

ARDSI CALCUTTA CHAPTER

Providing Dementia Care & Service since 1999

The Global Impact of Dementia 2013-2050 by Alzheimer's Disease International: A Policy Brief

'The Global Impact of Dementia 2013-2050' is a policy brief for heads of government, updating ADI's prevalence figures published in the World Alzheimer Report 2009. The new estimates are an increase of 17% on the figures published in 2009, with data showing that the number of people with dementia will increase from 115 to 135 million by 2050. The report also predicts a shift in the distribution of the global burden of dementia. By 2050, 71% of all people with dementia will live in low or middle income countries.

The briefing has been released ahead of the first G8 Dementia Summit, which took place in London, UK, on 11 December 2013. The update focused on the new evidence emerging from China and the sub-Saharan African region, applying the new prevalence rates to the latest (2012) UN population projections. This report has been a joint effort of the Global Observatory for Ageing and Dementia Care at King's College London (Prof Martin Prince, Dr Maëlénn Guerchet and Dr Matthew Prina) and Alzheimer's Disease International.

Key recommendations and conclusions

- The new data has shown that the current burden and future impact of the dementia epidemic has been underestimated, particularly for the Asia East and Sub-Saharan African regions. The global burden will soon shift to poorer countries
- Our best estimates show that 10% of dementia cases may be avoided by improvements in public health. Campaigns that target smoking, underactivity, obesity, hypertension and diabetes should be prioritised as well as education and other cognitive enhancement
- The current economic cost of dementia is \$604 billion annually (2010). These costs will escalate at least proportionally with numbers affected, particularly in low and middle income countries
- Research must be a global priority if we are to improve the quality and coverage of care, find treatments that alter the course of the disease and identify more options for prevention
- Investment into a search for a cure must be balanced with initiatives to improve access to evidence based packages of care
- Lessons can be drawn from the HIV epidemic regarding the relationship between success in research and the presence of well-established care systems, access to diagnostic technologies and drug therapies in low and middle income countries and better implementation of 'global trials'
- Dementia must be declared a public health priority by initiating national debates regarding the future provision for long term care. So far, only 13 out of 193 WHO countries have national dementia plans in place.

•All countries, not just those in the G8, must commit to comprehensive plans for collaborative action. International cooperation will be essential and there is a need for a global action plan between governments, industry and non-profit organisations like Alzheimer associations.

Activities at a glance during winter months at ARDSI Calcutta

A report by Program Officer Nivedita Saha

Training

ARDSI Calcutta participated in 3 training programs organized by CMIG in December, NISD in December and NIHFW in March.

Five Day Training Programme on Management of Dementia on (27th January to 31st January 2014) was arranged by Calcutta Metropolitan Institute of Gerontology in collaboration with National Institute of Social Defence, Govt. Of India and conducted by ARDSI Calcutta chapter.

The program was inaugurated by Dr. Sarangi who introduced Dementia as a disease to the audience and the training program that followed over next few days included topics like Self and Identity in Dementia, role of caregiver, counseling, management of dementia, legal aspects, preventive aspects, role plays, meaningful activities in dementia, nutrition, and some audio visual presentation and a visit to a daycare center.

Ms. Srotoshi Dey and Ms. Nivedita Saha participated in a training Course on Health Care Management of Elderly from March 24 to 28, 2014 at National Institute of Health and Family Welfare (NIHFW), New Delhi. The aim of the training is to improve the efficiency, effectiveness and equity of health and family welfare programmes in the country. The older population has increased from 7.5% (2001) to 8.13% (2011) and is projected to reach 9.18% by 2016.



Seminars

Our secretary Ms. Nilanjana Maulik was in Delhi 16th -18th Dec, 2013 to attend a seminar organized by International Alliance of Patients' Organizations's which is an unique global alliance representing patients of all nationalities across all disease areas and promoting patient-centred healthcare around the world. Its mission is to build patient-centred healthcare worldwide by:

- Realizing active partnerships with patients' organizations, maximizing their impact through capacity building
- Advocating internationally with a strong patients' voice on relevant aspects of healthcare policy, with the aim of influencing international, regional and national health agendas and policies

- Building cross-sector alliances and working collaboratively with like-minded medical and health professionals, policy makers, academics, researchers and industry representatives.



Ritodeep Mukherjee, our Special Activity coordinator and Kakoli Sengupta, our Executive committee member participated in a seminar organized by Calcutta Metropolitan Institute of Gerontology on the 25th of February, 2014. The meeting had representations from various organizations in West Bengal and was a round table affair with lectures delivered by United Nations officials.



Daycare

The daycare center continues to enjoy its existence with participation of our clients, their family members and many volunteers. At present the daycare is full of life with 14 clients and exciting activities. December saw the visit of Dr. Joan Marie Kelly, Assistant Professor in the School of Art, Design and Media, College of Humanities, Arts, & Social Sciences, NTU Singapore. Here are couple of pictures from the day where she interacted with clients of the day center and staff with clay modeling.



Picnic

Our annual picnic with members, staff, clients and friends/family of ARDSI Calcutta was held at Ankur garden on the 15th January, 2013

Sports day

Client and Staff along with volunteers participated in our annual sports day at the center. Here is a glimpse of client and staff warming up for the event.



Special celebrations

Our dear volunteer, Smt. Krishna Mukherjee, also a former caregiver for her husband spends couple of days each week at the center with our clients reading out to them, singing out religious songs, assist them with their lunch and help them participate in special celebrations. Here she is seen performing a ritual that is special during the month of February called “Shiv Ratri” where prayers are offered to Lord Shiva for well being of all.



Holi

Clients got together with staff to prepare greetings card for Holi, a special celebration of colours.



Guest Visit

We celebrated a day of Sri Guru Rabindranath's beautiful compositions inspired by scottish music. As our clients and staff performed the Bengali numbers, Ms.Diana Kerr from Scotland rendered the scottish versions. Diana is a trainer, practitioner and educator in the field of the care and support of older people. Diana also has a lifelong

interest and involvement with music making and has been advocating the use of music with people with dementia for many years.

Here couple of moments from that day~



Carer Support Group Meet

ARDSI Calcutta continues to organize Carer Support meet every month with help and support from Novartis India Ltd. Family caregivers and friends leave each session energized and empowered to continue on their caregiving journey.



Awareness

As our main activity, awareness took its center stage during the winter months at various platforms.

On the 12th of January, a Sunday morning, our staff Ritodeep Mukherjee along with Subhas Barui, Bappaditya Mondol organized a program at Belegkata Laughing Club.



On the 10th of March a session was organized by AIWC north suburban area. It was attended by 45 members and had many queries on the disease, the society and its activities.



On March 22nd the pensioners association of Central Glass & Ceramic research Institute, Jadavpur organized a session. It was attended by over 250 members and well received.

Our Chandannagar campus

In order to extend our service to semi-urban and rural areas, we had planned to set up a centre for early diagnosis and care of persons with dementia in the land so kindly donated by Sri Bholanath Das in Chandannagar. This centre will comprise of an epidemiological unit, neuropsychological unit, a genetic cum biochemistry unit and a care center. Epidemiological unit will carry survey among populations to detect the number of cases with dementia. Neuropsychological unit will help to determine the abnormality of brain functioning in terms of different components of intelligence affected in suspected persons. Similarly, possible genetic research might explore the underlying cause for developing dementia. The care center will cater to care and support for the person with dementia and their families in the neighbourhood. Here is a picture of the boundary wall work in progress.



Tip of the Season:

Remove anything and everything your loved one might trip or stumble over. In the event the person does fall, do not attempt to lift him or her by yourself. Call your other family/friends for assistance. Statistics show that 40 to 60% of dementia patients will fall at least once. Difficulty with balance, medical issues, medicinal side effects, and the environment can all contribute to this challenge.

Events

Please participate in the ASIA PACIFIC Conference of the ADI 2014 at New Delhi from 7-9 November 2014. For details visit www.aprc2014-india.com

Appeal

Our humble appeal for support continues. The limitations of finances remain perpetual and formidable obstacles for our society. We will appreciate if you could support the urgent cause of tackling dementia through our awareness, training, care-giving and research work.

Caring for this affected population is a joint effort of all those who can still reason and remember. We truly believe you share the same thought and will join us in our mission.

Please note that Cheque or draft should be in favour of "ARDSI Calcutta Chapter" for our awareness, training and care-giving programs and "ARDSI Calcutta Research Fund" for our research work.

For donations via bank transfer to ARDSI Calcutta Chapter within India

Send it to – Account Name: ARDSI CALCUTTA CHAPTER
A/C No. 10598348576 at SBI, Hazra Road Branch, Kolkata
IFS Code: SBIN0001649

For donations via bank transfer to the research fund
Send it to– Savings Account Name: ARDSI CALCUTTA RESEARCH FUND
A/c No. 32861811671 at SBI, Ballygunge Branch, Kolkata
IFS code is: SBIN0000018.

For donations via bank transfer from abroad to ARDSI Calcutta Chapter
Send it to– Savings Account Name: ARDSI CALCUTTA
A/c No. 11000018154 at SBI, Ballygunge Branch, Kolkata
Swift code is: SBININBB328.

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All donations to ARDSI Calcutta are eligible to Income Tax Relief under 80G applicable in India

ARDSI Calcutta is also registered under FCR ACT 2010 to receive donations from abroad.