



ILC Singapore
International Longevity Centre
A Tsao Foundation Initiative

Policy response to dementia in Asia Pacific

Australia, India, Japan, PROC and Singapore

Coordination and Presentation
Susana Concorde Harding,
Director, ILC Singapore
Tsao Foundation



PREVALENCE OF DEMENTIA IN ASIA PACIFIC

	Projected Population ('000)	Estimated Number of people with Dementia ('000)			Estimated Costs US\$ (mil)
		Y2015	Y2030	Y2050	
ILC Centres					
Australia	23,923	328	520	864	\$12,892
China, P.R.	1,401,587	10,590	18,116	32,184	\$44,619
India	1,282,390	4,031	6,743	12,542	\$4,620
Japan	126,818	3,014	4,421	5,214	\$93,240
Singapore	5,619	45	103	241	\$1,664
ILC GA total	2,840,337	18,008	29,903	51,045	\$157,035
Non ILC GA total	911,045	5,272	9,506	19,936	\$27,832
Total in Asia Pacific	3,751,382	23,280	39,409	70,981	\$184,867

Source: ADI and Alzheimer's Australia, *Dementia in the Asia Pacific Region, 2014*

ARE THERE NATIONAL POLICIES/STRATEGIES/PLANS ON DEMENTIA?

- Australia– National Framework for Action on Dementia 2015–2019 was developed by Australian Health Ministers Advisory Council and released in Sept 2015
- China– National Mental Health Plan (2000–2010)
- Japan– Comprehensive Strategy to Accelerate Dementia Measures (New Orange Plan)
- India–Dementia India Report (2009–2010)
- Singapore– National Dementia Strategy (2010) and Community Mental Health Masterplan (2012–2017)



MAIN NATIONAL OBJECTIVES

- Improve the quality of life for people living with dementia and their support networks (Australia)
- Increase public awareness and early detection of dementia (PROC)
- Build a society where people with dementia can live with dignity in a pleasant and familiar environment as how they hope to be as long as possible (Japan)
- Better health outcomes and maximising individual potential and to make Singapore a dementia friendly nation

MAIN NATIONAL AREAS OF ACTION–AUSTRALIA

1. Increasing awareness and reducing risk
2. Need for timely diagnosis
3. Accessing care and support post diagnosis
4. Access ongoing care and support
5. Accessing care and support during and after hospital care
6. Accessing end of life and palliative care
7. Promoting and supporting research

MAIN NATIONAL AREAS OF ACTION–JAPAN

1. Raise awareness and promote understanding of dementia
2. Provide health and long-term care services in a timely and appropriate manner as stages of dementia progress
3. Strengthen strategies for early onset dementia
4. Supporting those looking after people with dementia
5. Creating age and dementia friendly community
6. Promoting research and development and disseminating the result of prevention, diagnosis, cure, rehab model and care model for dementia
7. Prioritising the standpoint of people with dementia and their families

MAIN NATIONAL AREAS OF ACTION–SINGAPORE

1. Expansion of community support– building of dementia–friendly communities
2. Knowing dementia toolkit and Mental Health Resource Kit for elders and their caregivers
3. Increase number of dementia day centres
4. Research– on young onset dementia and on cognition
5. Piloting of dementia care service (Tsao Foundation’s Hua Mei Centre for Successful Ageing)
6. CREST (community resource, engagement and support team) to assist and reach out to those at–risk
7. ESTEEM (Early Stimulation, Exercise and Emotional Support for Young Onset Dementia) Programme by ADA and NNI
8. MOH Guidelines on Dementia Practice
9. Piloting of end of life programme– Temasek Cares– Programme Dignity

IS THERE A NATIONAL POLICY ON CARE?

- For Australia, national policy on dementia care and support is contained in the National Framework for Action on Dementia 2015–2019
- For Japan, there is public long-term care system
- For Singapore, Agency for Integrated Care was set up

EXAMPLES OF GOOD PRACTICES/ACTION?

- *From Australia*

- Clinical Practice Guidelines and Principles of Care for People with Dementia
- Consumer Companion Guide to the Clinical Practice Guidelines and Principles of Care for People with Dementia
- Set up of NHMRC National Institute for Dementia Research
- Dementia Language Guidelines from Alzheimer's Australia

- *From Japan*

- Dementia Supporters (8M)
- Dementia Coordinators in every municipality
- Dementia Cafes
- Holding of meetings of people with dementia

- *From Singapore*

- National dementia network

IN CONCLUSION

1. Education and awareness about Alzheimer's disease and other types of dementia
2. Education to family members, paid carers and other health care professionals to ensure best quality of care is delivered to PWD
3. Develop dementia-friendly health and community care systems
4. Raise awareness of prevention and risk reduction strategies
5. Countries to develop national dementia action plans
6. Promote further research into the health and care systems in lower and middle income countries in the development of health policy
7. Regional multi-stakeholders' network on dementia

• The first six are from the ADI and Alzheimer's Australia, Dementia in the Asia Pacific Region, 2014

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Thank you
susanaharding@tsaofoundation.org

