

## Tele-psychogeriatric Program

*Telepsychiatry* é um programa que explora o uso da tecnologia de comunicação em serviços de saúde mental via videoconferência. Este programa visa especialmente as pessoas idosas devido ao facto destas enfrentarem grandes dificuldades em obter acesso aos serviços de saúde mental. O principal problema da aplicação de telepsicogeriatría foi a população idosa ser de áreas rurais. Para superar este problema, foi desenvolvida uma unidade de telepsicogeriatría móvel com o uso de iPads como tecnologia de comunicação. A aplicação iPad é utilizada pelo paciente e pelo médico e inclui todos os testes relevantes.

**Palavra-chave adicional:** demência

### Grupos-alvo

- Adultos mais velhos

### Tópicos

- Depressão

### Tipo de Melhores Práticas

- Aconselhamento
- Terapia

### Países

- Grécia

## Descrição

Telepsychiatry – through videoconferencing – explores the use of communication technology in mental health services and has been utilized mostly in rural underserved areas and on islands. Of special interest is the application of telepsychiatry to elderly care because elderly patients face great difficulties to gain access to mental health services. Furthermore they often suffer from multiple medical and psychiatric co-morbidities. Telepsychiatry in Greece through videoconference runs since 2004. The 1<sup>st</sup> Department of Psychiatry, University of Athen developed a telepsychogeriatric project in collaboration with the Health Center of Andros Island, the Communities of Keratea, Byron and Heliopolis, founded by Stavros Niarchos Foundation (SNF). It is expected that telepsychogeriatrics will be experiencing further growth in the near future, due to the greater needs of the geriatric population as well as the evolving of both technology and mental health providers. The main problem of the application of telepsychogeriatrics was that the elderly population is located in remote areas. To face this problem a mobile telepsychogeriatric unit was developed with the use of iPads as communication technology. There is an iPad application which contains all pre-existing tests that are useful for the doctor. It is used both by the doctor in order to fill in the patients' responses and reactions as well as by the patient him- or herself in order to record any given task.



## Καλώς ήρθατε! Welcome!

Η τηλε-ψυχογηριατρική είναι η εφαρμογή της τηλε-ψυχιατρικής σε θέματα που αφορούν την ψυχική υγεία των ηλικιωμένων. Tele-psychogeriatric program uses tele-psychiatric technology in order to ameliorate elderly's mental health.

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### ΤΗΛΕ-ΨΥΧΙΑΤΡΙΚΗ. TELE-PSYCHIATRY.



Η εξέλιξη της πληροφορικής και της σύγχρονης τηλεπικοινωνιακής τεχνολογίας καθώς και η συνεργασία τους με την Ιατρική έχουν διαμορφώσει την τηλε-ιατρική.

Information technology development as well as contemporary telecommunications technology evaluation, through their cooperation with Medicine have provided Tele-Medicine.

### ΤΙ ΕΙΝΑΙ Η ΑΝΟΙΑ; WHAT IS DEMENTIA?



Άνοια είναι η βραδεία έκπτωση κυρίως της μνήμης, αλλά και άλλων νοητικών λειτουργιών όπως της σκέψης, της βούλησης και της κρίσης.

Dementia is used as a general term to describe the progressive decline primarily in memory, as well as in other cognitive functions, such as thinking, volition and judgment.

### ΤΙ ΕΙΝΑΙ Η ΓΗΡΙΑΤΡΙΚΗ ΚΑΤΑΘΛΙΨΗ; WHAT IS LATE-LIFE DEPRESSION?



Η γηριατρική κατάθλιψη είναι η κατάθλιψη που εμφανίζεται σε άτομα ηλικίας άνω των 65 ετών, δεν είναι αποτέλεσμα του γήρατος και αποτελεί σύγχρονη απειλή για την υγεία.

Late-life depression refers to depressive syndromes that arise in adults older than 65 years.

## Idioma original

Greek

## Países

Greece

## Ligação

Link: <http://www.telepsychogeriatrics.gr/?lang=en>



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