

# ADI webinar

## Wednesday 22 April



**Alzheimer's Disease  
International**  
*The global voice on dementia*

*Supporting people with dementia during COVID-19:  
experiences and advice from around the world*

# Welcome and introductions



**Paola Barbarino**  
Chief Executive, ADI



**Kate Swaffer**  
Chair, CEO and co-founder,  
Dementia Alliance International;

# ADI Emergency Appeal



**During this COVID-19 emergency period  
please make a donation, however large or small,  
to ensure we can continue to make a real difference.**

**ADI will continue to help people living with dementia  
and their carers to live a better life during this emergency.**

**DONATE NOW**

**<https://www.alz.co.uk/donate>**

01

Join a DAI online  
peer-to-peer  
support group today.  
[www.join dai.org](http://www.join dai.org)

02

Facetime, Zoom, or  
Skype with family  
and friends.

03

Follow ADI's up to  
date advice and  
resource page.  
[www.alz.co.uk](http://www.alz.co.uk)

04

Follow the World  
Health Organisation  
daily updates.  
[www.who.int](http://www.who.int)



**DEMENTIA  
ALLIANCE  
INTERNATIONAL**

**FOR PEOPLE  
WITH DEMENTIA  
DURING THE  
COVID-19  
PANDEMIC**

DAI has a 24/7 open access Zoom room available for  
members, family and friends.

[www.infodai.org](http://www.infodai.org) | email: [info@infodai.org](mailto:info@infodai.org)

Join your peers,  
family and friends at  
DAI's monthly Café  
Lé Brain & Webinars.

05

Contact your  
national Alzheimer's  
organisation.

06

Exercise daily.

07

Maintain physical  
distancing and  
stay safe.

08

# Speakers

## ***Asia Pacific***

- **Huali Wang, Amalia Fonk-Utomo, Li-Yu Tang**

## ***Europe***

- **Mario Possenti, Jesús Ma Rodrigo, Tim Beanland**

## ***North America***

- **Beth Kallmyer**

## ***Middle East***

- **George Karam, Faraneh Farin**

# Speakers

## ***Sub-Saharan Africa***

- **Muriel Rason-Andriamaro, Ambika Shivashanmugam**

## ***Latin America***

- **Marta Jenko, Ingrid Wellington**

## ***Caribbean***

- **Ishtar Govia**

## ***The carer's perspective***

- **Florence Mueni**

# Huali Wang

---

Executive Vice-President,  
Alzheimer's Disease Chinese

Professor, Dementia Care &  
Research Center, Institute of  
Mental Health, Peking University



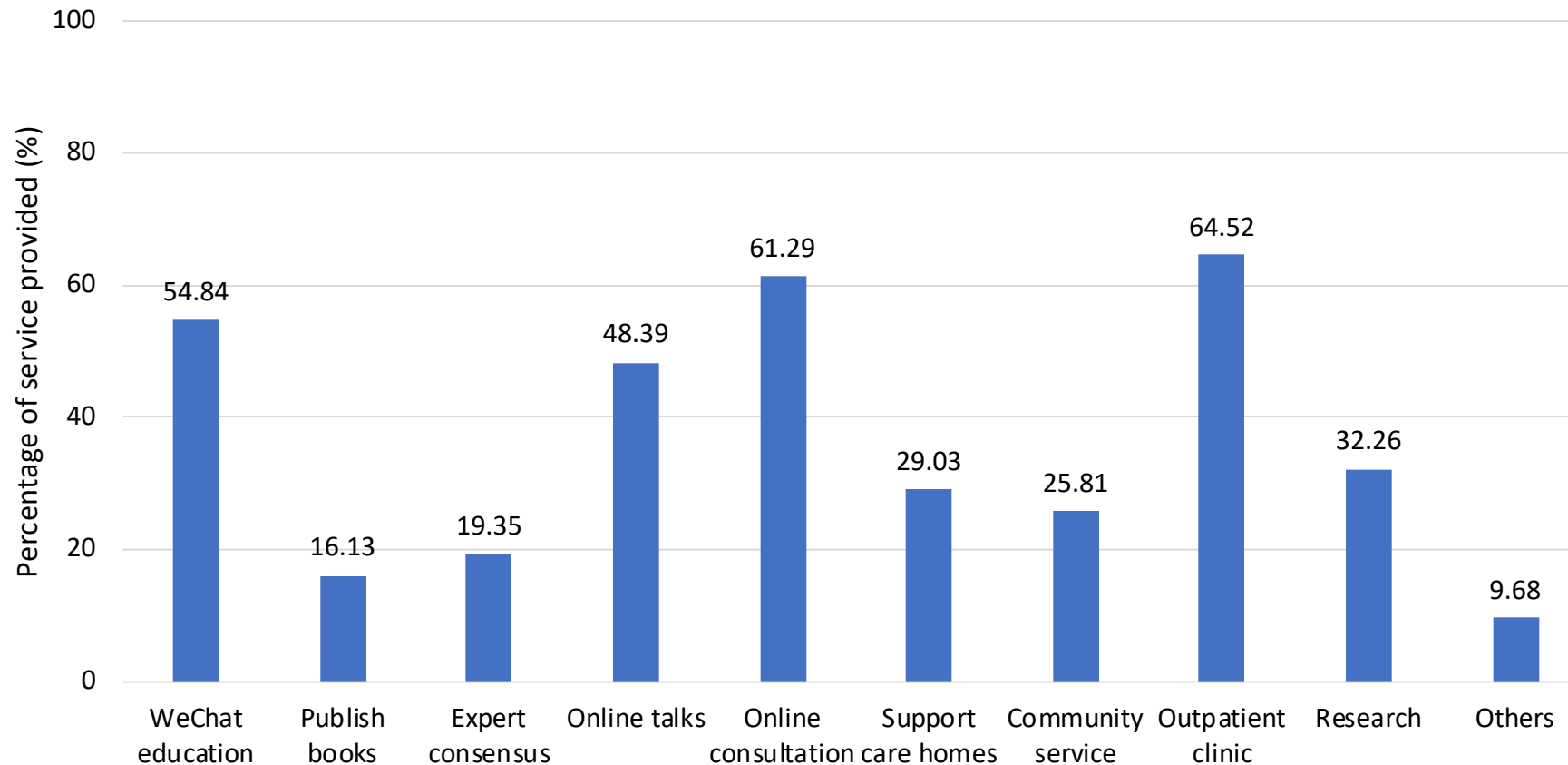
@AlzDisInt #ADlwebinar

# Presentation

- **Dementia Care during the COVID-19 outbreak**
- **Available with Spanish and French subtitles, Greek slides**
- **Almost 9,000 views**



# How we support PLWD and carers



## Major topics of public education

- Safety management
- Knowledge of COVID-19
- Daily living care and support
- BPSD management
- Medications
- Carer's support and stress management

**@AlzDisInt**  
**#ADlwebinar**

# Major questions related to dementia care

## Online consultation

1. Management of comorbidity of dementia and physical conditions
2. Managing mood problems
3. Access to medications
4. Limited by inaccessible to physical examinations

## Memory Clinics

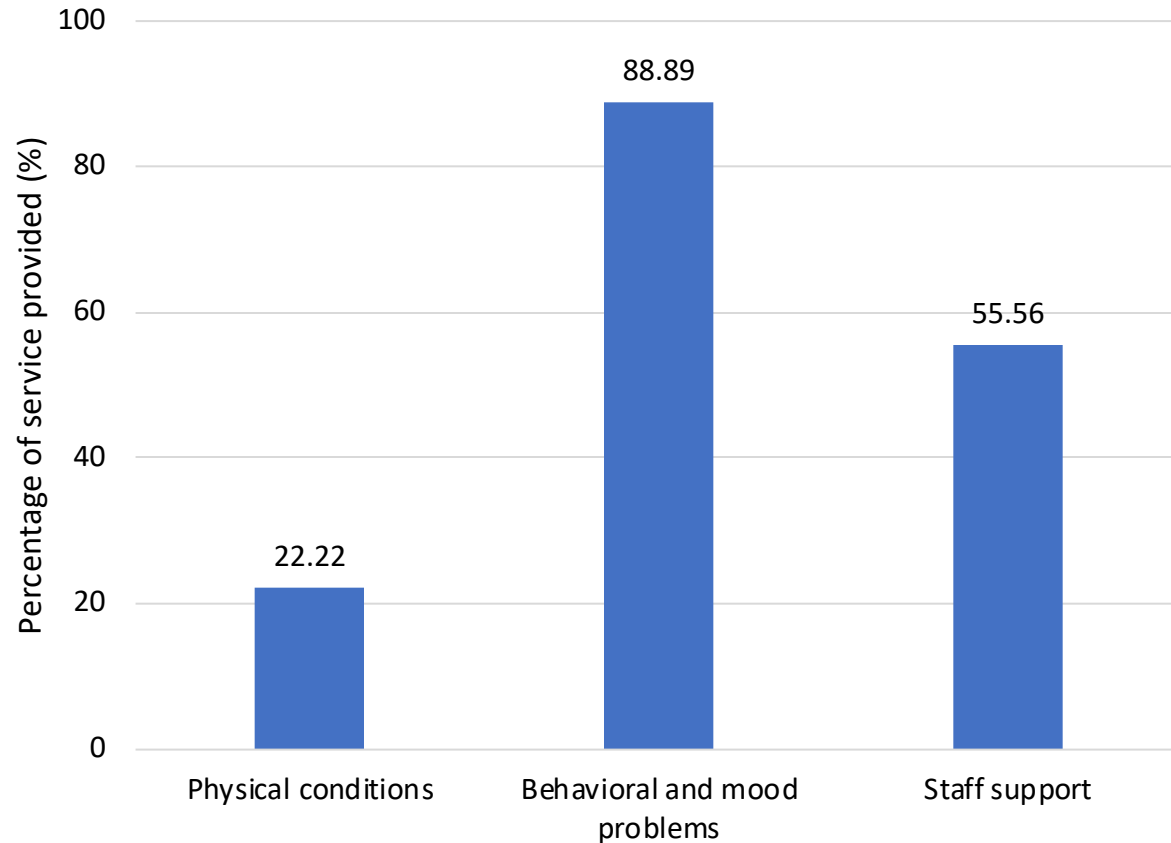
1. Behavioral problems due to Interruption of medications and follow-up visits
2. Behavioral problems due to environmental restriction
3. Comorbidity of dementia and physical conditions
4. Clinical diagnosis challenge for those seen for the first time due to inaccessible to cognitive assessment and imaging examinations

## Community Support

1. Lack of PPE and daily living support
2. Difficulty in refill the prescriptions
3. Worries, anxiety and complaints
4. Limited channels to disease information
5. Lack of understanding about the COVID-19

**@AlzDisInt**  
**#ADlwebinar**

# How to support care homes



**@AlzDisInt**  
**#ADlwebinar**

## Major questions (PLWD)

- Management of comorbidity of dementia and physical conditions
- Management of challenging mood and behavior
- Communications
- Lacking face-to-face contact with family members

## Carers

- Burnout experiences
- Limited personnel support
- Worries about own family
- Psychological conflict due to difficulty in implementing certain quarantine regulations

# Amalia Fonk-Utomo

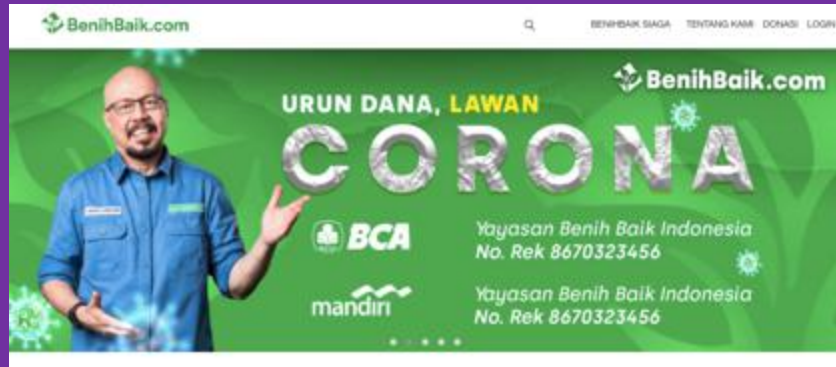
---

Chair, Alzheimer Indonesia  
Nederland Foundation  
Social Communication  
Coordinator, Alzheimer  
Indonesia (ALZI)



@AlzDisInt @alzi\_ned #ADlwebinar

# ALZI Program In Response to COVID-19



Campaign Face Mask Crowdfunding Benihbaik.com  
Semi Online



Face Mask Donation



Article at Jakarta Post, 16 April



Intergen (students and diaspora)  
Help the elderly



Global crowdfunding for  
Elderly Home in Indonesia

# ONLINE ACTIVITIES



Caregiver Meeting Online



Online Seminar



Virtual Care Navigator Session



Instagram Live Talk Show & Zumba Session

# ONLINE ACTIVITIES



**Alzi Ned Online Session (Education, Risk Reduction and Meaningful Engagement Activities) via Zoom and Social Media (Facebook and Instagram):**

- Music therapy
- Dementia Care Colouring Session
- Mindfulness in times of Covid
- Pliates, Yoga
- Brain Gym
- Cooking Corner (Indonesian & Dutch)
- Language Corner (Indonesian & Dutch)
- Poco-Poco Indonesian Linedance workshop
- Sharing best practice knowledge Alzheimer Nederland or any Dutch/Indonesian institution (vice versa)
- How to manage your volunteer
- How to start fundraising
- Etc

**ALZI NED - ONLINE SESSION #5**  
Let's be Happy and Healthy!

**Mindfulness in times of COVID**

with Dr. Eva Van Der Ploeg  
Monday, 20 April 2020 - 14:00 WIB, 15:00 WITA dan 9:00 CET

via Zoom App: Zoom ID/Link will be provided before the session.  
Session will be in English. Theory and practice.

**Terbuka untuk donasi:**

Indonesia: Yayasan Alzheimer Indonesia Mandiri KCP Pondok Indah 101 000 690 8345 Swift Code: BMRU1D14	Netherlands: Stichting Alzheimer Nederland NL70 RABO 0125 4485 45 Swift Code: RABONL21
---	---

**Info Hotline/Pendaftaran (via WA): +31638497905**  
www.alzined.org  
#DIRUMAHAKU #KUALAHAKULINDENGANKUIN #WORLDHEALTHDAY



**ALZI NED - ONLINE SESSION #6**  
Let's be Happy and Healthy!

**Pilates for Balanced Body**

bersama Putri Poed (@putripicos)  
Kamis, 23 April 2020 - 16:00 WIB, 17:00 WITA dan 11:00 CET

via Zoom App: Zoom ID/Link akan diberikan sebelum acara.  
Harap menyediakan mat/alas olah raga jika ada.

**Terbuka untuk donasi:**

Indonesia: Yayasan Alzheimer Indonesia Mandiri KCP Pondok Indah 101 000 690 8345 Swift Code: BMRU1D14	Netherlands: Stichting Alzheimer Nederland NL70 RABO 0125 4485 45 Swift Code: RABONL21
---	---

**Info Hotline/Pendaftaran (via WA): +31638497905**  
www.alzined.org  
#DIRUMAHAKU #KUALAHAKULINDENGANKUIN #WORLDHEALTHDAY

# ONLINE ACTIVITIES VIDEO



# LiYu Tang

---

Secretary General, Taiwan  
Alzheimer's Disease Association  
(TADA);

Full member of the World  
Dementia Council

Board member of Taiwan Family  
Caregiver Association



@AlzDisInt

#ADlwebinar



# Responding to Covid-19

Taiwan Experiences

ADI Webinar 22<sup>nd</sup> April

LiYu Tang

Secretary General

Taiwan Alzheimer's Disease Association

## **1.Develope guideline**

---

- Developed the reference handbook of dementia care responding to Covid-19.
- Shared the guideline via social media, press release. Shared with MOHW and ADI.
- **Health Promotion Administration forwarded the guideline to the department of health of local governments**

## **2.Produce videos of interactive exercise**

---

- Produced the videos of interactive exercise and shared via social media. Shared with MOHW and ADI.
- **Health Promotion Administration shared these videos on the official website.**

- 3. Raise awareness of the needs of people with dementia in epidemic prevention**
- 4. Share the official infection prevention measures***
- 5. Share the creative way to wear facial mask**
- 6. Online meeting with dementia advisory group***
- 7. Online speeches for carers and share care tips via webcast**
- 8. Collect familiar, old TV programs and share via social media***

## 9. Protect people with dementia from the penalty because of the violation of the epidemic prevention regulations





THANK YOU



Taiwan Alzheimer's Disease Association

# Mario Possenti

---

General Secretary, Federazione  
Alzheimer Italia



@AlzDisInt @alzheimeritalia #ADlwebinar

# Numbers in Italy

## COVID-19 IN ITALY

**CASI POSITIVI 108.237**

**VITTIME 24.114**

**GUARITI 48.877**

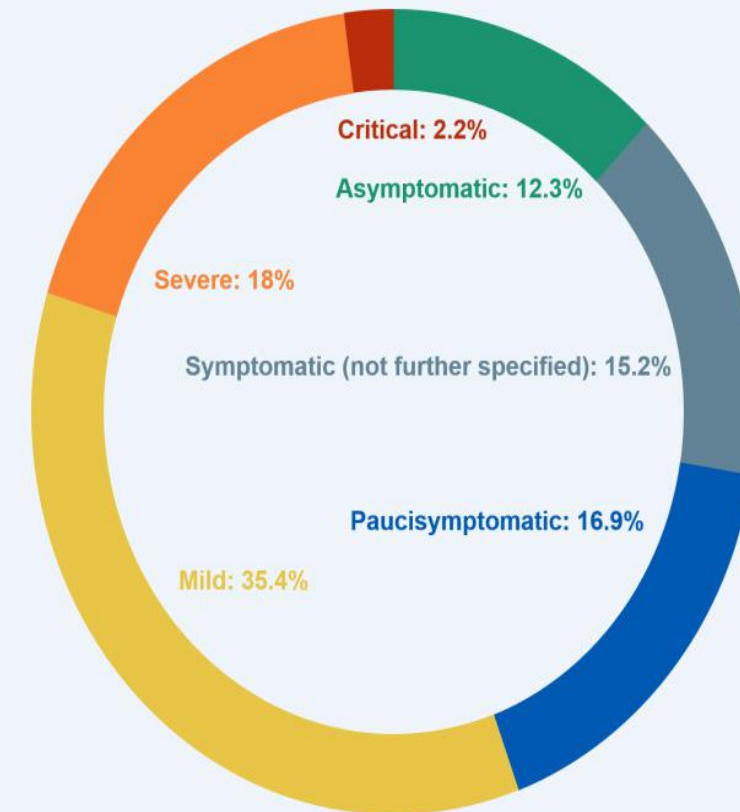


**OPEN**

REGIONE	POSITIVI	GUARITI	VITTIME
LOMBARDIA	34.587	20.008	12.376
PIEMONTE	14.557	4.383	2.409
EMILIA ROMAGNA	13.522	6.266	3.079
VENETO	10.061	4.954	1.112
TOSCANA	6.568	1.272	667
LAZIO	4.365	1.101	349
LIGURIA	3.496	2.216	957
TRENTINO A.A.	3.469	1.900	615
MARCHE	3.212	1.792	822
CAMPANIA	3.019	746	309
PUGLIA	2.810	431	326
SICILIA	2.210	346	203
ABRUZZO	2.062	287	263
FRIULI V.G.	1.190	1.346	239
SARDEGNA	854	288	86
CALABRIA	828	135	75
VALLE D'AOSTA	548	413	127
UMBRIA	424	867	58
BASILICATA	242	76	24
MOLISE	213	50	18

Dati forniti dal Ministero della Salute  
ULTIMO AGGIORNAMENTO  
20 Aprile - Ore 17:00

99% of the clinical samples processed were confirmed by the National Reference Laboratory at the Istituto Superiore di Sanità



Data available for 56,926 cases

# What we have done and what we're doing

- our work is to **bringing together** news, resources, stories, advice and **support** for anyone affected by dementia around Italy. We gathered them in our FB page will be updated on a regular basis.
- Our **help line** is on available to support, encourage and help
- We have also shared nationally with the media, family caregivers, operators and on our Facebook page, a **handbook of practical advice** dedicated to the caregivers to help them better face the period at home with their loved ones.
- many of our **associations and Dementia friendly communities** have organized delivery of groceries and food, meals on wheels, small associations reactivated local helplines, gym classes online, towns that gathered around the most fragile people delivering medicines
- In this moment we are concerned about the possibility that in some **residential care unit** the necessary protection for people with dementia has not been guaranteed. For this reason we sent an institutional letter to our health minister and regional ones to rings the alarm about discriminatory practices in intensive care and to investigate in depth about residential care situation.



## PHASE 2 (4th May 2020)

Staggered release

Young first

Use of disposable masks

Less travel



# Jesús Ma Rodrigo

---

CEO, Confederación Española de  
Familiares de Enfermos de  
Alzheimer (CEAFA)



@AlzDisInt @AlzheimerCeafa #ADlwebinar

# Tim Beanland

---

Head of Knowledge, Alzheimer's Society (UK)

9½ years at Alzheimer's Society

Strong family connection

Exec Member, Faculty of Old Age Psychiatry, R Coll Psych



@AlzDisInt @alzheimerssoc #ADlwebinar



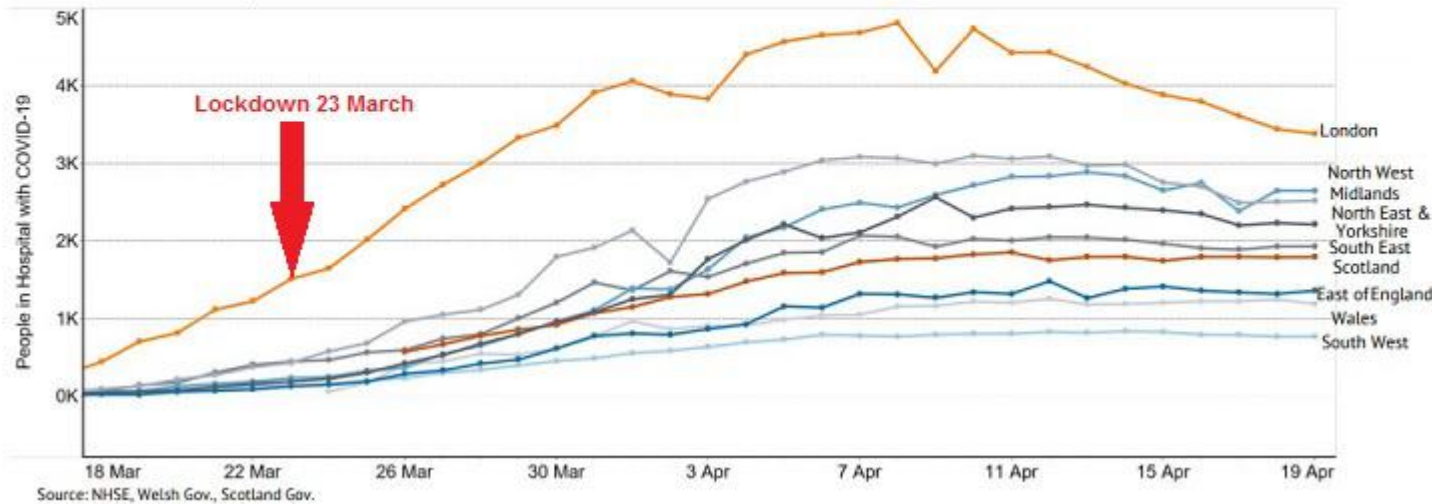
# National UK context

STAY HOME > PROTECT THE NHS > SAVE LIVES



## People in Hospital with COVID-19 (Great Britain)

Over the last 24 hours, the number of people in GB hospitals with confirmed COVID-19 remained stable. Fluctuations in the North West have been driven by data validation changes and missing trusts returning data (creating artificial spikes in reporting). Nine hospitals, including London Nightingale did not return data for April 9, resulting in a misrepresented drop in hospitalisations. (Confidence: a new categorisation has been added to an existing high quality administrative data set).



## Positives

- social distancing compliance
- hospital and ICU capacity

## Challenges

- PPE supply chain
- testing (capacity, strategy)
- social care incl. care homes
- generic guidance
- exit strategy

@AlzDisInt @alzheimerssoc #ADlwebinar



# What are people with dementia saying? (Voice, 3NDWG...)

Food shopping has become a real problem for me - help!

I'm worried my dementia (e.g. speech, independence) will get worse in lockdown

Without a routine I'm bored, frustrated and I've got nothing to do all day all my own

I'm really worried about going into hospital (visits, discharge)

Why do I have to stay in and wash my hands all the time?

I'm frightened to go outside as I can't remember all the new rules

I'm getting agitated and I **need** to go out more. I fear for our relationship

What will happen to me if my carer goes into hospital?

I'm really anxious - where can I get information I can trust?

@AlzDisInt @alzheimerssoc #ADlwebinar

# Service response – adapting our Dementia Connect offer



## Coronavirus: Information for people affected by dementia

Get information you can trust, practical tips and advice on coronavirus for people affected by dementia

[alzheimers.org.uk/coronavirus](https://alzheimers.org.uk/coronavirus)



## Get support by phone

If you need support or advice on dementia and coronavirus, call our Dementia Connect support line on 0333 150 3456.

**0333 150 3456**



## Connect with others online

Join our online community where anyone who is affected by dementia can receive valuable support.

[forum.alzheimers.org.uk/forums/coronavirus-covid-19.83/](https://forum.alzheimers.org.uk/forums/coronavirus-covid-19.83/)

New versions of our face-to-face services:

- Singing for the Brain
- Welfare calls
- Companion calls

**Learning will help shape our future**

**@AlzDisInt @alzheimerssoc #ADlwebinar**

# Beth Kallmyer

---

Vice President, Care and Support,  
Alzheimer's Association



@AlzDisInt @alzassociation #ADlwebinar

# **Alzheimer's Association's initiatives to support caregivers during COVID19 Pandemic**

alzheimer's  association®

# For Long Term Care Communities

## Get emergency preparedness tips for dementia care professionals

Download our guidelines for Alzheimer's and dementia caregivers in long-term or community-based care settings.



**Download**

**Partnered with state agencies to  
relieve the difficult symptoms of  
social isolation for individuals living  
with dementia in residential  
communities**

**Worked with the Centers for Disease Control to update guidance for hospitals and emergency departments to make allowances for care partners**

# Tips for Caregivers at Home

Follow CDC Guidelines, and consider the following:

PLWDs may need support to remember important hygienic practices:

- Consider placing signs to remind PLWDs to wash hands with soap for 20 seconds
- Demonstrate thorough hand-washing
- Hand sanitizer (minimum 60% alcohol) can be alternative if PLWD cannot get to sink or wash hands easily



**COVID-19: Tips for Dementia  
Caregivers at Home**

[alz.org/COVID19](https://alz.org/COVID19)

# Virtual Programs

- Free online e-learning available at [www.alz.org](http://www.alz.org)
  - 10 Warning Signs
  - Understanding Alzheimer's and Dementia
  - Dementia Conversations
  - Effective Communication Strategies
  - Legal and Financial Planning
  - Understanding and Responding to Dementia-Related Behaviors
  - And more!



We have transitioned in-person support groups and education programs to virtual platforms during COVID-19 pandemic

# George Karam

---

President, Alzheimer's Association  
Lebanon

Geriatric psychiatrist

Chair of Department of Psychiatry  
& Clinical Psychology, St Georges  
Hospital University Medical Center  
& Balamand University



@AlzDisInt

#ADlwebinar

# Where are We?

- Due to the COVID-19 epidemic, we had to cease all our physical activities such as:
  - Day Care Center
  - Weekly Support group meetings
  - Monthly public lectures
  - Outreach awareness programs

# But

- Strong online social presence with short videos and tips
- Hotline active 24/7 answering all questions and concerns
- Weekly webinars to the public
- Will restart weekly support group meeting via Zoom

# Faraneh Farin

---

Iran Dementia & Alzheimer's  
Association  
Overseas PR Coordinator



@AlzDisInt

#ADlwebinar

# Iran Dementia & Alzheimer's Association (IDAA)

---

**Supporting people with dementia  
during COVID-19: experiences and  
advice from around the world**



انجمن دمانس و آلزایمر ایران  
خبریه امام علی (ع)

**IDAA normally runs** a clinic, day center, support groups, help line, a prevention scheme for healthy seniors and a newly established training center

- **At the outbreak of Covid-19 IDAA's support continued with one or two staff.**
- As from March 15<sup>th</sup>, most activities went online to help carers to share with their loved ones:
- **We have been running a WhatsApp group** for 60 clients of the day center in which we post voice and text messages for cognitive stimulation, physical training and occupational therapy for the 3 stages of AD, every day. There is one hour of Q & A.

- Each client has been called regularly to see how they are doing during these hard times
- The help line hours have been extended to accommodate the needs of our clients and other carers around the country.
- During the lockdown 2 doctors were available to go on home visits.
- **Mind-relaxation and diaphragmatic respiration(MR-DR) course was run to support carers managing their stress**

**Raising awareness about COVID-19, translating into Farsi, ADI & WHO messages, producing videos on the topic, posting on IDAA's website, Instagram and the Telegram channel**

### **At present time**

- **Lockdown has been partially lifted and IDAA and the clinic are running 3 days/week with a number of staff working from home to keep the physical distance.**

**The day centre will not be operating for spring season due to the epidemic so IDAA will be continuing the online.**

### **Soon**

- **IDAA will be running additional WhatsApp groups to support carers from across the country**
- **Second MRDR course has been planned**
- **Plans are being made for the training center sessions to go online.**

## **Feedback**

**IDAA has had excellent feedback from carers. They have requested the online WhatsApp groups to continue, as without them, it would be hard to continue.**

**We hope for better days to serve people with dementia and their families without so much stress.**

# Muriel Rason-Andriamaro

---

Communications Officer, ONG  
Madagascar Alzheimer -  
Masoandro Mody



@AlzDisInt @MadaAlzheimer #ADlwebinar



### **CONTEXT :**

**Most of our members and their families do not have regular access to internet. So we had to find other ways to communicate, and we wanted it to be the same for everyone**

**PHONE CALLS** to our members every 3 or 4 days.

***With the elderly and PWD family members***, we exchange news, and ask them if they may need help for something.

***With the PWD*** : we talk with them just the same way we do when they come to the centre : for example talking about a subject they are very interested in, or singing a song they really love, in the phone. We also try to explain or remind them smoothly what they should do to keep a good health and keep the coronavirus away.

**SHORT RADIO PROGRAMS** to talk about COVID 19 issues and tips, for a wider public : we just found a radio partner who is ready to give us a 7-minute program, twice a week, and it will begin next Friday. We hope we'll reach many others families having PWD,

**«HELP LINES»** : Myself and Sylvia can be reached in our personal numbers at any time to receive calls in case of emergency, or if family members with PWD just need to talk or ask for advices. These lines are standard ones so they're not free call lines, but giving H24 reachable numbers can always be helpful for families during COVID 19 outbreak

## A GREAT SURPRISE FROM OUR PARTNER

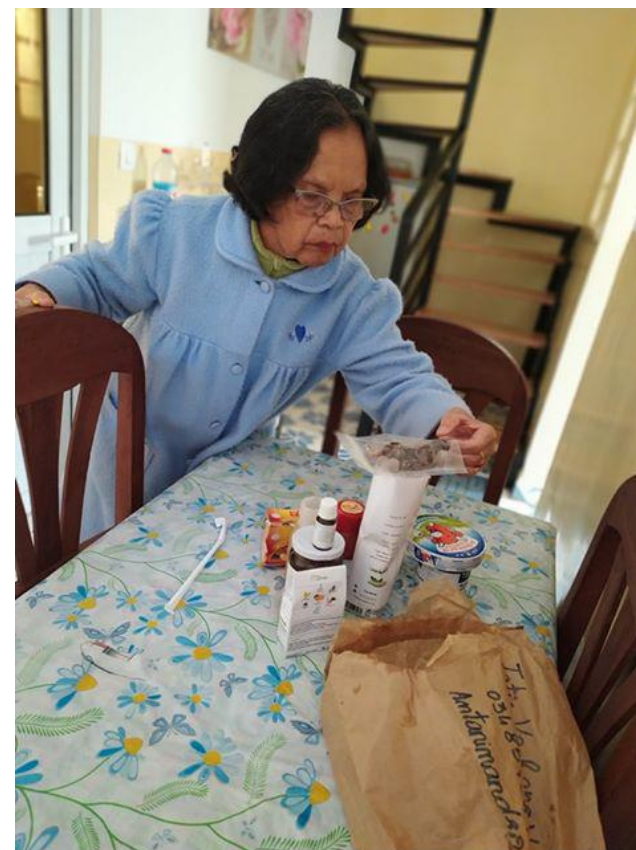


The «**LADIES CIRCLE MADAGASCAR 5**» set up a quick fundraising on their Facebook page, to buy some essential foods and other products to boost the elderly immune system. The gift packages were delivered directly to our members houses last week.

Apart from the usefulness of the products, and according to the families, this action was a real source of joy for the elderly and PWD, because they felt loved and were sure that we haven't forgotten them.



***One of the Ladies (on the right), delivering a gift package to our President , 77 yo***



***One of our members, finding out the content of her gift package, at her home.***

# Ambika Shivashanmugam

---

Volunteer, Alzheimer's and  
Dementia Organisation Kenya

Clinical Psychologist, Let Life Flow

Member of the American Society  
on Aging



@AlzDisInt @AlzKenya

#ADlwebinar



Alzheimer's & Dementia  
Organisation Kenya

*giving a helping hand*

# ***Supporting PLWD and Carers during COVID-19: Kenya***



# Activities

- **Webinars** – Held two support groups online (Fortnightly)
  - To offer perspectives on physical and emotional well-being and facilitate holistic health to the carers and their loved ones
  - To reinforce the importance of nutrition for both the carers and PLWD
- **Call Centre:**
  - Receiving an increasing number of calls, now that people are observing the changes with loved ones closely
  - Connecting the carers to neurologists, psychiatrists and psychologists during this period
  - Most carers do not want to take loved ones to hospital so doctors communicate via WhatsApp or Zoom to prescribe medication
  - Receiving information about PLWD who wander away. (We had the experience of one of our PLWD wandering away, but fortunately he was found at one of the quarantine centres for COVID – 19.)



## Activities Contd....

- **Worked on a petition** with other NGO's through the KHRC (Kenya Human Rights Commission), which was presented to the Senate on the various needs of PLWD, including:
  - Access to specialised care from home
  - A need to reduce or subsidise the cost of diapers
  - Continued supply of medications
  - Protection to those who wander away from home
- **Online support** on telegram to provide psychosocial support for the carers, along with encouraging messages and various physical activities one can engage in during this stay-at-home period.
- **Virtual Hugs:** when a caregiver states that they are feeling overwhelmed , we follow them up with a call, to actively listen to them and provide reassurance.



# Activities Contd....

## ➤ Second caregiver webinar on nutrition

Participants from Kenya from different counties (Nairobi, Mombasa (Diani), Nakuru, Kakamega and Embu). They also had participants from the US, the UK, Ireland and South Africa.





Thank You

# Marta Jenko

---

Volunteer - President, Asociación  
Lucha contra el Mal de Alzheimer  
y Alteraciones de Argentina  
(A.L.M.A.)



@AlzDisInt @AlmaAsociacion #ADlwebinar

# Buenos Aires, ARGENTINA

[www.alma-alzheimer.org.ar](http://www.alma-alzheimer.org.ar)

[FUTBOL VS. ALZHEIMER](#) | [NOTICIAS](#) | [AGENDA](#) | [PREGUNTAS FRECUENTES](#) | [CONTACTO](#)

**A.L.M.A.** | Asociación Lucha contra el mal de alzheimer y Alteraciones Semejantes de la República Argentina



[QUIENES SOMOS](#) | [ALZHEIMER Y DEMENCIA](#) | [CUIDADOS](#) | [SERVICIOS A.L.M.A.](#) | [VOLUNTARIADO](#)

[CUARENTENA](#)

## CUARENTENA

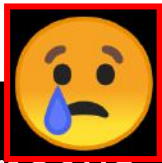
*¿Tiene alguna consulta?*



Estimulación cognitiva con la Lic. Gladys Bangueses II



Estimulación cognitiva con la Lic. Sandra Ragalzi III



- ♦extensive and heterogeneous
- ♦large number of biophysical, cultural and socioeconomic differences
- ♦lack of public policies
- ♦spiritual beliefs
- ♦uncertainty
- ♦citizen insecurity
- ♦gender violence, femicides
- ♦yellow fever; infectious, neglected, contagious diseases

... .. and ... ..

**COVID-19**



- ♦creative efforts
- ♦solidarity, dedication
- ♦cooperation, team work
- ♦taking care of each other
- ♦use of social networks
- ♦very much active online
- ♦get to the houses
- ♦close ... despite isolation
- ♦little big heroes
- ♦inner strength
- ♦growing human potential

**BEFORE and AFTER COVID-19**



## **Alzheimer Ibero América**

Updating and refreshing website / Hemeroteca (archive) virtual

**Argentina**

**Aruba**

**Bolivia**

**Brasil**

**Colombia**

**Costa Rica**

**Chile**

**Cuba**

**Ecuador**

**El Salvador**

**España**

**Guatemala**

**Honduras**

**México**

**102 ✨ Nicaragua**

**Panamá**

**Perú**

**Puerto Rico**

**Rep. Dominicana**

**Uruguay**

**Venezuela**

**ADI ⇒ Webinars**

**Board ⇒ Latin America represented**

**Laura Dabas – Membership Manager and Membership Development**

**Programme Lead, ADI**

**Joost Martens – Regional Director for the Americas, ADI**

# Ingrid Wellington

---

President, AFAPADEA

Local representative, Dementia  
Friends Panama

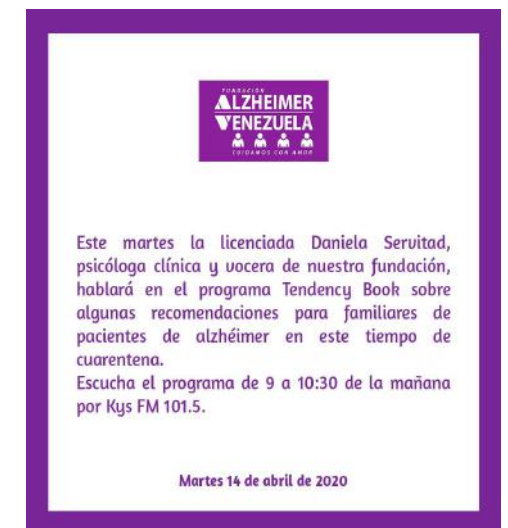
Member of AIB (Alzheimer Ibero  
America)



@AlzDisInt

#ADlwebinar

# Small changes can make a BIG difference



# DEMENTIA FRIENDS KEY MESSAGES

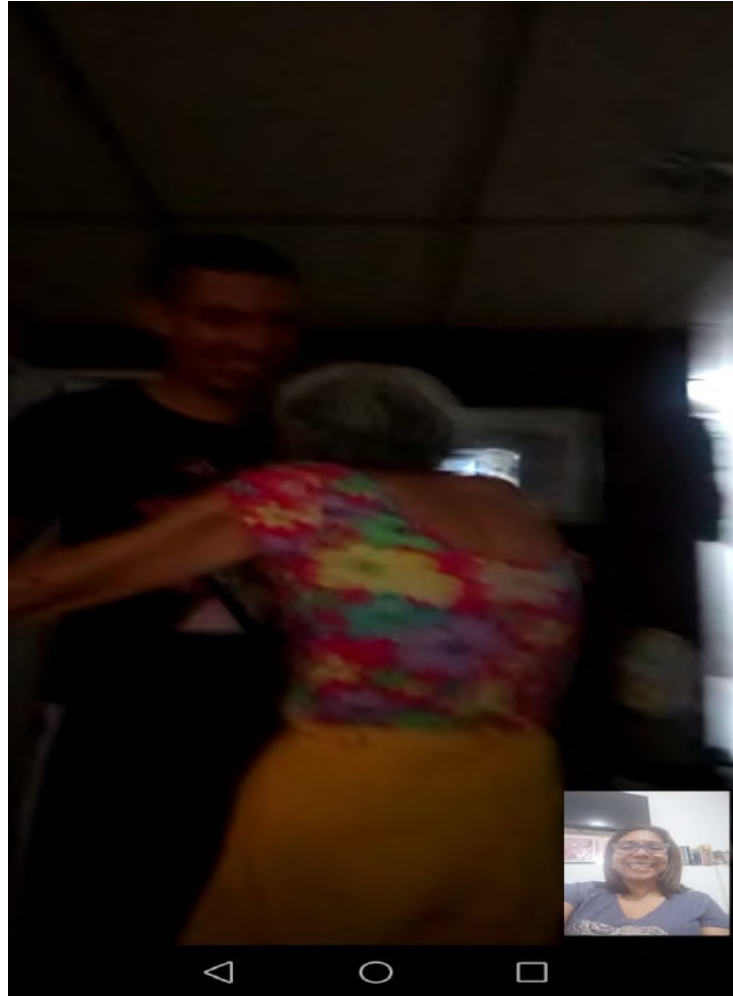


It's possible to live WELL with dementia



There is more to the PERSON than the dementia

# LIVING WELL WITH DEMENTIA



# Ishtar Govia

---

Researcher, STRiDE Jamaica

Editorial Board Member,  
Dementia: International Journal of  
Research & Practice

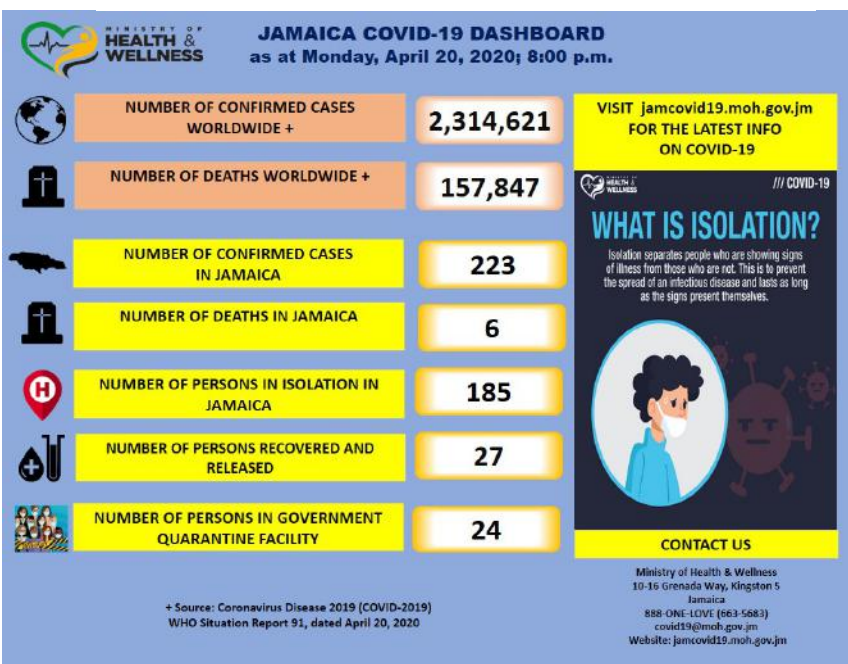
Scientific Committee Member, ADI  
Conference 2020



@AlzDisInt @StrideJamaica #ADIwebinar

# COVID-19 & Older Jamaicans

Population: 2.7 million. Over 60 Population: 12.4%



The vulnerability of older persons with chronic conditions like dementia highlights the importance of prioritizing elder care in public health and of merging social care with health care services.



stridejamaica@gmail.com



@Stridejamaica

www.stride-dementia.org / @STRiDEDementia

# STRiDE JA Support Approaches- Pivoting & Capitalising



## Practical Support

DO YOU NEED HELP  
MANAGING DEMENTIA  
CARE FOR A LOVED ONE?

### Dementia Care Telephone Consultations

with Dr Ishtar Govia of the  
STRiDE Dementia Project, Jamaica

#### WHAT IS DEMENTIA CARE MANAGEMENT?

Dementia Care Management is about  
collaboration, organisation and  
gathering all the info you need to  
provide the best care you can.

#### WHAT TO EXPECT?

Carers can share their daily tasks,  
challenges and any issues they do  
not understand or find challenging  
to cope with. Dr Govia will provide  
advice and information to assist  
each unique case.

#### THIS IS NOT A MEDICAL ACTIVITY:

These consultations will NOT offer  
diagnosis of dementia. NO medical  
support or services will be available.

**Free!**  
By  
appointment  
only

Call and book  
your free 35-  
minute  
consultation  
today!

**876-405-8629**

(Call or WhatsApp)



These consultations  
are by appointment  
only. They can be  
done via telephone,  
WhatsApp, Zoom or  
Skype.

NATIONAL HEALTH FUND  
JADEP

NHF NUMBER 20000001 VER 00

FIRST NAME JOHN

LAST NAME PUBLIC GENDER M

BIRTH DATE 19510715 CENTRE 100

## Advocating for Dementia Medication Subsidy

## Knowledge Translation

### COVID-19 IN SUMMARY SERIES

Keeping older persons, persons with dementia & their loved ones  
reliably informed on current events. Page 1 of 1.

**EVENT:** Digital Town Hall, focusing on our elderly population amidst the Covid-19 Pandemic  
**DATE:** Wednesday 25 March 2020  
**SPEAKERS:** Prime Minister The Honourable Andrew Holness (host); Minister of Local Government The Honourable Desmond McKenzie; Minister of State in the Ministry of Labour and Social Security The Honourable Zavia Mayne; Professor Eldemire Shearer, Mona Ageing and Wellness Centre; Dr. Espinosa-Campbell, National Public Health Laboratory.

In summary, the Digital Town Hall focusing on older persons during the Covid-19 Pandemic reassured older Jamaicans that the government-mandated 'stay at home' order on all persons over 75 years of age was not intended to 'lock you off' but is 'trying to protect you'. The panelists answered several questions from older persons, summarised below for your convenience:

**Question:** If I have an appointment at the clinic/health centre, should I still go?

**Answer:** Yes. Older persons are encouraged to contact their health care facility to ensure that they can get there and be treated as safely as possible. The Ministry of Health & Wellness facilities will have schedules with specific times to treat non-COVID19 issues.

**Question:** What about those who lose their income, are disabled or need help?

**Answer:** Contact the Ministry of Labour and Social Security via the National Council for Senior Citizens or the Poor Relief Department. 2000 care packages and 1800 sanitisation packages have already been distributed. The Ministry is working hard to assist and support those in need.

**Question:** Will NIS benefits be increased?

**Answer:** We do not know at this time. Several factors will need to be considered before any decision is made about NIS benefits. However, in April, those who receive payment via vouchers will be able to access the full monthly amount at once from March 30, instead of fortnightly.

**Question:** Do I still need to present my signed proof of life certificate every month?

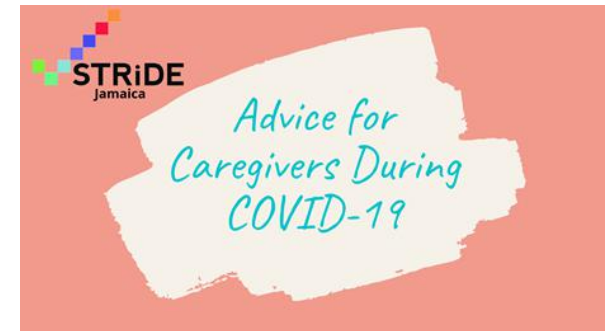
**Answer:** No. Between March and June, this will no longer be a requirement for pensioners.

**Question:** What if I am over 75, live alone and need to go out for groceries, etc?

**Answer:** The mandate to 'stay at home' should be taken seriously. You can leave home when necessary to conduct 'essentials of life' like going to market, for medications, exercise, etc.

**Question:** What if I feel isolated, afraid and discriminated against?

**Answer:** Reach out to friends and family via telephone. Remember that COVID-19 is not a death sentence. Although you are at high risk, avoiding contact with the virus will help safeguard you. Limit how much you watch the news. Know that government is trying to protect you, not scare you.





## Collaborative Media Campaigns

# STRiDE JA – Maintaining Research Activities & Engagement



## Crowdsourcing Information



### Request for Information on Services for Persons Living with Dementia.

\* Required

#### Dementia Service Provider's Information

The following items will help us gather relevant information about the service that you would like to share with us.

Type of service provided: \*

Please choose the category that best describes the service provider you are aware of that can help persons with dementia:

☐ Registered Nurse

☐ Public Health Nurse

☐ Gerontologist

☐ ...

## Monthly Newsletters

### COVID-19 and Dementia: What You Should Know

(adapted from Alzheimer's Association UK and Dementia UK)

#### Dementia & COVID-19

It is unlikely that dementia increases persons' risk of getting COVID-19. However, dementia-related symptoms, like forgetting to wash hands, may increase risk of getting the disease.

Loved ones or caregivers of persons with dementia can help reduce their risk by doing things like:

- Placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands properly with soap and water.
- Using at least 60% alcohol-based hand sanitizer as an alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Not allowing any visitors with recent travel history or symptoms of illness in the house. Encourage them to video or voice call their loved one instead.
- Protecting and sanitizing their space and belongings more frequently.




#### Caring For Persons With Dementia During A Crisis

- Communicate what is happening simply and calmly. Maintain routines like mealtimes or prayer times.
- Reassure your loved one and try to limit news consumption.
- Keep your loved one engaged and distracted with calls from loved ones, hand-painting, stuffed animals, their favourite music, having them keep your company when you are doing chores or visits from friendly pets.
- Look out for symptoms like fever, unusual confusion or irritation and seek help right away if needed.

*More resources are listed on page 9.*

STRiDE Jamaica Newsletter, March 2020, Page 5.

## Social Media- Purposeful Presence




**STRiDE India**  
@STRiDE\_IND

Follow


Strengthening Responses to Dementia in Developing Countries

Show more




**STRiDE Jamaica** @StrideJamaica · 5d

Wishing you all a safe and holy [#EasterMonday](#). Here is a reminder that help is available during this uncertain time: Tune in on Instagram Live @khadzcomm tomorrow (Tues 14 April) at 8.00 pm JA time to learn about protecting your [#mentalhealth](#) during and after [#COVID-19](#).



COMING TUESDAY APRIL 14, 2020





# Florence Mueni

---

Carer of person with dementia,  
Kenya

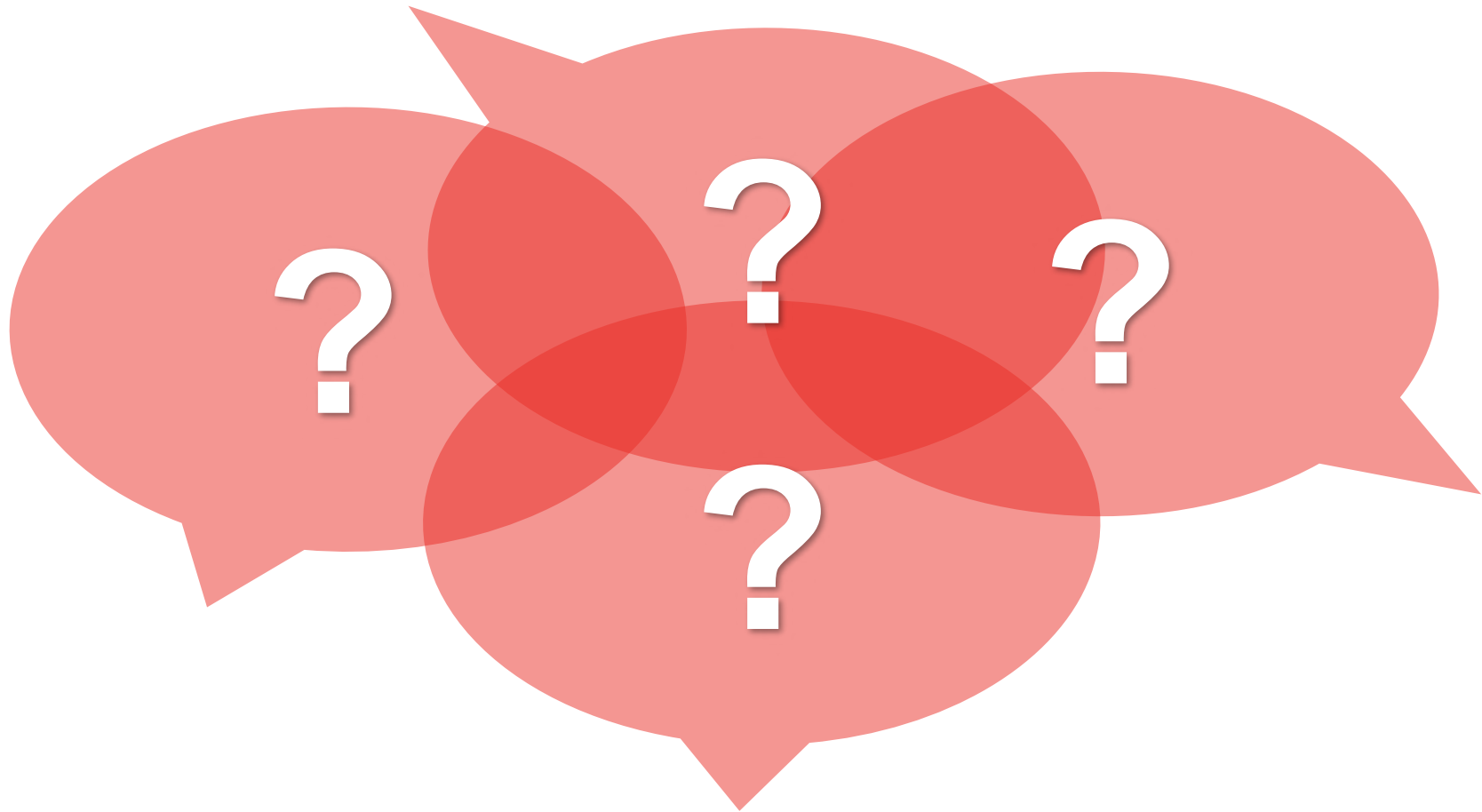


@AlzDisInt

@AlzKenya

#ADlwebinar

# Question and answer



**@AlzDisInt**  
**#ADlwebinar**

# ADI Emergency Appeal



**During this COVID-19 emergency period  
please make a donation, however large or small,  
to ensure we can continue to make a real difference.**

**ADI will continue to help people living with dementia  
and their carers to live a better life during this emergency.**

**DONATE NOW**

**<https://www.alz.co.uk/donate>**