Alzheimer disease and lifestyle. A proposal for a possible therapeutic intervention from Adlerian point of view

069_Paola Maestroni_ITA

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Summary. This work intends to propose a possible therapeutic intervention according to the Adlerian philosophy in the Alzheimer disease. We will deal with the most used rehabilitative interventions of the cognitive functions hit by the affection (among which the so called cognitive stimulation) as well as the psychosocial ones. Then, it will be introduced to the readers the Adlerian concept of lifestyle, in order to evaluate in which way a disease which becomes more and more serious at an extremely slow pace, defined by some authors as Recognition Disease, concerns the affected individual in his identity unit, with relevant repercussions on the family as well. The concepts of Disease Stile and Cure Style will be introduced to this purpose. Lastly, some hypothesis will be made on the potential intervention, either to be made with the patient, either with his family, and specifically with who is directly involved in taking care of him/her, namely the caregiver.

The identity beyond loss memory: the Alzheimer's disease

074_Sabrina Garolfi_Silvana Lerda_ITA

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Summary. The autobiographical memory allows us to keep the traces of our past, putting them in a precise time and space to be used in the future. Therefore, it allows to build, to keep and to re-build our identity in the past, present and future. The Alzheimer's Disease is a degenerative cerebral disease, characterized by a deficiency of all memories and consequently also of the autobiographical one, leading to the loss of the Self-identity. However, while the cognitive aspect is diminishing, the affective and the emotional ones and the thought are still alive. Respect, consideration and empathic listening of the inner world, together with some therapeutic Adlerian strategies, can protect the identity of the patient affected by Alzheimer's dementia.