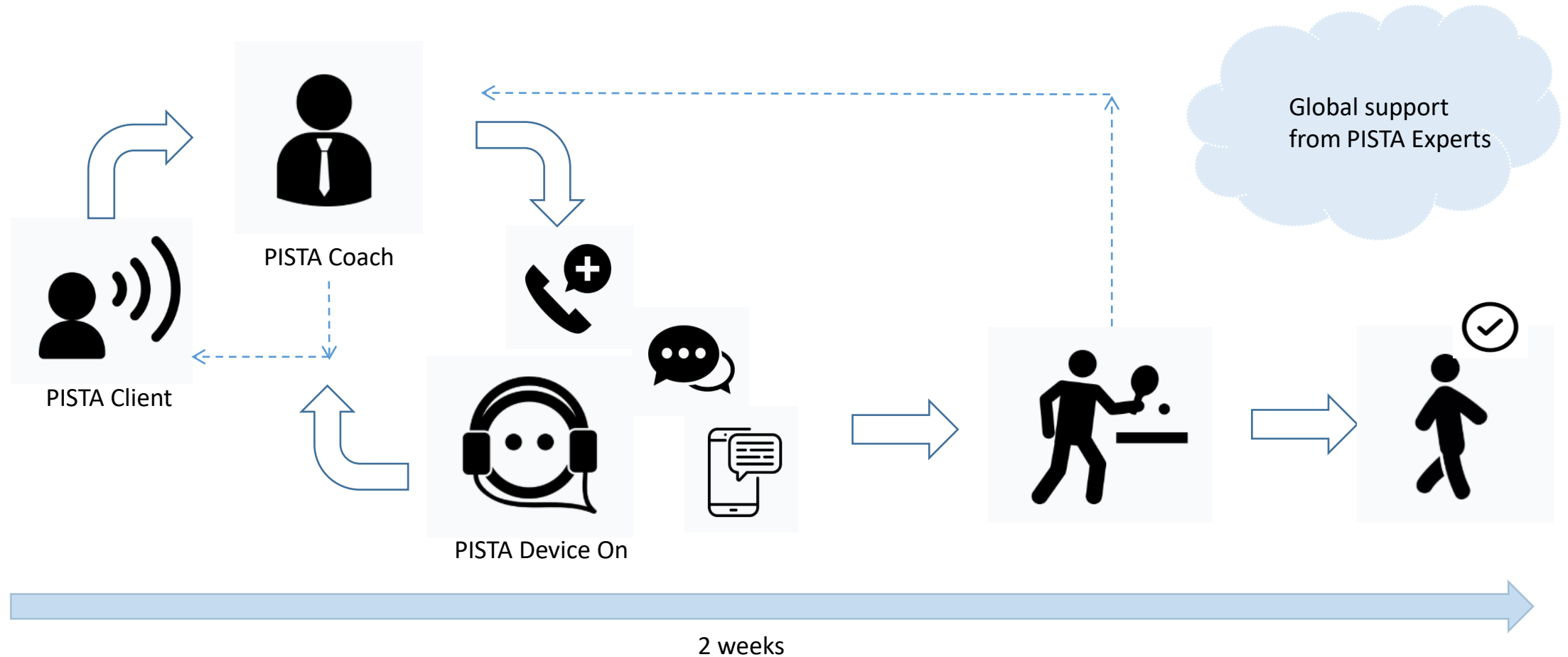
Throughout the course, PISTA clients have access to online programmes and guidance from the PISTA coach via face-to-face interactions, phonecalls, and chat.

What is the PISTA Method?



The client will work through different PISTA Modalities and report back to the coach until he reaches his goals and acquires an improved well-being.

What is the PISTA Method?



Each PISTA learning program is two weeks long and may be extended depending on the client's needs.

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