



Spominčica  
Alzheimer Slovenija

# Alzheimer Cafes for dementia friendly society



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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

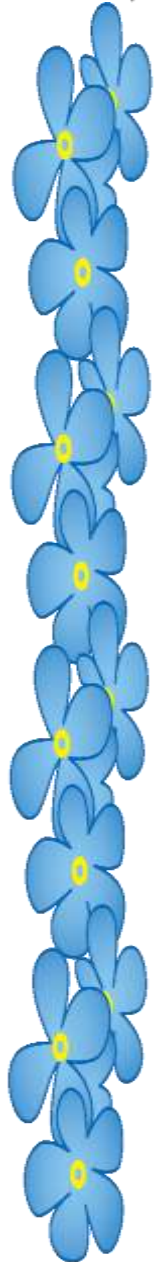


Spominčica  
ALZHEIMER SLOVENIJA



# SPOMINČICA – ALZHEIMER SLOVENIJA

- Established in 1997 by dr. Aleš Kogoj with a goal to help the carers
- The help-line telephone established 1999
- The educational programme 'Forget me not', which still exists from that time
- The magazine Spominčica in 1999
- Self-help groups for carers began in 2003
- Spominčica is widely spread with 20 branches in Slovenia



# SPOMINČICA, member of ALZHEIMER EUROPE



- In 2011 we applied for membership in AE
- In 2012 we became full member of AE at Vienna congress
- EWGPD was established, 11 member from 11 countries, one from Slovenia
- In 2013 we become member of MAA

## 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 84<sup>th</sup> state.
- Two years before we applied for it.
- In LONDON at ADI ACADEMIE in 2012 .
- We have received support and lot of practical information about DEMENTIA STRATEGY, which was our most important goal.
- We got many new and important information from other members.



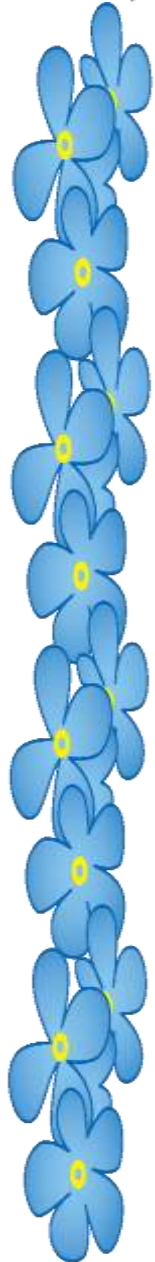
# ALZHEIMER CAFE

- The **idea of Alzheimer Cafes** is to organize **gatherings of persons with dementia, their relatives**, carers, friends and dementia experts and representatives of local association in a **public place with a relaxed atmosphere** like bistro, café, library...
- The information about this event the representative of Spomincica got at the Lunch debate meeting in Brussels in June 2012



# The first ALZHEIMER CAFÉ in SLOVENIA

- **The first Alzheimer Café in Slovenia** was at Nursing home in Ljubljana on 23. 6. 2012.
- The event was widely promoted in media, journalists and media were invited.
- Already the first Alzheimer Café was a success => more than 100 persons!
- Such informal meetings are necessary and effective.



# ALZHEIMER CAFÉs in SLOVENIA

- **Presentation of a dementia related topic** by an expert or Spominčica representative,
- **followed by a discussion** and socializing.
- At these gatherings, **participants are informed and educated** about dementia, **exchange information and experiences**, talk with others and **socialize**.
- Besides the **informative and social aspect**, Alzheimer Cafes have a significant role in **raising awareness about dementia**.



# ALZHEIMER CAFÉs in SLOVENIA

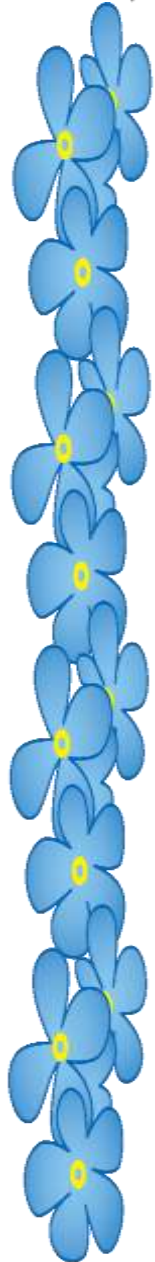
- Now there are **more than 60** Alzheimer Cafes in different locations across Slovenia.
- Most of them are regular: **monthly, every 2-3 months.**
- Speakers are **well-known doctors and other specialists of dementia.**
- Volunteers of Spominčica are always present.





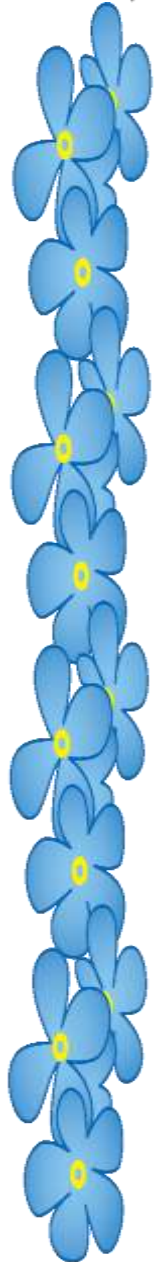
# ALZHEIMER CAFÉs in SLOVENIA

- Promotion on our website, Facebook, Twitter and web channels of other NGOs
- We always **make a lot of publicity** (website, social media, newspapers, TV and radio) for the event and invite media.



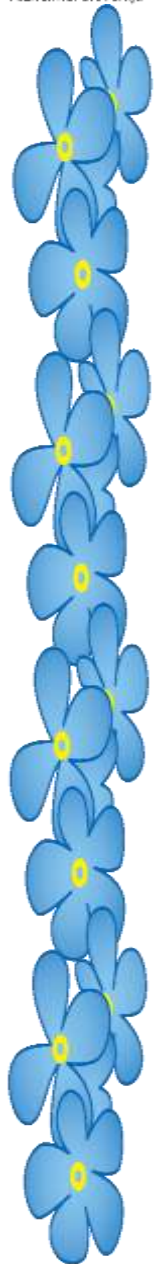
# ALZHEIMER CAFÉS in SLOVENIA

- The aim is to make these gatherings more popular, accessible and friendly to general public.
- With this activity, we raise awareness about dementia, make dementia less stigmatized and offer support to carers and persons with dementia.
- Alzheimer Cafés contribute to recognition of dementia and we open the space to make **Slovenia dementia friendly society!**



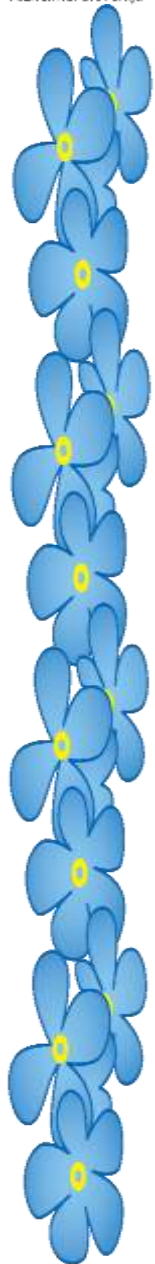
# Dementia friendly society in Slovenia

- Presentations about the FIRST SIMPOMS of DEMENTIA .
- All over Slovenia, with the goal of EARLY DIAGNOS !!
- Lectures about DEMNTIA for PUBLIC workers:
  - Hospitals,
  - police,
  - nursing homes, social workers
- GOAL: to raise awareness about dementia



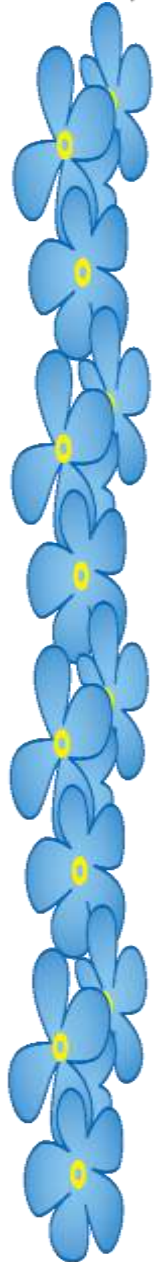
# Dementia friendly society - hospitals

- We had **lecture about dementia in University Medical Centre Ljubljana (UMCLJ)**, the biggest hospital in Slovenia.
- More than 100 employees attended the lecture.
- General director of the UMCLJ introduced the beginning of the lectures, which attended more than 100 employees.



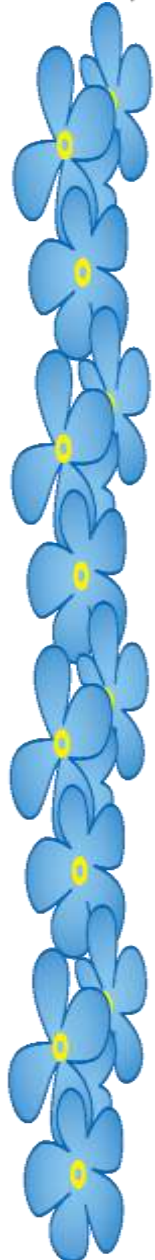
# Dementia friendly society - hospitals

- The lectures will continue throughout this year and will be led by our colleagues from Neurology Clinic Ljubljana.
- As a result of this activities, UMCLJ is becoming the **FIRST DEMENTIA FRIENDLY HOSPITAL** in Slovenia



# SLOVENIAN DEMENTIA STRATEGY

- ADI and AE give us support and information to start and prepare DEMENTIA STRATEGY.
- In 2009 the proposal from Spomincica has been given to the Slovenian parliament.
- In January 2010 minister of the health by decree established the Dementia working group of 10 experts of dementia.
- In 2015 the STRATEGY was finished and given in public debate.



# SLOVENIAN DEMENTIA STRATEGY

- To give us support, in 2014 general director of ADI, Marc Wortmann came to Slovenia.
- We had meeting with president of Slovenia Borut Pahor, who gave us support for DEMENTIA STRATEGY, and
- accepted to patronate 25. annual Alzheimer Europe conference in Ljubljana.



Thank you for attention!



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