



Dementia Forum X

A Global Action
on Dementia



15th of May 2019

The Royal Palace of Stockholm



Dementia Forum X

The third Dementia Forum X took place on May 15th, 2019, at the Royal Palace of Stockholm. We were humbled by the presence of more than a hundred and thirty of the world's leading business executives, policy-makers, and key stakeholders from the sectors of society, care, research, finance, and business. I am hopeful that the inspiring conversations which took place on the topics of Finance, Innovation and Women's Brain Health have helped lay the foundations of a dementia-ready future.

We would like to express our deepest thanks to Her Majesty Queen Silvia of Sweden for her support of Dementia Forum X since the start. We are extremely grateful that Her Majesty has generously offered the magnificent Royal Palace of Stockholm as a venue for the event, and for Her Majesty's personal commitment to improving the state of elderly and dementia care worldwide which is, undoubtedly, our fundamental ambition. In this spirit, I extend my gratitude and warm regards to Her Majesty Queen Sofia of Spain, and Her Royal Highness Princess Sofia of Sweden for their unwavering support as they graced the event for the second time since 2017. I am also sincerely thankful to Her Imperial Highness Princess Takamado of Japan and the First Ladies of Iceland Mrs. Eliza Reid and Chile Mrs. Cecilia Morel for honoring us with their presence.

Without the cooperation of our partners, Dementia Forum X would not be possible. The credit for its continued success goes to our collaboration partners Forte, Karolinska Institutet, Stiftelsen Silviahemmet, Svenskt Demenscentrum and Swedish Care International along with leading organizations AARP, Alzheimerfonden, Alzheimer's Disease International, Arjo, Biogen, BioArctic, Boklok, Dr. Åke Olsson Foundation, Global Alliance on Women's Brain

Health, Home Instead Senior Care, Otsuka, Skandia and Öhman.

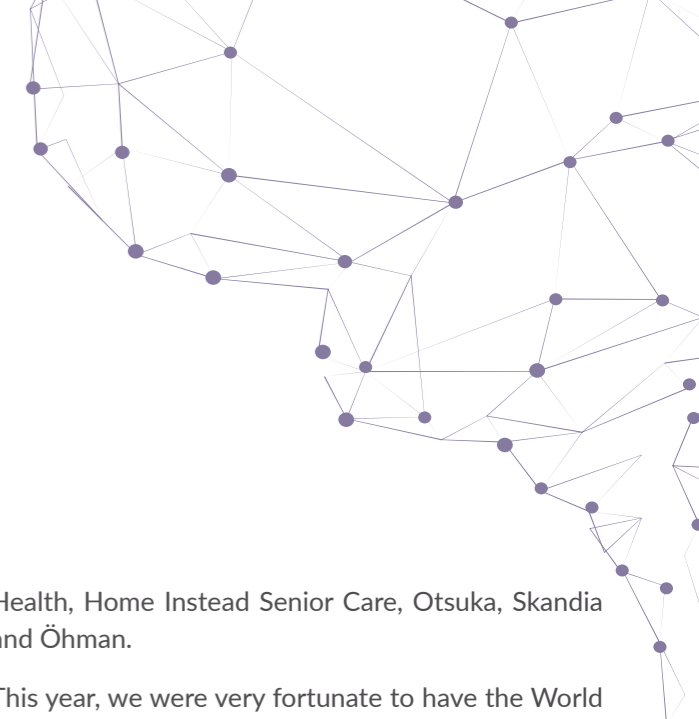
This year, we were very fortunate to have the World Health Organization launch their Global Guidelines for Dementia Risk Reduction at Dementia Forum X. Currently there is no cure for dementia, but addressing risk factors can slow its onset and progression. Thus these guidelines are essential in ensuring that we as a global society are prepared to address the challenges of the disease and take proactive measures to reduce the risk. You will find in this book a summary of the guidelines.

When we founded Dementia Forum X, our aim was to bring together representatives from different sectors and provide a medium for important dialogue around improving the lives of those with dementia, their families and caregivers. We are dedicated to achieving this goal and move a step closer to dementia-ready societies each year. I am eagerly anticipating the results of this year's meeting, and look forward to reviewing them with our partners during the Working Meeting in 2020.

Highlights from the event can be found in this book. We hope it serves as a tool for critical reflection and the basis for future work.

Thank you for your presence at Dementia Forum X. We look forward to welcoming you again in 2021.

*Dr. Karin Lind-Mörnesten, CEO of Forum for Elderly Care and Swedish Care International
klm@dementiaforumx.org*



About Dementia Forum X

With the purpose of promoting new ideas, collaborations, and increasing global awareness, Dementia Forum X brings together leading experts from different sectors to create a joint understanding of the global effects of dementia.

Since 2015, Dementia Forum X has been committed to providing a platform for important discussions around dementia and its challenges. It is held biennially under the patronage of Her Majesty Queen Silvia of Sweden at the Royal Palace of Stockholm. Founded by Forum for Elderly Care and Swedish Care International, it is organized in collaboration with Stiftelsen Silviahemmet, Forte, Karolinska Institutet, and Svenskt Demenscentrum.

This year at Dementia Forum X, we focused on three key areas: Finance, Innovation and Women's Brain Health. These topics were identified by our partners at the Working Meeting in 2018 and formed the basis of our conversations this year. As we know, dementia is a trillion dollar disease and most of these costs are borne by caregivers, especially informal caregivers. Research in this field also lacks adequate funding and we need to mobilize governments, civil societies and organizations to meet these financial requirements. Within Innovation, we discussed the need to increase collaboration and find new ways to address the needs of people with dementia and their caregivers. Finally, our focus on Women's Brain Health was an important reminder of the urgency to prioritize gender-specific dementia research because the research we have today paints a disproportionate picture of the disease's true impact on the lives of women.

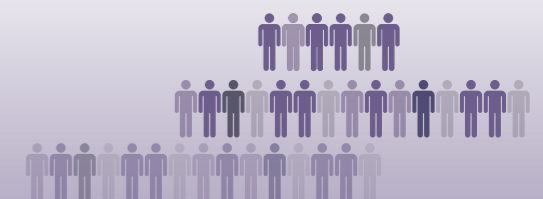
As opposed to a traditional conference, the aim of Dementia Forum X has always been to engage and involve all its participants, whether that is through stage contributions, interactive sessions or substantial networking opportunities. The day began in the Bernadotte Library with an opening address by HE Mrs. Lena Hallengren, Minister for Health and Social Affairs, Government of Sweden, who confirmed the Swedish government's commitment and action plan for improving dementia care. This year we are privileged to be the launching platform for the World Health Organization's Guidelines for Dementia Risk Reduction, an important step in enabling healthcare providers to optimize their resources and help societies reduce their risk of developing dementia.

One of the unique elements of this year's event was the open mic session where we heard from three lucky volunteers who provided unique perspectives to dementia challenges. Throughout the day we also heard from the First Ladies of Iceland, Mrs. Eliza Reid and Chile, Mrs. Cecilia Morel, who discussed their countries' responses to addressing the challenges of dementia. We had the opportunity to interact with ministers, heads of businesses and institutions, and other stakeholders within the field.

Interactive Sessions were held in Prince Bertil's apartment after lunch. Participants had the opportunity to interact with real-life examples and modern solutions related to dementia as well as to listen and take part in inspiring dialogues on related topics. The aim of these sessions was to inspire conversations and

new ideas. Later in the day, participants returned to the Bernadotte Library to take part in a dialogue about dementia-friendly communities. This was followed by a recap of the meeting's proceedings by Alzheimer's Disease International's Mrs. Paola Barbarino. HM Queen Silvia of Sweden concluded the day with her keynote address and presented Alzheimerfonden's research grants to this year's recipients.

After the meeting, participants were invited to the National Museum to join a guided dementia-friendly art walk featuring female artists. This was followed by dinner inspired by Professor Miia Kivipelto's research on dementia risk reduction and kindly sponsored by AARP. The theme of the dinner was *A Tribute to Women's Minds*.





Purpose

While the statistics look grim, there is hope. There are examples of successful interventions which ease the process of learning to live with dementia for both the people themselves and their caregivers.



Dementia is a trillion dollar disease. 80% of these costs are borne by caregivers.

As we gathered for the third time, it is important for us to ask ourselves why we continue to advocate for this disease. Our immediate response might be to focus on the economic costs. We know that dementia is a trillion dollar disease and that these costs are growing. On a larger scale, these costs are borne by entire countries as governments and healthcare systems must adapt to the needs of aging populations. What is worrying is that these costs are growing and most new cases of dementia will occur in low to middle-income countries where welfare organizations do not have the resources to tackle the challenges of the disease. On a smaller scale, the societal cost of dementia is tremendous. Businesses may not necessarily accommodate caregivers' requests to take time off from work, which can result in them leaving their jobs to become full-time caregivers. Social hierarchies are reimposed because it is often women who assume the traditional role of being care providers in both the formal and informal sectors. Above all, however, dementia disease brings unprecedented emotional costs. For a child, watching her grandfather's memory of them fade away can be very distressing. Having to care for a parent or spouse with younger onset dementia can be frustrating as seemingly regular tasks like brushing teeth and bathing become difficult.

While the statistics look grim, there is hope. There are examples of successful interventions which ease the process of learning to live with dementia for both the people themselves and their caregivers. Our understanding of the disease is also relatively new. The first case of Alzheimer's disease was only identified

as such in 1901. In comparison, the first documented case of chickenpox was in the 1600s and the vaccination was only made available in the 1900s. Therefore it is important that we remain optimistic in our pursuit towards a dementia-free society and before that a dementia-ready one.





Voices Heard

HM Queen Silvia of Sweden

“Dementia is one of the largest, most complex and challenging health issues facing humanity today. Therefore, it fills me with hope to see the commitment that exists for this cause.”



HE Mrs. Lena Hallengren

Minister of Health and Social Affairs,
Government of Sweden

“The aim of government policies for women and men with dementia should be for them to age safely, independently, and live an active lifestyle.”

HE Mrs. Lena Hallengren is currently the Minister of Social Affairs of the Swedish government. She is the former group leader and chairman of the Parliament's Education Committee. Minister Hallengren has also been Vice Chairman of the Social Committee and Chairman of the Traffic Committee, and a member of the Environment and Agriculture Committee and of the Climate Committee. She was the Minister of Preschool Education, Adult Education and Youth between 2002 and 2006.



WHO Guidelines

As part of their mandate to provide evidence-based guidance for a public health response, the World Health Organization launched guidelines for dementia risk reduction at Dementia Forum X 2019. The guidelines contain recommendations for diet, exercise, and other lifestyle factors which impact a person's likelihood of developing symptoms of dementia. The aim of these guidelines is to improve the lives of people with dementia, their caregivers and families, and to reduce the incidence rate of the disease.



Dr. Tedros Adhanom Ghebreyesus
Director-General, WHO

"These guidelines show that there are many things that we can all do to reduce the risk of dementia and cognitive decline later in life."

"We do not yet have a cure for dementia, that is why it is so important to take action to reduce the risk of dementia."



Dr. Dévora Kestel

Director of Mental Health and Substance Abuse, WHO

"A lot of the responsibility lies on governments and institutions to generate spaces so that we can live and promote healthy habits."

"Even the most advanced countries are not meeting the targets in (effective) interventions."

Dr. Dévora Kestel is the Director of Mental Health & Substance Abuse at the WHO. Prior to this, Dr. Kestel was the sub-regional Mental Health Advisor working at the OCPC as a Short-Term Professional in the preparation of the Caribbean technical cooperation program. She worked for 10 years in the mental health field in Italy as a mental health consultant (representing the Trieste CC) for WHO/EURO. She also worked as mental health officer for the WHO office in both Kosovo and Albania.

Prof. Ole Petter Ottersen

President, Karolinska Institutet

"These guidelines are a major step forward. It is an attempt to systematize risk factors and help healthcare providers give suggestions to patients and societies at large to reduce their risk of developing dementia."

"Dementia is not a disease. It is a societal challenge."

Prof. Ottersen took office as President of Karolinska Institutet on August 1, 2017 after having served eight years (2009-2017) as rector (President) of the University of Oslo (UiO). From 2002 to 2009, he was Director of Centre for Molecular Biology and Neuroscience - one of Norway's Centres of Excellence. He has served as Dean of Research at UiO's Faculty of Medicine (2000-2002) and as Head of the UiO's Department of Anatomy (1997-1999). In his period as rector, he led the Norwegian Association of Higher Education Institutions (2013- 2015) and NUS- Det nordiska universitetssamarbeidet (2013-2015). He has taught medical students since 1976.

RISK REDUCTION OF COGNITIVE DECLINE AND DEMENTIA



World Health Organization

WHO GUIDELINES

Physical activity interventions

Physical activity should be recommended to adults with normal cognition to reduce the risk of cognitive decline.

Quality of evidence: moderate

Strength of the recommendation: strong

Physical activity may be recommended to adults with mild cognitive impairment to reduce the risk of cognitive decline.

Quality of evidence: low

Strength of the recommendation: conditional

Tobacco cessation interventions

Interventions for tobacco cessation should be offered to adults who use tobacco since they may reduce the risk of cognitive decline and dementia in addition to other health benefits.

Quality of evidence: low

Strength of the recommendation: strong

Nutritional interventions

The Mediterranean-like diet may be recommended to adults with normal cognition and mild cognitive impairment to reduce the risk of cognitive decline and/or dementia.

Quality of evidence: moderate

Strength of the recommendation: conditional

A healthy, balanced diet should be recommended to all adults based on WHO recommendations on healthy diet.

Quality of evidence: low to high (for different dietary components)

Strength of the recommendation: conditional

Vitamins B and E, polyunsaturated fatty acids and multi-complex supplementation should not be recommended to reduce the risk of cognitive decline and/or dementia.

Quality of evidence: moderate

Strength of the recommendation: strong

Interventions for alcohol use disorder

Interventions aimed at reducing or ceasing hazardous and harmful drinking should be offered to adults with normal cognition and mild cognitive impairment to reduce the risk of cognitive decline and/or dementia in addition to other health benefits.

Quality of evidence: moderate (for observational evidence)

Strength of the recommendation: conditional

Cognitive interventions

Cognitive training may be offered to older adults with normal cognition and with mild cognitive impairment to reduce the risk of cognitive decline and/or dementia.

Quality of evidence: very low to low

Strength of the recommendation: conditional

Social activity

There is insufficient evidence for social activity and reduction of risk of cognitive decline/dementia.

Social participation and social support are strongly connected to good health and well-being throughout life and social inclusion should be supported over the life-course.

Weight management

Interventions for mid-life overweight and/or obesity may be offered to reduce the risk of cognitive decline and/or dementia.

Quality of evidence: low to moderate

Strength of the recommendation: conditional

Management of hypertension

Management of hypertension should be offered to adults with hypertension according to existing WHO guidelines.

Quality of evidence: low to high (for different interventions)

Strength of the recommendation: strong

Management of hypertension may be offered to adults with hypertension to reduce the risk of cognitive decline and/or dementia.

Quality of evidence: very low (in relation to dementia outcomes)

Strength of the recommendation: conditional

Management of diabetes mellitus

The management of diabetes in the form of medications and/or lifestyle interventions should be offered to adults with diabetes according to existing WHO guidelines.

Quality of evidence: very low to moderate (for different interventions)

Strength of the recommendation: strong

The management of diabetes may be offered to adults with diabetes to reduce the risk of cognitive decline and/or dementia.

Quality of evidence: very low

Strength of the recommendation: conditional

Management of dyslipidaemia

Management of dyslipidaemia at mid-life may be offered to reduce the risk of cognitive decline and dementia.

Quality of evidence: low

Strength of the recommendation: conditional

Management of depression

There is currently insufficient evidence to recommend the use of antidepressant medicines for reducing the risk of cognitive decline and/or dementia.

The management of depression in the form of antidepressants and/or psychological interventions should be provided to adults with depression according to existing WHO mhGAP guidelines.

Management of hearing loss

There is insufficient evidence to recommend use of hearing aids to reduce the risk of cognitive decline and/or dementia.

Screening followed by provision of hearing aids should be offered to older people for timely identification and management of hearing loss as recommended in the WHO ICOPE guidelines.



Stage Conversations

The global challenge of dementia is indeed a multifaceted issue, which requires a collective approach. The moderator of the event Mrs. Nisha Pillai interviewed representatives from the five sectors gathered at Dementia Forum X: research, care, society, finance and business, to introduce the complexities of the problem we are facing. Their voices have also pointed to pathways of advancing solutions in tackling the dementia challenge.



Interviews were lead by the moderator of the event – Mrs. Nisha Pillai

Mrs. Nisha Pillai is an accomplished former news presenter with BBC World News who now specializes in moderating Panel Discussions and High Level Dialogues. She has worked closely with several UN agencies, with scientific institutes such as CERN, and with industry events and conferences in the Finance, IT, and Energy sectors. Nisha has worked extensively in the Nordic region, including hosting an event for the Swedish government examining the health effects of cannabis and for the Swedish Society of Medicine on Global Health Trends.

Nisha's 25 year career at the BBC culminated as one of the main news anchors at BBC World News, where she reported extensively during the 9/11 attacks and the Iraq war. She was also one of the first regular interviewers on Hard Talk. As an award-winning investigative journalist at Panorama, the BBC's flagship current affairs programme, Nisha had notable investigations to her name. She was awarded the Royal Television Society's Award for her investigation into the late Robert Maxwell, which was broadcast a month before his death. Nisha studied economics at the London School of Economics and was a graduate trainee at Schrodgers.



Innovation as a Piece of the Puzzle

Minister Jim Daly
Minister of State for Mental Health and Older People, Government of Ireland

“This is innovation - what we are doing today, at Her Majesty's request and invitation. This is innovative by its very nature and we need so much more of this.”

“If we can pool our resources together, and better streamline our collaborative approaches, that could be very innovative.”

Jim Daly is an Irish politician who has served as Minister of State for Mental Health and Older People since June 2017. He has been a Teachta Dála (TD) for the Cork South-West constituency since 2011. He previously served as Chair of the Committee on Children and Youth Affairs from 2016 to 2017. Prior to being elected to the Dáil, he was a member of Cork County Council for the Skibbereen electoral area.

Mrs. Francesca Colombo
Head of the Health Division, OECD

“We have 20th century systems handling 21st century challenges... We cannot just care for the person with dementia, we need to take care of the person who takes care of the person with dementia.”

As Head of the OECD Health Division, Francesca Colombo, M.Sc., is responsible for OECD's work on health, which aims at providing internationally comparable data on health systems and applying economic analysis to health policies, advising policy makers, stakeholders and citizens on how to respond to demands for more and better health care. Mrs Colombo has over 20 years of experience leading international activities on health and health systems. She has led projects covering a wide range of topics, including quality of health care policies and health financing.



The Chilean Perspective

Mrs. Cecilia Morel
First Lady of Chile

“We might not yet have the knowledge to fully understand Alzheimer’s. But never, under any circumstances, should we forget that we are working with people. With people who could be our grandparents, parents, siblings, children and one day it might even be you or me.”

First Lady Cecilia Morel has been actively promoting the importance of a healthy lifestyle in Chile. Mrs. Morel led the creation of Fundación Chile Vive Sano (To Live Healthy), which contributed to the struggle against obesity and physical inactivity, two of the main risk factors to the health of Chile’s population. Mrs. Morel presides over the seven Foundations of the Presidency of the Republic and is instrumental in placing older persons on the political agenda in collaboration with the UN.



Finance in the Dementia Space

Mr. Harry Johns
President and CEO, Alzheimer’s Association

“There is a whole continuum which begins at diagnosis that makes a huge difference for people with dementia and their families.”

Harry Johns is the President and CEO of the Alzheimer’s Association. The Association has created and driven the public discussion about Alzheimer’s in America and has achieved significant public policy advances within dementia. Harry Johns was appointed by the Secretary of Health and Human Services to serve as a member of the Advisory Council on Alzheimer’s Research, Care, and Services from 2011-2017. Following the 2013 G8 Dementia Summit, he was named to the World Dementia Council, and in 2017, he was elected to a two-year term as its Chair.

Prof. Anders Wimo
Professor of Geriatrics, Karolinska Institutet

“Prevention takes time. The benefits of preventative measures on per case level may be small but the collective social impacts are enormous.”

Anders Wimo is a prominent researcher in Health Economics, elderly care and dementia care. He is an adjunct professor in Geriatric General Medicine at the Department of Neurobiology, Care Science and Society at Karolinska Institutet. Among his research, he has examined the risk factors for dementia disease and costs for care. He now participates in the Swedish National Project on Aging and Care (SNAC), with the goal to build a database for analysis of elderly care. Another branch of his research is pharmaceutical health economics studies for the treatment of dementia diseases.



Biking Across the Globe

Mr. Kristian Halfwordson, Adventurer, Bike for Dementia

Participants had the opportunity to meet Kristian via video link from his current location in southern Serbia as he continues his biking journey, traversing the world, and raising funds for dementia research.



In September of 2018, Kristian Halfwordson, a project manager at an insurance company in Stockholm, decided to quit his job to realize his life-long dream, riding a bike around the world for two years. The total distance is around 40,000 km. This project is initiated and organised in collaboration with Dementia Forum and the Swedish Alzheimer Foundation with a purpose of raising funds for dementia research and concurrently also increase people's awareness about dementia diseases.





#BeBrainPowerful

The #BeBrainPowerful campaign aims to create brain health heroes among women and was launched in the United States in November 2018 by USAgainstAlzheimer's and WomenAgainstAlzheimer's as part of their Campaign for Women's Brain Health.

As one of the themes for Dementia Forum X this year is Women's Brain Health, the purpose of this dialogue was to highlight the #BeBrainPowerful launch in Sweden, in combination with a conversation on the importance of highlighting the gender aspect within dementia care and research.

"Our children are watching us care for our partners and spouses and they are afraid for their futures. We need to assure them that there's nothing to be afraid of."

- Mrs. Meryl Comer

"It is so important to have this action plan. It takes 15-17 years to start implementing results but we can't wait so long. We need an urgent solution."

- Prof. Miia Kivipelto

"I want to challenge all of the businesses in Sweden, big ones and small ones, to start to normalize this discussion. It should be as normal to discuss as going to the gym, sleeping enough and eating healthy."

- Mrs. Anna Månströmer

"We need to build a movement like we have done in the past for AIDS and cancer. If you can empower women, you can change the face of this disease."

- Mrs. Sarah Lenz Lock



Contributors:

Meryl Comer is the Chair and Co-Founder of the Global Alliance on Women's Brain Health. She is also the Co-Principal Investigator for the PCORI Alzheimer's, Dementia, Patient & Caregiver Powered Research Network (funded by PCORI), a partnership between the Mayo Clinic, UCSF Brain Health Registry and UsAgainstAlzheimer's.

Miia Kivipelto is a professor at Karolinska Institutet and the Senior Geriatrician and Director of Research & Development of Theme Aging at Karolinska University Hospital, Stockholm. Professor Kivipelto is the principal investigator of the landmark FINGER trial, which is the first large-scale trial showing that multi-domain lifestyle-based interventions can reduce the risk of cognitive impairment among at-risk persons from the general population.

Anna Månströmer is the Head of Marketing and Communication at ASSA ABLOY Opening Solutions Sweden. She has extensive experience in corporate marketing and employee engagement within global A-list organizations. Anna is proud to be ASSA ABLOY's ambassador at Dementia Forum X, which is the first organization in Sweden to establish the launch of #BeBrainPowerful in the country.

Sarah Lenz Lock is the Senior Vice President for Policy in AARP's Policy, Research and International Affairs (PRI). She leads AARP's policy initiatives on brain health and care for people living with dementia, including serving as the Executive Director of the Global Council on Brain Health, an independent collaborative of scientists, doctors and policy experts convened by AARP to provide trusted information on brain health.



Dementia Forum X as an Export

A discussion with our partners in Japan and South Korea on the internationalization of Dementia Forum X, and the preparations ahead of their regional meetings in 2020.

“We are working on a project in collaboration with the Korean government and through Dementia Forum X we want to bring more advanced knowledge and practices to Korea.”

Mr. Sam Jeon, CEO, 5-BRAIN

“Dementia disease is too big to cover all at once which is why we need specific areas of focus. We are now getting into the digital age and there are several opportunities for using digital tools. We need this forum to share technology with more companies.”

Mr. Hiroshi Nishino, President and CEO, HI Initiative inc.

In 2014, Mr. Sam Jeon was diagnosed with serious memory impairment. Fortunately, rigorous brain training exercises helped him overcome his diagnosis and he was able to recover from the condition in less than 2 years. Inspired by this experience, Mr. Jeon wants to help others take preventative measures to manage or overcome their diagnoses. 5-BRAIN Co. Ltd. was established with a vision to make the world a better place for people with a diagnosis for brain-related diseases such as dementia.

Mr. Hiroshi Nishino is the President & CEO of HI Initiative Inc. and a Co-Founder of Digital Business Innovation Centre. Mr. Nishino founded Proseed Corporation in 1991 and has worked to implement a management framework into Japanese and global companies such as Microsoft and Apple, as well as government agencies.

Open Mic @ The Royal Palace

Participants were given the opportunity to apply for a three minute open mic session à la comedy club. Three lucky individuals were selected.

“When we look at how to make products in dementia care work well, we have to look beyond its function. We have to look at its design; how we can use color, contrast, and create better sound to reduce noise in the environment.”

Mr. Gang Zhang, Arjo

“The real question for policy makers is how are we going to deploy the things we already know.”

Prof. June Andrews, Sedaca

“One of the things that I’ve been missing in this discussion is the marketing part. We have so many great ideas and wonderful initiatives, but we need a very good buzz to help us win this fight that we are fighting together. If we don’t win the minds and hearts of the public we’re not going to win this battle.”

Mr. Ulrich Zerhusen, St. Anna-Stift



The RAND Conversations

“Before treatments are available we need to start planning now. Health systems need to be prepared and ready to act.”
 Ms. Elina Suzuki, M.Sc., Health Policy Analyst, OECD

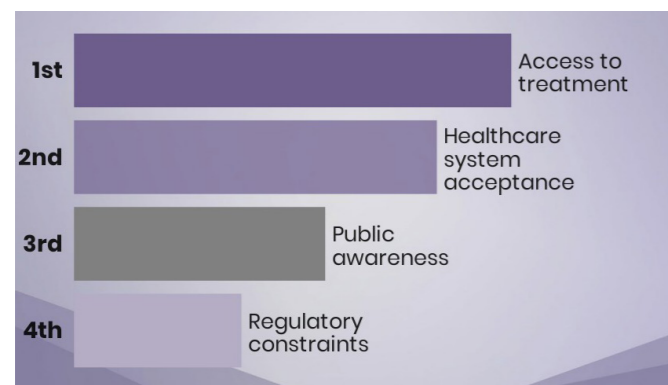
Contributors:
 Dr. Soeren Mattke, Senior Research Scientist, Director of the Center for Improving Chronic Illness Care, The RAND Corporation/USC
 Ms. Elina Suzuki, M.Sc., Health Policy Analyst, OECD
 Moderator: Mr. Christopher Lynch, Policy, Deputy CEO and Director of Policy, Communications & Publications, Alzheimer’s Disease International

A disease-modifying therapy for Alzheimer’s disease might become available within a few years. As this treatment will need to be used in the early stages of the disease to prevent the progression to manifest dementia, health systems worldwide face the challenge to identify, diagnose and treat patients in a timely manner. Approximately 90 million people may require evaluation for early indicators of dementia disease, and around 2.5 million will be treated in the U.S. alone. The purpose of this workshop was to discuss how to prepare health systems for the delivery of a disease modifying treatment.

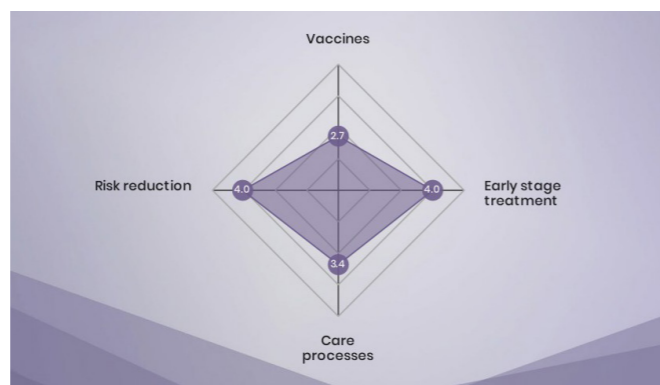
The RAND report “Assessing the Preparedness of the Health Care System Infrastructure in Six European Countries for an Alzheimer’s Treatment” was a basis for the discussion with lead author Dr. Soeren Mattke and Health Policy Analyst Ms. Elina Suzuki of the OECD. The goal was to encourage the participants to think beyond drug development and about how societies need to adapt health systems for faster implementation. The participants actively participated in the discussion by engaging with the speakers through the Mentimeter app.

Participants were asked:

What are the biggest challenges in implementing a disease-modifying treatment?



What is the most crucial development related to dementia treatment?



The RAND Corporation is a nonprofit, nonpartisan, research organization, that is committed to the interest of the public. RAND’s vision is “to be the world’s most trusted source for policy ideas and analysis”. RAND develops solutions to public policy challenges to help make communities throughout the world safer and more secure, healthier and more prosperous.



The Organisation for Economic Co-operation and Development was established in 1961 to build better policies for better lives. Their goal is to shape policies that foster prosperity, equality, opportunity and well-being for all. The OECD has almost 60 years of experience and insights to drawn upon to better prepare the world of tomorrow.



Alzheimer’s Disease International is the international federation of Alzheimer associations around the world, in official relations with the World Health Organization. ADI’s mission is “to strengthen and support Alzheimer associations, to raise awareness about dementia worldwide, to make dementia a global health priority, to empower people with dementia and their care partners, and to increase investment in dementia research.”





Dementia Adaptation in Practice

“What a great difference technology could make if we could help the elderly and prevent them from falling.”
 Mr. Mike Boyer, Vice President of International Operations, Home Instead Senior Care

Contributors:

- Mr. Francis Lacoste, Director, Village Landais
- Mrs. Britt Monti, Creative Leader, IKEA
- Mr. Eloy van Hal, Senior Advisor, Hogeweyk
- Moderator: Mike Boyer Vice President of International Operations, Home Instead Senior Care

To understand the unique needs of those living with dementia, a dialogue between Village Landais of France and Hogeweyk Village in The Netherlands, took place at this breakout session. Both organizations develop large-scale residential projects with dementia as the focal point.

In addition, the same issues were discussed from the perspectives of the world's largest home care provider, Home Instead Senior Care, and that of IKEA. Through its OMTÄNKSAM range, IKEA has developed home furnishings for those who require enhanced functionality and ergonomics in their everyday lives.



Home Instead Senior Care - Founded in 1994, Home Instead Senior Care is the largest senior care organization in the world. Their mission is to enhance the lives of aging adults and their families. The Home Instead Senior Care network includes more than 1,000 franchise offices in 12 global markets.



Hogeweyk is a specially designed village with 23 houses for the 152 guests living with dementia. The layout and design of the homes and surroundings is tailored towards the different lifestyles of its residents



The Village Landais Alzheimer offers person-centered and non-pharmacological approaches as support. All staff must be enthusiastic and have a good understanding of support needs, especially the importance of assessing the patients' remaining capacities to promote success.



IKEA is a Swedish-founded multinational group with a vision to create a better everyday life for everyone. IKEA's OMTÄNKSAM range is designed for people with extra support needs, including those with a dementia diagnosis.



Dementia Solutions and Tech

“By highlighting excellence in creative dementia tools, Dementia Forum X hopes to encourage other innovators to consider entering the market with even more solutions and applications.”

Mr. Ludvig Mörnsten, Deputy Managing Director, Swedish Care International



The aim was to create an interactive showcase where decision-makers would be able to see how technology could change how we look at dementia care. The companies selected to participate in this workshop are great examples of how technology can improve the quality of life for those living with dementia and as well as for the people caring for them. The participants of the Forum had the chance to try the different solutions as well as discuss the potential implementations and benefits directly with the companies.



Camanio Care is a robotics company which produces welfare technology for the healthcare sector. The technology is efficient and focused on helping people improve their quality of life.



Combinostics provides advanced tools for data-driven diagnostics, giving the physician a holistic view of all patient data. The technology extracts biomarkers from images, lab data, and cognitive tests and contrasts them with data gathered from previously diagnosed patients.



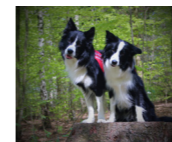
Sensara offers smart sensor technology solutions to support and enable senior citizens to maintain control of their lives in their own homes.” Sensara’s main objective is to provide freedom and independence.



Memocate of Finland offers digital training materials to support the treatment of patients with memory-related ailments. The online training platform provides operational models for challenging situations in care and emotional difficulties associated with caregiving.



NeuroHero's Speech and Language therapy apps provide rehabilitation and education for adults living with speech and language difficulties that often follow stroke, brain injury, dementia, aphasia, autism and a range of other conditions.



Øystein Johannessen and Silvia Certified Therapy Dogs Othello and Bellman have been specializing in animal assisted therapy in nursing homes since 2011. Johannessen is one of Scandinavia’s most avid ambassadors for the use of animals in the care of elderly and people living with Alzheimer’s.





Dementia-Friendly Communities

The purpose of this session was to explore the topic of dementia-friendly communities, a key issue discussed at the World Dementia Council meeting in London on December 6, 2018. The speakers shared their thoughts about the creation of such communities from a micro and macro perspective.



Ms. Jacqueline J.M. Hoogendam
Dementia Policy Coordinator, Ministry of Health,
Welfare and Sport, The Netherlands

“We have paid a lot of attention to adapting the indoor environment for people with dementia but not enough to the outdoors. We need to think about things like the pavement people walk on or the benches they sit on.”

Jacqueline Hoogendam started her professional career as a lawyer in the private sector. In 1994, she joined the Ministry of Justice in the Dutch government with a special responsibility on crime prevention and business ethics. After developing a chronic disease herself, she was offered a position at the Ministry of Health, Welfare and Sport in 2007. At the Department of Long Term Care she became responsible for dementia care. In the last few years, Ms. Hoogendam has expanded the responsibilities of this role to include dementia policy co-ordination for the entire Ministry on both a national and international level.

Mr. Ian Stuart
CEO, HSBC Bank UK

“I will not have people coming to ask for time off to go and care for a relative. If they don't know they can do that, we've failed them.”



Ian Stuart is the CEO of HSBC Bank UK and has over 35 years of experience in the banking industry across a number of financial institutions. In 2016, HSBC Bank UK launched a strategic partnership with Alzheimer's Society and Alzheimer Scotland, supporting the business and financial world to help create ground-breaking dementia friendly changes across the banking industry.

Mr. Lenny Shallcross
Executive Director, World Dementia Council

“Success is when someone in the future looks at a dementia-friendly society and says ‘that is so old fashioned’”

Lenny Shallcross, Executive Director of the World Dementia Council, which was founded as a result of Prime Minister David Cameron's challenge on dementia 2020. Prior to that he was Head of Community Engagement leading programmes across the UK to establish Dementia Friendly Communities. This includes the Dementia Friends programme which is the biggest health movement campaign in the UK.





Thoughts From the Day

Mrs. Eliza Reid First Lady of Iceland

“... Now very thankfully, dementia is nothing to be ashamed of. It is like getting anything else. People are more comfortable talking about it...”

“...In all seriousness, that is a huge achievement and extremely important...”

Eliza Jean Reid, the First Lady of Iceland, was born in 1976 in Ottawa, Canada. She moved to Iceland in 2003. Mrs. Reid holds an Honours Bachelor of Arts degree in international relations from Trinity College, University of Toronto, where she held the position of Head of College in her final year. She holds a Master of Studies degree in modern history from St. Antony's College, Oxford University. She speaks French and Icelandic.

This year's Dementia Forum X highlighted the importance of commitments and responsibilities; as well as the understanding of healthcare systems within the dementia sphere. Featuring Mrs. Paola Barbarino, CEO, Alzheimer's Disease International in a discussion with Mrs. Nisha Pillai, this session summarized Mrs. Barbarino's key takeaways by focusing on how countries are working to address the challenges of dementia.

COMMITMENTS

Two small but important political announcements were made at this year's Dementia Forum X. The first was made by HE Mrs. Lena Hallengren, Minister of Social Welfare and the Elderly in Sweden followed later by the First Lady of Chile, Mrs. Cecilia Morel.

Minister Hallengren spoke about new policies in Sweden for the national dementia registry as well as the implementation of daycare centers. Of particular significance is Hallengren's use of terms such as inclusion and participation in describing these policies, demonstrating that the government is intent on taking action within this area.

The First Lady of Chile announced an important change in the Chilean healthcare system. The

government will allow early-stage dementia patients to get access to welfare. While this might not be viewed as significant, by allowing patients in the early stage to get help could change the lives of many throughout the country. Chile is the only country in South America to have a national plan for addressing the challenges of dementia.

WHO RISK REDUCTION GUIDELINES

Mrs. Barbarino also narrowed on statements made during the WHO Risk Reduction Guidelines session. She found it particularly meaningful that the speakers communicated that the responsibility to disseminate the guidelines lies with governments as opposed to individuals

FINAL REMARKS

Mrs. Barbarino wrapped up the session with remarks on the need to remain optimistic in our journey towards dementia-ready societies. Instead of providing general interventions for all countries, she encourages the creation of national strategies that focus on specific societal resources and requirements. Only when these national needs are addressed, are we able to achieve the 'global' solutions that we are working towards.



“While we may feel that there is little cause for celebration, there are encouraging examples of the opposite; of developments that have been achieved through the uniting of minds – by coming together to make a difference.

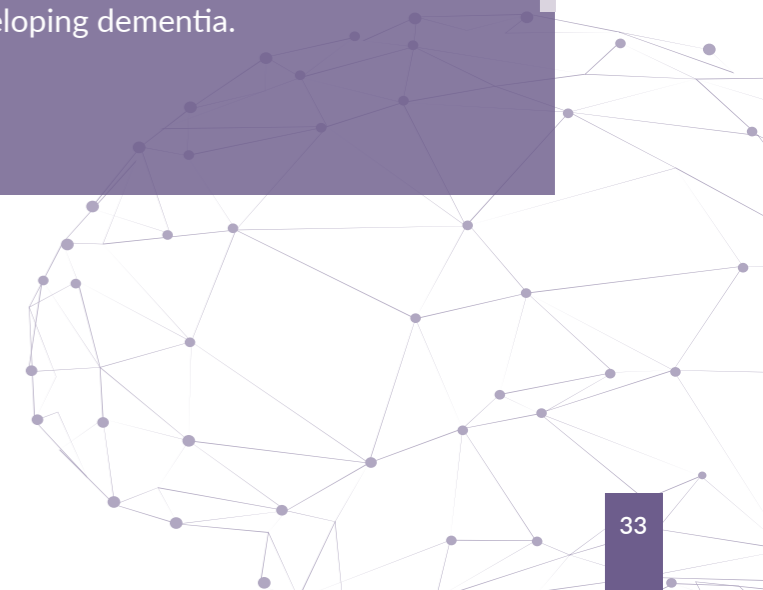
This meeting, Dementia Forum X, also has the ambition to serve as a platform for international collaboration and knowledge sharing which, to me, seems to be the only way forward to achieve lasting change.”

Her Majesty Queen Silvia of Sweden



Dinner at the National Museum

At the end of the program, a tour of the National Museum’s newly refurbished location was offered. The tour was conducted through the means of a dementia-friendly guided art walk featuring female artists. This was followed by dinner at the museum’s restaurant, courtesy of AARP. The theme of the dinner, titled A Tribute to Women’s Minds, was a continuation of one of the main topics of the event, Women’s Brain Health. The meal was inspired by the FINGER study which highlights the importance of diet as a preventative measure against developing dementia.



E-Learning and Other Projects

Queen Silvia Nursing Award

The Queen Silvia Nursing Award is a scholarship for nursing students in Sweden, Finland, Poland and Germany founded in 2013 as a gift to Her Majesty Queen Silvia of Sweden. The purpose of the scholarship is to provide nursing students with an opportunity to create something that goes beyond their already valuable work; to give them a platform on which to discuss, innovate and share their ideas and hopes for the future of the nursing profession.



Smartphone & tablet applications

Currently we offer three mobile applications, free of charge: Elderly Care, Dementia Support and Memory Box which are full of useful information for people affected by dementia and their caregivers. A new pre-diagnostic mobile application called Geras, presented at the second Dementia Forum X in 2017, will allow many to accelerate the diagnosis process in a more personalized, accurate, and easy to use format.



Memory Box!
<http://www.memoryboxapp.org>



Dementia Support
<http://www.dementiasupport.se>



Elderly Care
<http://www.elderlycareapp.com>



Available on iOS and Android

E-Learning

Swedish Care International is proud to introduce our new suite of e-learning courses, geared towards care professionals and organizations adjacent to the care industry. Our courses deliver a modern and highly engaging learning experience, making use of cutting edge trends such as micro-learning, gamification, adaptive learning, and interactive videos.

Education and training

Swedish Care International strives to make good elderly and dementia care based on Silviahemmet philosophy and the Swedish experience available internationally by offering a wide range of training programs and courses. The programs are directed towards nursing homes managers, nurses, doctors and care personal as well as personnel of private businesses. Feel free to contact info@sci.se for more information.

Thank You Note



Dementia Forum X has once again demonstrated that sharing experiences and ideas with a diverse group of stakeholders who are deeply engaged in this space has the power to initiate significant progress on our journey towards a dementia-free society. Your focus on collaboration, dialogue, and finding solutions have contributed to a truly inspiring and unique event.

Thanks to you, Dementia Forum X will continue to be an occasion where creative action on dementia is originated and advanced. May this meeting encourage you in your everyday work, so that the conversations and ideas become tangible projects and results.

Thank you for being part of Dementia Forum X!

All photographs by Yanan Li



Partners

Organised by:

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Partners:



Participant List

HM Queen Silvia of Sweden

HM Queen Sofia of Spain

HIH Princess Takamado of Japan

HRH Princess Sofia of Sweden

Mrs. Cecilia Morel, First Lady of Chile, Government of Chile

Mrs. Eliza Reid, First Lady of Iceland, Government of Iceland

HE Mrs. Lena, Hallengren, Minister of Health, Government of Sweden

HE Mr. Jim Daly, Minister of State for Mental Health and Older People, Government of Ireland

Minister Mrs. Anne Bramo, State Secretary, Ministry of Health and Care Services of Norway

Mrs. Akie Kimoto, Board Member and Operating Officer, Japan Swedish Care Institute

Mr. Alberto Carcámo, Cabinet Chief, Office of the President of Chile

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Mariama Samateh

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