Non-Pharmacological Interventions for Alzheimer’s Disease Patients

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by

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Alzheimer’s Disease (AD) research often focuses on the pharmacological treatment and neurological basis of the disease. However, in the absence of disease-modifying treatments, interventions that target symptom reduction may improve quality of life and delay institutionalization. Given the limitations and risks associated with pharmacological AD treatments, this paper reviews non-pharmacological interventions to improve memory function and reduce symptoms of depression in patients with AD including music therapies, Cognitive Rehabilitation, and Bright Light Therapy.