DEMENTIA
Impact of an intervention in a rural community in Peru

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LAR 038
“No te olvides de Mi”
Improving management of dementia in andean countries

- Bolivia
- Colombia
- Peru
  - Rural Community
    - Quilmana
QUILMANA

- Province: (South) Lima
- District: Cañete

- Rural community
  - Principal activity is agriculture (70%)
- Population: 16 400
- Gender: 45% female
- Elderly population: 19% (3040)
OBJECTIVES

• Raise awareness and improve knowledge about dementia

• Propitiate development of communitarian programs to improve attention and management of older people with dementia

• Time: 2 years
DESIGN OF FIRST YEAR

✓ Area recognition

✓ Evaluation of existence of specific services or programs for people with dementia

✓ Surveys: Knowledge in mental health – General population and local authorities

✓ Screening older people for depression and cognitive impairment
Difficult access areas

1 Medical Centre

1 Day Centre for Elderly people with insurance (N° 111)
Knowledge about aging

GROUP A: ADULTS

- Decreased senses and speed: 29%
- Do not know: 71%

GROUP B: TEENAGERS

- Decreased senses and speed: 6%
- Do not know: 94%

Relevant Incorrect Answers: It is normal to forget names and feel sad all the time
Dementia Knowledge

GROUP A: ADULTS

- MENTAL DISEASE AFFECTING COGNITIVE FUNCTIONS: 40%
- DO NOT KNOW: 60%

GROUP B: TEENAGERS

- MENTAL DISEASE AFFECTING COGNITIVE FUNCTIONS: 29%
- DO NOT KNOW: 71%

Relevant Incorrect Answers: Dementia is a skin condition
Random Population First Survey (N=340)

Alzheimer Knowledge

GROUP A: ADULTS
- MENTAL DISEASE: 25%
- DO NOT KNOW: 75%

GROUP B: TEENAGERS
- MENTAL DISEASE: 24%
- DO NOT KNOW: 76%

Relevant Incorrect Answers: Alzheimer is an avenue or street
What to do with an elderly person with dementia

GROUP A: ADULTS

GET MEDICAL HELP: 37%
DO NOT KNOW: 63%

GROUP B: TEENAGERS

DO NOT KNOW: 96%

Relevant Incorrect Answers: Lock him in and do not let him go out...
Definition of an elderly person

- > 60 years old
- Do not know

19% of Quilmana's population are elderly people
What is Dementia?
- Disease that deteriorates mental functions
- Do not know

What is Alzheimer?
- Mental disease
- Do not know

- Stigma about dementia
- “Crazy” ≠ “Demented”
- What is “normal” aging?
Knowledge of process of aging, dementia and Alzheimer disease

- Know: 11%
- Do not know: 89%

8 Medical Doctors and 1 Psychologist
Lack of knowledge of information and use of MMSE and Yesavage

Number of elderly people seen by medical staff per month: 50
<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>AIMS</th>
<th>PEOPLE INVOLVED</th>
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<tbody>
<tr>
<td>Communitarian meetings and fairs</td>
<td>Raise awareness of dementia</td>
<td>All community members</td>
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<tr>
<td></td>
<td>Sensitize</td>
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<td>Orientate</td>
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<td></td>
<td>Screening tests</td>
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<tr>
<td>Free talks</td>
<td>Go give information about elderly and dementia related topics</td>
<td>Local authorities Local elderly recreational centre Local school Local medical centre</td>
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<td>Sensitize about dementia suffering families and older people</td>
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<td>Free training sessions</td>
<td>Teaching about dementia and Alzheimer</td>
<td>Medical Centre: Doctors Psychologist Town Hall: Disabled persons program Pension 65 program</td>
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<td>Teaching how to recognise dementia</td>
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<td>Teaching to use MMSE and Yesavage</td>
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<td>instruments</td>
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<tr>
<td>Home visits</td>
<td>Complete assessment of cognitive impairment</td>
<td>Older adult with cognitive impairment Family/carer</td>
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¡DEMENCIA ES UNA DISCAPACIDAD!

DEMENCIA es una enfermedad del cerebro que afecta tus facultades mentales.

¿Cómo reconocer si el adulto mayor tiene DEMENCIA?

Sí hace tiempo o en los últimos 6 meses presenta:

- Cambios en el comportamiento.
- Problemas con el lenguaje, ha confundido lo que leen con lo que oyen.
- Cambios en la forma de ser y en sus rutinas. Crean que las cosas cambian en el ambiente, escuchen objetos.
- Desorientación, confunden salas y lugares conocidos, se pierden; no saben la fecha actual.
- Dificultades para tomar decisiones y hacer el correcto pronóstico.
- Cambios en el comportamiento emocional (gritos, llorar, aprobación).
- Dificultades para reconocer personas conocidas (amigos, familiares, etc.), confunden los nombres.
- Cambios en el funcionamiento. No les interesa bien las cosas anteriores.

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DEMENCIA es una enfermedad del cerebro que afecta tus facultades mentales.

¿Cómo reconocer si el adulto mayor tiene DEMENCIA?

Si hace tiempo o en los últimos 6 meses presenta:
- Olvidos frecuentes, sobre todo lo reciente.
- Problemas de lenguaje. No entienden lo que leen, escuchan,
- Cambios en la forma de ser y en sus conductas. Creen que les roban; cambios en el apetito, esconden objetos.
- Desorientación. Confunden calles y lugares conocidos, se pueden perder; no saben la fecha actual.
- Dificultad para decidir y diferenciar entre lo correcto e incorrecto.
- Comportamiento y conducta extraña (gritan, lloran, agreden)
- Dificultad para reconocer personas conocidas (amigos, familiares, etc.), confunden los nombres.
- Deterioro en el funcionamiento. Ya no trabajan tan bien como lo hacían antes.

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ONG HELP AGE INTERNATIONAL ORGANIZA CAMPACNA DE SALUD MENTAL DEL ADULTO MAYOR EN QUILMANÁ
RESULTS: General population

Dementia Knowledge

Before intervention: 40% had some knowledge about dementia.

After intervention:
- 52% have knowledge
- 48% do not know
RESULTS: General population

Alzheimer Knowledge

Before intervention 40% had some knowledge about dementia

After Intervention

- 53% have knowledge
- 47% do not know
Have knowledge of dementia and Alzheimer and recognize them as mental illness:

Before: 11%

After:
- 67% Have knowledge of dementia and Alzheimer and recognize them as mental illness
- 33% Do not know
What is Dementia?

- Disease that deteriorates mental functions
- Do not know

Have knowledge about dementia

- 100%
- 40%
- 60%
Municipalidad Distrital de Quilmana - Canete

“Year of Investment for Rural Development and Food Security”

Resolution of the Mayor No. 376-2013-AL-MDO

To the Mayor of the Municipality of Quilmaná - Canete,

On the occasion of the 376-2013 Resolution of the Mayor to create a Municipal Centre for Elderly People which would include mental health services and support...
We have reached 2035 people during our first year!
Not All was Easy ...

• Budget and funding

• Population acceptance: insatisfied basic needs, ignorance and stigma, poor social recognition of elderly people, lack of social support and community programs ...

• Need of better screening tests and instruments designed for this population
Conclusions

- There is lack of knowledge of aging, dementia and Alzheimer disease in all population including adolescents, health staff and local authorities.
- There is lack of education and training of the public health services and primary medical centres.
- We need to use population based data to sensitize policy makers and start changes in community.
- We have developed a model of intervention in a rural area which has generated some changes but it requires surveillance and evaluation of its progress.