

Abstract

Aging of the world-wide population is one of the biggest problems in contemporaneous world. The advancement of age causes great changes, physics, social or psychics. Cognitive problems seem to be very frequents in this stage of life, namely dementia and other cognitive problems.

The present investigation as the goal of construction and evaluate a reminiscence program, for institutionalized elder people.

To this effect, it was design a pre-test and pos-test study with a sample of 14 elder people in two groups, an experimental one and a control one. To define themes of life, to be used on sessions, it was used a chronological structure interview, applied in individual way.

It was evaluated the cognitive impairment and the autobiographical memory, using the Mini Mental State Examination (MMSE) and the Autobiographical Memory Test (AMT), respectively. Evaluation was done by an independent investigator, the institution psychologist.

It was possible to verify that only changes in cognitive evaluation, where we can observe a small increase on MMSE score in the experimental group. However, in the memories recuperation, we can observe that there isn't significant differences.

Being a quasi-experimental study, it could be the start of future investigations, by the evidences and recommendations of this execution.

Key-words: Ageing, Autobiographical Memory, Dementia, Reminiscence.