Why is there a need to talk about dementia?

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Bulgaria is aging

- Bulgaria’s population is slightly more than 7 million
- 20% are aged 60 or older
- 18% are under 19 years of age

Графика: Национален статистически институт
What is the morbidity rate?

- Between 65 and 79 years old: 6% and 3%
- Between 80 and 95 years old: 20% and 30%
Taking care of the patient is very costly

- Taking care of a patient takes 15 hours a day on average

- An average of 267 lv. per month (from 0 to 800)

- There is one case of a disabled person taking care of a dementia patient in phase 3 all by himself

- 21% take care of the person with dementia on their own
- 50% take care of the person with dementia with the help of other household members
- 20% hire somebody to help
- 9% of the people with dementia do not need help
- 9% се грижат за болния сами
- 50% гледат болния с помощта на други хора от домакинството
- 20% наемат платена помощ
- 9% от болните не се нуждаят от помощ
Alzheimer’s leads to changes in family life

- 69% never go on vacation
- 48% don’t have time for friends
- 100% worry about their relative with dementia the whole time
- 53% don’t have any time for friends
- 63% have more conflicts in the family
- 82% don’t have any time for friends
- 88% don’t have time for themselves
- 69% never go on vacation
- 72%
- 100% worry about their relative with dementia the whole time
- 88% don’t have time for themselves

Никога не ходят на почивка
Се тревожат за собствената си безопасност и тази на семейството...
Постоянно се тревожат за болния
Семейството се е сплотило
Имат повече конфликти в семейството
Нямат време за приятели
Нямат време за семейството
Нямат време за себе си
Why does our organization exist?

• The health and social systems are not ready to handle dementia
• Limited access to health and social services
What kind of support do people with dementia and their families expect?

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reimbursement of paid help</td>
<td>97%</td>
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<tr>
<td>Reimbursement of medicine</td>
<td>100%</td>
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<tr>
<td>Specialized care centres for the last phase</td>
<td>97%</td>
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<tr>
<td>Specialized personnel for home care</td>
<td>91%</td>
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<tr>
<td>Day-care centers</td>
<td>100%</td>
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<tr>
<td>Mutual help groups</td>
<td>91%</td>
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<tr>
<td>Centres for information and consultation</td>
<td>100%</td>
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</tbody>
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Families with patients suggest:

- Psychologists and psychotherapists for the patient, as well as for the care-givers.
- That general practitioners be more interested and show a better attitude.
- Better informed and more competent general practitioners.
- Specialized website with a forum for sharing experience and problems with professionals and relatives of dementia patients.
What families expect from the health and social systems

- **Better efficacy** – Early diagnosis and treatment
- **Higher quality of life for people with dementia and their relatives**
Meetings
A care-giver shared with us...

“Nothing can give us back the life we used to have but, still, everybody deserves a dignified existence.”

Sociological research by Alzheimer Bulgaria, 2012
Thank you for listening!

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