HOW TO IMPROVE THE QUALITY OF LIFE OF PEOPLE WITH DEMENTIA?

Friendly neighborhood among dementia friendly communities
DEMENTIA FRIENDLY COMMUNITIES
VIADEM IN BELGIUM

• **WHAT?** A long term *collaboration* between the LIGUE ALZHEIMER ASBL and cities of all sizes.

• **WHAT FOR?** To *encourage the inclusion and good living* of people with dementia and their relatives within their community.

• **HOW?** By signing the charter planning activities that *improve the quality of life* of people with dementia and their relatives and/or carers.

• **WHO?** This charter is available to *all local authorities* and to the ‘Provinces’.
The charter is based on five sections:

- Sensitization
- The “right to be different”
- Information and orientation services for people with dementia and their relatives
- Actions and activities within the city
- Consultation

Members:

- 26 signatory cities
- 2 awaiting signatures
The rules to sign the Charter:

Designate a "Proximity-Dementia" Agent

- A municipal agent
- Identify and support services related to Alzheimer's disease in his territory to inform people as fully as possible

Organize at least one activity among activities proposed by the LIGUE ALZHEIMERS ASBL (e.g. “Alzheimer Café”, the touring Conferences cycle, etc.).
A person with Alzheimer's disease is a full citizen and actor in his community

Since the beginning of Dementia Friendly Communities, many activities have been created.

Two new projects
1. Together, Alzheimer is lighter
2. Seniors Disappearance Protocol at home
1. TOGETHER, ALZHEIMER IS LIGHTER

- **WHAT?** An initiative of sensitization to Alzheimer’s disease in the city of Bastogne

- **WHAT FOR?** To raise awareness of dementia among citizens, associations and local shopkeepers and to encourage and practice *hospitality, communication* and *quality of support* for people with Alzheimer's disease or other form of dementia.
• **HOW?** By organizing a **conference** and **sensitizations** about communication and attitude.
  - First conference on the 29th of October 2015
  - Sensitizations on the 23rd of November 2015 and the 24th of February 2016

• **WHO?** **Shopkeepers** from Bastogne are the central axis of this project; to be **landmarks** for people with dementia
  - 9 local shopkeepers are involved
  - 15 people followed the sensitizations
The logo:

- Mark of support
- Received after the formation
- To paste to the storefront
2. SENIORS DISAPPEARANCE PROTOCOL AT HOME

- **WHAT?** A collaboration between the local and federal police, support and care services and the Ligue Alzheimer ASBL
  - Based on the project “seniors disappearance Protocol”, which places an identity record in nursing homes.

- **WHAT FOR?** To have a rapid access to needed information in case of disappearance in order to start the research immediately.
  - No matter who is present at home, the police will have the principal information to begin.
• **HOW?** By establishing an **identity record at home** in order to facilitate the research for missing persons

• **WHY?** 70% of people with dementia live **at home**
  - Alzheimer's disease leads to spatial **disorientation** and therefore ambulation
  - People with this disorder are prone to **disappearances** which are generally more worrying
The identity record

- Contains the **useful information needed** to start the research immediately: contacts person, carers, habits, former interests and profession, medications, physical description and recent photo, etc.

- Placed **in a box in the fridge**; an easily identifiable location present in all places.
• *A sticker with the colors of the project* will be pasted on the box so that it is easily identified.
• The last page of the record: placed on the front door to inform of the presence of the box in the fridge.

• The record should be given to the police in case of a disappearance.

• You can also give a copy of the card to your entourage members.
CONCLUSION

To summarize, both initiatives are practical actions to create a dementia friendly environment;

- The first project aims social life and liberty
- The second promotes security and fast interventions for people living in the place of their choice, at home.
« Change the city to change life with dementia »

Thank you for your attention!

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