

Brain



World Health
Organization

COVID-19 and older adults: good mental and brain health

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United Nations Policy Briefs on COVID-19

Policy Brief: The Impact of COVID-19 on older persons

Link:

https://www.un.org/development/desa/disabilities/wp-content/uploads/sites/15/2020/05/sg_policy_brief_on_persons_with_disabilities_final.pdf

Policy Brief: COVID-19 and the Need for Action on Mental Health

13 MAY 2020

Policy Brief: A Disability-Inclusive Response to COVID-19

MAY 2020



Link:

https://www.un.org/sites/un2.un.org/files/un_policy_brief_on_covid-19_and_older_persons_1_may_2020.pdf

Link:

<https://unsdg.un.org/resources/policy-brief-covid-19-and-need-action-mental-health>



COVID-19 impact on older persons

COVID-19 AND OLDER PERSONS

Economic well-being

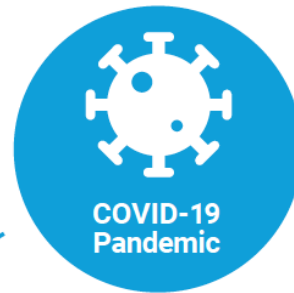
The pandemic may significantly lower older persons' incomes and living standards. Already, less than 20% of older persons of retirement age receiving a pension

Life and Death

Fatality rates are five times higher than global average. An estimated 66% of people aged 70 and over have at least one underlying health condition

Mental health

Physical distancing can take a heavy toll on our mental health. Living alone and being more digitally included than others, the risks are higher for older persons



Vulnerability

Essential care that older persons often rely on is under pressure. Almost half of COVID-19 deaths in Europe occurred in long term care settings. Older women often provide care for older relatives increasing their risk to infection

Responders

Older persons are not just victims. They are also responding. They are health workers, carers and among many essential service providers

Abuse and neglect

In 2017, 1 in 6 older persons were subjected to abuse. With lockdowns and reduced care, violence against older persons is on the rise

Source: UNSG (2020). *Policy Brief: The impact of COVID-19 on older persons*

https://www.un.org/sites/un2.un.org/files/un_policy_brief_on_covid-19_and_older_persons_1_may_2020.pdf

COVID-19 and disruption of services

Multiple reports for disruptions of services for:

Dementia

Stroke

Neurosurgery

Disruptions also expected for:

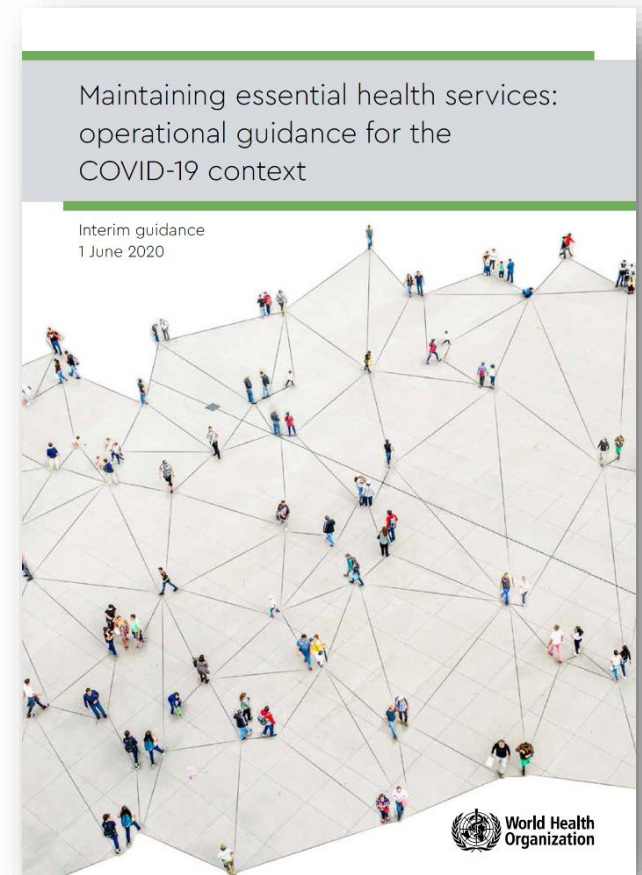
Parkinson's disease

Multiple sclerosis

Epilepsy

References: e.g.

Allegrì 2020; Cenzato et al, 2020; Morelli et al, 2020; Papa et al, 2020;



Link:

<https://www.who.int/publications/i/item/covid-19-operational-guidance-for-maintaining-essential-health-services-during-an-outbreak>

Responding to the needs of older adults and people with dementia



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WHO resources to support older adults

Advice : older adults & people with underlying health conditions



Wash hands

Cough/sneeze **into a flexed elbow** or **use** a disposable tissue



Follow

distancing measures issued by local authorities



Clean & disinfect frequently touched surfaces



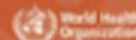
Avoid unnecessary public activities but **socialize** by every day with family or friends



#COVID19

Clinical management of COVID-19

Interim guidance
27 May 2020



COVID-19 AND VIOLENCE AGAINST OLDER PEOPLE

Sharp increase in the risk of violence against older people

Violence against older people – which includes physical, psychological, and sexual violence, financial abuse, and neglect – can have devastating physical and mental health consequences for older people and can even lead to death.

Violence against older people, who are already bearing the brunt of this pandemic, has risen sharply since the beginning of the COVID-19 pandemic and imposition of lockdown measures¹.

Violence is occurring in homes, in institutions such as long-term care facilities, and online, with a surge in scams directed at older people.

Lockdown and "stay-at-home" orders, likely to last longer for older people, exacerbate those factors which put older people at particular risk of violence² – social isolation



and loneliness, mental health problems (depression and anxiety), financial dependency of caregivers on older people, dependency of older people on caregivers, and alcohol and substance use in caregivers.

COVID-19 has led to staff reductions in long-term care facilities, due to illness or self-isolation, and the suspension of family visits, increasing the isolation of residents and the already high risk of violence¹.

Ageism – the stereotyping, prejudice and discrimination towards people because of their age – pervasive before the pandemic and a risk factor for violence against older people, has worsened during this pandemic⁴. For those women already in abusive situations, gender inequalities and prolonged exposure to their abusers increases the risks of gender-based violence against older women.

1. <https://bc.ctnews.ca/enfold-increase-in-elder-abuse-during-covid-19-pandemic-advocates-say-1.4896176>

2. Storey JE. Risk factors for elder abuse and neglect: A review of the literature. *Aggression and Violent Behavior.* 2020; 50: 1-13.

3. Trabucchi M, De Leo D. Nursing homes or besieged castles: COVID-19 in northern Italy. *The Lancet Psychiatry.* 2020;7(5):387-8.

4. Han SD, Mosqueda L. Elder abuse in the COVID-19 era. *Journal of the American Geriatrics Society.* 3 April 2020.

Link:
<https://www.who.int/publications/i/item/clinical-management-of-covid-19>



Regional resources to support older adults

World Health Organization
Home Questionnaire Dealing with stress List of mental health professionals Contact us

Mental health and psychosocial support

The COVID-19 outbreak is a global emergency. This platform offers basic psychological support to help you better manage the psychosocial difficulties you might be experiencing.

Link: <http://www.emro.who.int/mhps/index.html>

Link:
<http://www.emro.who.int/mhps/index.html>

Caring for the Elderly

HELP THEM MAINTAIN REGULAR ROUTINES or create new ones

STAY MENTALLY HEALTHY #beatCovid-19

World Health Organization South-East Asia

World Health Organization REGIONAL OFFICE FOR Europe

English Français Deutsch Русский

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Health topics > Health emergencies > Coronavirus disease (COVID-19) outbreak > Supporting older people during the COVID-19 pandemic is everyone's business

Supporting older people during the COVID-19 pandemic is everyone's business

News

156 15

03-04-2020

The COVID-19 pandemic is impacting the global population in drastic ways. In many countries, older people are facing the most threats and challenges at this time. Although all age groups are at risk of contracting COVID-19, older people face significant risk of developing severe illness if they contract the disease due to physiological changes that come with ageing and potential underlying health conditions.

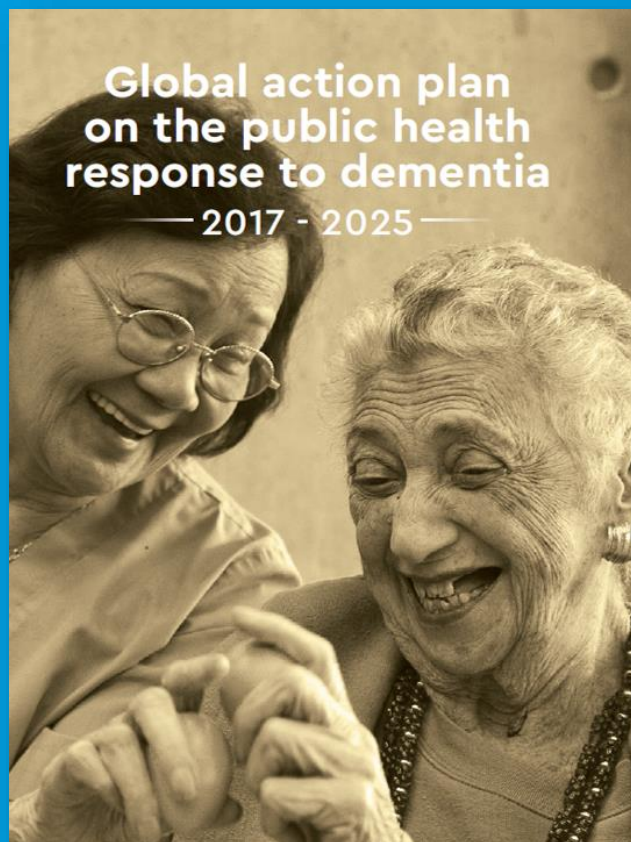
"Supporting and protecting older people living alone in the community is everyone's business," said Dr Hans Henri P. Kluge, WHO Regional Director for Europe, addressing journalists at a virtual press briefing today. "I am reminding governments and authorities that all communities must be supported to deliver interventions to ensure older people have what they need. All older people should be treated with respect and dignity during these times. Remember, we leave no one behind."

Briefing: Older people are at highest risk from COVID-19 - the evidence and solutions



**Global action plan on the public health response
to dementia 2017-2025**

Global action plan on the public health response to dementia



World Health
Organization

SEVENTIETH WORLD HEALTH ASSEMBLY
Agenda item 15.2

WHA70(17)
30 May 2017

Global action plan on the public health response to dementia

The Seventieth World Health Assembly, having considered the draft global action plan on the public health response to dementia 2017–2025,¹ decided:

- (1) to endorse the global action plan on the public health response to dementia 2017–2025;
- (2) to urge Member States² to develop, as soon as practicable, ambitious national responses to the overall implementation of the global action plan on the public health response to dementia 2017–2025;
- (3) to request the Director-General to submit a report on progress made in implementing this decision to the Seventy-third, Seventy-sixth and Seventy-ninth World Health Assemblies.

(Tenth plenary meeting, 31 May 2017)

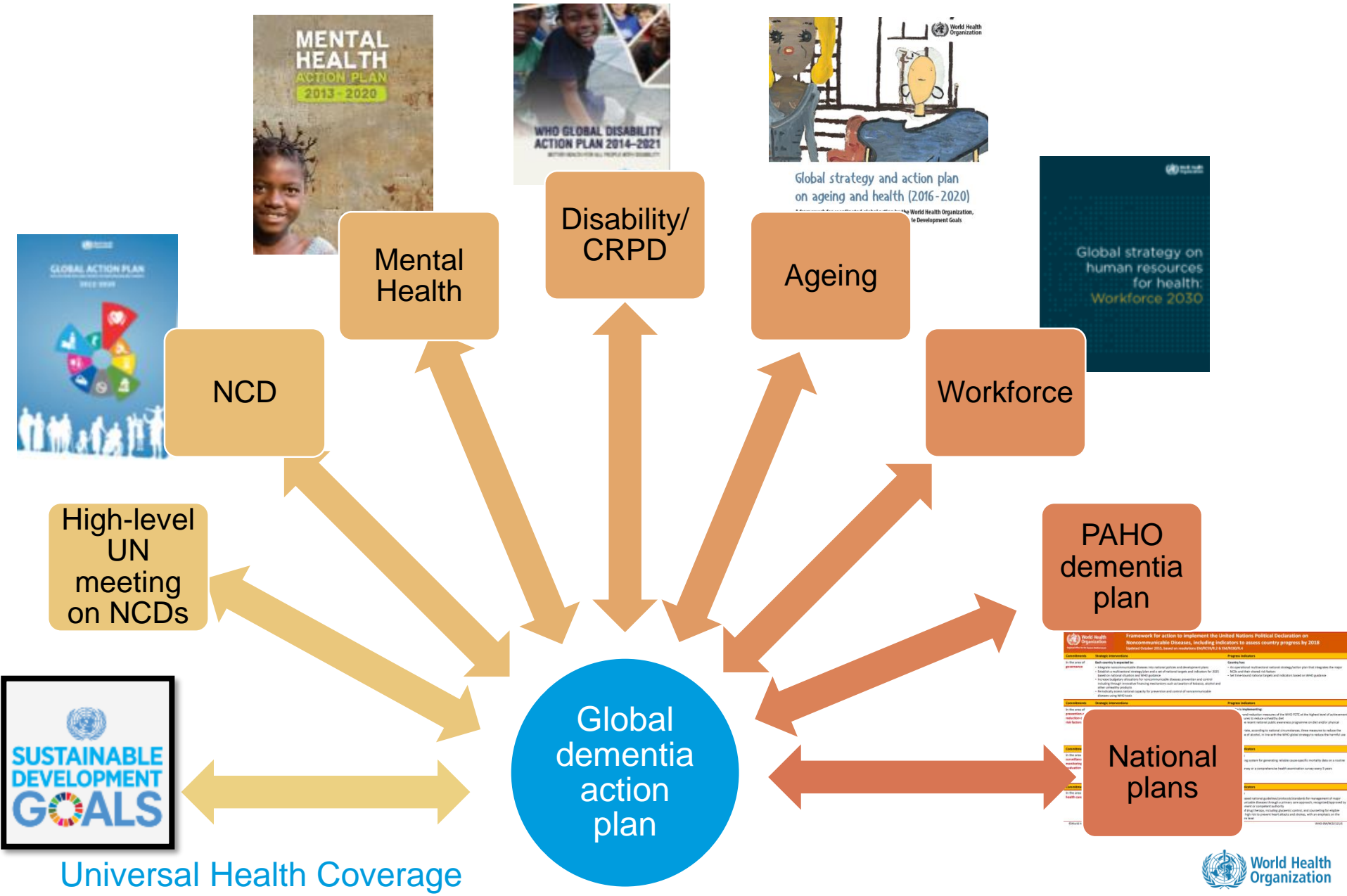


QR code to access global
dementia action plan

Link:
[https://apps.who.int/iris/bitstream/handle/10665/259615/9789241513487-eng.pdf;jsessionid=4A03F56B981BBECA862615643D2D555E?sequence](https://apps.who.int/iris/bitstream/handle/10665/259615/9789241513487-eng.pdf;jsessionid=4A03F56B981BBECA862615643D2D555E?sequence=1)

≡1

Strategic links to other global and regional plans



Global Action Plan on the Public Health Response to Dementia 2017-2025

Vision



















A world in which dementia can be **prevented** and people with dementia and their carers can **live well** and **receive the care and supports they need** to fulfil their potential with **dignity, respect, autonomy and equality**.

Goal

To **improve the lives** of people with dementia, their carers and families, while **decreasing the negative impact** of dementia on them as well as on communities and countries.

Proposed country actions to support the implementation of the global dementia action plan

Global targets for 2025

75% Member States have national plans	100% Member States have awareness raising campaigns 50% have DFIs	Member States reach NCD targets	50% Member States reach at least 50% diagnostic rate	75% Member States provide carer training and support	50% Member States collect and report on key dementia information	Double research output
PUBLIC HEALTH PRIORITY	AWARENESS & FRIENDLINESS	RISK REDUCTION	DIAGNOSIS, TREATMENT & CARE	SUPPORT FOR CARERS	INFORMATION SYSTEMS	RESEARCH & INNOVATION
<ul style="list-style-type: none"> National dementia plan  Legal frameworks  Financial resources  	<ul style="list-style-type: none"> Awareness raising campaigns  Dementia-friendly initiatives (DFI)  	<ul style="list-style-type: none"> Media campaign on risk reduction  Link to other NCD programmes  Risk reduction training for primary care staff  	<ul style="list-style-type: none"> Integrated, person-centred, care from diagnosis to death  Train workforce  Strengthen primary care & community-based services  	<ul style="list-style-type: none"> Train workforce in managing carer stress  Strengthen carer training, education & support  	<ul style="list-style-type: none"> Include dementia indicators in HMIS  Collect and use key dementia data  	<ul style="list-style-type: none"> National dementia research agenda  Invest in research & capacity building  Foster technology & innovation 



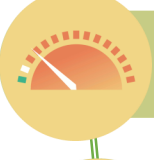




WHO's Global Dementia Observatory (GDO): the **global monitoring** and **accountability mechanism**

WHO tools

to support the
implementation of the
global dementia action
plan



WHO activities to support Member States

	Tools/resources	Global Dementia Observatory (GDO)
 Dementia as public health priority	Policy guidance	
 Dementia awareness & friendliness	Dementia-friendly toolkit	
 Dementia risk reduction	Dementia risk reduction guidelines	
 Dementia treatment, care & support	mhGAP toolkit for health & community workers	
 Support for dementia carers	iSupport	
 Information systems for dementia	GDO e-tool and platform	
 Dementia research & innovation	Dementia research blueprint	



Towards a dementia plan : a WHO guide

http://www.who.int/mental_health/neurology/dementia/policy_guidance/en/

- A step-by-step guide to creating a national dementia plan

Towards a dementia plan: a WHO guide

PHASE C: IMPLEMENTING THE DEMENTIA PLAN

- STEP C.3: Allocate the budget
- STEP C.2: Develop an operational work plan
- STEP C.1: Develop the evidence and public approval

PHASE A: PREPARING FOR THE DEMENTIA PLAN

- STEP A.1: Policy development and implementation

PHASE B: DEVELOPING THE DEMENTIA PLAN

LEADERSHIP GOVERNANCE MULTISECTORAL COLLABORATION

STAKEHOLDER ENGAGEMENT

Figure 5.5. Situational analysis overview

POLICY ASSESSMENT

SERVICE DELIVERY ASSESSMENT

EPIDEMIOLOGICAL ASSESSMENT

STAKEHOLDER MAPPING

SDO DASHBOARD

- POLICY
- SERVICE DELIVERY
- INFORMATION AND RESEARCH
- STAKEHOLDER MAPPING TOOL

SITUATIONAL ANALYSIS SUMMARY

- Scope of the issue
- Current situation
- Drivers and enablers
- Gaps and opportunities
- Recommendations and objectives

Alzheimer's Disease International
The global voice on dementia

From Plan to Impact III
Maintaining dementia as a priority in unprecedented times

CASE STUDY Bonaire STAGE 4

On 20 November 2019, the Commissioner of Public Health and Social Welfare issued a press release announcing that the Government was developing the National Dementia Plan for Bonaire. The plan will address risk factors; prevention and awareness; care facilities and informal care; nursing homes and day care; and care skills training. The document called for a 5-year implementation plan to be set up, now that sufficient data is collected and needs have been mapped.

Fundashon Alzheimer Bonaire's Board wrote to the Island Government of Bonaire asking about the next steps and establishment of an Implementation Committee for the plan. After some follow up from Fundashon Alzheimer Bonaire and ADI, the Island Council of Bonaire clarified that they have included the dementia plan in their 2020 programme and during the first quarter of 2020 the Public Health department head would approach Fundashon Alzheimer Bonaire to start with the next steps of the implementation of the Plan. There has been further communication in the meantime, and approval from the Public Health department is now pending for

Fundashon Alzheimer Bonaire to propose candidates for the Implementation Committee.

Once the COVID-19 pandemic is over, the development of this policy will provide crucial support to people living with dementia, their families and carers in Bonaire, and demonstrates how small island economies can take on the issue of dementia, which for them is as relevant as anywhere else.

CASE STUDY Suriname STAGE 2B

Stichting Alzheimer en Overige Dementieën Suriname has been conducting stakeholder meetings to initiate the development of a national dementia plan. However, meetings planned for March 2020 have been cancelled, in large part due to the general election. Following the ADI regional meeting in Jamaica in 2019, the PAHO country office seemed very motivated to organise the stakeholder

meeting, although progress in this regard has been slow. The association continues to plan and seek collaborators with third parties in the hope that if the awareness in the country is increased the pressure on the government to act will become greater. ADI's engagement with the PAHO headquarters in Washington has resulted in greater attention and collaboration from the country office.

World Health Organization

Using the information collected through GDO to inform policy making





The Global Dementia Observatory (GDO)



Monitoring mechanism for the Global Dementia Action Plan

01

Country support

in providing better care for people with dementia and to reduce the disease burden and cost

02

Evidence-based decision making

Support countries in service planning and policy making and strengthen their capacity

03

Monitor progress

within countries and globally

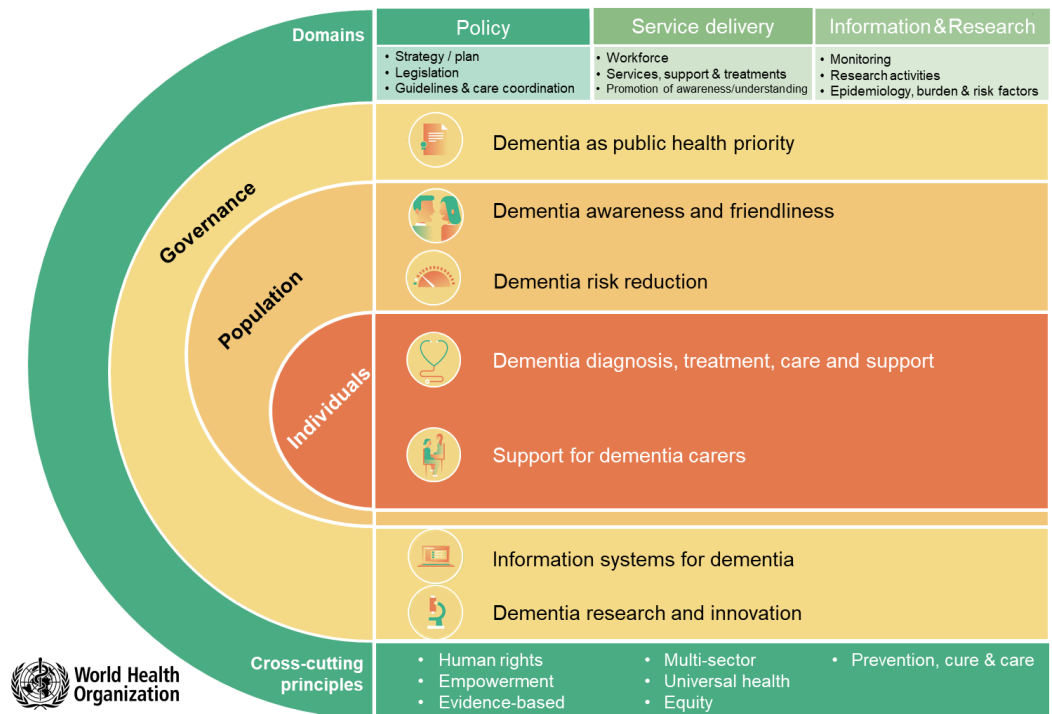
04

Knowledge exchange (KE)

Sharing of best practices through a knowledge exchange platform

coming in 2020!

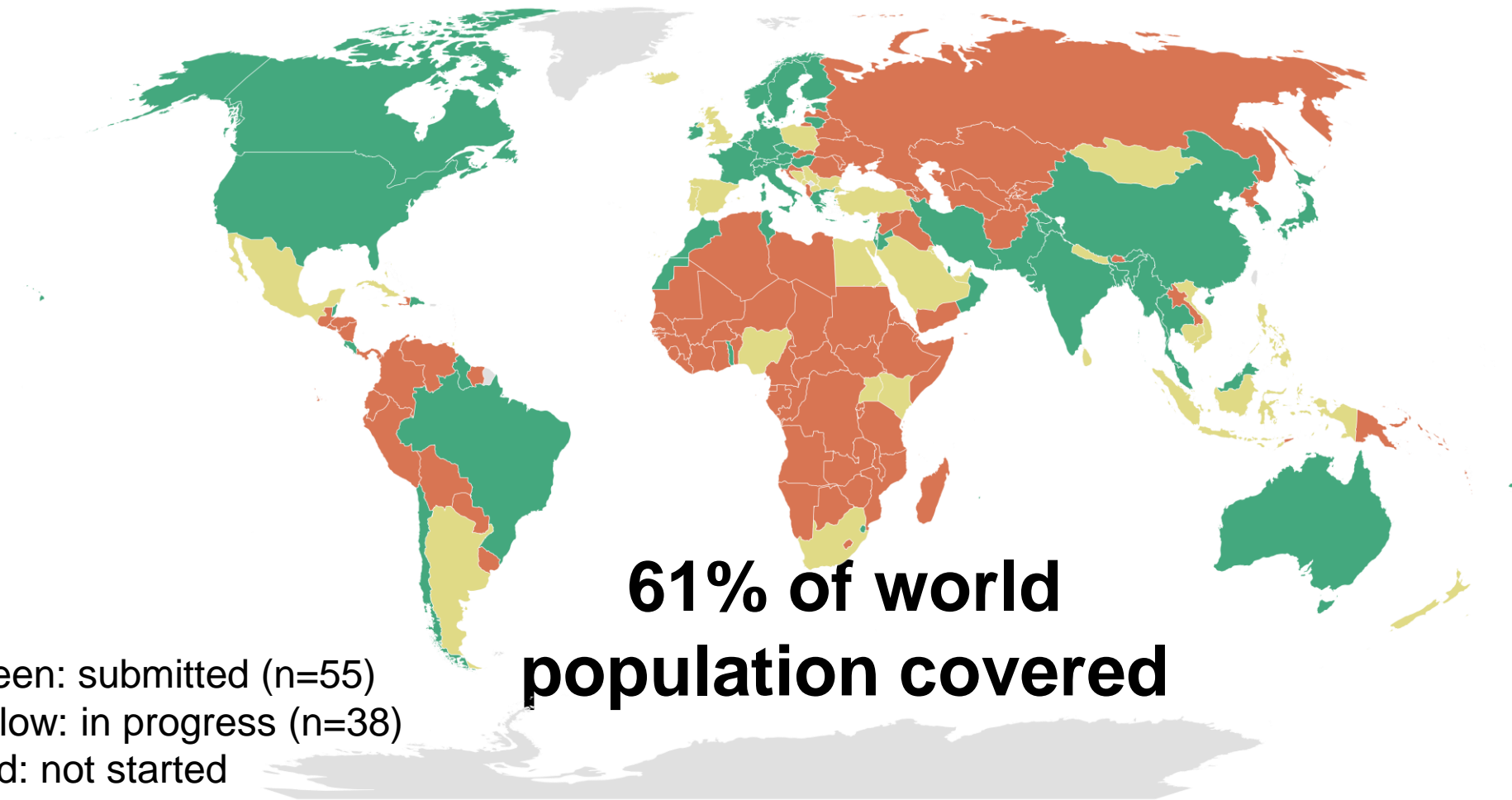
The GDO framework



<http://apps.who.int/gho/data/node.dementia>



GDO data collection *(June 2020)*



GDO population coverage by country income level:

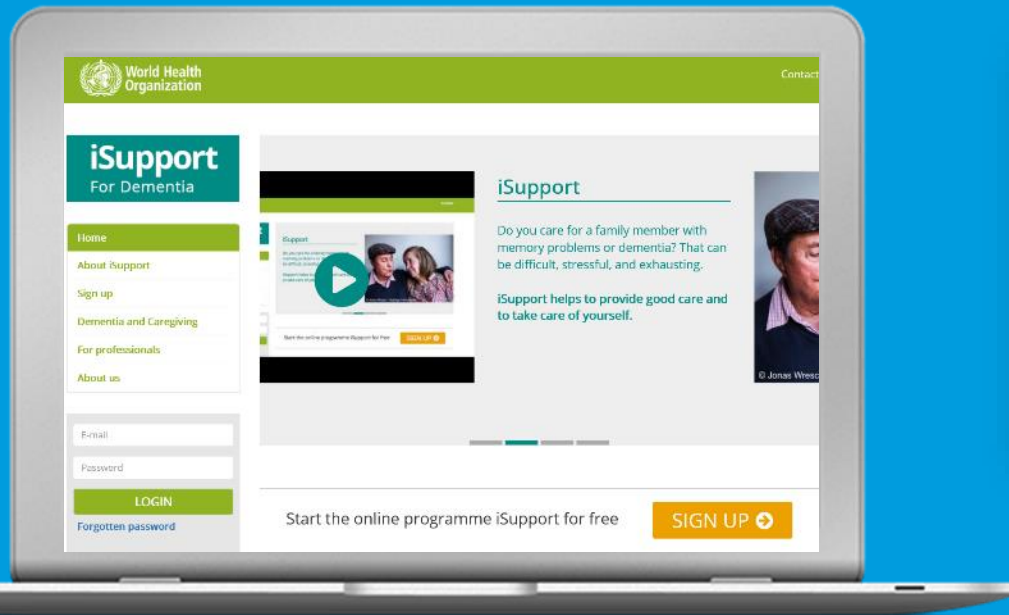
high-income 79%; upper middle-income 68% ; lower middle-income 59% ; low-income 1%.



iSupport – online training for dementia carers

<https://apps.who.int/iris/handle/10665/324794>

- In 5 interactive modules, dementia carers learn:
 - What is dementia
 - How to be a carer
 - How to look after themselves
 - How to provide everyday care and
 - How to manage behaviour changes



Hardcopy manual available!

COVID-19: supporting caregivers of people with dementia

Practical tips for carers of people with dementia

Caring for myself

Stay connected
Social support is important. Talk regularly to someone you trust and who understands your situation. This might be family, friends, community, religious or spiritual, a neighbour, or a volunteer.

Focus on relaxation
Relaxation makes you feel less tense. It can also help you to be more effective in your care.

Practical tips for carers of people with dementia

Reaching out to others for help

You are not alone
Caring for someone with dementia can be overwhelming and does not need to be a lonely experience.

Ask for help
Describe your problem and what kind of help you need. Be flexible: you will not always get exactly what you asked for, but you will get something helpful.

Use available support services
Services, such as respite care, can help you.

Consider different types of help
You may wish to ask for practical help such as:

Practical tips for carers of people with dementia

Communicating information to the person with dementia

Dementia can often make communication difficult

- This can have an impact on your relationship with the person you care for. It can even make them or you frustrated, sad or angry.

Get attention in a respectful way

- Capture the attention of the person you care for by speaking clearly, slowly and at a volume that is comfortable for them. Remember to speak face-to-face and at eye level.
- You may also try lightly tapping a hand, arm or front of the shoulder, or calling the person by their name or a nickname that they recognize.

Share simple facts

- Ask or tell the person with dementia one thing at a time. Use short sentences and simple words that the person with dementia can understand. Repeat information calmly, as often as necessary.
- When needed, change from open questions to closed questions that can be answered by YES or NO.
- Make sure that there are no distracting background noises such as a television or radio.

Try to stay in control of your feelings

- At some point, you may not understand what the person you care for is trying to say. It is important that you take the person seriously – they are trying to tell you something.
- Be patient and give them time to find their words. Pay attention to their reactions, including facial expressions and body language.
- Show compassion about the feelings that the person expresses. Remember that saying something positive or complimenting the person can make them feel good.

For more information
iSupport For Dementia

Practical tips for carers of people with dementia

Ensuring that the person with dementia continues to receive care

Plan in advance

- Ask the person with dementia about their care preferences, including by whom and where they would like care to be provided.
- Talk to people who would be willing to provide support if needed, for example if you can no longer provide care.
- Make a plan for costs of future care and discuss preferences in case of more advanced care needs and end-of-life decisions.

Gather information

- You will need information to make informed choices. Make decisions together and talk with your family, friends, doctor and any other people close to you and the person with dementia.
- Prepare instructions that reflect the wishes of the person with dementia in accordance with the law in your country.

For more information
iSupport For Dementia

Practical tips for carers of people with dementia

Providing everyday care to the person with dementia

Establish routines

Routines similar to the ones that had before developing dementia. To adapt routines as necessary as the person change over time.

Person in personal care

Person do as much as they can. Adjusting the environment, for example from a shower to a sponge provide guidance.

Falls – use a non-slip shower mat.

Person with dementia may resist when help them with personal care. Be patient and try to understand why.

Keep inedible items, sharp objects, old chemicals and medicines in a safe place.

Medication

Person may forget to take their medication. Try to determine what is making them feel depressed or anxious.

Think about how you usually respond to what you can do to make the person with dementia feel better. For example, think of ways to make them more comfortable, or encourage them to do things that they enjoy.

For more information
iSupport For Dementia

Practical tips for carers of people with dementia

Responding to changes in the person with dementia

As the disease progresses, the person with dementia may change

Changes may include agitation, depression, anxiety or apathy, becoming withdrawn or overly suspicious, having difficulty sleeping or changes in judgement. The person may also show signs of confusion, deterioration of existing cognitive problems (e.g. memory), delusions and hallucinations, repetitive behaviours or wandering.

Take depression and anxiety as an example

These are common in people with dementia and can be very upsetting. Identify what these changes look like and try to determine what is making them feel depressed or anxious.

Think about how you usually respond to what you can do to make the person with dementia feel better. For example, think of ways to make them more comfortable, or encourage them to do things that they enjoy.

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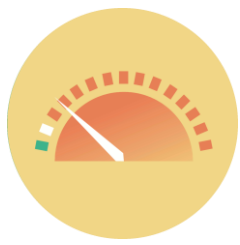
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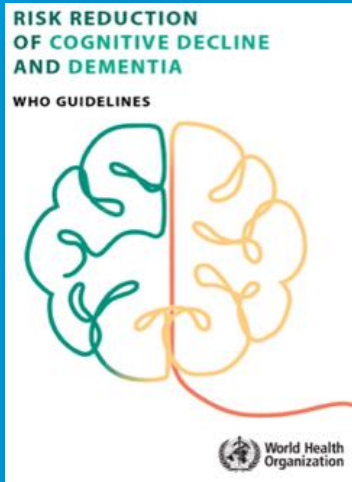
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For more information
iSupport For Dementia



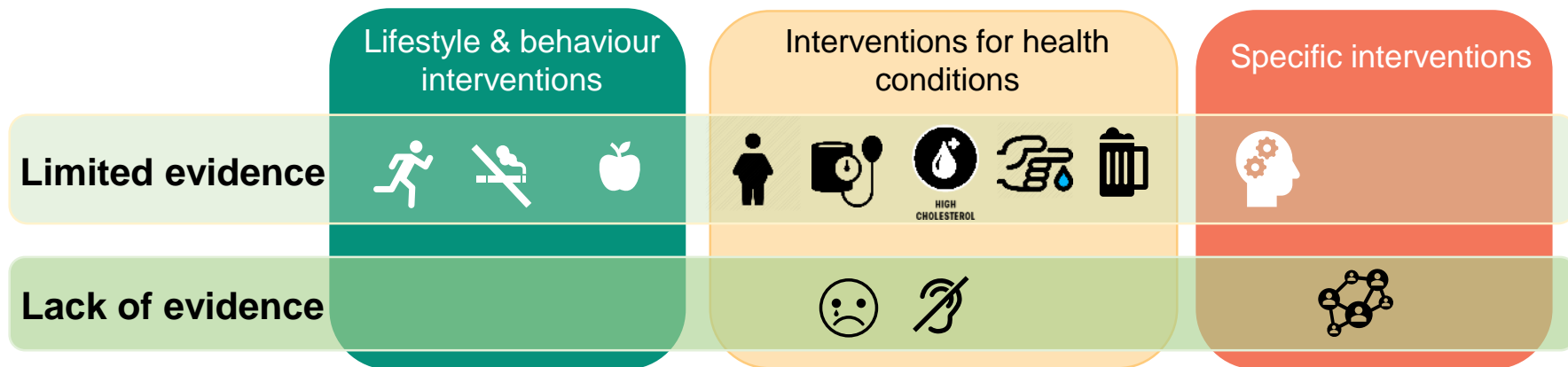
WHO dementia risk reduction guidelines

https://www.who.int/mental_health/neurology/dementia/guidelines_risk_reduction/en/



- Some modifiable risk factors are linked to dementia and shared with other NCDs*
- 20-30% of dementia cases could be prevented
- What can policy-makers, health-care providers and patients do to reduce dementia risk?

Key recommendations:



* NCDs: noncommunicable diseases



GDO knowledge exchange platform

Join the GDO peer review network:

<https://extranet.who.int/dataform/456967?lang=en>

- Platform to share good practices for dementia
- E.g. policies, guidelines, tools, training material, case studies, local practices

The screenshot shows the homepage of the Global Dementia Observatory (GDO) Knowledge Exchange Platform. At the top left is the World Health Organization logo. The navigation menu includes: HOME, ABOUT, RESOURCES, GDO COUNTRY DATA, LOG IN | SIGN UP. The main heading reads: THE GLOBAL DEMENTIA OBSERVATORY (GDO) KNOWLEDGE EXCHANGE PLATFORM. Below this is a colorful illustration of a diverse community with people, buildings, and a boat. A search bar is present with two buttons: SEARCH and ADVANCED SEARCH. At the bottom of the screen, it says: Submit a resource: <https://extranet.who.int/dataform/895286?lang=en>

Submit a resource:



2018.

Thank you!



World Health Organization

Any questions?

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