

**Application for financing a humanitarian project
STOP dementia**

1. Name of the project: STOP dementia
2. Project implementation period: 1 year
3. The applicant organization proposing the project: State institution "Braslav social boarding house "Ozerny". Physical and legal address, telephone: 211969 Republic of Belarus, Vitebsk region, Braslav district, village of Zabornye Gumna, 1. 8(02153) 61664, 61663, braslavskiy.di@vitkomtrud.gov.by
4. Project goal: - introduce a set of cognitive stimulation techniques into the work: methods and techniques aimed at maintaining cognitive functions (memory, thinking, attention), brain training, slowing down neurodegenerative processes, increasing social activity and improving physical balance.
5. Tasks of the project: - Create a cognitive stimulation program; - Maintain and improve, to the best possible level, the memory, attention, and thinking of residents with cognitive impairments of various etiologies; - Organize activities with the target group using various types of therapy: physical activity, cognitive skills training, creative rehabilitation, and emotional state management; - preventing social isolation and maladjustment, providing opportunities for active communication and interaction with people; - equipping a space for conducting classes with the target group.
6. Target group: residents of the state institution "Braslav social boarding house "Ozerny", who have a history of cognitive impairment, including Alzheimer's disease and dementia.
7. Brief description of activities within the project: <u>Justification of the project:</u> Currently, nearly 30% of our facility's residents suffer from psychoemotional and cognitive disorders. It is known that the vast majority of people experience cognitive decline with age. This is due to both physiological processes occurring in the body from a certain age onward, as well as psychological and social factors. The presence of such disorders and impairments naturally impairs the quality of life of both the individual and their immediate environment. While mild and moderate cognitive impairments allow older people to adapt to life in society, those diagnosed with

dementia require comprehensive outside assistance.

The "STOP Dementia" project will work with this category of citizens. The project will also address the issue of dementia prevention through outreach to at-risk seniors. To this end, the facility will implement a comprehensive program for working with people with dementia, which will include the following activities:

- physical activity;
- organizing leisure and creative activities;
- training cognitive functions;
- conducting classes to stabilize the psycho-emotional state.

Planned activities within the project:

- purchase and installation of the following equipment in the physical therapy room:
 - elliptical trainer;
 - exercise bike;
- Organizing leisure and creative activities, purchasing music speakers, board games, and craft kits;
- Implementing the CogniFit cognitive assessment and stimulation program for residents with cognitive impairments;
- To organize a relaxation zone, purchase and install a fiber-optic shower (2 m, 100 pcs.), sofas (2 pcs.).

The goal of this project is to maintain independence and improve the quality of life of residents with cognitive impairments. The comprehensive program, which includes cognitive training, art therapy, moderate physical activity, and social support, helps residents maintain self-care skills for longer, reduces the risk of behavioral disorders (aggression, wandering), stabilizes psychological well-being, and reduces depression and stress levels in the nursing home.

8. Total amount of financing (USD): 2890

Source of funding	Amount of financing(USD)
Donor funds	2790
Co-financing	100

9. Place of project implementation:

Vitebsk region, Braslav district, village of Zabornye Gumna

10. Contact person:

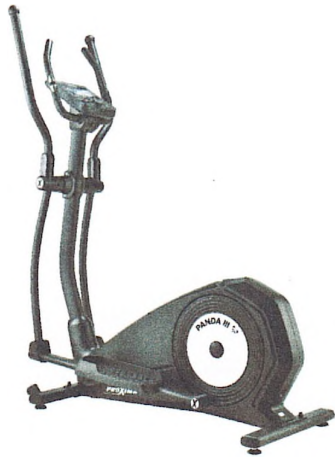
initials, surname, position, phone number, e-mail address

I.I. Malashenko, deputy director,

8(02153) 61663, + 375 29 5905362

braslavskiy.di@vitkomtrud.gov.by

Required Equipment



Proxima Panda III Elliptical Trainer

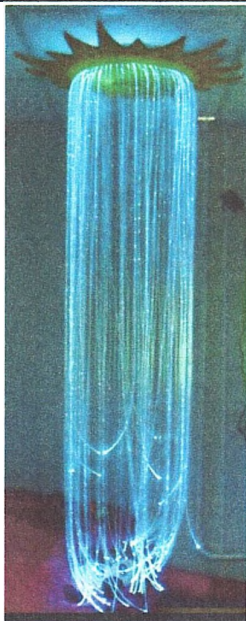
The elliptical trajectory minimizes impact on joints and the spine, which is critical as we age. FLOW STEP technology and the ECB electromagnetic system provide a smooth, natural, and jerk-free motion, minimizing stress on the knees and spine. It helps strengthen the heart and blood vessels, improving circulation without causing strain.



Tunturi Performance E50 Exercise Bike

This exercise bike provides safe, low-impact cardio workouts. It helps maintain muscle tone, improves cardiovascular and respiratory function, and strengthens the musculoskeletal system. Varying resistance levels allow you to smoothly adjust the intensity of your workout to suit your fitness level.

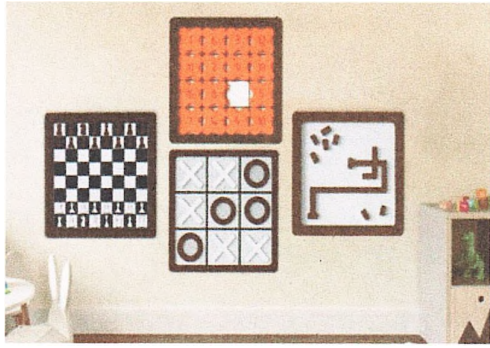
The upright design ensures proper posture, reducing stress on the knees and hips.



Fiber-optic shower, 2 m (100 threads)

This light device is used for relaxation and rehabilitation. The fiber-optic cable creates a safe, cascading stream of light, while the soft glow and smooth color changes calm the nervous system, reducing aggression and anxiety.

Light relaxation relieves mental and physical stress, improving emotional well-being and mental state.



Art kits and games

Games and art kits for dementia are essential for stimulating brain function, slowing cognitive decline, reducing anxiety, and improving emotional well-being. They help maintain fine motor skills, preserve communication skills, provide a sense of purpose, and improve quality of life by adapting to the elderly person's interests.

Puzzles, board games (checkers, dominoes), and crosswords train memory, logic, and spatial reasoning. Art therapy (coloring, drawing) helps calm, reduce agitation, and refocus attention.