



Dementia – a challenge for Danish municipalities



- Dementia is a progressive, non-curable cognitive brain disease
- The need for support and care increases markedly during the course of the disease
- Citizens with dementia are in need of specialized care
- Approximately 30% of those who receive personal care have dementia



Focus on dementia in Copenhagen - creating a solid foundation for caregiving to people with dementia

Dementia
Strategy 2003

- Focus: People with severe dementia

Dementia
Strategy 2010

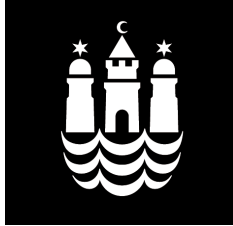
- Focus: People with moderate dementia

Dementia
Strategy 2015

- Focus: People with moderate and early dementia



Support and help for people with severe dementia



Nursing homes for people with severe dementia



7 nursing homes
(allocated 60 million)

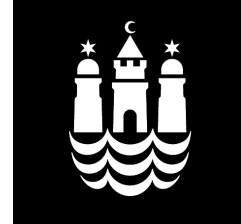
Specialized homes for
HS, Frontal lobe,
Alcohol, younger,
last stage

Very skilled staff

Person centret care



Support and help for people with moderate dementia



Training skills

Since 2012, 3500 employees have been trained in dementia care

150 specialists in dementia at all units to ensure good care with high quality





Support and help for people with early dementia

Activities

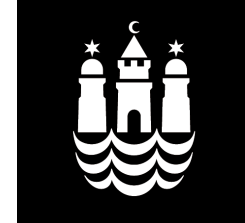
Daycare centers:

- Sports
- Art projects
- Field trips

Center for Dementia:

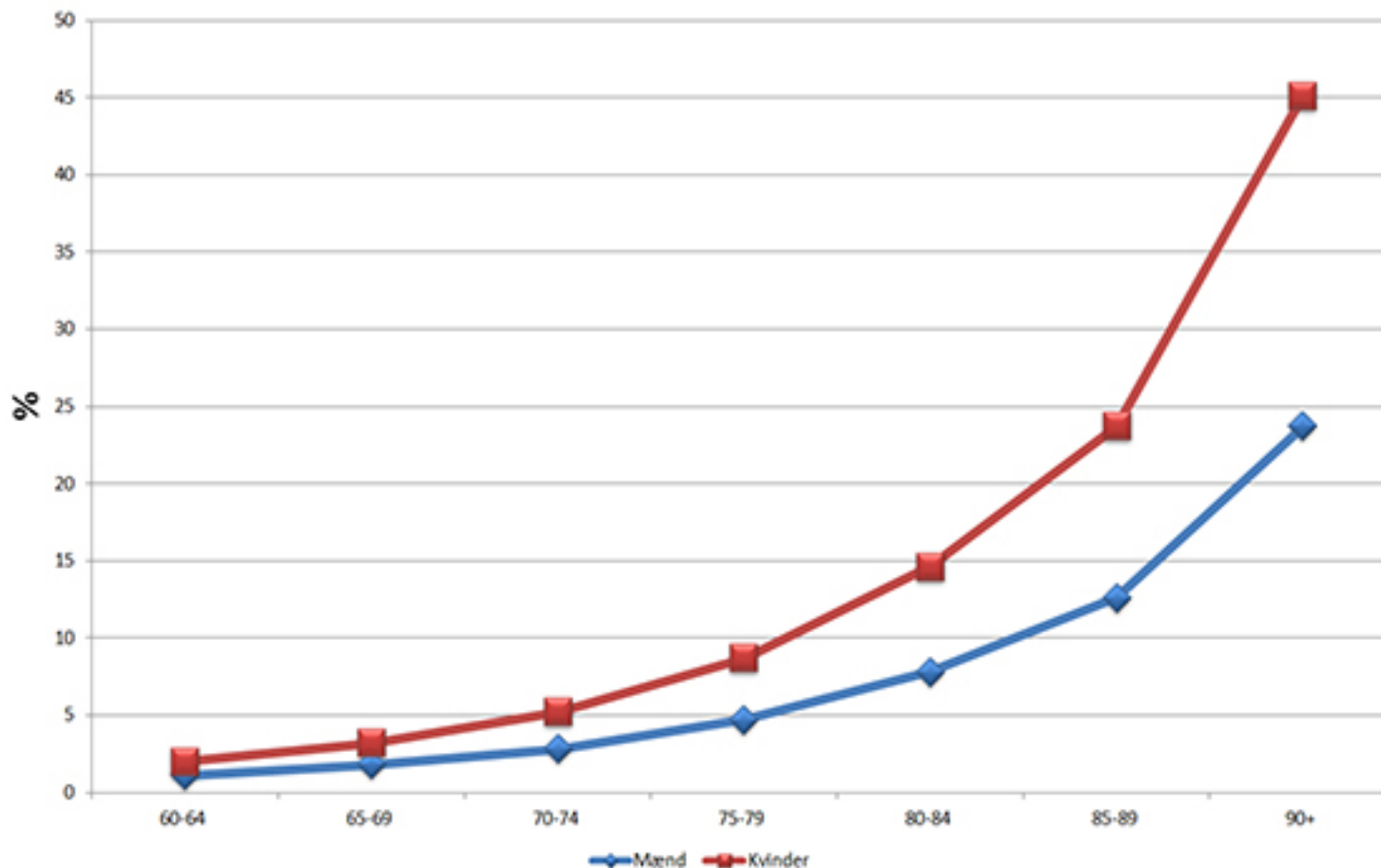
- physical and cognitive training
- Technology
- Education and guidance





Dementia prevalence

Procentvis forekomst af demens hos 60+ årige

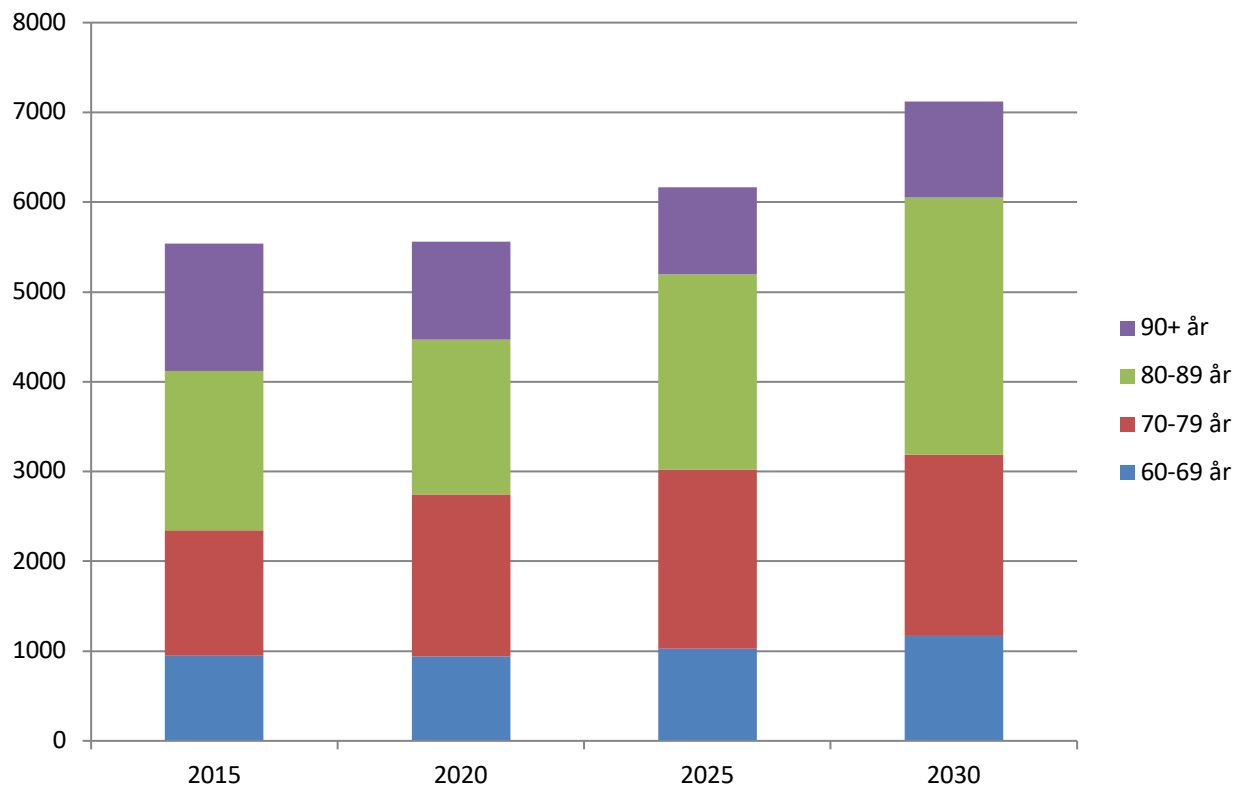


Risk increases significantly with age

Kilde: Nationalt Videncenter for demens



Citizens with dementia in Copenhagen City



Facts

- On average a person diagnosed with dementia will live 7-8 years
- Approx. 2500 citizens in Copenhagen City have been diagnosed
- Approx. 300 citizens go through diagnostic evaluation every year
- The diagnostic evaluation percentage of Copenhagen City corresponds to the national one.



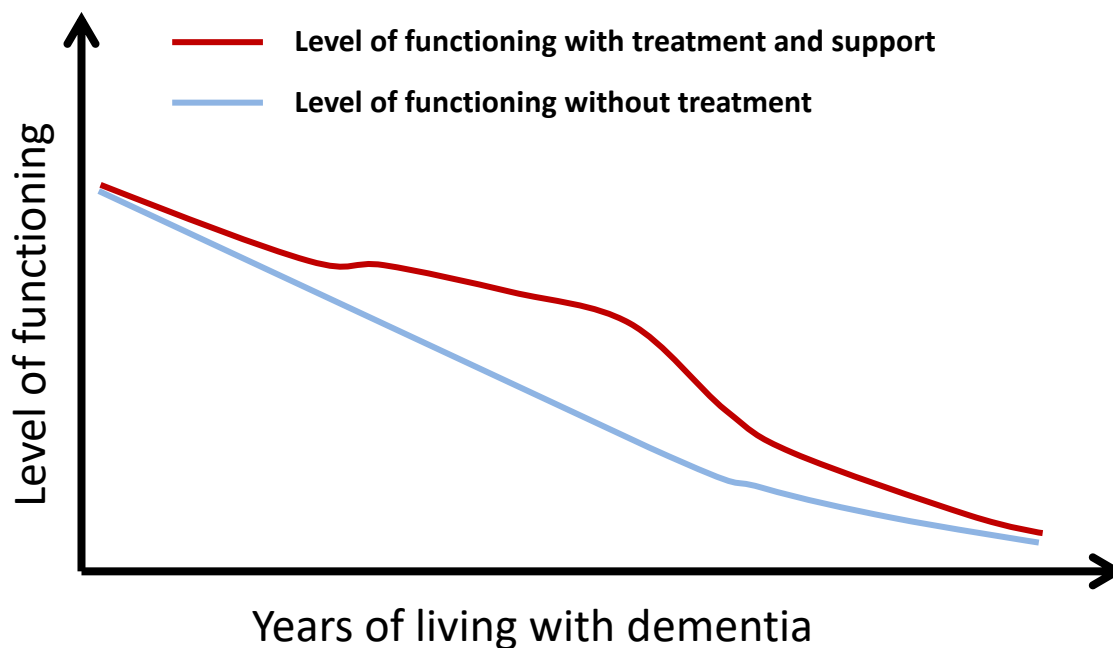
National and international core issues

- How can we improve the life of citizens?
- How can we postpone the need for public care and assistance?





Early intervention may retain level of functioning



- Symptoms of dementia may be postponed through early medical, treatment, support and counselling, physical and cognitive training.
- Early intervention cannot prolong the lives of citizens, but may provide them with improved life quality for longer



Center for Dementia – training and counselling

- New public service for citizens with dementia and their relatives
- Opened on January 1st. 2018
- Early intervention: physical training, cognitive stimulation therapy, assistive technologies, and counselling
- New approach: combination of interventions which we know from scientific studies or from experience will work
- Aim: To retain life quality for longer and postpone the need for public service

CENTER FOR DEMENS
Træning og rådgivning

Åben rådgivning om demens for alle

I Center for Demens kan du og dine pårørende få rådgivning i at leve et godt liv med en demenssygdom og information om kommunens tilbud. Besøg vores inspirationstøjhed og få vejledning til at indrette dit hjem mere demensvenligt, og lån eller prøv teknologiske hjælpemidler.

Ring mandag-fredag kl. 9.30-14.00 og bestil tid, eller kom direkte ind fra gaden.

Særligt tilbud om træning

Center for Demens tilbyder også et forløb med træning og rådgivning til dig, som er i den tidlige fase af demenssygdommen. Du skal selv kunne komme til og fra centret, klare hårdere fysisk træning og have lyst til at indgå på et hold.

Forløbet varer 15 uger og foregår to gange om ugen i tre timer. Vi skal både træne kondition, balance og hukommelse. I løbet af de 15 uger får du viden om demenssygdomme, kommunens tilbud og vejledning i at leve et godt liv med demens. Samtidig får du og dine pårørende mulighed for at møde andre, der også lever med en demenssygdom.

Du skal visiteres til tilbuddet og bo i Københavns Kommune. Derfor skal du enten kontakte din egen læge, hukommelsesklinikken eller kommunens visitation på telefon 3366 3366.

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December 2017



Three focus areas

- **Early intervention**
 - Research shows that early intervention may support retainment of level of functionality and quality of life for longer
- **Timely detection**
 - Half of the citizens with dementia are not diagnostically evaluated even though a diagnosis leads to better treatment, support and care
- **Staying independent for longer**
 - 60 % of citizens +65 in Copenhagen live alone