Global Progress, Local Action, Development of a National Dementia Care Policy

18th Asia Pacific Regional Conference of Alzheimer’s Disease International

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Background

- Attitudes to dementia are slowly changing
- There is an increasing recognition of the need for global action
- The idea of Dementia Friendly Communities could not have been contemplated in 2000
National Dementia Plans

Countries with National Dementia Plans*

*as of June 2015

Countries with national dementia plans
- Australia
- Belgium
- Costa Rica
- Cuba
- Denmark
- Finland
- France
- Ireland
- Italy
- Israel
- Japan
- Luxembourg
- Malta
- Mexico
- Netherlands
- Norway
- South Korea
- Switzerland
- Taiwan
- UK
- USA

Countries with plans in development
- Argentina
- Austria
- Canada
- Chile
- Greece
- Indonesia
- Peru
- Portugal
- Slovenia

www.alz.co.uk/alzheimer-plans
National Dementia Plans

- Plans don’t always mean action
- Many low and middle income countries still have very low awareness of dementia
- “Where can doctors refer people with dementia for support and care in the Philippines?”
- Revolution not evolution necessary to tackle dementia
The global prevalence of dementia

46.8 million people worldwide are living with dementia in 2015.

This number will almost double every 20 years.

www.worldalzreport2015.org
Victories

- Alzheimer organisations around the world have attracted the attention of government with statistics and emotive language around epidemics
- In the end, it is values and philosophy that are key to achieving change
- Advocacy by people living with dementia and carers is critical to a greater awareness of dementia
Victories

• Alzheimer associations should empower people with dementia and carers to be the drivers of change
• Dementia Alliance International (DAI)
• ADI and DAI in partnership
• There has been a change in language that embraces dementia as a public health issue, preventable and a social as well as medical issue
Strategic approach

- Australia was first country to acknowledge dementia as serious health issue in 2004
- $320 million committed to fund dementia initiative over 5 years
- National Dementia Plans pre-condition for political awareness and future action
Strategic approach

OECD’s *Addressing Dementia*

- Overview of policies employed by member countries to tackle dementia
- Identifies ten key policy objectives
- All countries should have dementia plans suited to their needs
OECD the ten key objectives for dementia policy

- Prevention (out of scope)
  - The risk of people developing dementia is minimised
    - First symptoms appear

- Diagnosis (chapter 3)
  - Dementia is diagnosed quickly once someone becomes concerned about symptoms

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**Progression of dementia**

1. Early dementia (chapter 4)
   - Living in the community and relying on informal care
   - Care is coordinated, proactive and delivered closer to home

2. Advanced dementia (chapter 5)
   - Greater need for formal care services and specialised accommodation
   - People with dementia live in safe and appropriate environments

3. End of life (chapter 5)
   - End of life care for people with dementia presents specific challenges
   - People with dementia die with dignity in the place of their choosing

- Care coordination and the role of technology (chapter 6)
  - The potential of technology to transform dementia care is realised

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- Early dementia
  - Communities are safer for and more accepting of people with dementia
  - Those who wish to care for friends and relatives are supported

- Advanced dementia
  - Formal care services are safe and of a high quality
  - Health facilities recognise and effectively manage dementia patients

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**OECD**
World Alzheimer Report 2015

The Global Impact of Dementia
AN ANALYSIS OF PREVALENCE, INCIDENCE, COST AND TRENDS

- Awareness raising
- Dementia friendly communities
- Improve diagnosis
- Support family carers
- Long term community and residential care
- Enhanced care for people with dementia in hospitals
- Person centred care
- Training of the workforce
- Use of technology
- End-of-life care with respect to dignity and personal wishes

www.worldalzreport2015.org
Dementia Friendly

Reducing stigma and social isolation

- Dementia Friends pioneered in Japan
- Transform people’s perceptions of dementia by creating Dementia Friends
- People of all ages and cultures
- Social actions

www.alz.co.uk/publications
Timely diagnosis

The experience of dementia can be traumatic for people who do not receive a timely diagnosis and support

- 3 out of 4 people globally have never received a formal diagnosis
- Timely diagnosis must be a focus for developing National Dementia Plans
- Scotland has increased diagnosis rate to 60%
Timely diagnosis

- A target must be set which can be increased over time and monitored by health authorities
- 12 month post-diagnostic support guarantee
- May reduce the fear of seeking a diagnosis because there is an assurance of support
- Personal plan should utilise individual’s networks and community support
Support for family caregivers

Staying for as long as possible in the community

- Training for caregivers
- Counselling and flexible community based home care services
- Respite that is flexible and responds to the unique needs of the individual
- Dementia care models should be community based and available to people at all stages
Across the world acute care systems are struggling

- In the UK, a quarter of hospital beds are occupied by people living with dementia
- Studies show people with dementia stay in hospital for twice as long as those without dementia
- Twice as likely to experience falls, pressure ulcers, fractures etc.
- Dementia Nurse Consultants in 13 NHS Boards in Scotland, joined by 500 Acute Care Champions
Conclusions

We must promote policy discussion and formulate a global agenda for action

- Awareness and dementia friendly communities
- Timely diagnosis and post diagnostic support
- Family carer support, home care and respite services
- Acute care