

Dagalaki Eva

My name is Eva Dagalaki. I am a physiotherapist at the Mobile Unit of Allhleggyh. I studied at the Alexander Technological Educational Institute of Thessaloniki. I completed my clinical internship at the Venizelio General Hospital of Heraklion. Since April 2023, I have been working at the Alzheimer's Disease and Related Disorders Company of Heraklion, "Allhleggyh." Primarily, I am with the Mobile Unit, where we visit patients suffering from dementia. We conduct motor assessments on both patients and elderly caregivers, and based on their needs, we organize a personalized physiotherapy intervention program that includes strength, flexibility, and balance exercises, walking training, fall prevention, home safety modification instructions, and guidelines for safe and ergonomic handling of bedridden patients. At the Day Center, in addition to motor assessments, we have implemented a special program over the past year called Cognitive Kinesiotherapy. Its aim is cognitive rehabilitation through the exercise of attention skills and aspects of executive functioning in patients with Alzheimer's disease and mild cognitive impairment.

