DEMENTIA FRIENDLY COMMUNITY:

THE ITALIAN EXPERIENCE OF ABBIATEGRASSO

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WHERE'S ABBIATEGRASSO?
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- Population: 32,000
- Area: 18.17 sq mi
- Elevation: 390 ft
- Region: Lombardy
- Coordinates: 14 miles from Milan
### Why Abbiategrasso

<table>
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<th>Friendly town</th>
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<td>Associations</td>
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<td>Volunteering</td>
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<td>32,000 pop.</td>
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<td>Cohesive pop.</td>
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<td>Research foundation</td>
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<td>Local administration</td>
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<td>Public health company</td>
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THE PILOT PROJECT

First DFC in Italy

Pilot Project

Dementia Friendly Abbiategrasso
Working to become
2016-2017

Dementia Friendly Italia
Un’iniziativa di
Federazione Alzheimer Italia
INVOLVEMENT: THE PROMOTER TABLE

Association

Research Foundation

City Council

Psychogeriatric Society

Health District

Public health Company

Azienda di Servizi alla Persona Golgi-Redaelli

ALZHEIMER ITALIA®
La forza di non essere soli.

Working to become Dementia Friendly Abbiategrasso 2016-2017

Regione Lombardia
ASST Ovest Milanese

Sistema Socio Sanitario

Fondazione Golgi Cenci
Recherche e Studi per gli anziani

ASSOCIAZIONE ITALIANA PSICOGERIATRIA

Associazione Italiana Psicogeriatrica
WHERE TO START?

**Step 1**
*Spring 2016:*
Focus group & pilot interviews with people with dementia and their caregivers

**Step 2**
*Summer 2016:*
Questionnaires for family caregivers

**Step 3**
*Autumn 2016:*
Public meetings to raise knowledge of the DFC project and to involve community

**Step 4**
*Winter 2016:*
In depth interviews with people with dementia
ASK WHO KNOWS BEST

INTERVIEW
PEOPLE WITH DEMENTIA
22 INTERVIEWS

SURVEY
CAREGIVERS
59 QUESTIONNAIRES

MEETINGS
OTHER STAKEHOLDERS

WHAT DID WE ASK?

SOME EXAMPLES:
• WHAT ARE YOUR FEELINGS?
• WHO TAKES CARE OF YOU?
• WHAT DO YOU DESIRE?
• WHAT ARE THE OBSTACLES?
• DO YOU FEEL SAFE?
• IS ABBIATEGRASSO A FRIENDLY TOWN?
What do you desire for your relative living with dementia?
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Experience the town life
The point of view of people with dementia

What do you desire?

To move around the city: 8
To maintain the previous habits: 4
To share experience with others in the community: 4
To live the everyday life: 3
What are the obstacles?

The point of view of caregivers

- Physical barriers
- Behavioral problems
- Safety problems
What are the obstacles?

The point of view of people living with dementia

Urban obstacles: lack of place to rest, distance, transport

Lack of motivation: 5

The need to have always someone accompanying them: 8
Is Abbiategassso friendly?

Caregivers

- Sufficiently: 37%
- Insufficiently: 26%
- Don’t know: 29%

People living with dementia

- 20
- 2
PUBLIC AWARENESS
TRAININGS

- #4 trainings for local police
- 70% of the local police is trained
- Post-formation Guide
- Helpline

First training for local police

Merchants representatives

Trained to be ambassadors
Door to door with 500 shop owner
Leaflet with advices and informations
TRAININGS

- Civil servants in contact with the public
- Aim to grow empathy and knowledge

Municipal office for public relations

- Motivated staff
- Understand the needs
- Wanted more formation and information

Public Library
LIBRARY PROJECT

Trained staff

Accessibility

Relaxation area/
Public restroom

Social engagement

Abbiategrateasso’s
Public Library
IN PROGRESS AND FUTURE INITIATIVES

- School project
- Training for caregivers/Alzheimer Cafè
- Gym/Exercise class for people with Dementia

ABBIAIONEGRASSO
NOT ONLY ABBIATEGRASSO
THANK YOU…

AND COME TO VISIT ABBIATEGRASSO!

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