Wirksamkeit von ergotherapie bei mittlerer bis schwerer demenz [The effectiveness of occupational therapy for persons with moderate and severe dementia]

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Authors' objectives
The aim of this health technology assessment (HTA)-report is to summarize the available evidence of the efficacy of occupational therapy for patients with moderate and severe dementia.

Authors' conclusions
Despite the deficiencies in the studies it is noticeable that occupational therapy is effective for persons with moderate/severe dementia if it is done with structured and patient-oriented interventions. This is specifically valid for the improvement of quality of life and emotions of the patients and their caregivers as well as for some everyday life functions. There is some suggestion that occupational therapy is a cost-effective form of treatment compared with drug therapy and can reduce the amount of medical and nursing care. Therefore, occupational therapy can be recommended – in the frame of the mentioned limitations – as means for the improvement of symptoms of moderate/severe dementia.

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