

The elderly with dementia suffers from deterioration of memory, ability, and cognitive functions in the brain.

According to DSM-IV, dementia is not only caused by physiological changes, but also closely related to psychosocial factors such as social isolation or support. Furthermore, not all the people with Alzheimer's disease experience continuous deterioration, many of their abilities can be maintained and some can even be eased.

From decades of clinical research, Professor Kam-shing Yip has discovered that prolonged unfavorable psychosocial factors and physical conditions including depression, boredom, social isolation and obstruction of blood flow in brain are closely associated with dementia among elderly people. However, dementia can be significantly improved or recovered with appropriate psychosocial interventions

3R & MEC model is an effective psychosocial interventions and recovery model established by Professor Kam-shing Yip.

3R refers to Reality, Regression, and Restoration.

"Reality" means meaningful connections, activities, interactions and daily routine in the real world.

"Regression" means the regressive behaviors and memories in the past of the elderly with dementia.

"Restoration" means being genuinely understood and helped with appropriate psychosocial interventions, the elderly with dementia is able to restore normal social life while recognizing and maintaining his/her regression status.