健腦至叻星彩虹計劃
Training System for the Elderly with Early Dementia

為長者而設計的無錯誤學習法記憶力訓練
Computer-assisted errorless learning memory training for older adults

嶄新的無錯誤學習法電腦軟件提供15節單元訓練，能有效改善患有早期認知障礙症長者的記憶力。訓練內容包括專注力訓練、工作記憶訓練、前瞻性記憶訓練、延遲記憶訓練和記憶策略訓練等。將訓練融入生活化情景，例如記人名和購物篇；並透過經常讚賞長者鼓勵長者積極參與。

健腦至叻星彩虹計劃的使用介面
User interface of the training system

記憶策略訓練
Strategic training for memory

「考眼光」單元
One of the training sessions

The training software offers 15 sessions that are based on an errorless learning approach. The treatment group has shown significant improvement in their memory. Training content includes attention, working memory, prospective memory, delayed recall and memory strategies. Familiar daily life scenarios are incorporated into the training content, creating tasks like name and face recognition, shopping, etc. In addition, constant positive reinforcement is employed to encourage clients to keep participating in the programme.

特色與優點

- 重覆訓練鞏固記憶力，加強訓練效果
- 訓練由淺入深
- 融入生活化訓練情景單元
- 正面讚賞長者以鼓勵長者繼續參加訓練
- 首個加入前瞻性記憶訓練元素的訓練項目

應　用

- 記憶力衰退的長者

改善患有早期認知障礙症長者的記憶力訓練
Training for improving the older adults' memory

Special Features and Advantages

- Revision sessions enhance learning
- Training progresses from simple to complex
- Familiar daily life scenarios incorporated into the training content
- Positive reinforcement enhances participation
- The first training programme with prospective memory training elements

Applications

- Older adults with memory decline

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