



## Free Papers Presentation

# Awareness, Prevention and Early Detection of Cognitive Impairment (APEC) 先知先覺 智樂計劃

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### Introduction:

Senior population and number of people suffering from dementia in Hong Kong is steadily rising each year. It is estimated that about 10% of the seniors in Hong Kong aged 65 and above are suffering from various kinds of dementia. Dementia is a debilitating disease affecting a person cognitively, physically and psychologically. Early detection and intervention will effectively delay the progression of the disease and enhances the quality of life of the sufferers and their caregivers.

The Simon KY Lee Fund for the elderly has funded 3 organizations to implement the APEC project in different districts in Hong Kong from July, 2008 to Dec, 2009.

### Purpose of the Project:

1. To identify potential sufferers of Mild Cognitive Impairment (MCI) and dementia.
2. To engage local people in the screening exercise and promote the culture of mutual care in local community.
3. To build up a network system in the community for early detection, intervention and referral of resources.
4. To enhance the awareness and basic knowledge on MCI and dementia.

### Material & Methods:

Services will be provided in 3 levels:

Level	Material and Methods
Individual	<ul style="list-style-type: none"> <li>• Screening test Including: Clock drawing, 3 things recall, Category verbal fluency test, subjective memory complaint evaluation, GDS-4, Lawton IADL assessment;</li> <li>• Intervention programs, such as referral to memory clinic, memory training groups, reminiscence groups etc</li> </ul>
Family	<ul style="list-style-type: none"> <li>• Educational activities, caregivers support groups, family-based counseling service, etc.</li> </ul>
Community	<ul style="list-style-type: none"> <li>• Training for volunteers recruited within the local community.</li> <li>• Build up community support network among NGOs, public and private medical sectors, schools and churches.</li> <li>• Educational activities such as talks, road show, health check, inter-generation program etc.</li> </ul>

### Results:

As at March, 2009, we have run the project for 9 months, among the different districts, we have served:

- Over 1000 seniors were screened while around 300 have received different kinds of follow up service;
- Over 7500 caregivers or community people have joined our educational activities;
- Over 200 local volunteers were trained. They have been actively participating in the screening test and educational activities. Their awareness and knowledge on MCI and dementia have been raised a lot.
- Different service support networks have been built within different districts. These networks have exerted their function to identify, serve and support the people with MCI and dementia.

### Conclusions:

This is only the half way of the APEC Project, we have confidence that we can make a difference. We can make the community better and healthier to live.