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### Exploration the supportive needs of daughters and daughters' in-law caregivers of stroke survivors one month after hospital discharge in Iran

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**Introduction:** This qualitative study aimed to explore the supportive needs and coping behaviours of daughter and Daughter In-Law caregivers (DILs) of stroke survivors one month after hospital discharge in Shiraz –Iran.

**Method:** Seventeen daughter and daughter in-law caregivers were recruited in the study one month after patients' hospital discharge. Data collected through focus group and face to face interview for 60- to 75-minute and also filed note to illuminate the supportive needs of caregivers and their coping behaviours. Data were analyzed using content thematic analysis.

**Results:** Data from interviews with daughters and daughters in-law caregivers revealed seventh major themes which include: Information and training, financial support, home health care assistance, self-care support needs, adjusting with the cultural imperative in providing care for a parent in-law.

**Conclusion:** This qualitative approach confirmed past research while recognizing innovative concepts related to caregiver imperative for parents in-law care and home health care assistance need.

### Effect of cognitive training on postural control in the elderly

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The effects of aging on postural control do not result solely from the alteration of sensory and motor functions regulating balance. Cognitive aging including the decline in attentional control is an important factor that has been revealed by the dual-task paradigm. In this paradigm, attentional resources should be shared to achieve correct postural and cognitive tasks. The aim of this study was to analyze the relationship between postural and cognitive functions with a new perspective: We tested the hypothesis that a specific training which targeted consciously controlled processes and their attentional control would improve postural performance in dual-task situations due to a better management of the two simultaneous tasks. To this aim, subjects were trained with a personalized cognitive training program based on cognitive-cognitive dual-tasks. We evaluated the benefits of training on pre- and post-training postural and cognitive dual-tasks in a group of 8 subjects ( $77 \pm 5$  years) and compared the performance with those of a group of 9 untrained subjects ( $74 \pm 4$  years). Our pre- and post-training dual-task paradigm was based on postural (dynamic conditions) and cognitive tasks (visual-spatial memory). The results show an improvement in postural performance of trained subjects. We hypothesize that our attention training that emphasized highly controlled processes and yielded benefits for the practiced tasks promoted training transfer to postural balance functions by positively affecting sensory information processes necessary to maintain balance.