

### **Kolpinghaus “Living Together” – Application: geriatrics**

In the housing complex run by Kolpinghaus für betreutes Wohnen GmbH in Vienna different generations live side by side; the majority of residents are older people in need of care. CogniPlus has been used since autumn 2006. The aim of cognitive training with CogniPlus is to train functions affected by dementia-related deterioration and to stimulate mental activity in individuals affected by symptoms of depression in old age.

Before training commences a detailed assessment is carried out using appropriate psychological assessment tests, such as the WAF tests from the Vienna Test System. The training sessions themselves are conducted once a week and last for approximately 45 minutes. After twelve training sessions the progress made is evaluated, once again by using psychological assessment tests.

The value of CogniPlus in our residential home can be seen in two areas. Firstly, it is very useful for the type of dementia-related deterioration for which cognitive training has been shown to be effective – that is, in cases of mild cognitive impairment (which is often a precursor of dementia) and mild dementia. Secondly, it also has a positive effect in individuals with depressive symptoms, with the result that these residents then report more mental activity in their everyday lives.

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### **Baselland Children & Young People’s Psychiatric Service - Application: Children with ADS**

Since 2003 the Baselland Children & Young People’s Psychiatric Service in Switzerland has been running therapy groups for children with ADS in the age range 9 – 12, focusing on attention. A core tool of this group therapy is computerized attention training – originally using the AIXTENT program and now with the new version CogniPlus.

The group therapy, which is conducted by a team of psychologists, is intensive; it consists of 20 sessions with the children and accompanying parents’ evenings. In the therapy sessions each child uses the computer to work on two areas of attention.

The children very much enjoy working with CogniPlus. The tasks are designed to arouse their interest and the graphics are appealing. The use of the program is also easy for the children to master. Clinical catamnesis indicates very satisfactory improvement for a large proportion of the children as revealed both in the re-testing of attentional performance and in the assessments of parents and teachers.

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