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A survey of dementia and depression among community-dwelling elderly individuals in two communities in Taipei city

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In countries with rapidly aging populations such as Taiwan, dementia and depression exert a substantial burden on the elderly. Cognitive impairment, functional disability and late-onset dementia and depression are major determinants of loss of healthy life in older people. Our study using a sample of community-dwelling elderly individuals of two different communities as case group. The study was conducted using records of 33 Individuals who is 60 years or older community-dwelling older adults in Taipei city. The study protocol was reviewed and approved by the Institutional Review Board of the Cathay General Hospital. Subjects underwent a questionnaire (age, marital status, education, etc.), cognition evaluation using the Chinese versions of the MMSE (C-MMSE) and depressive symptoms were self-reported using the 15-item Chinese version of the Geriatric Depression Scale-15 (GDS-15). The intervention is the expert explanation of the results of the test and mental health lecture, we compare before-after comparison with control group. The results of before lecture is only one subject lower than the cutoff on the C-MMSE and four subjects higher than the cutoff (>10) on GDS-15. Although the results of after lecture has two subjects lower than the cutoff on the C-MMSE, only one subjects higher than the cutoff (>10) on GDS-15. In this study, maybe the expert explanation of the results of the test and mental health lecture and depression symptoms correlate to each other. When the elderly can recognize the cognition function, emotional state, old development issues and self- mental health knowledge, it may help to improve mental health.

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