

## KEY PERSONS



**JACQUELINE DOMINGUEZ, MD, MA**  
*President*

Dr. Jacqueline Dominguez is a neurologist with special interest in aging and cognitive impairment. She graduated from the St. Louis University

College of Medicine and trained in Adult Neurology at the St. Luke's Institute for Neurosciences. Her interest in dementia made her pursue training in Alzheimer's Disease and Related Disorders at Washington University in St. Louis, MO. She now heads the St. Luke's Memory Center. Dr. Dominguez is a longtime advocate for dementia care not only in its medical but sociocultural aspects. As an anthropologist, her research interest includes underpinnings of culture and dementia care, one of which is the urban community-based Marikina Memory and Aging Project to develop community and family-based non-pharmacologic interventions in dementia.



**PROFESSOR SIMEON M. MARASIGAN, M.D.**  
*Adviser*

Dr. Simeon Marasigan is a professor at the Department of Neurology and Psychiatry, Faculty of Medicine and Surgery, University of Santo

Tomas, Manila, Philippines where he graduated and finished his residency training in Neurology and Psychiatry. Dr. Marasigan is the former president of Philippine Neurological Association (PNA), Philippine Psychiatric Association (PPA) and ASEAN Neurological Association (ASNA) where he is still an active member. He is a consulting neurologist at the Jose Reyes Memorial Medical Center (JRMCC) and at the National Center for Geriatric Health (NCGH) which are both located in Manila. He is both Neurologist and Psychiatrist with special interest in Dementia. Dr. Marasigan had his Dementia training at the Department of Neuropsychiatry, Hyogo College of Medicine, Osaka, Japan and at the Alzheimer's Disease Center Baylor College of Medicine, Houston, Texas. He is the founder and president of the Dementia Society of the Philippines and he heads the Memory Assessment Center of the University of Santo Tomas Hospital



**CRISTOPHER VINCENT L. DOFITAS**  
*Program Coordinator for Japanese Language*

Cristopher Dofitas is a Linguistics teacher with specialty in Japanese Language and holds an N1 level Japanese Language Proficiency Certificate. He continues to teach Hapon classes in the University of the Philippines and is a Lecturer in the Japanese Language Training Course for JPEPA Nurses and Care Workers conducted by the Japanese government. While he was a university student, he was awarded a Short-term Exchange Student in Chuo University, Higashi-nakano, Tokyo, Japan from April 2008-March 2009. He also attended the Long-term Overseas Japanese Teachers Training Course by the Japan Foundation at the Kokusai Kouryuu Center, Kita-urawa, Saitama, Japan, September 29, 2015 – March 18, 2016.



**LIMUEL ANTHONY B. ABROGENA, M.D.**  
*Program Coordinator for Aged and Dementia Care Course*

Dr. Limuel Abrogena is an Assistant Professor at the Ateneo School of Medicine and Public Health. He is member of the National Board of Directors of the Philippine Academy of Family Physicians and an active member of the Continuing Medical Education Committee of the Philippine Academy of Family Physicians. As a member of the Dementia Society of the Philippines and the Regional Director for Luzon, he is very active in advocating Dementia Care around the country particularly to Family Physicians and Allied Health Professionals.

## Partners

IDCA works with like-minded local organizations to educate carers and international partners in order to meet global standards in dementia care.



# INSTITUTE FOR DEMENTIA CARE ASIA

IDCA is an advocate for interdisciplinary collaboration and innovative learning programs in dementia care to provide better care for persons with dementia and open the best opportunities for our graduates.

IDCA is a pioneer and leader in dementia care education for allied health professionals who want to dedicate their profession to caring for the elderly with dementia. Our academic faculty consists of specialists and experts in diverse areas of practice related to aging and dementia. They work together to conceptualize and deliver the programs through a certification course and seminars around the country.

IDCA continuously collaborates with local and international networks to constantly improve our learning programs and discover the best approaches to advance the quality and standard of dementia care. Our Scientific Advisory Board is determined to set standards dementia care education to meet the global demands for dementia care experts.

Unit 3a Lower Ground Seneca Plaza, 1152 E. Rodriguez Avenue Quezon City, Philippines  
[www.dementiacare.asia](http://www.dementiacare.asia)  
E-mail: [admin@dementiacare.asia](mailto:admin@dementiacare.asia)  
Tel: (+632) 410 3465

IDCA committed to provide dementia care education to formal and informal carers of persons with dementia with the belief that the well-being of elderly with dementia is closely tied to their relationships with their carer and the quality of care they receive and experience.



# IDCA Programs



## DEMENTIA CARE SPECIALIST SEMINARS & WORKSHOPS

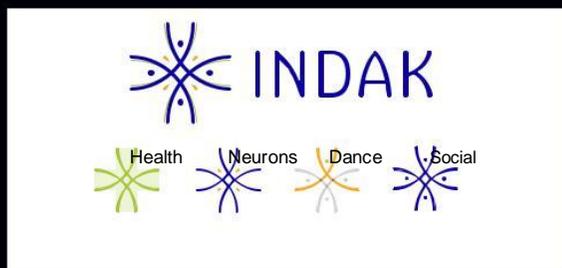
IDCA delivers dementia care seminars and workshops nationwide to provide continuing professional education to working health care professionals and to introduce concepts of dementia care to both formal and informal caregivers. The seminar series began in 2015 and launched at the Henry Sy Hall St. Luke's Medical Center in Global City, Taguig. Since then, IDCA conducted seminars in major cities in the Philippines such as Cebu, Cagayan de Oro City, Baguio and Iloilo City. The seminar and workshop introduces basic concepts in dementia care and ways of clinical assessment.

## AGED & DEMENTIA CARE CERTIFICATE COURSE



IDCA conducts an 80-hour certificate course in dementia care which includes 10 modules and related learning experience in an elderly care facility. This course prepares nurses and allied health professionals to have a deeper knowledge on dementia and the professional skills to be able to give a holistic, comprehensive and patient-centered approach in the care for persons with dementia. The primary training objectives is to develop competencies essential in providing care for elderly with dementia like comprehensive geriatric assessment and health-care planning, communication and approach to care

## IMPROVING NEUROCOGNITION THROUGH DANCE AND KINESTHETIC (INDAK)



"INDAK" means "dance" or "rhythm" in Filipino. It is a structured modular dance program designed by multidisciplinary team using concepts of visualization, musicality, physical exercises, improvisation and dance recall with increasing complexity. It consists of customized dance figures designed to increase adaptability for elderly participants, provide physical activities, cognitive stimulation and social and emotional interaction. Research by IDCA staff showed that participation in the INDAK program improves cognition and mood of elderly with Mild Cognitive Impairment (MCI) compared to non-dancers after 2 sessions a week (one hour per session) for 48-weeks of dancing. These research findings are published in Current Alzheimer's Research journal. This novel, effective and relatively inexpensive non-drug therapy can be done in the Filipino community. IDCA hopes it will share to other elderly communities worldwide including Japan.



## FOREIGN LANGUAGE PROGRAM

Aside from putting the care for persons with dementia at heart, IDCA works to open the best opportunities for its graduates. IDCA provides two relevant Foreign Language Programs to help its graduates grow in their career in foreign lands.

1. Japanese Language Program: The goal is to attain N4 level of language proficiency. The academic faculty are level N1 & N2 university professionals in Linguistics.

2. German Language Program: The goal is to achieve level B2. The faculty are university graduates in European Languages major in Deutsch.



## IDCA Activities



**IDCA is Dedicated to Provide Dementia Care Education for Everyone**

*IDCA continuously provides series of seminars and workshops all over the Philippines.*



## IDCA Seminar

*The first-leg of Dementia Care Specialist Seminar and Workshops: An Introduction to Asian Standard for Dementia Care held last March 7, 2015 at Henry Sy Hall, St. Luke's Medical Center, Bonifacio Global City, Taguig City.*



## Meet the First Batch of Dementia Care Specialists

