

MemoHELP - help for self-helping against age weakening memory

Maribor, Slovenia



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Year Founded:

2012

Organization type:

hybrid

Project Stage:

Start-Up

Budget:

\$50,000 - \$100,000

Website:

<http://memohelp.si/>

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Project Summary

Elevator Pitch

Concise Summary: Help us pitch this solution! Provide an explanation within 3-4 short sentences.

Help for self-helping against age poring memory

MemoHELP is an innovative pilot prevention project that introduces new approaches for solving the problem of weakening memory and declining mental and physical health among older people. The project carries out an exceptional value for elderly.

About Project

Problem: What problem is this project trying to address?

The project is solving the problem of weakening the memory of older people, that leads older people to mental changes and in their passivity and loss of social contacts and the uncertainty, fear and discomfort which is especially true for people around the age of 65. Decline in memory not only affects the elderly but also those people that are close. People with dementia or weak memory are completely dependent on foreign and community aid.

Solution: What is the proposed solution? Please be specific!

In Slovenia we have to deal with the emergence of over - aged population, which will also lead to the fact that more and more old people are sick. In Slovenia, dementia affects per year about. 6,000 new patients in the age of 65. Their number will continue to grow more rapidly due to the increased number of older and have longer life expectancy. The project MemoHELP is helping elderly people to slow decline in memory and to rise awareness that they may decline in memory with appropriate training and exercises slow down and delays becoming »bad« memory and the onset of dementia. The main activities of the project were: Information The Handbook Workshops Installation of portal and e-classrooms Preparation of a round table conference...

Impact: How does it Work

Example: Walk us through a specific example(s) of how this solution makes a difference; include its primary activities.

We are often in situation that, we can not found our glasses, keys... Sometimes we forget came to the livingroom? What I need to buy? Often we do not remember the real name or names we can not connect with the right face. We feel lost, helpless and feel lack of confidence. With aging such incidents becomes more common and more debilitating. Load brain and poor mental confidence leads to premature weakening of memory and on the end to dementia... At the workshop, participants learn how to use MemoHELP techniques to train the brain that brains do not get tired and starts to work better. Participants gain confidence, they gets self-esteem and on the end the best product is better memory. Techniques are useful in everyday life and really helps.

Impact: What is the impact of the work to date? Also describe the projected future impact for the coming years.

The goal of the project MemoHELP, that we have set to ourselves 18 months ago was that we will educate 200 elderly people with memo tehniques which helps to activate brain and prevents from dementia. We putted ourselves a goal that we will conducted 8 workshps throughout the country of Slovenia. But when we started with workshops we got an amazing response, and so we extended the framework of the project and so far (afther almost 18 months)we trained almost 900 old people on workshops MemoHELP. We conducted more than 50 our workshops. We distributed 900 manuals for independent work at home. In the online classroom regularly practiced almost 100 users. Every day we respond to phone calls.We educated 20 trainers MemoHELP.Over 30 stakeholders are waiting that and we are helping individuaour trainers will come to share the tehniques MemoHELP to them.MemoHELP becoming a national movement.

Sustainability

Financial Sustainability Plan: What is this solution's plan to ensure financial sustainability?

The project was started to implement with 4 coaches. We are aware, that we have to expande our MemoHELP Network that project will "live".That is why we already educate 18 coaches. They will "sell and pass" knowledge to public. Coaches will 1 per year renewed license and then implemented workshops for a fee. Coaches will pay licences and percentage of their profit. That money we will put in developing project MemoHELP, new knowlege, tehniques.

Marketplace: Who else is addressing the problem outlined here? How does the proposed project differ from these approaches?

The European Commission is clearly aware of aging population and the consequent problems related to weakening memory and dementia, which stated in some documents: that a decline in memory and dementia is a serious problem. Therefore, we integrate the project with the biggest European Association for memory training MemoryXL from Germany. On the other hand there are some NGOs working on mental health of old people, but not on the level direct advising and helping old people. That why MemoHELP is so unique and so important. We are also connecting with similar NGOs because of learning flow.

Team

Founding Story

Training the brain is very important in all life stages. But what we consider a breeze in young years is difficult for elderly people, because the memory is weaking and confidence is on the bottom...That consequently may lead to dementia. That is why we made a goal howto childlike cheerfulness and knowledge about training the brain "put" to the older period and how to help older people that their memory will not be "bad" and that dementia does not occur to early. That was a challenge that we have set on the beginning. We wanted to have in one pot child's play with professionally knowlidge and socially useful thing. All that drived us to work and expand our knowledge of traininf brains with inovative brain tehniques in project MemoHELP...

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