



Spominčica
Alzheimer Slovenija



Living with Dementia at Home

ŽIVETI Z DEMENCO DOMA
za svoja in družinske osebe z demenco



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SPOMINČICA – Alzheimer Slovenija

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31st International Conference of
Alzheimer's Disease International

21-24 April 2016, Budapest, Hungary

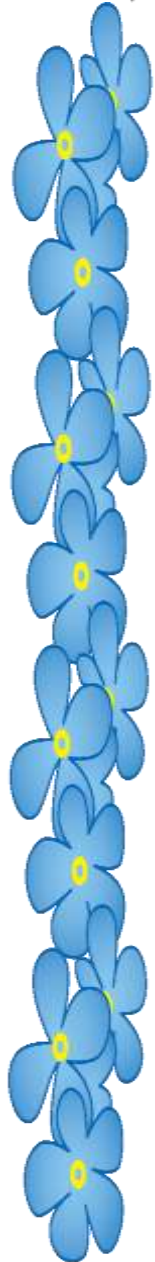
Dementia: Global Perspective - Local Solutions



Spominčica
ALZHEIMER SLOVENIJA

SPOMINČICA – ALZHEIMER SLOVENIJA

- Established in 1997 by dr. Aleš Kogoj with a goal to help the carers
- Telephone help-line
- Educational program for carers Forget me not
- The magazine Spominčica
- Self-help groups for carers
- Alzheimer Cafes more than 60 in Slovenia
- Spominčica is widely spread with 20 branches in Slovenia



SPOMINČICA, member of ALZHEIMER EUROPE



- In 2012 full member of AE at Vienna congress
- EWGPD was established, 11 member from 11 countries, one from Slovenia
- In 2013 member of Mediterranean Alzheimer's Alliance

25. Alzheimer Europe Conference

Dementia: putting strategies
and research into practice

Ljubljana, Slovenia, 2.-4. September 2015



SPOMINČICA, member of ADI



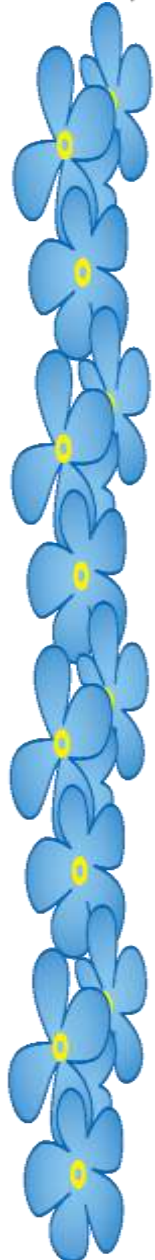
- In 2014 Slovenia got full membership in ADI in PUERTO RICO as 84th state.
- We have received support and lot of practical information about DEMENTIA STRATEGY.
- We got many new and important information from members.



LIVING WITH DEMENTIA AT HOME

the beginning

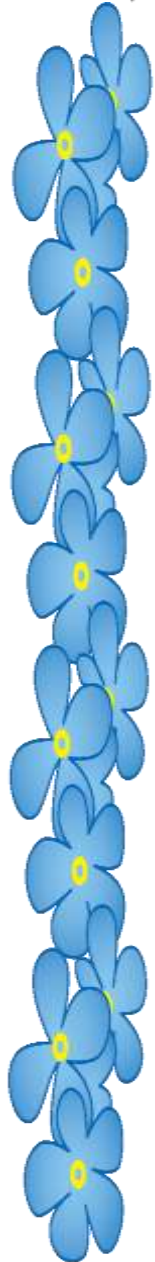
- Our main activities are aimed at providing **support, information and training** for carers and family members.
- Detected increasing **demand for assistance and companionship at home.**
- 2014 – developed the project "**Educational Program and Home Aid Group for People with Dementia**" and successfully applied for EEA and Norway grants.



The OBJECTIVE

To improve quality of life persons living with dementia and their families by establishing a dementia-friendly environment that will ensure proper care for them at home and in an open social environment.

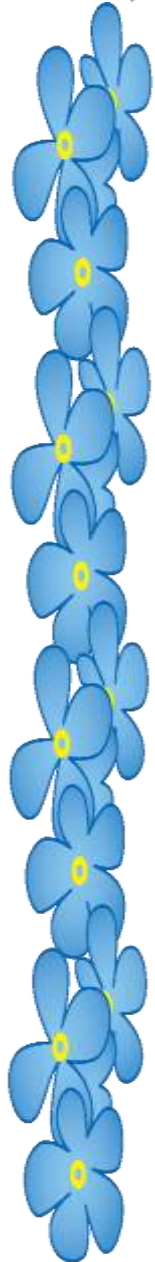
- Contribute to the empowerment of groups of citizens living with dementia.
- Recognition of the first signs of dementia.
- Education and help to families living with dementia.
- Reducing the social exclusion of persons with dementia and their families.



LIVING WITH DEMENTIA AT HOME

goals

- **Training program and handbook** for carers and volunteers.
- Leaflets and posters **on Dementia** to provide basic information and to raise public awareness.
- **Training course** for volunteers – **companions.**
- Companions will **provide help to families** with persons with dementia at home.

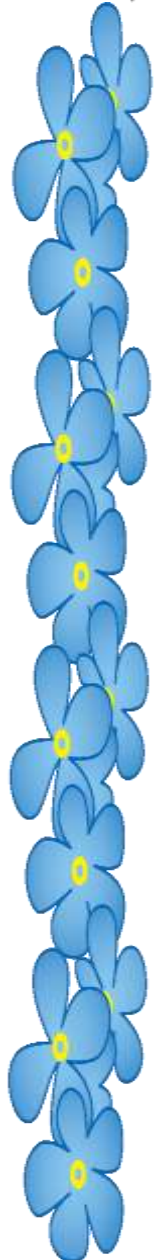


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what are the needs?

Guidelines were prepared **in cooperation with self-help groups**:

- discussion about the problems families of persons with dementia are facing;
- qualitative analysis of the needs of families living with dementia;
- an application questionnaire for families that are in need of companionship (activities, daily routine, things she/he likes or dislikes and about the status of the disease).



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what kind of help is needed?

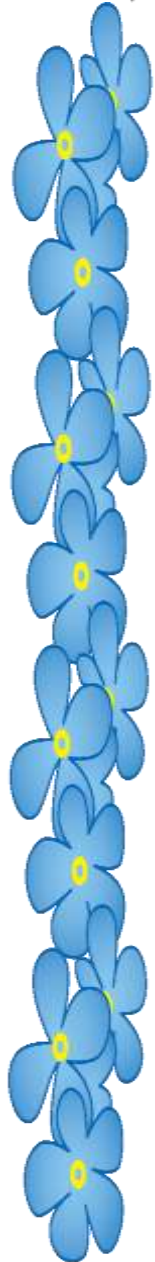
- Companions, who can provide for adapted and active spare time with emphasis on hobbies and needs of persons with dementia.
- Constant assistance and guidance is preferred.
- Providing minimal help at:
 - personal care (grooming, dressing, drinking)
 - food preparation (bringing plates, cups, ingredients).
- A companion for shopping.



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training and handbook themes

- Introduction to Volunteering;
- Dementia and early signs;
- Communication with a person with dementia;
- Needs and experiences of families living with dementia;
- Ethical dilemmas;
- The most common problems in life activities of people with dementia;
- Practical information for carers.



LIVING WITH DEMENTIA AT HOME training

- 4 training seminars, led by dementia experts;
- trained volunteers participated as companions for persons with dementia at 25. Alzheimer Europe conference in Ljubljana;
- Alzheimer Café for the volunteers and participating families to get to know each other.



LIVING WITH DEMENTIA AT HOME

in practice

- Volunteers are mainly students of health care and adults with experience with dementia in their families;
- Since October 2015 more than 30 families;
- First 2-3 visits – companions in couples;
- Visits of one family occur once or twice a week;
- In average each visit is two hours long;
- Companions assist persons with dementia and care for their safety;

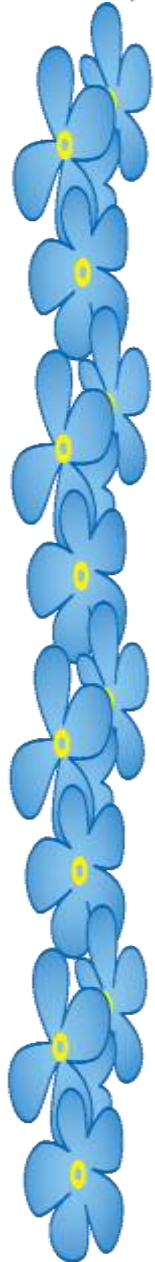


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popular activities

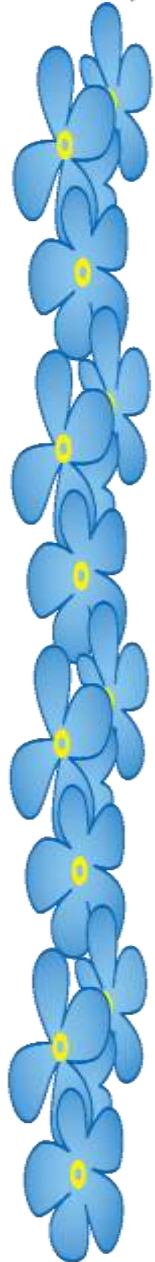
Activities focused to boost self confidence and fulfil spare time of person with dementia.

- Conversation about childhood and everyday topics – most popular and frequent activities;
- When feeling good, persons with dementia were more open to variety of activities: reading books, listing magazines, singing folks songs, playing games, watching TV shows about nature and animals.
- On several occasions they responded well when taking a walk in neighbourhood.



LIVING WITH DEMENTIA AT HOME

- Volunteers are welcomed for every single visit, relative can leave their problems behind for short period of time and have time for themselves.
- Important to prevent caregiver burden, stress and lacking of health.
- New volunteers in our training programme "Forget me not" - for relatives of persons with dementia; designed and carried out by dementia experts from university psychiatric clinic Ljubljana.



LIVING WITH DEMENTIA AT HOME publications



Spomincica
Alzheimer Slovenija



KAJ JE DEMENCA

Spomincica Alzheimer Slovenija

KOMUNIKACIJA Z OSEBO Z DEMENCO

Spomincica Alzheimer Slovenija

What is dementia?

Communication with persons with dementia

PREVENTIVA

Spomincica Alzheimer Slovenija

ETIKA IN PRAVICE OSEB Z DEMENCO

Spomincica Alzheimer Slovenija

Dementia - Prevention and Risk reduction

Ethics and rights of persons with dementia

www.spomincica.si

info@spomincica.si

Prvi znaki demence

1. POSTOPNA IZGUBA SPOMINA

2. TEŽAVE PRI GOVORU (ISKANJE PRAVIH BESED)

3. OSEBNOSTNE IN VEDEJSKE SPREMEMBE

4. UPAD INTELEKTUALNIH FUNKCIJ, NEZMOŽNOST PRESOJE IN ORGANIZACIJE

5. TEŽAVE PRI VSAKODNEVNIH OPRAVILIH

6. ISKANJE, IZGUBLJANJE IN PRAVILNO PREDSTAVILANJE STVARI

7. TEŽAVE PRI KRAJEVNI IN ČASOVNI ORIENTACIJI

8. NESKLOČNO PONAVLJANJE ENIH IN ISTIH VPRAŠANJ

9. SPREMEMBE ČUSTVOVANJA IN VEDEDJA

10. ZAPIRANJE VASE IN IZOGIBANJE DRUŽBI

SOS telefon 059 305 555

Živeti z demenco doma

Spomincica Alzheimer Slovenija

Dementia - my rights

Spomincica Alzheimer Slovenija

DEMENCA - MOJE PRAVICE

OMOGOČEN MI MORJA BITI DOCTOR DO ZDRAVNIKA, KI BO PREVENT. ALI MI MAJ DEMENCO

OMOGOČEN MI MORJA BITI DOCTOR DO INFORMACIJI O DEMENCI, DA MI NE VEDEJ. KAKO MI VPLIVA NA ME

OMOGOČEN MI MORJA BITI, DA BIH ČIM DLJE SAMOSTOJNO ŽIVEL.

PRETVA. KAKO BIH DOBIL ZAJE IN MI POVRATA. ŽEJA MI BITI LUTNO NEKDO

OMOGOČEN MI MORJA BITI DOCTOR DO NARAVNOSTNEJE OMBAL, KI JE PREVENTA ZAJE

Z MAJNO JE TRABA KAVUZI KOT S POLAVRABO IN TITEL, KI BODO IŠBEDI ŽEJA, NE MIKANO POZUVE

V VSAKEM PRIMERU O ZAVESTIEM SPOTOVANJE

OMOGOČEN MI MORJA BITI DOCTOR DO ZDRAVIL IN ZDRAVILNA, KI MI PORAJA.

O MOJH ŽELAH BLEDENKA ŽIVLJENJA SE JE TRABA POSVOBITI Z MAJNO. DOCTOR IN JE LAMB

NE POZABI ME!

REMEMBER ME!

POZNAVANJE IN SPOTOVANJE PRAVIC OMOGOČA OSOBE Z DEMENCO KVALITETNO ŽIVLJENJE. Poročila Slovene organizacije za Rabe megalov (MSE)

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eea grants norway grants

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Aldring og helse

handbook Living with dementia at home

Thank you for attention!

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Jonas T. Daatland, Sommerfugl

