

DIALOGUE

Newsletter of Dementia India Alliance | January 2025



Dementia
India Alliance

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Dear Friends,

As we begin yet another year, we reflect on the milestones achieved by the Dementia India Alliance (DIA) in 2024 and share our aspirations for the year ahead.

One of the key highlights of this year has been the announcement of the Dementia-Friendly Hospital Checklist by the National Accreditation Board for Hospitals & Healthcare Providers (NABH), an initiative spearheaded by DIA. This checklist represents a significant step toward ensuring hospitals are equipped to provide compassionate and inclusive care for individuals with dementia.

Our observance of World Alzheimer's Day witnessed a flurry of impactful events, spreading awareness and uniting communities across India. Additionally, the National Conclave on Minimum Standards of Care, held in Chennai, marked a significant dialogue in addressing gaps in dementia care, with active participation from diverse stakeholders.

Education and capacity-building have been pivotal to our purpose. This year, we launched a self-paced dementia course for healthcare professionals, empowering them with the knowledge and skills needed to provide optimal care.

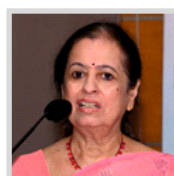
Another proud moment was the overwhelming response to our first International Dementia Care Conference - DemCon 2024, which brought together over 900 participants, including 150 plus experts, caregivers, and policymakers, to share insights and strategies to improve dementia care.

DIA also forged strategic partnerships by signing key Letters of Intent with esteemed international organizations such as CommonAge and Alzheimer's WA, and Indian institutions like Institute of Human Behaviour and Allied Sciences. These collaborations will enhance our efforts in advocacy, research, and training, enabling us to advance our goals.

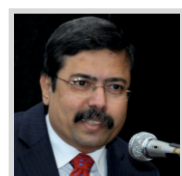
Looking ahead, 2025 promises to be a transformative year. We are committed to strengthening advocacy efforts to influence state policies, publishing impactful resources to guide dementia care, expanding training programs for hospitals, making them more dementia-friendly and deepening our outreach to partner organizations to further the cause of dementia.

As we embark on this journey, we remain steadfast in our purpose: bringing help and hope to those with dementia and their families. With your support, we are confident in our ability to create a future where care, dignity, and respect are ensured for all those impacted by dementia.

Wishing you and your loved ones a New Year filled with health, happiness, and hope. Together, let's make 2025 a year of greater impact and compassion.



Dr Radha S Murthy
President



Mr Shyam Viswanathan
Secretary

Key Highlights

1. Creating a Dementia-Friendly Community

In a significant step towards sensitizing students to the challenges posed by dementia, DIA conducted a workshop on "Role of Educational Institutions in Creating Dementia-Friendly Communities on" 13th July in Bangalore.

The event brought together over 35 participants, including principals and heads of departments from 18 prominent educational institutions. The workshop emphasized the critical role of educational institutions in building dementia awareness and integrating relevant topics into the curriculum.

The initiative aligns with DIA's aim to create dementia-friendly communities and to empower the younger generation with knowledge about the condition's impact on individuals and families. Participants engaged in meaningful discussions on how colleges and universities can lead the way in advocacy, caregiving, and research. **Academic institutions interested in promoting the cause can contact DIA for the DemChamps Program focused towards students.**



2. Advocating for Dementia Care Standards

DIA organized a National Conclave in Chennai on 20th July. The conclave focused on advocating for uniform minimum standards and regulations for dementia care facilities, aligning with the Mental Health Care Act (MHCA) 2017.

Currently, 88 lakh people are living with dementia in the country, with projections indicating a rise to 1.7 crore by 2036. While many elderly with dementia receive care at home, the progression of the condition often necessitates their admission into long-term care facilities. The MHCA provides a regulatory framework for mental health facilities, yet its application in dementia care poses several challenges, including capacity assessments, supported admissions, re-admissions, and the licensing of care facilities. Key stakeholders from across the country, including experts in dementia and elder care, clinicians, professionals from NIMHANS, legal professionals, family carers, and policymakers, participated in the conclave. About 70 delegates who participated in the conclave contributed their insights and recommendations, focusing on minimum standards for assessment, management, documentation, staffing, training, and infrastructure for dementia care homes.

The conclave's discussions culminated in a detailed Recommendation paper titled "Dementia Care Standards: Challenges, Regulations, and Solutions." This document encapsulates the key recommendations and insights from the conclave, including proposed amendments to the MHCA. The recommendation was submitted to Shri Dinesh Gundu Rao, Honourable Health Minister, Government of Karnataka at the International Dementia Care Conference, November 29-30, 2024, in Bangalore. **Dementia Care providers can contact DIA to learn more on minimum standards of dementia care.**



3. Making Hospitals Dementia Friendly

DIA in collaboration with the National Accreditation Board for Hospitals and Healthcare Providers (NABH) drafted the Dementia Friendly Hospital Checklist which was released as an Annexure to 6th Edition of NABH Accreditation Guidelines at the Patient Safety Conference on 17th Sep in Delhi. This pivotal annexure provides healthcare providers with essential knowledge and practical tools to address the complexities of dementia care within hospital settings. With dementia cases on the rise in India, creating dementia-friendly hospitals is crucial to ensuring that individuals with dementia receive compassionate, safe, and effective care. Hospitals that adopt dementia-friendly practices can greatly enhance patient experiences, reduce caregiver burden, and improve overall outcomes in dementia care. **We urge hospitals across the country to familiarize themselves with these guidelines and enrolling their teams in Dementia-Friendly Hospital Training. For more information or to schedule training, please contact DIA.**



4. Mitigating Stigma and Creating Awareness

a. World Alzheimer's Month Events: All through September 2024, Dementia India Alliance (DIA) collaborated with various institutions to amplify awareness and break the stigma surrounding dementia.

- At BGS College of Nursing, over 200 nursing students were briefed on dementia, DIA's efforts, and its training programs.
- Kshetra Assisted Living, in collaboration with the Heritage Foundation, Renovo Hospitals, and DIA, organized a dementia awareness and memory screening camp for 60 seniors.
- HelpAge India, in partnership with DIA, conducted a mental health workshop at Sneha Sandhya Agecare.
- An online orientation was conducted for over 60 social work students of Rajagiri College, emphasizing dementia awareness.
- Sree Renga Hospital conducted separate awareness sessions for staff and the public.
- Bhagwan Buddha Medical College engaged 150 interns in a dementia awareness program.
- DIA also supported Antara's Memory Clinic Day by providing educational handouts.
- The panel discussion "Dealing Dementia with Dignity," hosted by Hope Ek Asha, explored topics such as genetics, early diagnosis, and support systems, with free memory screenings for attendees.
- At PSG Hospital, a Memory and Dementia Clinic under the geriatric department was launched.
- DIA also supported a poster competition at Rahul's Eldercare.
- A street play was hosted by SCARF with Chengalpattu Medical College, DEMCARES, and the Azim Premji Foundation.
- A webinar in collaboration with MAHE discussed dementia awareness.
- In Bangalore, DIA worked with CBR, NIMHANS, Vayah Vikas, and Nightingales Medical Trust to organize a free dementia risk reduction workshop attended by 94 participants.
- A CME on dementia was also conducted at Bangalore Medical College.
- A memory screening for 40 elders in an urban slum was carried out with Nightingales Medical Trust and NIMHANS as part of the Karnataka State Action Plan.

If you are interested in organizing events to create awareness and provide updated information on dementia care in your cities/towns, you can contact DIA for support and collaboration.



b. Panel Discussion at Tata Trusts

DIA participated in a panel discussion on Dementia Awareness and Prevention hosted at the Tata Trusts' office. The session aimed to enhance awareness about dementia among Tata Trusts staff, emphasizing the importance of timely diagnosis, regular screening, and adopting risk reduction strategies to combat the growing challenge of dementia.

The panel discussion delved into practical measures to reduce dementia risk, including lifestyle modifications, early intervention, and awareness of preventive strategies. It also highlighted the critical role of community-based care interventions in supporting individuals with dementia and their families. The session was an excellent opportunity to engage with the staff of Tata Trusts, encouraging proactive steps toward dementia prevention and community care.



Dementia India *Alliance*

DIA logo wins at Kyoorius Design Awards 2024

DIA logo has been awarded the prestigious **Baby Blue Elephant Award** in the 'Design for Good' category at the Kyoorius Design Awards 2024. Recognized as one of India's most esteemed design accolades, the Kyoorius Design Awards honor the highest standards of creativity and innovation. We are proud to have been chosen from more than 600 entries. Our sincere thanks and congratulations go to Cracker & Rush, our brand partner, led by the remarkable Ruhi Sridhar, for their exceptional contribution to this achievement.

5. Creating a Dementia-capable Workforce

a. Train the Trainer Program

DIA conducted the third Train-the-Trainer (TTT) program from September 13th to 15th. This 3-day certified training, held periodically in Bangalore, is designed to provide hands-on experience for professionals, including doctors, psychologists, social workers, nurses, and allied healthcare workers, specializing in geriatric and dementia care.

Upon completing the TTT program, participants, in collaboration with partnering organizations, play a vital role in advancing the mission of DIA by sharing their expertise through training sessions in their institutions and communities. In 2024, DIA successfully trained 65 professionals from various organizations, who, in turn, have trained over 120 staff members.

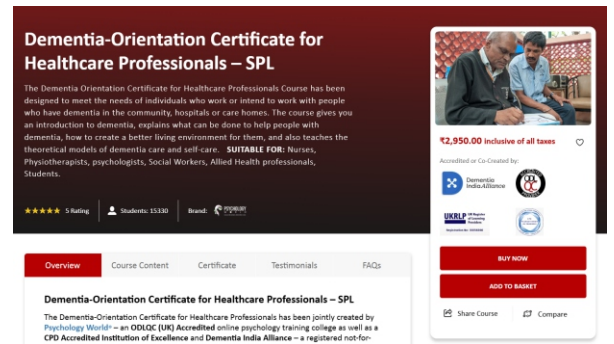
Organizations interested to participate in the Train the Trainer program can contact DIA to join the training.



b. Self-Paced Training Courses

On World Mental Health Day, observed on October 10th, DIA in partnership with Renaissance e-Services Private Limited, launched a self-paced Dementia-Orientation Certificate Course for Healthcare Professionals. This initiative is aimed at filling the crucial gaps in dementia care training while addressing the mental health needs of caregivers and healthcare professionals in India. The Course is designed to offer accessible, high-quality training that is both Indianized and culturally sensitive. The course aims to equip healthcare workers, including nurses, nursing assistants, physiotherapists, and allied healthcare professionals, with the skills needed to provide compassionate and effective dementia care.

The Dementia Orientation ODLQC (UK) accredited Certificate Course is an online, self-paced course that offers flexibility for busy professionals and students. **For more information about the Dementia Orientation Certificate for Healthcare Professionals and to enrol in the course, please visit Psychology World (<https://psychologyworld.org/dementia-orientation.php>) and Meducination website. (<https://meducination.com/course/dementia-orientation-certificate-for-healthcare-professionals-spl>).**



6. Caregiver Support

From July 2024 onwards, 19 periodic support group sessions were organized by DIA in collaboration with NIMHANS, both online and offline, to provide caregivers with a platform for mutual support and guidance. Each session is led by experts in the field, including medical professionals and psychologists, who facilitate discussions and provide guidance based on their expertise in management of persons with dementia. So far 470 caregivers have benefited through these sessions. We intend to expand this program in different languages and also create an online repository of resources for family caregivers across India.

Family caregivers interested to join the support group can call 8585990990.

Join as an Outreach Partner of Dementia India Alliance

Organizations working in the field of Age Care are invited to partner with Dementia India Alliance to expand the reach of dementia care and create a meaningful impact in the community.

What is expected of outreach partners?



Collaborate to establish care services



Participate in conferences & campaigns



Conduct awareness programs & workshops



Promote Training Programs



Support & Facilitate DIA's Initiatives

What DIA Provides:



Technical Guidance for Services



SoPs for Programs & Services



Training at different levels



Volunteer & Intern Placement



Branding, Collaboration & Support

more details on www.dementia-india.org

7. DemCon 2024 - International Dementia Conference

The International Dementia Conference, DemCon 2024, held on 29th-30th November at IISc Bangalore, focused on bridging gaps in dementia awareness, diagnosis, and care. Organized by Dementia India Alliance (DIA) with notable collaborators such as NIMHANS, the conference brought together over 900 participants, including caregivers, professionals, and NGOs.

Key highlights included:

- Workshops on memory screening and dementia-friendly practices.
- Dynamic sessions featuring 120+ expert speakers and organizations like CommonAge and the Global Brain Health Initiative.
- Dementia Tech Thinkathon, fostering innovative tech solutions for dementia care.
- 31 exhibit stalls showcasing advancements in eldercare products, research, and services.



The conference was inaugurated by global leaders, along with Shri Dinesh Gundu Rao, Health Minister of the government of Karnataka, with a keynote by Shri Graeme Prior (International Federation of Ageing). The valedictory session featured the release of the Commonwealth Report and reaffirmed the government's commitment to dementia care.

Outcomes: Multiple partnerships and agreements were signed, including collaborations with Alzheimer's WA and CommonAge, advancing research, advocacy, and caregiver training initiatives.



प्रधान मंत्री
Prime Minister
MESSAGE

Congratulations to the Dementia India Alliance (DIA) on the organisation of the DemCon - International Dementia Care Conference.

The theme of this conference, "*Reaching the Unreached in Dementia Care,*" underscores a resolve to raise awareness and accelerate solutions. The conference exemplifies a collective commitment to address issues faced by dementia patients and caregivers.

As we work towards building a *Viksit Bharat* by 2047, holistic health and wellness is a cornerstone of our developmental strategy.

Over the last decade, our nation has worked to make healthcare accessible and affordable. At the same time, there have been relentless efforts to foster a culture of awareness and sensitivity around issues that affect mental health. In fact, for the first time ever, a document as crucial for policymaking as the Economic Survey 2023-24 has acknowledged mental health, its significance and implications.

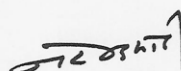
Our focus on early detection of potential mental health issues as well as raising awareness about their management has been strengthened by lakhs of Ayushman Aarogya Mandirs nationwide. It is well known that these centres conduct crores of screenings to detect health conditions including diabetes, hypertension and various cancers. However, it would make the people attending this conference happy to know that these centres also focus on screening and basic management of mental health ailments. When awareness reaches grassroots, action follows.

Such conferences that involve experts and various stakeholders are important for an enlightening exchange of ideas that create a supportive environment for persons with dementia and their families.

I am confident that such initiatives will play an impactful role in building a healthier future.

Together, we can ensure that compassion, care, and collaboration remain at the heart of our nation's progress.

My best wishes for the success of DemCon 2024.


(Narendra Modi)

New Delhi
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28 November, 2024



8. DIA Participation at Other Events

Hiriyara Habba 2024 | Bengaluru, October 27 '24:

The vibrant Hiriyara Habba 2024, hosted at St. Joseph's Institute of Management, brought together around 400 senior citizens for a day of celebration, creativity, and engagement. Organized by VayahVikas, the event featured interactive workshops, traditional games, and a senior talent showcase. DIA actively participated, sharing information about its initiatives and distributing handbills to attendees, fostering awareness about dementia support and resources.



engaging attendees and spreading awareness about dementia care.

Creating Awareness, Breaking Stigma: At Renaissance Temple Bells 35 individuals attended an engaging dementia awareness talk with 20 availing free memory screenings and receiving their reports. At Purva Riviera the talk drew 30 attendees of whom 25 participated in free memory screenings. A workshop on dementia at BGS College saw an overwhelming response with 250 students actively participating and benefiting from a lively Q&A session. Additionally memory screening camps for the Lions and local members of Devanhalli and Doddaballapur facilitated screenings for 26 and 25 individuals respectively.

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Stroll-A-Thon 2024 | Chennai, September 1, 2024

The Stroll-A-Thon 2024, organized by Vayah Vikas and Growing Young, gathered around 300 senior citizens at Rajarathinam Stadium for a morning dedicated to fitness, well-being, and community engagement.

Dr KR Gangadharan, Founder of Heritage Medical Centre and Patron of DIA, addressed the gathering, sharing insights on dementia statistics and the importance of healthy ageing.

Dementia India Alliance (DIA) set up an informational stall, engaging attendees and spreading awareness about dementia care.



DIA in the News



Join Hands in Making a Difference

As a national organization, we need your support to promote the cause of dementia. Your encouragement is crucial in bringing help and hope to persons with dementia and their family caregivers. Here are some ways you can join the journey:

Family Carers & Individuals: join us as an individual affiliate

Students: Become a 'DemChamp' - our youth advocates for dementia awareness

Health Care Professionals: Access our certified training programs to deepen your expertise

Academic Institutions: Collaborate with us to promote awareness and education around dementia

Organizations: Become our Outreach Partners to deliver essential dementia care services and support systems with our technical resources

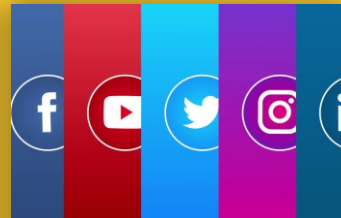
Hospitals: Help build a dementia-friendly ecosystem by joining our network of dementia-friendly hospitals



Volunteer / Intern: Your time and skills can make a significant difference.



Donate: Support our Initiatives and help us reach more families in need.



Follow us: Follow us on social media for updates and more.



Fundraise: Rally your network to support vital dementia care services.



**Dementia
India
Alliance**

Dementia India Alliance

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