



A Model of Dementia Friendly Community in Tsuen Wan

Dr. David DAI, JP

Consultant Geriatrician, Prince of Wales Hospital

Vice-chairman, Hong Kong Alzheimer's Disease Association

11th July, 2015





Dementia – A Public Health Challenge

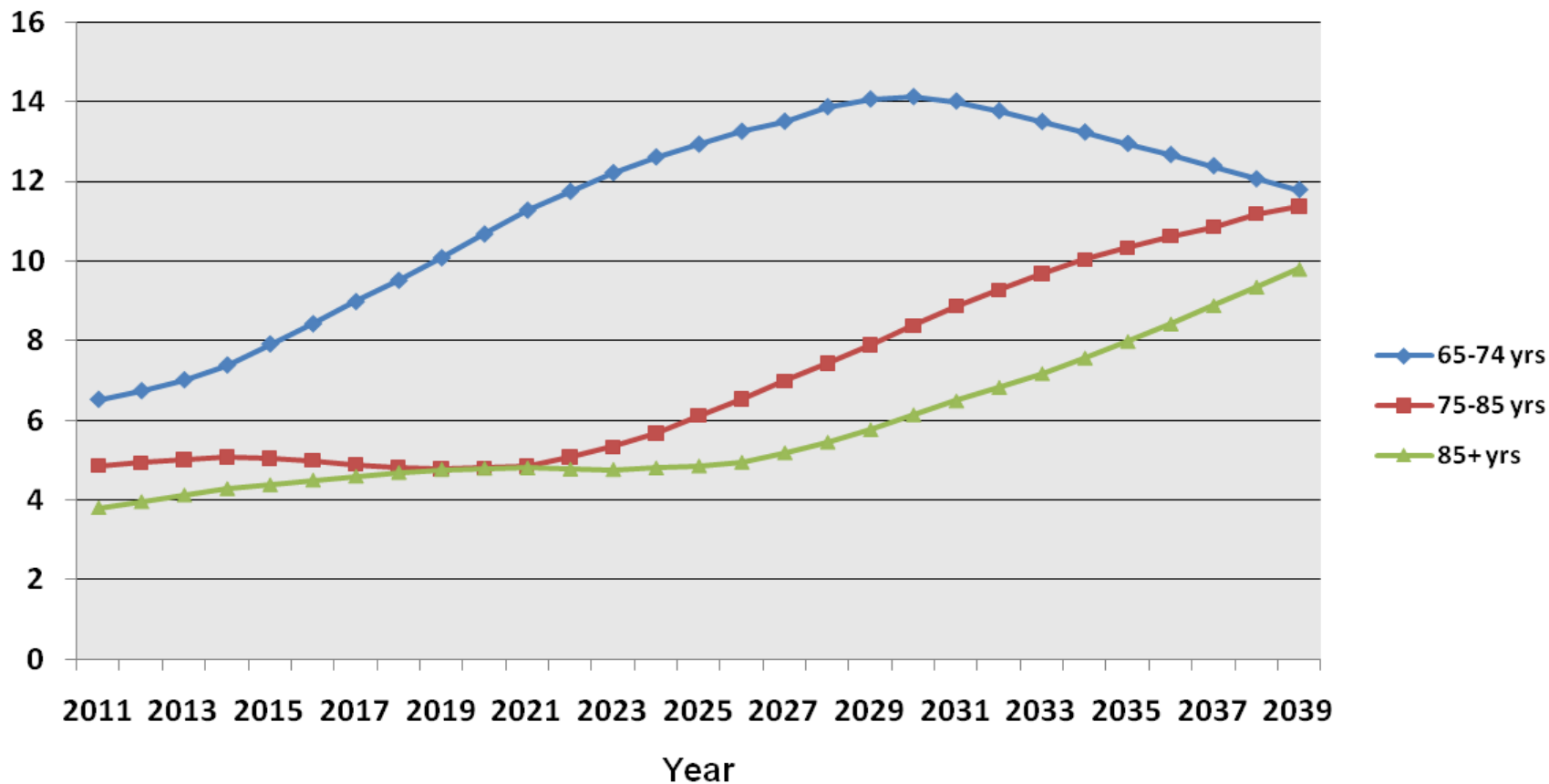
- Dementia is one of the greatest health challenges
 - **One case** is newly diagnosed in **every four seconds** over the world (WHO, 2012)
- The prevalence of dementia is predicted grow exponentially in the near future
 - The number of people with dementia in Hong Kong is **over 100,000**
 - It is expected to triple to **>332,000** in less than 30 years
- The disease is under-diagnosed worldwide
 - **90%** people with different levels of dementia are still hidden in the community without support and intervention
 - Lack of awareness, misunderstanding of dementia and stigma/fear associated with dementia





Hong Kong – Ageing of the Aged

% of whole population



Source : Hong Kong Census & Statistics Department: <http://www.censtatd.gov.hk>





Dementia Friendly – Tsuen Wan





荃灣長者人口

	2015	2021	2030
總人口	307,800	311,200	329,822
60-69	33,000	43,000	47,448
70+	32,100	41,300	60,648
認知障礙症患者數目*	5,455	7,064	9,058

•按患病率 8.38% 推算:-

1. Yu, R., et al. (2012). International Journal of Alzheimer's Disease. doi:10.1155/2012/406852
2. Census and Statistics Department of Hong Kong Special Administrative Region. Hong Kong Statistics – Population by Age Group and Sex. Retrieved August 29, 2014, from <http://www.censtatd.gov.hk/showtableexcel2.jsp?tableID=002>.

資料來源：

1. Planning Department http://www.pland.gov.hk/pland_tc/info_serv/statistic/wgpd13.html
2. Census and Statistic Department <http://www.statistics.gov.hk/pub/B1120015052012XXXXBo100.pdf>

Dementia Friendly Community

Alzheimer's Society of UK

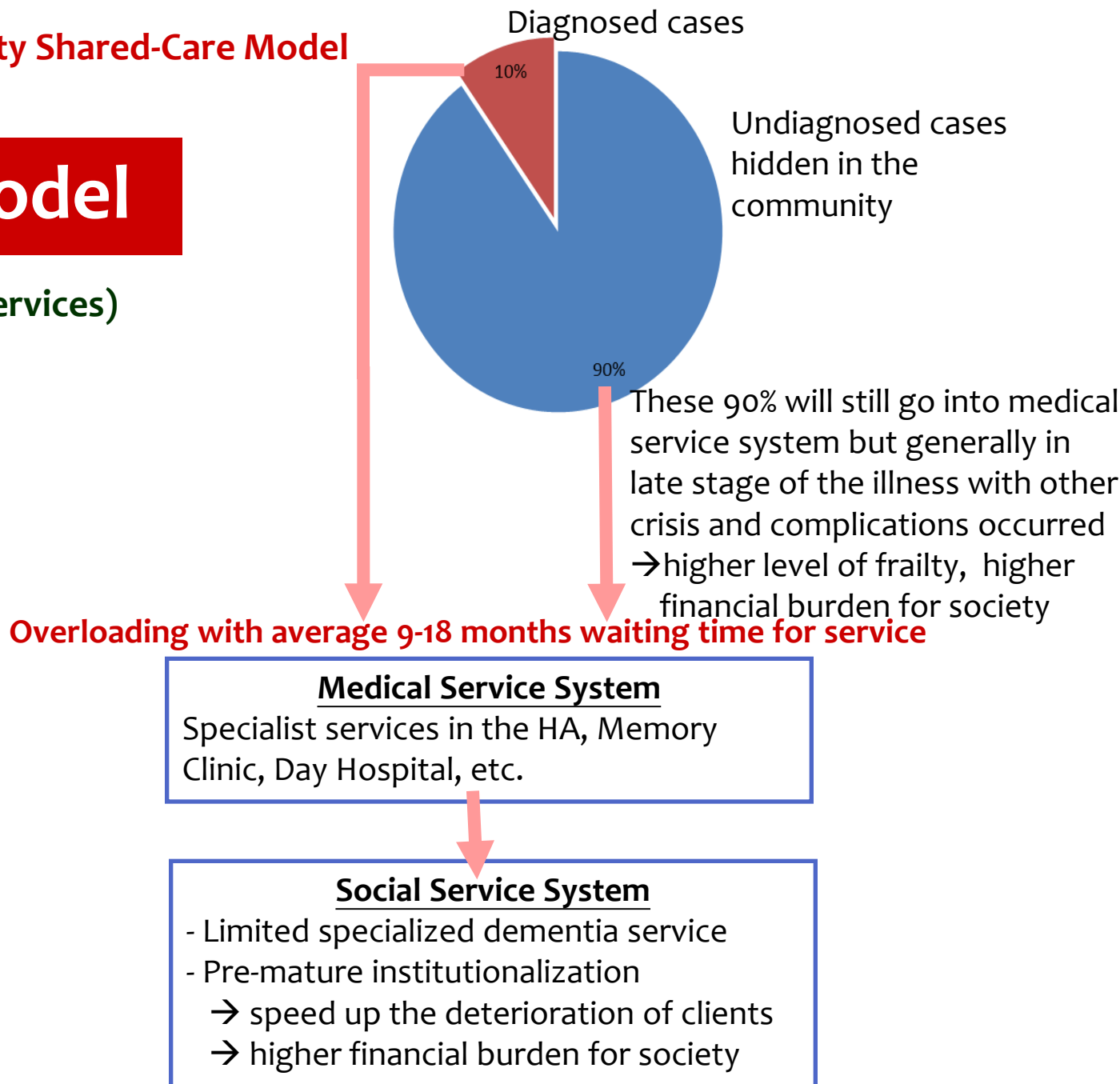
- 1) Involvement of PWD
- 2) **Challenges stigma and building understanding**
- 3) Accessible community activities
- 4) Acknowledge potential
- 5) **Ensure early diagnosis**
- 6) **Practical support to enable engagement in community life**
- 7) **Community-based solutions**
- 8) Consistent and reliable travel options
- 9) Easy to navigate environments
- 10) Respectful and responsive business and services



A District-based Community Shared-Care Model for Dementia

Existing Care Model

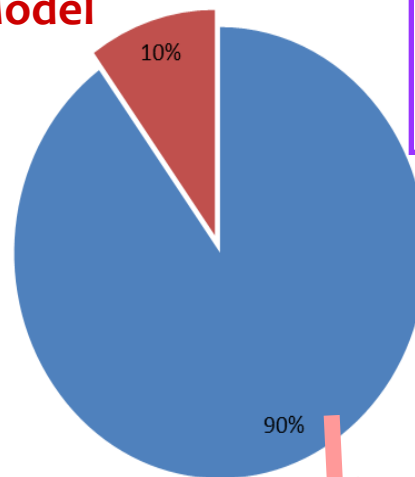
(Separated medical and social services)





A District-based Community Shared-Care Model for Dementia

District-based Community Shared-Care Model



Education to enhance professional and non-professional skills and awareness

Medical Service System
Specialist services in the HA, Memory Clinic, Day Hospital, etc.

Early Detected by caregivers, public service staff, NGO staff, etc.

Referral when only necessary

Early Diagnosis by community service units and GPs

Social Service System
- Institutionalization only when intensive nursing care needed

Early Intervention, advance care planning and caregiver support by community service units and GPs





A District-based Community Shared-Care Model for Dementia

All rights reserved © by Hong Kong Alzheimer's Disease Association, 2015



Education and Early Detection

Early Diagnosis

Early Intervention, advance Care Planning & caregiver support





Education and Early Detection

Advanced GP Training

i.e. GPs in private practice

Advanced clinical skills sharing and Case Conference



Expertise Consultation



Building Competency and ongoing expertise support

Public Education

i.e. General public, people who need to take care elders in the family

Public Talks
Educational Cue Cards



Awareness and understanding increased
Early symptoms detection increased

Service Industries Staff Education

i.e. Property Management of Housing Estate and shopping center, public transport

Staff Training
Educational Cue Cards



Awareness and understanding increased
Early symptoms detection increased

NGOs Staff Education

i.e. staff of DECC, Day Care Centers

Series of Staff Workshop
In-depth skills sharing



- capacity built to prepare service replication after this pilot project
- encourage being trained as Certified Dementia Care Planner (CDCP)

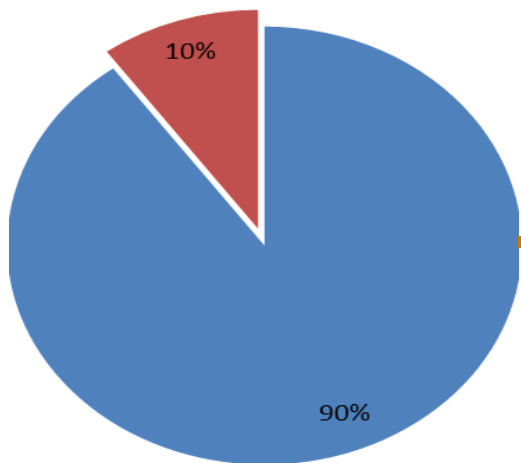




Early Diagnosis

Increased Education and
Early Detection in the
Community

Cases seek for early
diagnosis increased



Pre-diagnostic Assessment through
Early Detection Service

Clients suspected as dementia
according to assessment result

Diagnostic Process by trained GPs:

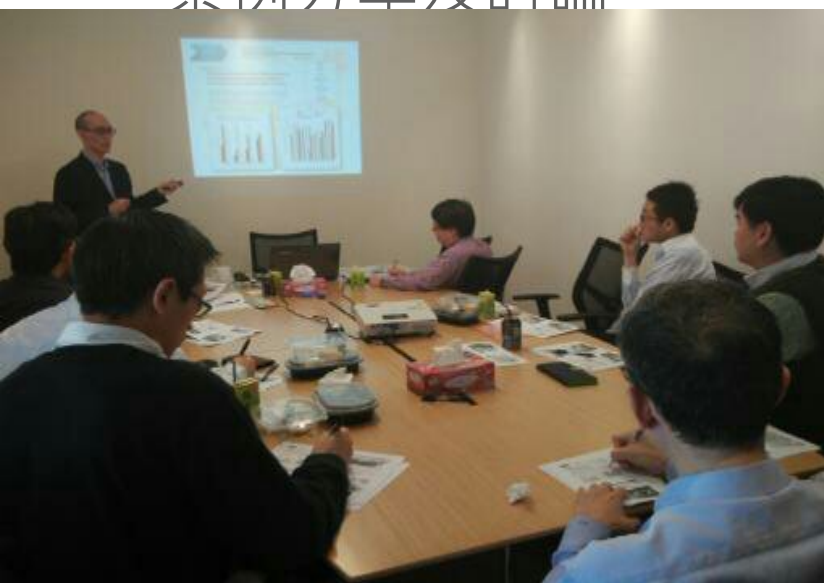
- GPs implement medical and clinical investigation
- Integrated with the pre-diagnostic assessment results (EDS)
- Confirm diagnosis and start medical treatment
- Only complicated case will be referred to HA for specialist management





認知障礙症持續醫學進修課程

- 10位基層醫療及家庭醫生
- 18小時訓練
 - 評估、診斷及治療
 - 案例分享及討論





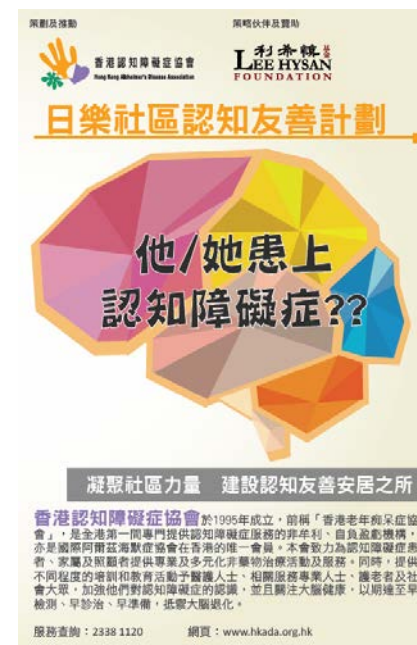
社區守護員教育講座 --- 服務業從業員及地區人士



對象: 540位經常接觸公眾的服務業從業員及地區工作者，如

- 物業管理人員
- 商店服務員
- 公共交通司機
- 議員助理及地區工作者

教育小冊子





社區守護員教育講座 --- 服務業從業員及地區人士

53位物業管理及長者服務人員、議員助理及地區工作者已率先參與講座，成為認知障礙症社區守護員





公眾教育講座



對象: 1,350位長者、
照顧者及社區人士

認識認知障礙症

早檢測 早診治



150位長者、照顧者及社區
人士已參與有關教育講座



Certified Dementia Care Planner (CDCP)

- 4 modules with total of 80 training hours
 - Be competent in **assessment**, **care planning** and **management**
 - **Support family caregivers** in the caring journey
 - Guide the families through the **advance care planning**
 - **Co-ordinate community resources** for better care in community

Module 1	Essentials for understanding dementia
Module 2	Getting prepared: pre-diagnostic social cognitive assessment and caregiver needs appraisal
Module 3	Care planning and management: counselling and caregiver support
Module 4	Advance care management





Early Intervention

- Pharmacological Intervention by GP
- Empower Caregivers by support services
- Advance Care planning
- Non-pharmacological intervention by Specialized Day Care Service by HKADA
- Regular Progress Review and update the care plan





Caregiver Support

- Individual Advance Care Planning
- Caring Skills Training
- Caregiver Mutual Support Group
- Counseling and Consultation





香港認知障礙症協會

Hong Kong Alzheimer's Disease Association

日樂社區認知友善計劃

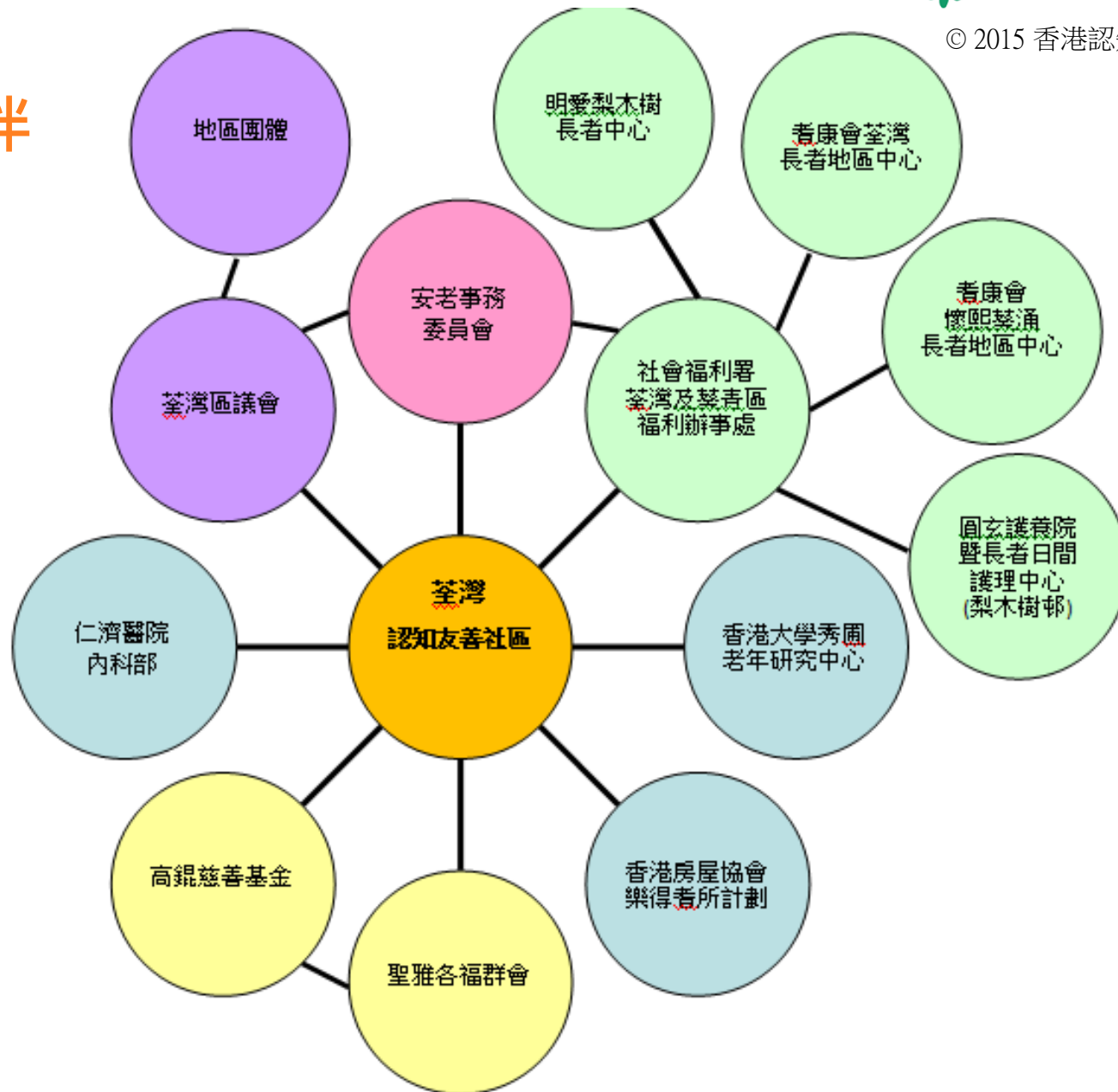
縮短確診期至3個月
把握治療黃金期

凝聚力量 建設認知友善社區



我們的伙伴

策略伙伴及贊助





Enhancing Dementia Care through Primary Care, Capacity Building and Medical-Social-Collaboration
in a District Based
Dementia Friendly Community Model (2015)

Stage of dementia	Early (1-3 yrs)	Moderate (3-7 yrs)	Advanced (7-10 yrs)
Care level	Primary ←		Specialized
Strategy	Early diagnosis of established dementia	Stabilize symptoms and maintain at home	Person centered / holistic care
Medical-Social-Collaboration Model	<p>Panel of community doctors and family doctors completed 18 hours of training</p> <p>Public education</p> <ul style="list-style-type: none"> - NGO - District council - Schools - Shops - Estates - Transport - Police <p>Early diagnosis & treatment</p> <ul style="list-style-type: none"> - Referred by EDS, NGO's, family - Regular elder patients - Assessment/lx - Diagnosis and disclosure 	<p>Community support</p> <p>Dementia Daycare, (NGO, self financing centers), DECC, NEC with dementia programs</p> <p>Advance care planning</p> <p>Home care</p>	<p>CGAT PGT → VMO</p> <p>Prepare for residential care EOL/QOL/QOC</p> <p>Family meetings, applied mediation</p>
Care setting	Home and community (80%)		Residential (20%)



日樂社區認知友善計劃

長者社區照顧及支援服務單位

- 長者地區中心DECC
- 長者鄰舍中心NEC
- 改善家居照顧
- 綜合家居照顧
- 日間護理中心

按日常接觸及提供服務時，
篩選出現徵狀的長者作初步檢測，
轉介疑似患者接受進一步詳細評估

保持緊密聯系和合作，
提供地區支援及個案
照顧方案

認知障礙症 服務中心 (非政府機構/自負盈虧中心)

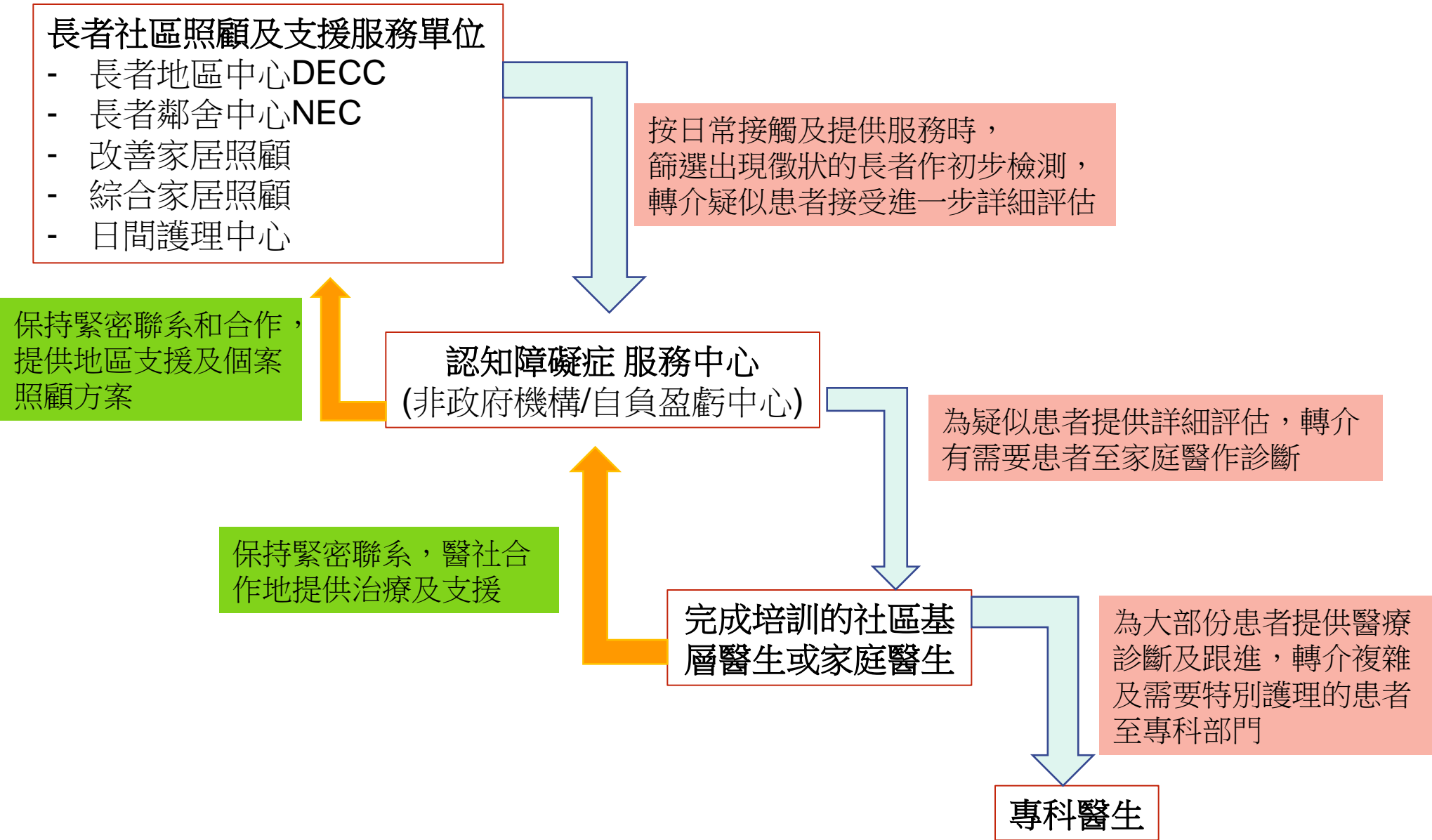
為疑似患者提供詳細評估，轉介
有需要患者至家庭醫作診斷

保持緊密聯系，醫社合
作地提供治療及支援

完成培訓的社區基 層醫生或家庭醫生

為大部份患者提供醫療
診斷及跟進，轉介複雜
及需要特別護理的患者
至專科部門

專科醫生





「居所就老」成就「老就所居」
(Age Friendly Community contributes to Ageing in Place)