Abstract

This thesis occupies with a cognitive training efficiency with a focus on memory and attention of dementia diagnosed people, especially people with vascular dementia, mixed dementia or Alzheimer’s disease. The theoretical part deals with dementia issues and current knowledge on the field of a cognitive and occupational therapy.

The main empirical part goal is a determination of the cognitive training by dementia diagnosed people. The next goal is to find out, how much clients are satisfied with the cognitive function therapy. The cognitive function training is made within a period of 8 weeks in social institutions in Jirkov and Chomutov. The research sample is consisted of 24 clients (at the age of 65 and more) with diagnosed Alzheimer’s disease, vascular or mixed dementia, they were divided into an experimental and comparative group. Clients are evaluated before the intervention and after the intervention using Mini-Mental Examination test (MMSE), Trail Making test, part A (TMT:A and Swartz scale of the therapy evaluation (SOS-10). Statistically significant results of set significance rate (p < 0,05) were found by the test MMSE (0,01 < 0,05) and scale SOS-10 (0,02 < 0,05), but the test TMT:A (0,09 > 0,05) hasn’t confirmed therapy efficiency from the reason of the small research sample. Those results shows, that intensive cognitive function therapy can have a positive influence on cognitive functions and subjective evaluation by the people with serious form of dementia. However bigger homogeneous research sample is needed for achieving.

Key words: dementia, occupational therapy, cognitive training, memory, attention