alzheimer PORTUGAL



INTERNATIONAL SEMINAR ON

RESTRAINT-FREE DEMENTIA CARE

9 DECEMBER 2026

ONLINE
REGISTRATION IS FREE BUT MANDATORY

All times are in Western European Time (WET, UTC+0)

MODERATOR | Paula Guimarães

PROGRAM

9:30 AM — OPENING SESSION
Maria do Rosário Zincke dos Reis
President of the Board of Alzheimer Portugal
Sónia Esperto
President of IDIPD

9:45 AM — **Restraint-Free Care in Portugal: Alzheimer Portugal's Journey**
Filipa Alexandra Gomes e Joana Florêncio
Clinical Psychologists at Alzheimer Portugal

10:10 AM — **Eliminating Physical and Chemical Restraints: Utopia or an Achievable Reality?**
Ruben Muñiz
President of Fundación Maria Wolff, Spain

10:35 AM — **Restraint as a Measure of Last Resort: Reality or Rhetoric? The Rights of People with Dementia**
Inês Robalo
Advisor to the Office of the Prosecutor General of the Republic

11:00 AM — DISCUSSION

11:10 AM — BREAK

11:20 AM — RESTRAINT-FREE CARE: SETTINGS AND ALTERNATIVES

- **11:20 AM | Restraint-Free Care in Residential Care: What Does Portugal Still Need to Make It a Reality?**
  Paulo Mota Lourenço
  Specialist in Quality, Management of Social Care Organisations and Quality in Long-Term Care
- **11:45 AM | Restraint-Free Care in Hospitals: Balancing Clinical Safety and Human Dignity**
  Mariana Alves
  Geriatrician at ULS Santa Maria, Lisbon

12:10 AM — ALTERNATIVES TO RESTRAINT: PROMOTING SAFETY WHILE PRESERVING FREEDOM

- **12:10 AM | Technology and Artificial Intelligence to Support Restraint-Free Care**
  Susana Reglero
  Quality Manager and Business Development
- **12:30 AM | Falls vs. Freedom: Fall Prevention as a Strategy for Eliminating Restraint**
  Rocío Valle Bermejo
  Physiotherapist at CRE Alzheimer, Salamanca

12:50 AM — DISCUSSION

1 PM TO 2 PM — LUNCH BREAK

2 PM — RESTRAINT-FREE CARE: IMPACT ON CARE TEAMS

Team Well-Being and Satisfaction: What Changes When Restraints Are No Longer Used?
Álvaro Cidrais
Facilitator, Trainer and Lecturer

2:30 PM — RESTRAINT-FREE CARE ACROSS BORDERS: PROMOTING QUALITY OF LIFE AND WELL-BEING

- **2:30 PM | International Experiences in Restraint-Free Care**
  Josep de Martí Vallés
  Lawyer and Founder of Inforesidencias, Barcelona
- **3 PM | Human Forever – A Global Movement: Improving the Quality of Life of People Living with Dementia Worldwide**
  Teun Toebes
  Nurse and Humanitarian Innovator, the Netherlands

3:30 PM — DISCUSSION

3:50 PM — BREAK

4 PM — RESTRAINT-FREE CARE: PREVENTING FALLS, PRESERVING LIVES

Fall Prevention: International Scientific Evidence and Its Impact on Quality of Life
Clemens Becker
Geriatrician, Professor at the University of Stuttgart and Specialist in Fall Prevention

4:30 PM — RESTRAINT-FREE CARE AND QUALITY OF LIFE FOR PEOPLE LIVING WITH DEMENTIA

Living Well with Dementia: The Benefits of Restraint-Free Care Through a Well-Being Approach
Allen Power
Geriatrician, Professor, Musician and Author
New York, USA

5:15 PM — DISCUSSION

5:30 PM — CLOSING SESSION
Isabel Campo Blanco
Managing Director at CRE Alzheimer, Salamanca
Aldevina Rodrigues
Board Member of the Board of Directors of the Social Security Institute, I.P

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