



EFFECTIVENESS OF A HOME-BASED PSYCHOSOCIAL INTERVENTION FOR PEOPLE WITH MILD-TO-MODERATE DEMENTIA: THE EDDY STUDY

E. Denicolò¹, V. Petrella¹, M. Celli¹, R. Cancelliere¹, A. Franco²

¹U.O. Geriatria, Rimini, AUSL Romagna; ²U.O. Geriatria, Ospedale Maggiore, Bologna.

Introduction. The EDDY study investigates the effectiveness of a home-based educational intervention designed for individuals with mild-to-moderate dementia who cannot access group-based Cognitive Stimulation Therapy (CST) due to personal, behavioral, or social factors.

Objectives. The primary objective was to assess the effectiveness of a home-based psychosocial intervention in maintaining or improving cognitive function in individuals dementia. Secondary aims were to evaluate effects on functional autonomy in activities of daily living and caregiver burden. Additionally, the study aimed to explore whether baseline cognitive status influences responsiveness to the intervention.

Materials and Methods. The intervention consists of 24 home-based sessions delivered over 12 weeks by professional educators, including cognitive stimulation, adapted physical activity, and caregiver support.

This prospective observational cohort study involved 23 par-

ticipants in the intervention group and 12 in the control group. Outcomes were assessed using the Mini-Mental State Examination (MMSE), measures of basic and instrumental activities of daily living (ADL and IADL), and the Zarit Burden Inventory.

Results. MMSE scores remained stable in the intervention group but declined in controls, suggesting a protective cognitive effect. Participants with higher baseline cognition showed greater benefit. No significant differences emerged in functional abilities. Caregiver burden showed a non-significant reduction. Program satisfaction was high with 83% of families reporting being "very satisfied".

Conclusions. The EDDY project appears to be a promising intervention for individuals with mild-to-moderate dementia not eligible for group programs, contributing to the maintenance of cognitive functions and providing meaningful support to families. Further studies with larger samples are needed.