



Gut leben mit **DEMENZ**

Eine Strategie im Auftrag des Sozialministeriums
und des Bundesministeriums für Gesundheit



Living well with Dementia The Austrian Dementia Strategy

The Austrian Dementia Strategy „**Living well with dementia**“ provides a framework of objectives and recommendations for taking action to improve the lives of people with dementia as well as their families and carers.

In six working groups, persons with dementia, (political) decision makers as well as experts developed objectives and recommendations for action. The work process took place between March and October 2015 and comprised 18 workshops (3 per working group). Results were presented in a report, which underwent a comprehensive online consultation process. About 600 responses from all relevant stakeholders contributed to the further development of the strategy.

The Dementia Strategy concerns:

- people with dementia,
- informal and formal carers
- health care and social care professionals and service providers,
- the public,
- and (political) decision makers on national and regional level.

Objectives and recommendations

The Strategy aims at creating a system in which people affected by dementia and their carers

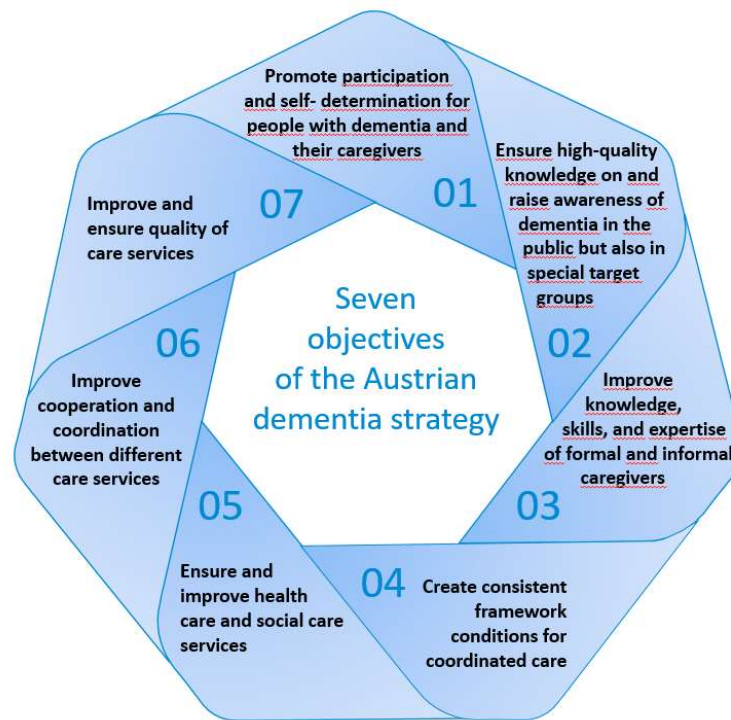
- live in a community that promotes participation and autonomy to the greatest possible extent,
- get the information they need as early as possible,
- know where to go for help and which services are available,
- get high-quality care irrespectively of their place of residence
- and are actively involved in decisions about their care.

The Strategy intends to assist everyone in the community to develop a better understanding of dementia and to defeat the stigma attached to it.

Another key message of the strategy is the need for better education and training of professionals.

Success of the Strategy will depend on the commitment of (political (decision) makers as well as service providers to work together to coordinate and provide (specific) services tailored to the needs of people with dementia and their caregivers.

The Austrian Dementia Strategy lists seven objectives.



| Objectives | Outcomes and recommendations |
|---|---|
| <p>1. Promote participation and self-determination/ autonomy for people with dementia and their caregivers</p> | <p>The public and the professionals should become more aware of dementia and should better understand dementia, which can be achieved by</p> <ul style="list-style-type: none"> - removing the stigma of dementia in the communities, - creating a dementia-sensitive living environment (e.g. checklist for communities, improving technology and close-to-home services), <p>People with dementia should be able to participate in social and community life, which can be achieved by</p> <ul style="list-style-type: none"> - improving community support services, - improving and promote self-determination by supporting self-help groups and support networks in the community, by involving people with dementia in planning their care (advance care planning) and by ensuring legal representation - if necessary, - involving people with dementia in applied research. |
| <p>2. Ensure high-quality knowledge on and raise awareness of dementia in the public but also in special target groups</p> | <p>People with dementia, their caregivers and the public should have access to good-quality information on dementia and relevant services through</p> <ul style="list-style-type: none"> - broad information and media campaigns, - supplementary information for special target groups, - easily accessible information on diagnosis and care services, - the development of a code of good practice for media information. |

| Objectives | Outcomes and recommendations |
|--|---|
| 3. Improve knowledge, skills, and expertise of formal and informal caregivers | <p>All health care and social care staff as well as informal caregivers should acquire the necessary skills to give the best care to people with dementia. This can be achieved by</p> <ul style="list-style-type: none"> - providing the appropriate training and - supporting the caregivers to keep on learning about dementia. |
| 4. Create consistent framework conditions for coordinated care | <p>(Political) decision makers as well as health care and social care service providers should cooperate in developing systems of coordinated services, by</p> <ul style="list-style-type: none"> - establishing a cooperation between the health and the social sector on national and regional level, - developing quality standards, - creating a platform for all stakeholders to plan and work together in a coordinated way. |
| 5. Ensure and improve health care and social care services | <p>All people with dementia should have access to the support and care they need. This can be achieved by</p> <ul style="list-style-type: none"> - ensuring integrated care by multi-professional teams on a local basis with treatment, care, and support as needed after the diagnosis, esp. mobile support services for people living at home, intermediate care, and residents with dementia in nursing homes, - improving the quality of care for people with dementia in general hospitals. |
| 6. Improve cooperation and coordination between different care services | <p>All people with dementia and their families should have access to near- to-home contact points and drop-in centres where multi-professional teams give information, provide services for early diagnosis and support, and coordinate care according to the specific needs of the person affected.</p> |
| 7. Improve and ensure quality of care by research on dementia | <p>A clear picture of the research on the causes of dementia and the needs of people with dementia will be provided by</p> <ul style="list-style-type: none"> - communicating the recent state of research on dementia, - identifying the gaps in information and data, - undertaking coordinated research to close the gaps, and - disseminating the findings to (political) decision makers, the public and people with dementia. |

More information: www.demenzstrategie.at