



Puteaux, September 21st 2020

## **A MANAGEMENT OF PATIENTS SUFFERING FROM ALZHEIMER'S DISEASE AT THE HEART OF THE GROUP'S CONCERNS**

With an estimated of 100 million new patients diagnosed worldwide by 2050, the importance of treating Alzheimer's disease remains a priority for ORPEA Group.

While it is considered that approximately 50 to 70% of the population living in a medical residence for the elderly presents cognitive disorders related to early onset or confirmed neurodegenerative diseases such as Alzheimer's, the ORPEA Group has been working for more than 20 years to improve, day after day, the care and follow-up of these patients and their relatives through personalized and specialized programs.

In all of its nursing homes, the Group has implemented an innovative approach based on several principles:

- The development of non-drug approaches based on numerous cognitive and sensory stimulation workshops that facilitate care: art therapy, gentle gymnastics, occupational workshops such as gardening, cooking or sewing, reminiscence workshops (sessions designed to enable patients to remember important events and interests that marked their past).

*Good to know : The group has developed a tool for monitoring drug prescriptions in all its facilities and programs training sessions for the teams, elaborated with university centers in order to reduce psychotropic treatments and any impediments to individual freedom.*

- The definition of a specialized architectural concept based on abundant natural luminosity in the living spaces, adapted individual rooms, passive surveillance, secure wandering.

*Good to know : For example, some units have been equipped with door handles allowing the care teams to access each room, but for the resident to have the guarantee that only he or she can enter and that there will be no unexpected intrusion into his or her room.*

- The identification of new methods of support: light therapy, finger food, training of caregivers in non-verbal communication and in mitigation of behavioural disorders through non-drug methods.

Good to know : Training in non-verbal communication is provided to Group employees every year.

According to Linda Benattar, the Group's International Medical Director, "Alzheimer's disease can never be treated with conventional care. Above all, we must know how to develop appropriate living environments, without hindrance or restraint. It is not a question of treatment but of care in the primary sense of the term. And finally, it is necessary to approach the person in a global way to soothe him, reduce the amount of medication he takes, encourage activities that will do him good... Without ever forgetting those close to him who are at the heart of an emotional turmoil and yet are indispensable to the balance of the sick person. At Orpea, it is the person, their personal history and their entire environment that we welcome in our establishments."

On the occasion of this day dedicated to Alzheimer's disease, initiatives of all kinds will be held in the different countries where the Group operates

In Poland and Italy, for example, a dedicated "Orpea Answers" telephone line will be opened to the public so that the Group's psychiatrists and psychologists can provide advice to caregivers and family members.

In Italy, Group employees will take part in a virtual marathon to raise funds for research into this disease. [www.maratonaalzheimer.it](http://www.maratonaalzheimer.it)

In France, in the dynamics of helping caregivers, a booklet of advice has been created for families and loaded on the enterprise website : <https://www.orpea.com/maisons-de-retraite/avant-lentree-en-ehpad>

Finally, in Austria, Group teams will focus on the SeneCura Grafenworth residence, the second retirement home in the world to be certified by the "Naomi Feil's validation" method.

A study conducted over the last 10 years in this residence has demonstrated the benefits of this method, which is based on building a relationship of trust with the residents and stimulating all their senses. The Grafenworth facility was built to meet the needs of people with dementia so that they feel safe and secure in the first place. Everything is precisely adapted to this: the residents' rooms as well as the living spaces, and in particular the garden, called the "garden of memory", which, with its surface area of over 10,000 m<sup>2</sup> organized around safe walking paths, is divided into four parts designed to stimulate the senses (sight, touch, smell and hearing), make it easier for residents to find their way around and bring them back to their own history.