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**REMEM**

*Unuttuysan Tıkla*

*Click me, if you forgot*

*Project No: 2019-1-TR01-KA204-074782*

# *1st Newsletter*

Dear Reader,

The first transnational meeting of “Click me, if you forgot (REMEM)” has been realized on 9-10<sup>th</sup> of January 2020 in Denizli, Turkey. REMEM project is supported by Turkish National Agency under Erasmus+ Key Action 2 "Cooperation for Innovation and the Exchange of Good Practices / Strategic Partnerships in the Field of Adult Education".

Pamukkale University is the project coordinator, and the institutions Kırklareli University and Denizli Innovation Association (DİDER) from Turkey, COSVITEC Societa Consortile Arl from Italy, and Technical University of Cluj Napoca from Romania are the project partners.



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## What is Alzheimer's

Alzheimer's disease (AD) is a neurodegenerative disease that slowly and progressively destroys brain cells. In general, AD dementia is diagnosed in people aged 65 years and over. Early symptoms of AD dementia may not be recognized at the beginning by both the person concerned and their loved ones. Meanwhile, as the disease progresses, symptoms become more pronounced and may effect daily life. It is meant that practical difficulties for AD patient in everyday tasks such as dressing, bathing, and eating. More negative behaviors can be added of these initial levels of patients. In this phase, in addition to the previous findings; forgetting to take medications, incompetence in the use of the previously used goods, difficulties in reading, writing and other communication ways, non-compliance with the rules of society, increasing restlessness in the, restlessness in cooking, inability to do shopping, anger bursts, sleep disturbances are symptoms, frequently. As the disease progresses, patients may have difficulty in choosing appropriate conditions for their selves. All issues are also needed more importance in this phase. It is necessary to control household appliances working with electricity and natural gas powered. Most of us believe that the main symptom of Alzheimer's is memory loss. The four symptoms of the disease, which everyone ignores. There are several signs that may indicate the presence of the disease:



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1. lack of inhibitions- someone who is usually shy can go to a stranger to try to hug him or kiss him;
  2. language problems - these occur, especially in cases of progressive primary aphasia, a form of dementia that affects the ability to process and articulate words. Patients may have trouble composing sentences, speak very rarely, and fail to pronounce the words correctly.
  3. writing problems - someone who normally did not have such problems, does not know how to write correctly or cannot write at all, not even to sign.
  4. difficulties in reading - for someone with dementia, it becomes very difficult to read a paragraph in a newspaper or book.
- According to the World Health Organization there are approximately 47 million people worldwide who suffer from dementia, 60-70% of whom suffer from Alzheimer's, each year 9,9 million new cases are diagnosed. In Europe there were 46 million patients diagnosed in 2015 and it is estimated that there will be 100 million in 2050.



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## *REMEM Project*

Within REMEM project, it is aimed to develop a mobile application for the Alzheimer's patients in the early stages. This application will include individual reminders, family video and family picture albums, various intelligence and personal skill games modules that will provide personal comfort to the individual in his daily life. An information book will be created for their relatives/the person responsible for the patient's care, also.

### *Project Objectives:*

To compile and analysis of current data and treatment methods related to Alzheimer's disease in Turkey and Europe as a report  
Development of an online and mobile application  
Development of a user guide for mobile application  
Preparation of an information book for relatives  
Raising social awareness

### *Project Outputs:*

O1- Compilation and reporting of existing mobile applications  
O2 - Mobile application development  
O3 - Preparation of mobile application user guide  
O4 - Preparation of information book for relatives

### *Transnational Meetings:*

The first transnational meeting within the project in Denizli / Turkey was held. In total 5 units of Transnational meetings, which will be held respectively in Italy, Turkey (Kırklareli), Romania, and Turkey (Denizli) will be performed.



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### *Pilot and Test Applications*

The mobile application and content of information book will be supported by pilot applications. The measurement tool will be developed to assess the extent to which all functions involved in the mobile application were useful. Another pilot application for the relatives will be applied to the relatives of patients in each country. For this purpose, all partners will contact with associations in their local regions and countries.

### *National Alzheimer's awareness and information meetings*

3 national meetings, including 180 persons from stakeholders and NGOs will be held 22<sup>nd</sup> month of the project in all partner countries.

*The Outputs of the Project will be presented in Alzheimer's awareness and information workshop:* Final workshop to present the results of the project to stakeholders such as associations, enterprises policy makers, and entrepreneurs in order to transfer the use of the mobile application and information book. This workshop will be held in Denizli, Turkey.

### *Contacts*

You can follow and access the project outputs and news via our website: <http://www.pau.edu.tr/remem/en>

REMEM Project Facebook page: [REMEM Unuttuysan Tıkla](#)

REMEM Project Twitter page: <https://twitter.com/RememProject>

REMEM Project Instagram page: <https://www.instagram.com/rememproject/>

For all kinds of questions and information: [remem@pau.edu.tr](mailto:remem@pau.edu.tr)



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