



How do advocacy groups deal with Dementia?

- Dr. Nati Blum
- CEO of the Israeli Alzheimer association

Why we are all here

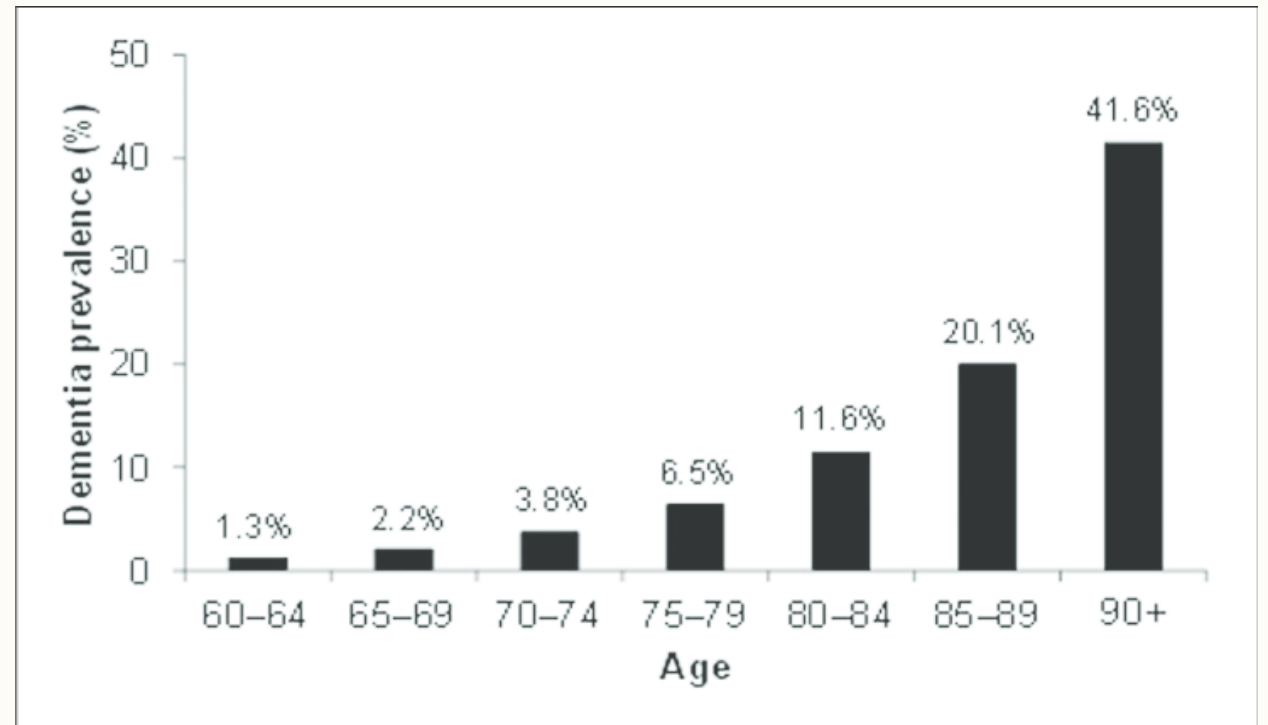
- Because we are all afraid of being demented or being the primary caregiver of one of our loved ones who has dementia



ALZHEIMER'S
IS FATAL

NO TREATMENT
NO CURE

The aging of the population poses many challenges to society
One of the challenges is dealing with the growing number of people living with dementia





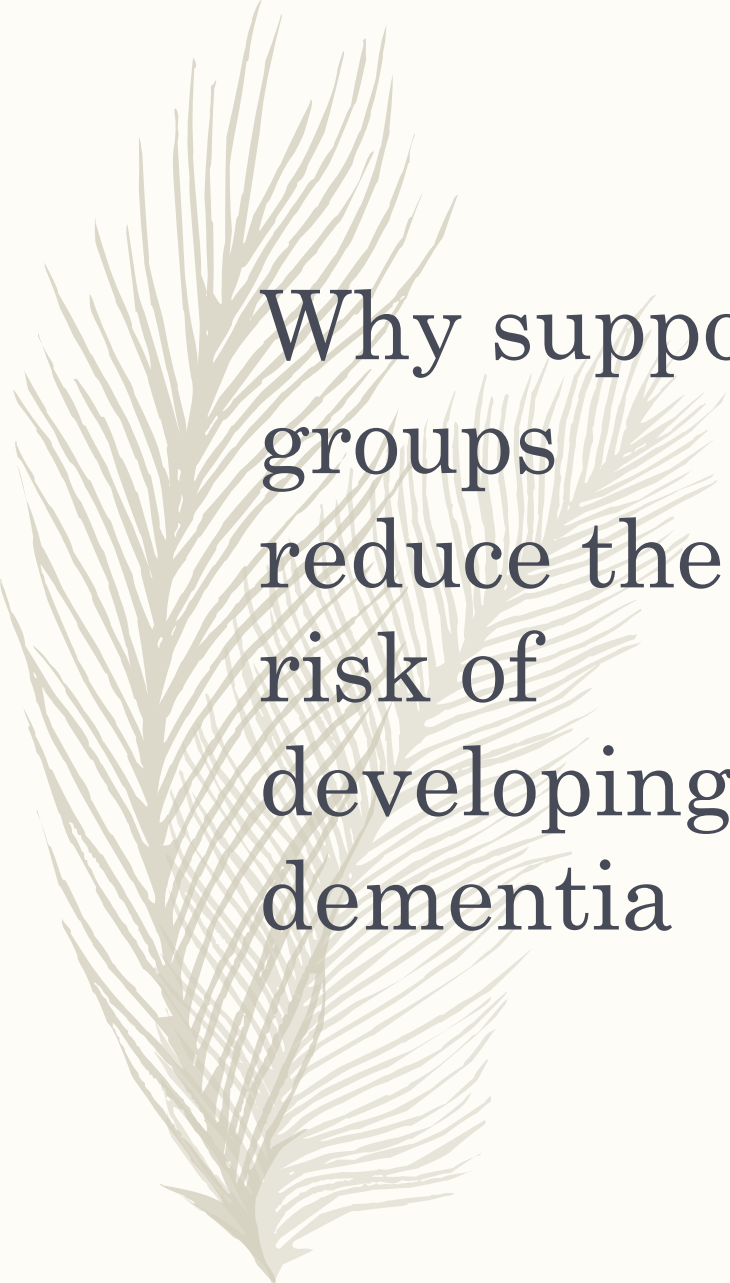
The extent to which dementia affects the primary caregiver

- The estimated number of dementia patients in Israel is about 150,000
- Recent epidemiological data show a 6-fold increase in the risk of dementia in spouses who treat people with dementia compared to those who do not.
- 18% of caregivers of spouses with dementia or Alzheimer's died before their care recipients, although the caregivers of spouses had a significantly lower risk of mortality compared with their husbands or wives with dementia or Alzheimer's.
- Studies have found that treating a person with dementia was an independent risk factor for mortality, with caregivers experiencing a 63% increase in risk of death over 4 years compared to non-caregivers.

EMDA



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- The Israeli Alzheimer association
 - The association runs a variety of projects and the goal of all of them is providing a quality of life for people with dementia and Alzheimer's and their caregiver.
 - One of the oldest projects on which most of the other projects are based is: Support groups for family caregivers .We have groups that meet face to face, groups that meet via zoom and hybridic groups (face to face and zoom).



Why support groups reduce the risk of developing dementia

- Today, the medical and research world maps the risk factors for dementia in two:
 1. Biomedical factors
 2. Psychosocial factors: **Loneliness**, meaning to life, **depression**, **stress** and lack of cognitive stimulation.
- The effects of being a family caregiver includes high rates of burden and psychological morbidity as well as social isolation, physical ill-health, and financial hardship.
- Numerous studies report that caring for a person with dementia is more stressful than caring for a person with a physical disability
- Psychosocial interventions have been demonstrated to reduce caregiver burden and depression .



Support groups

- support groups are a source of information, encouragement and inspiration
- caregivers are encouraged to discuss problems and frustrations, share positive experiences, and express their emotions, whether it be crying or laughing.
- group members often offer suggestions or solutions and share similar stories. It can be very comforting to learn that you are not alone in your experience. Some caregivers may prefer to listen rather than share their story, which is also fine.
- Guest speakers may occasionally speak to a group about legal issues or problem behaviors or new medications for dementia



**Support
groups =
risk
reduction
factor**

- Most caregivers find that the biggest benefit of attending a support group is sharing their story with people who “get it”, as well as receiving strong support and encouragement from other caregivers.
- That’s what make them risk reduction factor



What happened now in covid 19

- We have 50 support groups all around Israel that's meets when they can
- We did from March 2020 ,50 support groups via zoom
- We have hydridic groups



Thank you