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Sweden

Helena Lindstedt,
reg Occupational
therapist, PhD,
Dep of Public
Health and Caring
Sciences,




Hjälmedelinstitutet
Swedish Institute of
Assistive
Technology - SIAT

Evaluation of CogniTech Uppsala

Development of cognitive assistive devices,
methods and individually support to adults with
Attention Deficits Hyperactive Disorders, ADHD


Outcome =Independent living

The benefits are not primarily
economic, the gain is a better quality
of everyday life



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Participants

19 persons participated
12 women and 7 men
Mean age 32 years (18-45 years)
Education: 13 persons with high school
6 persons with university
8 persons were parents with 1-5 children
5 persons lived alone, 5 with a partner, 6
in a family
Process skills were impaired (AMPS)



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Cognitive support number of assistive devices


74 products were tested and prescribed

Assistive devices	CogniTech	Municipal	Total
Electronic devices	15	6	21
Ball quilts / pillows	13	-	13
Weekly schedules	13	-	13
Watches	6	7	13
Medicine dosette boxes	8	-	8
Key/Thing finder	6	-	6
Total	61	13	74



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Cognitive support from occupational therapists


ICF-category (WHO)	Time %*
d230 Carrying out daily routine	27,3
d870 Economic self-sufficiency	9,0
d210 Undertaking a simple task	8,3
d570 Looking after one's health	8,3
ENVIRONMENTAL FACTORS	15,9

* 100 % = 40 h work week



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Participants apprehension of cognitive support

Increased order in everyday life	+
Experience of participation	+
Satisfied with the individual support	+
CogniTech staff was accessible	+
Termination of the project	-
Satisfaction with assistive devices mean=4.1 (SD 0.72) (Quest)	+



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Subjective changes

Having been diagnosed with ADHD	+++
-medication	
-memory training	
-assistive devices and support	
Important with individually adapted and regular occupation on daily basis	+
Independent living	+
Economic dependence on society	-
Unexpected side effects of medication	-
15 participants were working/studying after one year, compared to 8 at inclusion	+


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Conclusions

Highlight increased knowledge of cognitive support for adults with ADHD

Enlarge the number and the assortment of cognitive assistive devices available for prescription

The benefits are not primarily economic, the gain is a better quality of everyday life

