



# **Involving people with dementia in a new dementia strategy**

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**Norway, 5 Million inhabitants**



# Background

- **78 000 people with dementia in Norway**
- **Almost 300 000 family carers**
- **In-home and nursing home care are provided around the clock by public services**

## **And:**

- **Norwegian Health Association is a voluntary, humanitarian organization that:**
  - **Promote the interests of persons with dementia and their carers**
  - **Run local dementia groups (clubs) throughout Norway (> 140).**
  - **Has an Advisory Board that communicate with national politicians and various stakeholders.**
  - **Has a working group of people with dementia**



# Dementia plan 2015 (2007-2015)





# **The Norwegian dementia plan**

- **In autumn 2006 The Ministry of Health and Care Services proposed the Dementia plan**
- **The Norwegian Directorate of Health Affairs was asked to make a report to outline the challenges and needs and to recommend focus areas for actions. The report " Forgetful but not forgotten" was published in spring 2007.**
- **Draw against this report the Ministry of Health and Care Services published "the Norwegian Dementia Plan 2015 – making the most of the good days". The plan was set into action in autumn 2007**



# The overall aims of the plan

- **To increase knowledge about dementia in the society and among family and professional caregivers, and thereby improve the quality of care for persons with dementia and their family carers**
- **To develop and offer a variety of day care activity programmes**
- **To adapt living facilities (residential care) to the patients needs under the slogan "SMALL IS BEAUTIFUL"**



**In 2015**

## **All municipalities ( n=428) shall have:**

- **A dementia team**
  - **For diagnostic assessment and follow-up**
- **Various day care activity programmes**
- **Adapted living facilities for person with dementia**
- **Educational programmes for family carers**
- **Educational programmes for professional caregivers**

# New plan?

- **The Norwegian Health Association started lobbying for a new dementia plan in 2013**
- **Goals from the current plan was not achieved**
- **The need to involve people with dementia**





# It worked



**The Minister of Health  
and Care Services  
decided to launch a  
new plan in 2016:**

**Dementia plan 2020  
(2016-2020)**

# Dialogue meetings

**To involve people with dementia and to hear their voices in the new plan:**

- **7 dialogue meetings were organized**
  - **About 700 - persons with dementia, carers and health professional participated**
- **In the 7 meetings the 700 participants discussed the goals of the new plan (in 70 working groups)**



# The meetings

- **The program of the dialogue meetings:**
  - **Opening by Ministry of Health and Care Services**
  - **Persons with dementia shared their stories**
  - **Group discussions (6-8 people): Input to the new dementia plan**

## **The group discussions:**

- **Were structured and detailed minutes were written**
- **An adapted version for people with dementia**

## **Outcomes of the dialogue meetings – What should be the goals of in the new plan?**

- **Implementation of activities/treatments to prevent dementia**
- **Timely diagnosis of dementia and post diagnostic support**
- **Meaningful daily activities for pwd that could improve independent life**
- **Improve knowledge of dementia and skills among health care professional and in the society in general (dementia friendliness)**
- **Improve the quality of care in nursing homes**

**The new plan is now out for consultations and all the goals that were discussed in the dialogue meetings are part of the plan**



- **Cooperation between:**
  - **Ministry of Health and Care Services**
  - **Norwegian Advisory Unit on Ageing and Health**
  - **National Health Association**
- **User involvement all the way secures legitimacy**

**Thanks to all who participated in the  
dialogue meetings**

