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Regione  
Lombardia



European Network  
of Social Authorities



**INCLUSIVE  
INNOVATION  
IN ACTION:**

**ENSA General Assembly  
2025/2026**

In collaboration with

COFACE, Council of Europe - Conference of INGOs (Sport Committee - Inclusive Territories Environment and Health Committee), DPI, EASPD, ELISAN, ENIL, Friuli Venezia Giulia Region, Belluno Municipality

*embrace memory*

# **ASSOCIATION OF FRIENDS, CAREGIVERS AND PEOPLE WITH DEMENTIA AND NEUROGENERATIVE BRAIN DISEASES OF CYCLADES –GREECE**

**Dr Apostolos Efkarpidis – President**  
**Miltos Sakellariou – Vice President**



# embrace memory

- **Our purpose**

- **"Embrace Memory"** is a non-profit organization that aims to support individuals suffering from neurodegenerative brain diseases, such as Alzheimer's disease, vascular dementia, Parkinson's disease, Creutzfeldt-Jakob disease, dementia with Lewy bodies, Pick's disease and others.
- We operate in the **Cyclades islands**, based in Syros, providing social, psychological, scientific and educational support to people with dementia, caregivers, families and health professionals, with the aim of improving their quality of life and social integration.

# Our vision

- Our goal is to **protect, support and strengthen** the rights of people living with neurodegenerative brain diseases and their caregivers, through:
  - **Psychological and social support**
  - Education of caregivers and health professionals
  - Scientific research
  - Social inclusion and creative employment
  - Strengthening access to health and social welfare services
  - Raising awareness in society



# Our Main Goals

- **Social and psychological support:**

- Providing psychological, social and scientific support to people with neurodegenerative diseases and their families.
- Operation of counseling groups and self-help groups.
- Conducting psychometric assessments.

- **Education and information:**

- Education of caregivers, families and health professionals through training seminars and a remote platform.
- Organization of educational seminars and informational activities for the prevention, diagnosis

- **Scientific research:**

- Conducting social research and needs assessment.
- Participation in research programs.
- Monitoring and production of scientific studies.

- **Social integration and reintegration:**

- Implementation of health prevention and promotion programs.
- Strengthening the social participation and reintegration of people with neurodegenerative diseases.
- Participation in educational programs for children and adolescents aimed at raising awareness.

- **Therapeutic activities:**

- Implementation of therapeutic activities (occupational therapy, physical therapy, speech therapy, nursing).
- Conducting therapeutic sports activities and aquatic rehabilitation.
- Function of memory strengthening groups.

- **Collaboration with medical and therapeutic agencies:**

- Collaboration with neurologists, psychiatrists, psychogeriatricians.
- Strengthening the work of the **Syros General Hospital** and the **INTRINCIC** program under the **Ministry of Health**

- **Promoting awareness:**

- Organization of informative events, workshops, conferences.
- Participation in community awareness activities.

- **International cooperation and networking:**

- International collaborations-SACRED project- IVASS – ENSA Network
- Organization or participation in international conferences and educational programs.

- **Creation of social structures:**

- Implementation of support programs (Day Centers, KIFI, KDIF, KDAP, memory cafes, etc.).

- **Creative employment and autonomy:**

- Enhancing **the quality of life** through creative employment, **socialization, cultural, sports and recreational activities.**
- Implementation of autonomy and independent living programs (Dementia-Friendly Community).

# Our local and National Network

- **EMBRACE Memory's** members in Syros and Cyclades Islands
- **Region of South Aegean**
- **Municipality of Syros – Member of ENSA**
- **General Hospital of Syros** and the Health Centres of the Cyclades islands
- **Members of ENSA- ENSEL in Syros - Cyclades** (ALTERA VITA, Schools, AROGI, ANADRASIS )
- **National and Kapodistrian University of Athens**
- **INTRINSIC** program - Greek Ministry of Health

