MENTAL HEALTH OF OLDER PEOPLE: THE CHALLENGES AHEAD WITH A FOCUS ON DEMENTIA

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More older people: more physical and mental illness

- Dementia, but not only dementia
- Heart disease
- High blood pressure
- Type 2 Diabetes
- Cancer
- Stroke
- Depression
- Social isolation
More older people: more services needed

More:
- health and social care professionals
- old age psychiatry and geriatric services
- collaboration between private and public sectors
- help from the voluntary sector
- care homes fit for purpose
- day care
- domiciliary care
- hospital beds
- money!

Unsustainable!
High income countries – Who provides the services now?

- Families
- Overstretched primary care
- Overstretched public services
- Variable voluntary sector
- Increasingly the underfunded private sector

Unsustainable!
Low and middle income countries – Who provides the services?

- Families
  - Primary care workers
  - Very very few specialist services
  - Variable voluntary sector
  - Increasing interest from private providers

Unsustainable!
Dementia: How can sustainability be achieved?

1. Greater knowledge about illness prevention
2. Much greater emphasis on post-diagnostic services
3. Increase public awareness on illness recognition and its impact
Dementia: How can sustainability be achieved?

1. Illness prevention

Good for the heart: good for the brain

- Cut smoking
- Regular exercise – the cheapest drug
- Moderate alcohol intake
- Healthy diet

All will reduce risk of dementia as well as many of the other physical and mental illnesses
Dementia: How can sustainability be achieved?

2. Much greater emphasis on post-diagnostic services

Primary care centre stage

Every person and their carer with a diagnosis of dementia provided with:

- a named professional person to turn to
- a link with the Alzheimer association
- information and training
- time off / respite
- regular reviews
- practical help
- access to care homes fit for purpose
Dementia: How can sustainability be achieved?
3. Increase public awareness on illness recognition and its impact

Dementia Friends
Changing the way a nation acts, thinks and talks about dementia
Meeting the Dementia Challenge: Ways that Alzheimer Associations can help

- Listen to people living with dementia and their families
- Encourage development of post diagnostic services
- Publicise importance of life style factors and health for all ages
- Encourage close working relationships between the public, private, and voluntary sectors
- Make everyone a Dementia Friend

Tomorrow it could be you or yours