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People with dementia in Schleswig-Holstein

- 2,83 Million Citizens
- 57.600 people living with dementia
- 8,5% of the population (> 65 years)

Background information

- Model project of the Alzheimer Association Schleswig Holstein e.V.
- Partly financed by the Federal Ministry of Social Affairs, Health, Youth and Senior Citizens Schleswig-Holstein and the care insurance companies
- First launch: March 2011
- New funding period until 2022 (Kompetenzzentrum Demenz 2.1)
- 8 permanent (mostly part-time) employee, plus several freelancers

Aim: Improving the care structures for people with dementia and their families in the state of Schleswig-Holstein.

Activities:

- Spread of knowledge, competence & information in the field of dementia,
- Support, training and advice of professionals and volunteers,
- Coordination and support of activities in the field of dementia,
- Development of dementia friendly networks and structures,
- Development and implementation of innovative projects,
- Consultation and support for the design of the housing environment,
- Raising public awareness,
- Quality assurance of existing support and care structures.

Selected Projects

Farms as a place for people with dementia

- Coordination:** Competence Center Dementia Schleswig-Holstein and Agriculture Chamber Schleswig-Holstein
- Scientific Monitoring:** University of Bremen
- Additional funding 2015-2017:** "Local Alliances for people with dementia" German Federal Ministry for Family Affairs, Senior Citizens, Women and Youth

Current Activities

- Information seminars and coaching for interested and active farmers
- Training seminars about dementia for farmers and volunteers
- Currently 4 registered farm projects (24 received coaching; 3 about to start)
- Weekly outpatient care support groups for people with dementia
- Daytrips for people living with dementia who live in nursing homes
- Dementia friendly cafés on farms

Experiences so far

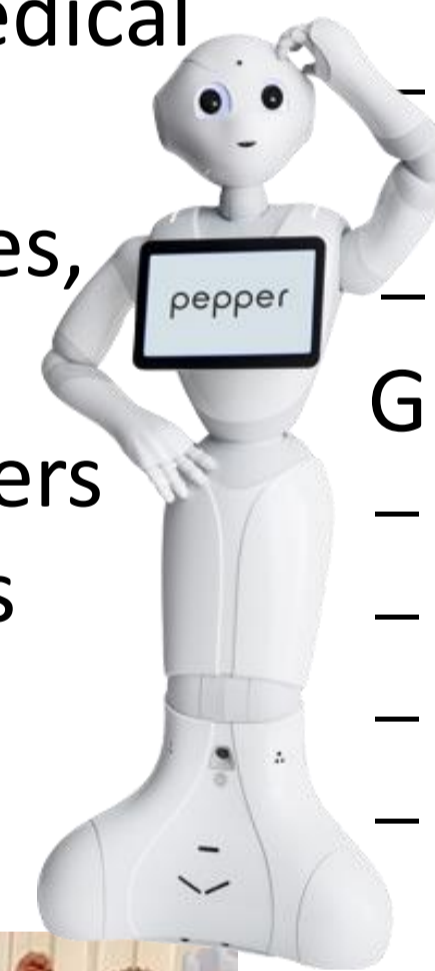
- Positive Feedback from people living with dementia, caregivers and professionals
- Public interest (TV, radio)
- Need of support on the farmer's side (e.g.):
 - Suitable activities
 - Remuneration
 - Insurance cover
- Transportation is a problem in rural areas
- Innovative projects need time to be established



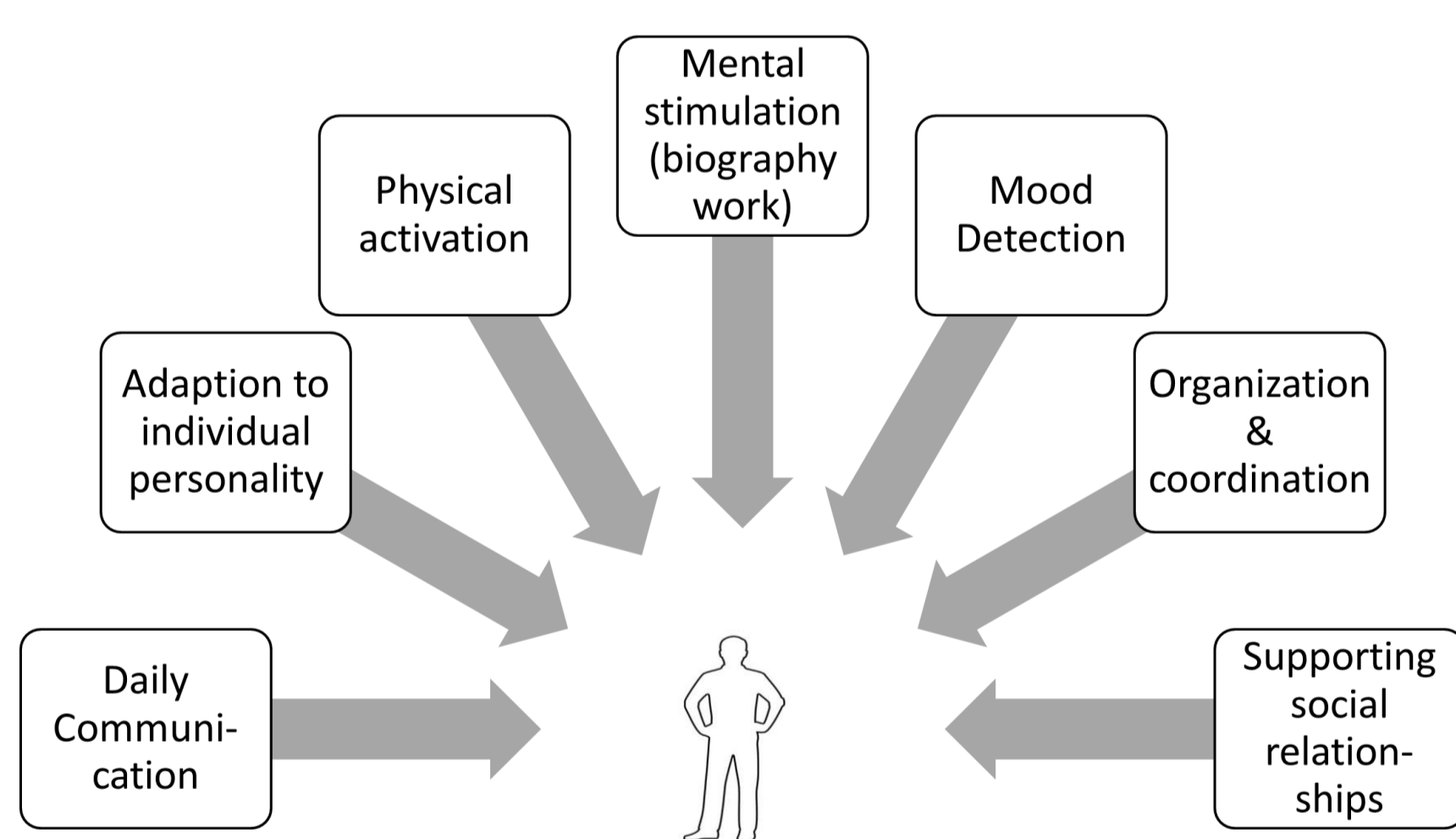
Former Social Minister of SH Kristin Alheit, Project participant Ursula Bringe, Member of the German Parliament Dr. Nina Scheer, Former Federal Minister of Family Affairs Manuela Schwesig, Farmer Sandra Hümpel and Cornelia Pepernaeu (Competence Center Dementia SH (f.l.) with the Alpacas Brownie and Congo © Monika Retzlaff, Hamburg

Social robot to support people living with dementia and their families

- The robot can support the person living with dementia in daily activities
- Family members, caregivers can be strongly relieved through the robot being connected to the internet, the auxiliary devices connected to the robot (smartphone, tablet, etc.) can provide information about the medical state or well-being and allow remote access through video or voice
- Collaboration with interdisciplinary partners (e.g. Blackout Technologies, University of Bremen, IBM) assures consideration of relevant aspects
- Participatory approach by involving people with dementia and caregivers
- Evaluation of acceptance and social as well as health related outcomes (participatory approach) to generate evidence-based results

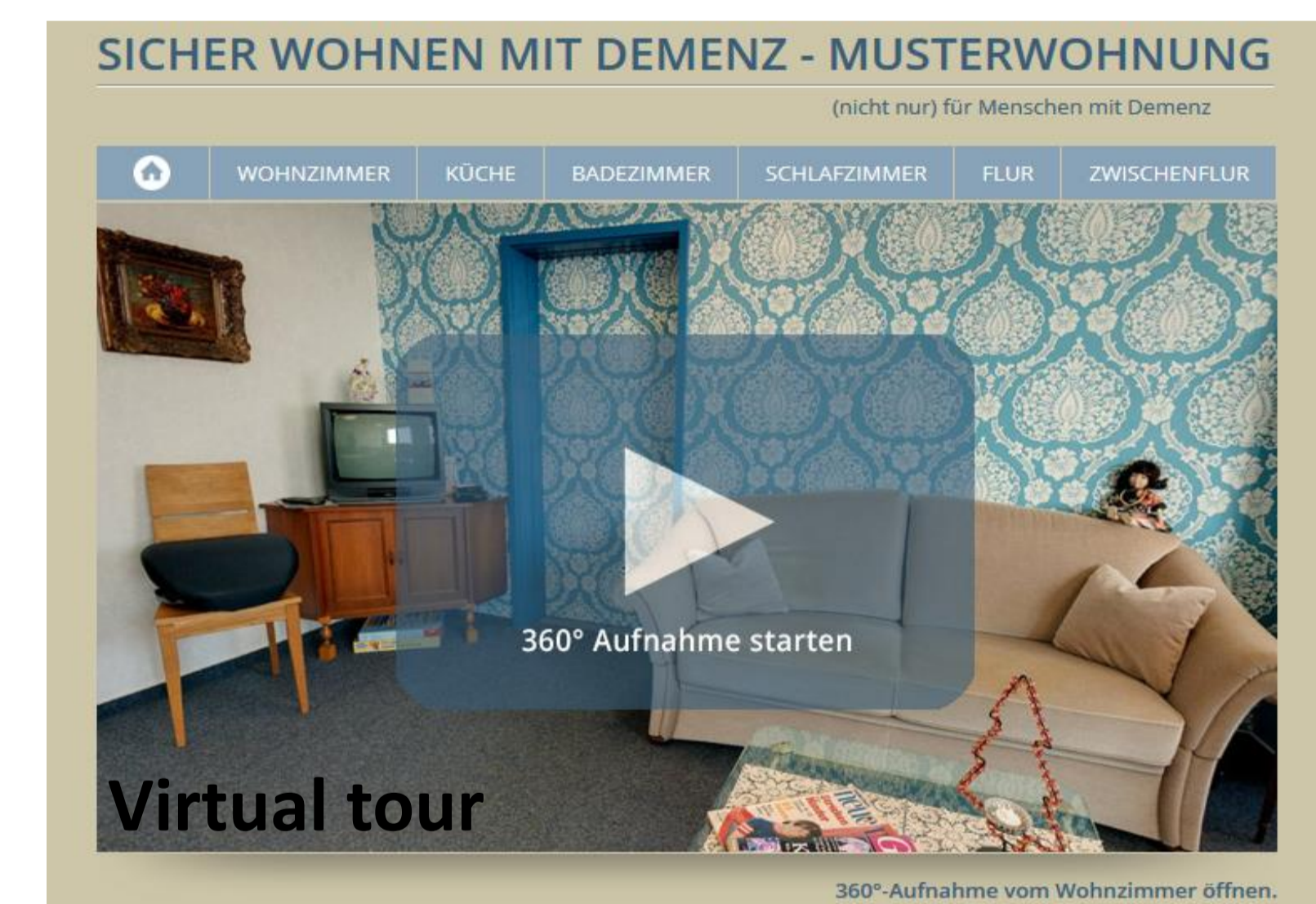
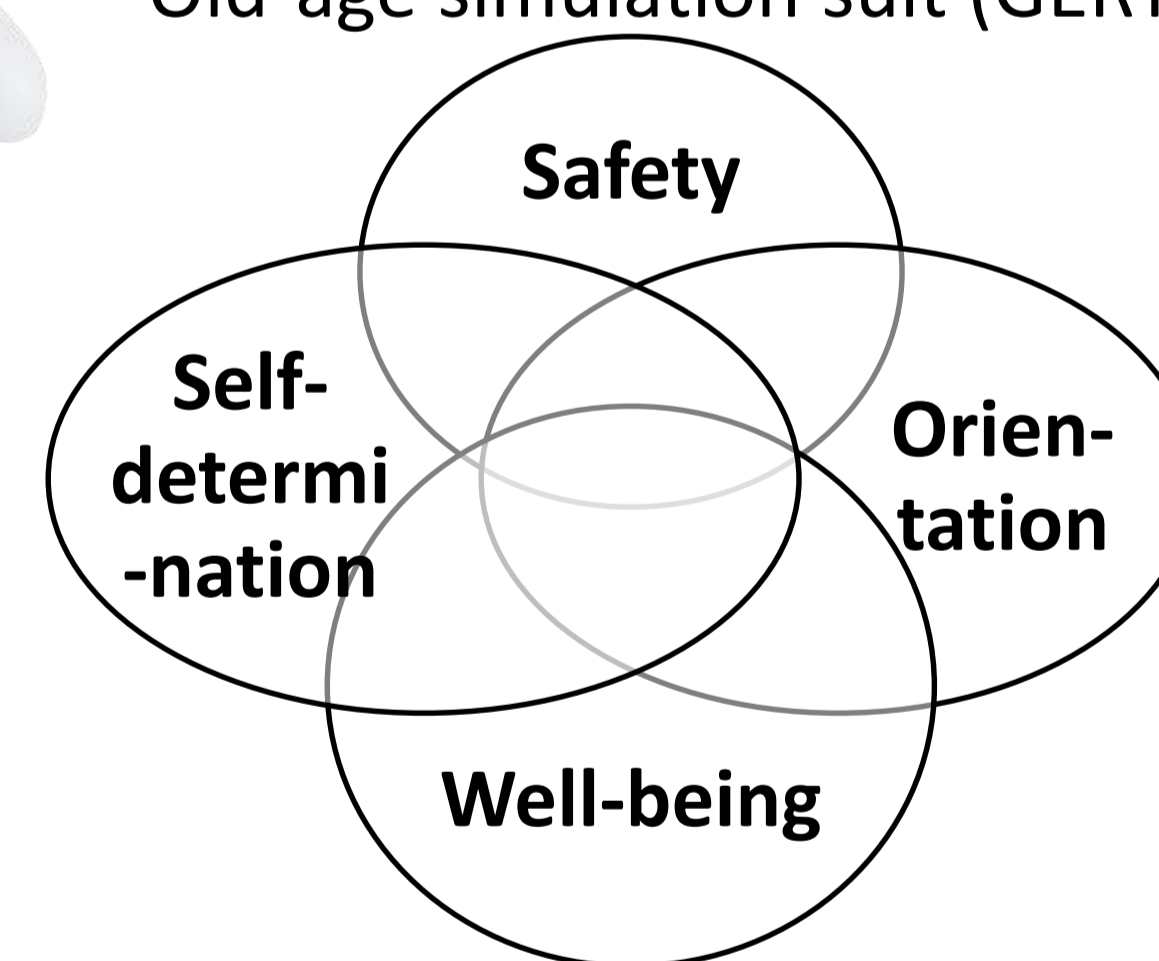


"TEAM WALIS" 1st prize @ IBM-Healthcare Hackathon Hamburg (Oct 2015)



(Online) show flat (not only) for people living with dementia

- Show flat: 3 rooms, kitchen, bathroom (140 m²)
- Virtual tour: www.musterwohnung-demenz.de
- Target group
 - Professionals in the field of dementia (e.g. occupational therapists, counselors)
 - Volunteers
 - Architects (e.g.)
 - People with dementia & families
- Guided tours (ca. 2 hours) + trainings and virtual tour
 - Small solutions & major structural changes
 - Demonstration of tripping hazards
 - Orientation aids can be tested
 - Old-age simulation suit (GERT)



Further projects (selected examples)

Cooperation projects and own activities (e.g.)

- „Dementia Friends Campaign“ („Demenz Partner“)
- „We are dancing again“ („Wir tanzen wieder!“)
- Walks and hiking for people living with dementia
- Sensitization of trainers in sports clubs
- Choir for people living with dementia
- Dental health and dementia
- Holidays for people with dementia and caregivers
- Dementia Parcours to raise awareness
- Dementia garden

Information campaigns, brochures and events (e.g.)

- Comprehensive training and education program
- Support of Dementia Friendly Communities
- (Car) driving and dementia
- Church services for people living with dementia
- Mental disability and dementia

Implementation of the Dementia Strategy Schleswig-Holstein

The Competence Center Dementia is responsible for the implementation of 79 recommendations of the Dementia Strategy Schleswig-Holstein. Therefore the project was relaunched in July 2017 until the year 2022 and received additional financial fundings.

Dementia Strategy Schleswig-Holstein¹ (Demenzplan Schleswig-Holstein)

- First Dementia Plan in Germany commissioned by a state government and just recently adoption of all recommendations by the state government
- Participatory process by 3 interdisciplinary working groups (2014-2016)
- Development and interministerial adoption of 79 recommendations (e.g.):
 - Increasing utilization of existing services and extension of the use of advice
 - Examination of the need of mobile counseling in rural areas
 - Partly implementation of dementia coordinators in several regions
 - Improvement of outpatient rehabilitation and occupational therapy
 - Establishment of concepts of care for people with dementia in hospitals
- Coordination and completion of the report by the Alzheimer Association Schleswig-Holstein
- Development of a monitoring system and regularly updating of the plan
- Further information: www.demenzplan-sh.de

Further information: www.demenz-sh.de / Mail: info@demenz-sh.de
¹Source: Schleswig-Holsteinischer Landtag (2016): Drucksache 18/4587 vom 06. September 2016; Demenzplan für Schleswig-Holstein erstellen und umsetzen; www.landtag.lsh.de/infotehk/wahl18/drucks/4500/drucksache-18-4587.pdf