

## GLOBAL DEMENTIA CHARTER

# 'I can live well with dementia'

## THE 'ENABLERS'

Families, friends, their carers, healthcare professionals, commissioners or purchasers of care, healthcare providers, society and governments have a responsibility to ensure people with dementia can live well. We have outlined what can be done to achieve this.

### General

- Governments should develop a National Dementia Plan to make dementia a public health priority. This should be developed in consultation with all interested parties.
- Best practice dementia care should be shared around the world.
- National dementia charities should be set up to champion the needs of those living with dementia.

### Enabling access to a doctor to check for dementia (point 1)

- Governments should ensure that health systems are adequately funded and structured to be able to test for the condition, for example via general practitioners or community nurses.
- Healthcare professionals should have adequate training in how to identify for possible dementia.
- Social care workers should have training to alert them to the possible presence of dementia.
- Civil society should call for recommended screening for dementia for older people.
- Families and friends should be supported to seek advice on how to broach the issue with a loved one if they think they might have dementia.

### Enabling access to information about dementia (point 2)

- Governments, commissioners or purchasers of care, providers and charities should work together to

- create accessible literature and online content. This should be condition and age specific so it is appropriate and easy to understand.
- Governments, commissioners or purchasers of care, providers and charities should identify and reach 'at risk' individuals.
- Providers should reach out to local communities to help people learn more about the condition.

### Enabling the person to live independently for as long as possible (point 3)

- Governments should ensure that there are local services that enable an individual to live as long as possible in their own home.
- Governments should ensure there is adequate funding to support families, friends and carers to help them look after a loved one as long as they can.
- Dementia friendly societies should provide support to family, friends and carers who support a loved one.

### Enabling people to have a say in their care and support (point 4)

- Healthcare professionals and providers should make sure there are effective systems in place to ensure that an individual living with dementia is thoroughly involved and empowered in any decision about their care, while they still can be.
- Families, friends and carers should make sure they involve a loved one in decisions about their care.



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### Enabling access to high quality care and support (point 5)

- Governments should make sure there is adequate funding in the healthcare system to ensure appropriate dementia care and support is available when people need it.
- Governments and providers should make sure there is adequate capacity for provision by tracking trends and planning for future demand.
- Governments should have a health and social care workforce development plan to cover training and education so there is a competent and informed system of care.

### Enabling the person to be treated as an individual (point 6)

- Providers should ensure that anyone caring for someone with dementia has specialist training in person-centred care.
- Family, friends and carers should support a loved one to capture their memories and preferences, and be helped to stay closely involved in their loved one's care.

### Enabling respect (point 7)

- Discrimination, of any sort, should be made illegal by governments.
- Providers should acknowledge and act upon the human rights of people living with dementia.
- Healthcare professionals and providers should ensure there are adequate systems and processes that highlight when care falls below standard.

### Enabling access to medication and treatment that helps an individual (point 8)

- Public/private partnerships should be established to fund long-term research into risks, disease modifying drugs and psychosocial interventions for dementia.
- Governments should ensure that the drugs that slow down the progression of dementia are accessible.

- Healthcare professionals and providers should work together to make sure anti-psychotic drugs are used appropriately.

### Enabling end of life care wishes to be respected (point 9)

- Governments should work with all stakeholders to develop an end of life strategy.
- Providers should do all they can to uphold the person's wishes in their final days.
- Families, friends and carers should discuss the issue with a loved one while they can still make decisions, and respect their final wishes.

### Enabling family and friends to have fond memories of their loved one (point 10)

- Healthcare professionals and providers should have specialist training to make sure families and friends are supported to deal with grief when a loved one passes away.
- Everyone should support families and friends to celebrate the life of a loved one once they have passed away so they, as a person, can be remembered for who they were.

