Alzheimer Cafes for dementia friendly society

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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
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 84th 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.
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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