Case Study Indonesia: Work On A National Dementia Plan

DY Suharya, Executive Director ALZI
Puerto Rico, 3rd May 2014
Dementia Worldwide

- 44 million worldwide 2013
- 7.7 million new cases every year
- 1 new case every 4 seconds
Numbers of People with Dementia (millions)
Cost of dementia compared to national economies

US$ billions

Canada: 1300
Mexico: 900
Turkey: 600
Dementia: 500
Indonesia: 400
Belgium: 300
Sweden: 200
ALZHEIMER’S INDONESIA

INDONESIA:
• 240 M Population
• PWD:
  1 M in 2013
  2 M in 2030
  4 M in 2050
• USD$ 32.5 Billion per year (Costs)

Aims to improve the quality life of people with dementia and their caregivers in Indonesia through advocacy, awareness raising, capacity building activities as well as collaborating with all stakeholders in establishing dementia friendly cities in Indonesia.
GOAL:
To be the VOICE for People Living with Dementia (PLD) and their caregivers, empowering them with knowledge and providing them with services they need to improve their quality of life.

Priority #1: Capacity Building
Develop a culturally appropriate training module and provide a variety of training, workshops and seminars for caregivers

Priority #2: Advocacy and Social Mobilization
Promoting a comprehensive policy for healthy ageing and appropriate management of Alzheimer’s disease and stimulate collaborative environment among relevant stakeholders

Priority #3: Communication and Awareness Raising

Fundraising

Internal Organisational Development

Monitoring & Evaluation
ADVOCACY

ISSUE

GOALS NATIONAL

2015 DEMENTIA NATIONAL PLAN

2017 NATIONAL REPORT CONFERENCE

2015 PROVINCIAL DECREE JAKARTA PROVINCE

PROVINCE
AWARENESS RAISING

CARING FOR THE ELDERLY

HEALTHY LIFESTYLE HABIT
CAPACITY BUILDING

HEALTH SYSTEM STRENGTHENING

Standardized Module & Action Plan

- DOCTORS
  - Diagnoses
  - Medicine
  - Treatments

- NURSES
  - Tools
  - 7 Stages

- CAREGIVERS
  - Trainers
  - Facilitators
World Alzheimer’s Month 2013

Has reached approx 150 million people through extensive media exposure in 100 medias (print, radio, TV, online, etc).

September 21
World Alzheimer’s Day
Dementia: a journey of caring

www.alz.co.uk/WAM
Vice Governor Jakarta’s Solid Support
LOKAKARYA PERENCANAAN
Demensia: Sebuah Prioritas Kesehatan Masyarakat

Tema: Demensia: a journey of caring
Hotel Manhattan Jakarta, 24 September 2015
10 Warning Signs Brochure
CAREGIVERS MEETING: THE 7 STAGES OF ALZHEIMER

TIPS FOR CAREGIVERS WITH DR. MARTINA NASRUN AND ESTHETIKA WULANDARI

Caregivers meeting diadakan setiap Sabtu pertama di setiap bulannya.

VENUE: Function Room,
Golf Hill Terrace Apartment Pondok Indah
Jl Metro Kencana IV, Pondok Indah, Jaksel

FACILITATORS: Dr. Martina Nasrun (geriatric psychiatrist), Esthetika Wulandari & DY Suharya (health communication specialists)

HOSTS: Adenia Hariyadi, Aidil, & Dhira Juzar

SABTU
2 NOVEMBER 2013
10.00 - 12.00 WIB

For more info: alzheimerindonesia@gmail.com or 0816 86 3136
CAREGIVERS MEETING #3
LET’S EXERCISE TOGETHER!
EXERCISE PROGRAMS FOR THE ELDERLY AND CAREGIVERS BY DR. SOPHIA

VENUE: Function Room,
Golf Hill Terrace Apartment Pondok Indah
JI Metro Kencana IV, Pondok Indah, Jaksel
FACILITATORS: Dr. Sophia Hage, Dr. Martina (geriatric psychiatrist), DY Suharya (health communication specialists)
HOSTS: Adenia Hariyadi, Aidil, & Dhira Juzar
RSVP: alzheimerindonesia@gmail.com or 0816 86 3136

SABTU
7 DESEMBER 2013
10.00 - 12.00 WIB

CAREGIVERS MEETING #4
QI GONG & TAI CHI FOR ALZHEIMER
WITH QI GONG MASTER: ALEX LIM FROM PERTH, AUSTRALIA

VENUE: Function Room,
Golf Hill Terrace Apartment Pondok Indah
JI Metro Kencana IV, Pondok Indah, Jaksel
FACILITATORS: Master Alex Lim (Qi Gong Master)
HOSTS: Adenia Hariyadi, Aidil, & Dhira Juzar
RSVP: alzheimerindonesia@gmail.com or 0816 86 3136

Master Alex Lim berbagi ilmu & praktek Qi Gong untuk kesehatan fisik & mental, khususnya bagi caregivers dan penderita Alzheimer.

SABTU
4 JANUARI 2013
10.00 - 12.00 WIB

Caregivers meeting diadakan setiap Sabtu pertama di setiap bulannya.
Kenali Alzheimer dari sekarang!

JANGAN MAKLUM DENGAN PIKUN

15 Sept 2013

Jalan Sehat, Deteksi Dini,
Senam Gerak Latih Otak,
Talkshow “Memahami Alzheimer”
bersama para pakar*

Car Free Day, Meeting Point di Jl. MH. Thamrin & Jl. Teluk Betung,
antara Plaza UOB & Menara BCA / Grand Indonesia
06.00 - 09.00 WIB (jalan sehat dimulai pukul 6.30)

* alamiatl: k.info.chez.com
** setelah bebas daftar Rp. 100.000-000-000 pukul 7.00am dan enam kwadrat meters
Supporting Alzheimer's Indonesia to improve the quality of life of people with dementia and Alzheimer in Indonesia

The Journey of Caring

Alzheimer's Indonesia Charity Event

Andi Rianto | Harvey Malaiholo | Farman Purnama
Aning Katamsi | Zahra | Paduan Suara Alzheimer's Indonesia Jawa Barat

21.09.13 15.00-17.00 WIB
Soehana Hall, 2nd floor, Gedung Energi, Jl. Jend Sudirman Kav 52, Jaksel

Facebook: Alzheimer Indonesia
Twitter: @atzi_indonesia
Email: alzheimerindonesia@gmail.com
Website: www.alzheimerindonesia.org
September with the theme Dementia: a journey of caring. From Memory Walks to memory screening, exhibitions to laughter therapy, and Alzheimer Cafés to meetings with government, never has there been such a variety of events taking place across the world to raise awareness of dementia. Feedback from members so far has shown that their creativity is paying off with an increase in enquiries and interest since September. Turn to our Members’ forum World Alzheimer’s Month special on pages 6 and 7 to find out more about just some of the activities this year.

World Alzheimer Report 2013

On 19 September, ADI published the fifth in the World Alzheimer Report series with roundtable events taking place following the launch in Washington DC, London and Beijing. The World Alzheimer Report 2013 features a comprehensive analysis of current long-term care for people with dementia, revealing that greater support for informal care is vital in preparation for the world’s ageing population as needs for care increase. The report sets
National Dementia Plans

What are Government dementia plans?

• State implemented strategies for providing care and support for people with dementia and their families

http://www.alz.co.uk/alzheimer-plans
National Dementia Plans

Dementia plans can be made through collaborations with:

- Government agencies
- Legislators
- Residential care providers
- Community care providers
- People with dementia
- Family members
- Physicians
- Researchers

http://www.alz.co.uk/alzheimer-plans
National Dementia Plans

Achievements

Best practise in content
(Taken from comparison of 7 plans)

• Improve awareness and education
• Improve early diagnosis and treatment
• Improve support at home
• Strengthen support for family caregivers
• Improve care in care homes
• Better coordination of care
• Improve training for health professionals
• Monitor progress
• Commitment to research
• Recognise the role of innovative technologies

http://www.alz.co.uk/alzheimer-plans
National Dementia Plans

Countries with National Dementia Plans

- Australia
- Belgium
- Denmark
- Finland
- France
- Japan (in progress)
- Luxembourg
- Netherlands
- Norway
- South Korea
- Switzerland
- Taiwan
- UK
- USA

http://www.alz.co.uk/alzheimer-plans
Advocacy
Leadership at National Level

Minister of Health’s solid support
Jakarta, December 2013
WHO report on dementia

- Launched on 11 April 2012
- International collaboration between ADI and WHO
- A new case of dementia every 4 seconds
- Inclusion of ADI’s figures from World Alzheimer Reports
- Urge Indonesia to act now

www.alz.co.uk/WHO-dementia-report
Improving Dementia Care Worldwide

• Ideas and Advice on Developing and Implementing a National Dementia Plan
• Review and Learnings from National Dementia Plans in 7 Countries:
  • Australia, France, The Netherlands, Norway, UK, USA and South Korea
Best Practice: Content

1. Improve awareness and education
2. Improve early diagnosis and treatment
3. Improve support available at home
4. Strengthen support available to caregivers
5. Improve residential care
6. Better coordination of care
7. Improve training for health professionals
8. Monitor progress
9. Commitment to research
10. Recognize the role of innovative technologies
Best Practice: Development

1. Agree a clear evidence base
2. Build a broad base of engaged people
3. Commit to draft the national dementia plan in a collaborative way (Dec 2013)
4. Set a timeframe including key milestones
5. Agree resource, roles and responsibilities
6. Set up a system for monitoring evaluation
7. Execute a high profile launch (May or Sept 2014 or Sept 2015 the latest)
Best Practice: Implementation

1. Recognition of dementia as a public health priority
2. Leadership at national level
3. People engagement
4. Involvement of all key stakeholders
5. Introducing a ‘system of care’ and a ‘case management’ approach
6. Committing funding
7. Effective monitoring evaluation and update
Involvement of All Key Stakeholders

January – April 2014
Advocacy

Vice Minister of Health, March 2014
5 Cs

• Commitment
• Collaborations
• Content (Indonesia’s Declaration was adapted from Mexico Manifesto)
• Clear Launch Phase
• Continuous work
The Journey
September 2013 – ……

• Persistent and Perseverance
• Common Focus (Draft’s prepared)
• Empowerment and Collaboration
• Proposed Timeline:
  Declaration: May or September 2014
  National Dementia Plan: Sept 2015
alzheimerindonesia@gmail.com
+62 816 86 3136

Alzheimer Indonesia

@alzi_indonesia

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