

Reflections on a Rising Tide



Impact of dementia

Personal

- Long term disease burdens both person with disease and caregivers
- Causes more years with disability than any other chronic disease
- Severe financial burden for people living with disease
- Erodes health of caregivers

Systemic

- For the past decade, dementia and its impact on national economies have been the subject of increasing focus around the globe



Courtesy of the Alzheimer Society of Ontario
photographer: John Rennison

Dementia in Canada at a glance

- **500,000** Canadians are now living with Alzheimer's disease or a related dementia (**BC – 70,000**)
- Within a generation (25 years), that number will reach between **1 million** and **1.3 million** (**BC – 170,000**)
- More than **71,000** Canadians (10,000 BC) living with dementia are **under the age of 65**
- Women make up **72 per cent** of Canadians with Alzheimer's disease



Incidence

Number of new cases of dementia per year

Projected incidence:

2008: 103,700 new dementia cases per year
or ***one new case every 5 minutes***

2038: 257,800 new dementia cases per year
or ***one new case every 2 minutes***

Prevalence

Number of People with Dementia

Projected Prevalence:

2008: 480,600 people, or ***1.5% of the Canadian population***

2038: 1,125,200 people, or ***2.8% of the Canadian population***

The ripple effect of dementia

- Family remains the cornerstone of care, but their need for support is often overlooked
- Need for care varies by level of dementia:
 - 30% for mild dementia
 - 69% for moderate dementia
 - 88% for severe dementia
- Very high levels of psychological problems in caregivers: 40% to 75%
- Prevalence of clinical depression among caregivers: 15 to 32%
- (Source: World Alzheimer's Report 2009)



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Caregiving

Dementia prevalence is classified into three care types:

1. People receiving care in long-term care facilities (i.e. nursing homes)
2. People living at home and receiving community care
3. People living at home and receiving no formal care

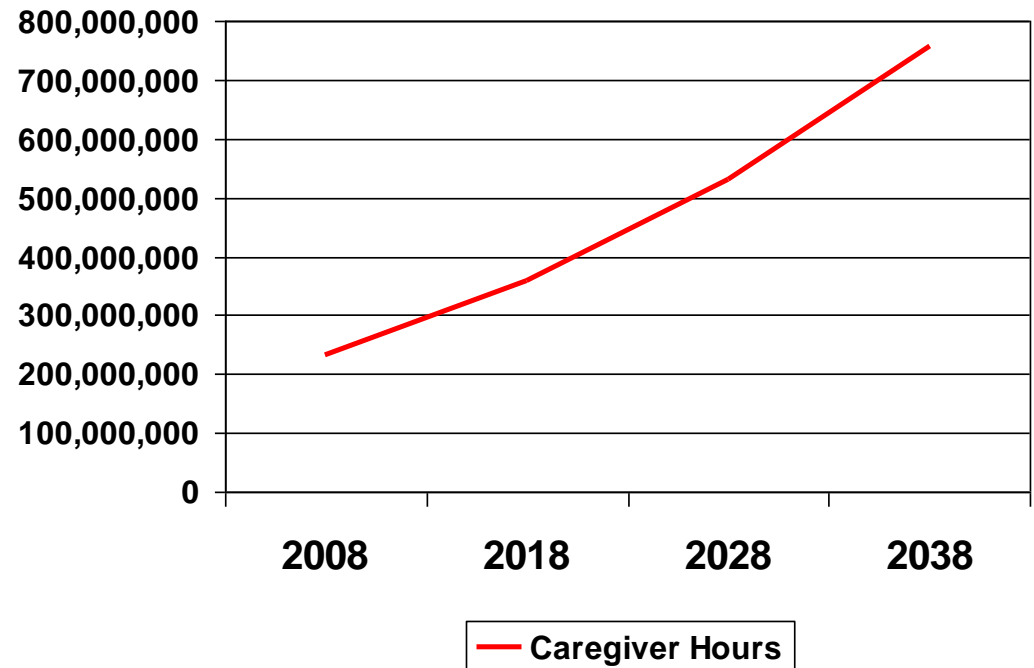
Shift toward home/community-based care

- Number of long-term care beds expected to grow from 280K in 2008 to 690K in 2038.
- Based on projected demand, this creates a shortfall of 157K beds in 2038
- Increase in Canadians (65+) living at home with dementia is therefore expected to jump from 55% to 62%.

Increase in Informal Caregiving

- As care shifts away from care facilities there will be an increase in informal care.
- The number of hours spent on **informal care** is expected to **more than triple** by 2038.

Informal Caregiver Hours, by Year, 2008-2038



How to stem the tide

The report tested the impact of four potential intervention scenarios:

- ✓ Prevention: increased physical activity
- ✓ Prevention: diet and lifestyle program
- ✓ Support: caregiver training and support
- ✓ Support: system navigation

All showed potential for dramatic reductions in number of cases and or economic impact over the next 30 years.

How we can make a difference

Rising Tide makes five recommendations for a comprehensive National Dementia Strategy:

1. Accelerated investment in all areas of dementia research
2. Clear recognition of the role of informal caregivers
3. Increased recognition of the importance of prevention and early intervention
4. Greater integration of care and increased use of chronic disease prevention and management
5. Strengthening Canada's dementia workforce

Vision and Mission

Our ultimate vision is to create a world without Alzheimer's disease and related dementias.

The Alzheimer Society of B.C. exists to alleviate the personal and social consequences of Alzheimer's disease and related

Maintaining The Momentum

- Early intervention
- Support for the family caregiver
- Education for the family & professional caregiver



Alzheimer Society
BRITISH COLUMBIA



Earlier diagnosis

“I have personally told my physician I'm having memory difficulties and he just dismisses it without any referral or suggestions. I am knowledgeable and can access my own information but can't get my physician to take the issue seriously - imagine if you are not knowledgeable and well connected to the services.”

Caregiver support

“This is a social issue that people have, you cannot show any scar tissue from the surgery or boast how much better you are feeling now. Since people with AD behave or communicate differently from the past it seems that our friends can't adjust themselves to realize the importance of their continued support to the family and the person with AD.”

Formal Care

My primary concern is the “overall knowledge and skill of nursing and support workers with direct contact with residents in long term facilities. While the basics of food, shelter etc. are met the emotional well being is often over looked. These are our mothers, fathers.



Program Descriptions

First Link®

a first response
strategy for people
newly diagnosed

with dementia and their families, with five
essential elements:



Essential Elements

- **Partnering**
- **Formal Referral**
- **Proactive outreach**
- **Information and connections**
- **Planned follow up**

Minds in Motion™

- a fitness and social program
- for people with dementia and a care giver
- offered in partnership with community centres



Shaping the Journey: Living with Dementia™

- a six-part educational series for people with early symptoms of dementia and their care partners
- Participants explore and prepare for the journey ahead in a positive and supportive environment.

2008 – 2009 Dementia Series

2008 – we delivered 560 sessions to 11, 283 British Columbians

2009 -we delivered 683 sessions to 13, 816 British Columbians

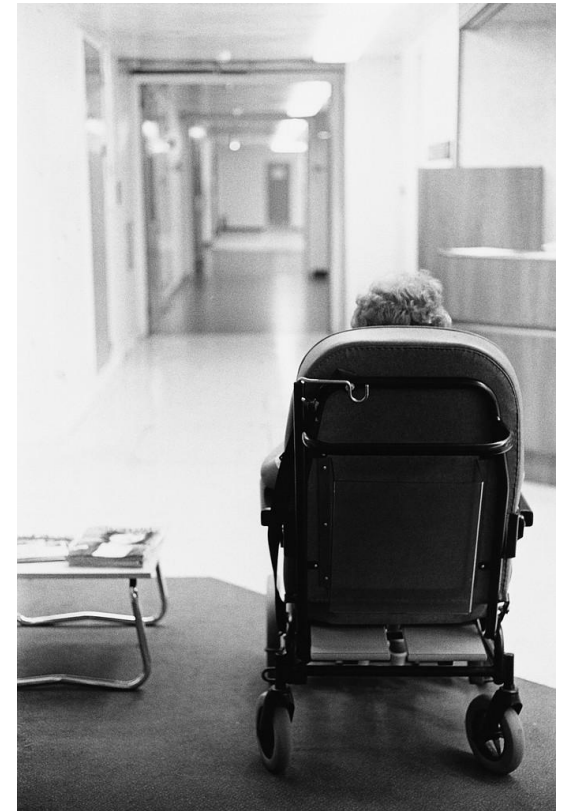


"I found myself looking forward to each session, there was so much knowledge and understanding. I would recommend this course to all who enquire about it"

"I don't feel so alone anymore. I feel like I'm coming out of isolation into a supportive environment."

- **Participants in 2009 Dementia Series Workshops**

Culture Change in Residential Care



Transforming institutions...





Changing the culture of aging in the 21st century



...into supportive places to call home

Caring for Persons with Dementia at the End of Life



Key areas of concern

- Nutrition and hydration
- Intercurrent infections
- CPR
- Pain management
- Spiritual and psychosocial needs



Decision making

- Planning future care
 - Advance directives
 - Influenced by culture mores, religious beliefs etc
- Advance care planning
 - Being responsive to needs along the dementia journey
 - “everyday ethics” (Powers, 2000)



Research

“My grandmother has Alzheimer's. My other grandmother died with the disease. This has been an especially hard one on my parents (as their daughter I only have second hand knowledge of their challenges with the health care system). I do know I am scared. I am scared that I'll fall victim to this disease.”

Research

Together with its partners, the Alzheimer Society Canada has contributed \$32 million since its inception 21 years ago.

In 2009, the Society funded 33 new grants and training award, amounting to \$3 million.

Help for Today – Hope for Tomorrow

You help to make a significant difference!

Thank You!



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