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○○ DEMENTIA PLAN
○○○○○○○○○○
○○○○○○○○○○ 2020

EASY ACCESS VERSION
A More
Dementia-friendly
Society



Norwegian Ministry
of Health and Care Services

Foreword

“When I’m in the swimming pool I don’t have dementia. There I’m just like everyone else!”

This is a quotation from one of the people who provided input to this new Dementia Plan. When we drew up the plan we wanted to hear from people with dementia and those who support them. We therefore invited them and their families and carers to share their views.

Many of these contributors stressed the importance of participation – being involved in decisions about their own lives. They also emphasised that they wanted to continue to live a full life despite having symptoms of dementia.

The aim of the plan is to further develop our society so that people with dementia can participate. All of us have the right to be a whole person, even when we are ill. The health and care services must help to achieve the goal of a dementia-friendly society.

The swimmer who was no different from all the others in the pool pointed out what is most important in this context. We must all be allowed to feel equal to others. We must all be able to feel part of the community. This, after all, is where we belong.

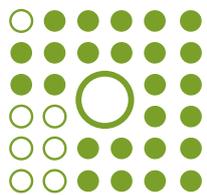


Bent Høie

Minister of Health and Care Services

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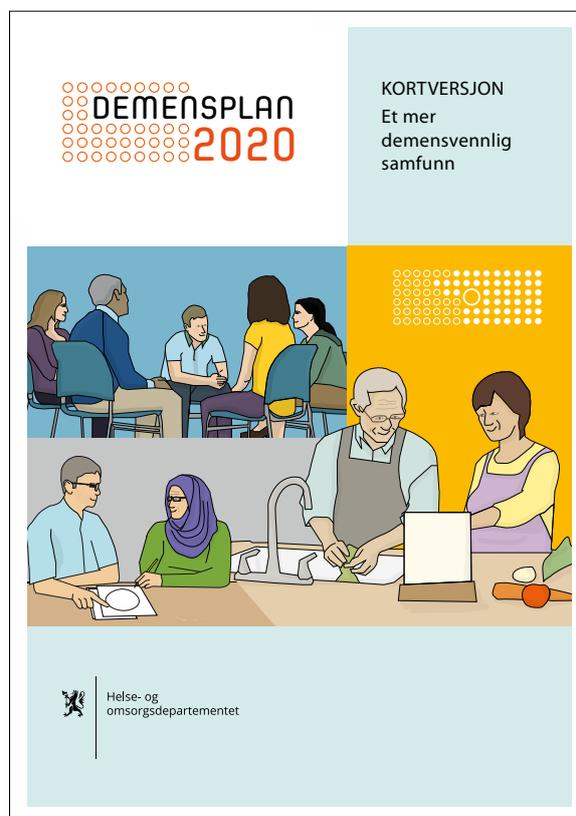
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What is this booklet about?



Dementia Plan 2020



Dementia Plan 2020
– Easy Access version

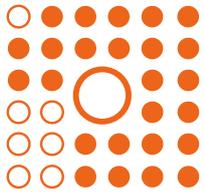
This is the easy access version of the Dementia Plan 2020.

The plan sets out the Government's strategies and the measures that will be taken to improve the municipal health and care services for people with dementia and their families.

The plan has been developed with the involvement of people with dementia and their families, voluntary workers, employees and researchers.

The booklet describes:

- the challenges facing people with dementia and their families;
- how these challenges will be addressed (strategies and measures).



What is the goal of the Dementia Plan 2020?

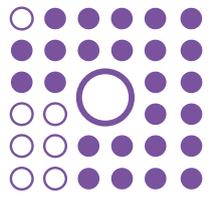


The Dementia Plan 2020 is the Government's five-year action plan to improve the health and care services for people with dementia and their families.

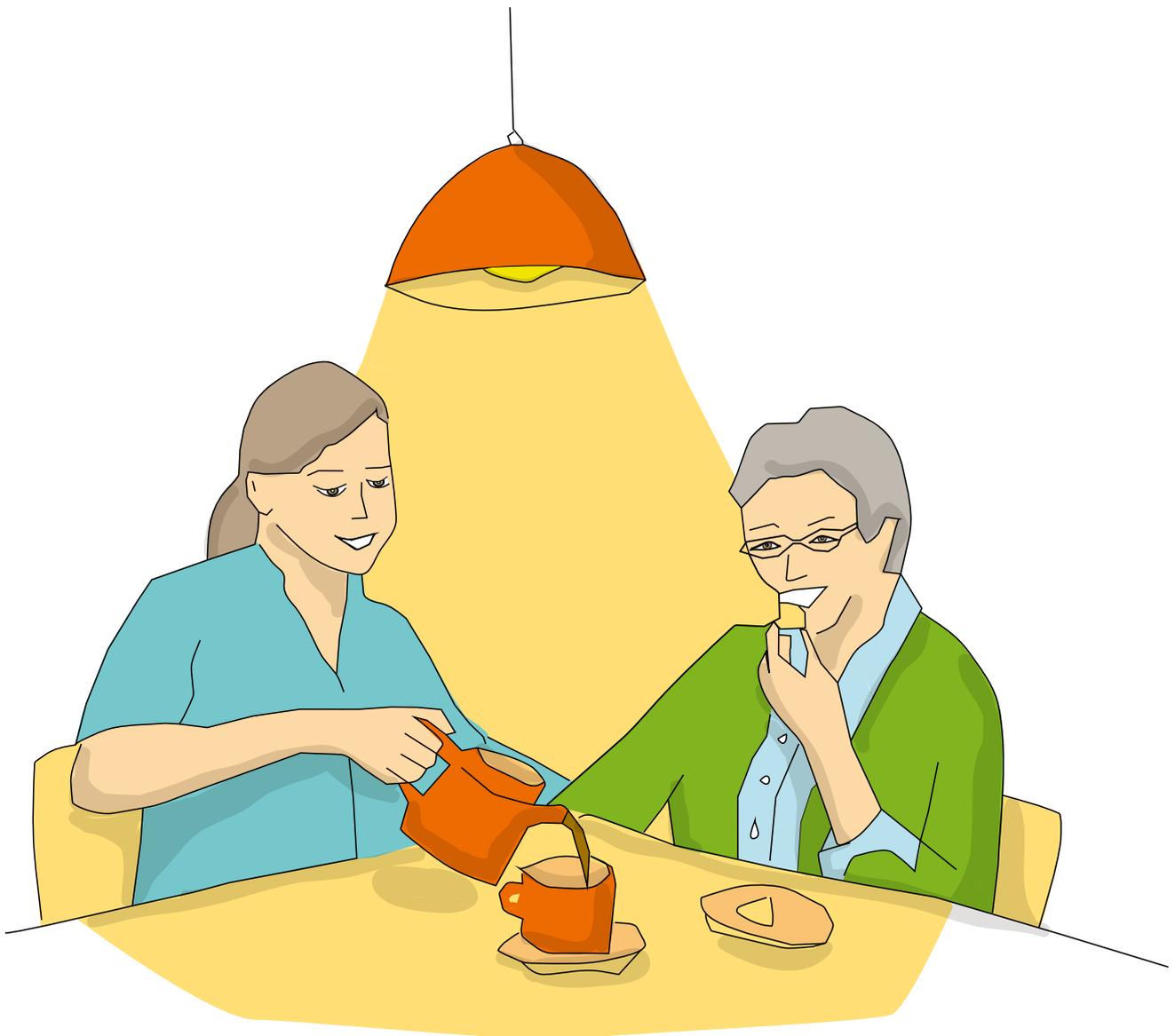
The goal of the plan is to develop a society where people with dementia are cared for and integrated.

In order to reach this goal, the Government will promote greater openness about dementia. More knowledge is needed about this condition. The Government will develop effective, flexible services tailored to the needs of people with dementia and their families.

Every individual with dementia will be met with respect and understanding. People in this situation, and their families, need support and guidance. The health and care services will be oriented towards the person's wishes, interests and habits.



Who is the Dementia Plan 2020 intended for?



The Dementia Plan is targeted at:

- the municipalities, so that they can improve their services to people with dementia and their families;
- people with dementia themselves and their families, so that they know what to expect of the health and care services;
- society at large, to make everyone aware of dementia.

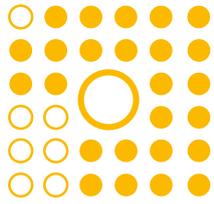
What is dementia?

There are a number of brain diseases that can lead to dementia. Dementia is characterised by:

- cognitive impairment, which weakens our ability to understand, to recognise people and objects and to think clearly;
- emotional and personality changes;
- difficulty in carrying out daily tasks.

The signs and symptoms vary from person to person. But dementia will always have a profound effect on the lives of both the individual and their family.

You will find more about dementia on www.aldringoghelse.no/english



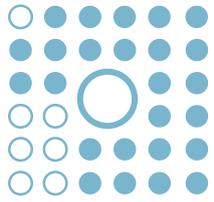
Challenges



There are a lot of examples of high-quality health and care services for people with dementia and their families, but there are still improvements to be made.

The Dementia Plan aims to address six main challenges:

- Not enough attention is paid to avoiding risk factors that may lead to dementia.
- There is too little knowledge and expertise on dementia in society at large, among personnel in the health and care services and among the people with dementia themselves and their families.
- Many people are not diagnosed until the condition is already advanced, and post-diagnostic support is inadequate.
- There is little provision of adequate, meaningful activities for people with dementia, and of respite for carers.
- The health and care services are not sufficiently adjusted to people with dementia.
- People with dementia and their families need to be more closely involved in decisions that affect them.



Strategies and measures



The strategies and measures in the Dementia Plan 2020 are intended to help put dementia and its challenges on the agenda, and to improve health and care services for people with dementia and their families.

The Dementia Plan 2020 sets out six strategies for developing flexible, high-quality services tailored to the needs of people with dementia and their families:

1. Self-determination, involvement and participation.
2. Prevention – what’s good for your heart is good for your brain.
3. Timely diagnosis and post-diagnostic follow-up.
4. Activity, coping and respite care.
5. A patient care pathway with systematic follow-up and tailored services.
6. Research, knowledge and competence.

The goals and measures are presented on the following pages.

1. Self-determination, involvement and participation



GOAL:

Involve people with dementia and their families in decisions that affect them, and allow them to influence the development of the services intended for them.

The Government will therefore:

- Establish an educational programme for people with dementia.
- Develop tools for user involvement at the level of both the individual and the system.
- Develop and test models for post-diagnostic care and involve people with dementia and their families in these efforts.
- Develop quality indicators for the health and care sector based on the experiences of users and their families.
- Conduct a national user survey that includes people with dementia and their families.

2. Prevention – what's good for your heart is good for your brain



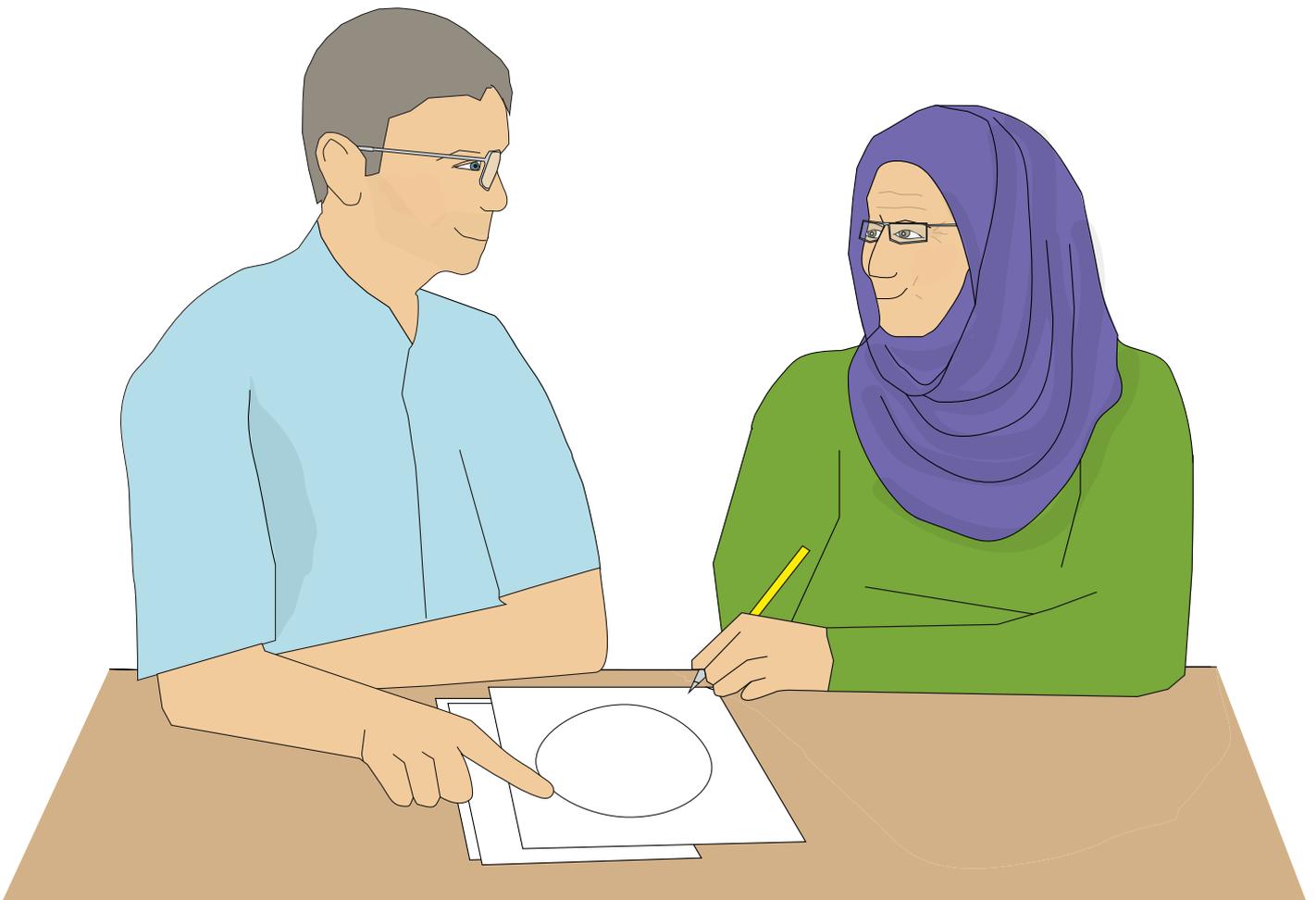
GOAL:

Provide a framework for good living conditions and a healthy life style.

The Government will therefore:

- Take active steps to reduce risk factors for dementia and other non-communicable chronic diseases.
- Facilitate a system of preventive home visits to older people.
- Take steps to reduce the number of hip fractures in older people in general and in people with dementia in particular.

3. Timely diagnosis and post-diagnostic follow-up



GOAL:

Ensure that people with suspected dementia are evaluated, diagnosed and followed up after their diagnosis.

The Government will therefore:

- Develop and test models for post-diagnostic follow-up and involve people with dementia and their families in the process.
- Develop and implement national guidelines on dementia.
- Seek to ensure that people with dementia are offered a services coordinator and an individual plan.

4. Activity, coping and respite care



GOAL:

Enable people with dementia to live an active life, and provide support and respite for their carers.

The Government will therefore:

- Propose an amendment to the Social Services Act requiring municipalities to offer day activity services to people with dementia living at home as from 1 January 2020.
- Develop flexible respite services.
- Establish an educational programme for people with dementia and facilitate the establishment of educational programmes and dialogue groups for family members and carers throughout the country.
- Strengthen cooperation with the voluntary sector.

5. A patient care pathway with systematic follow-up and tailored services



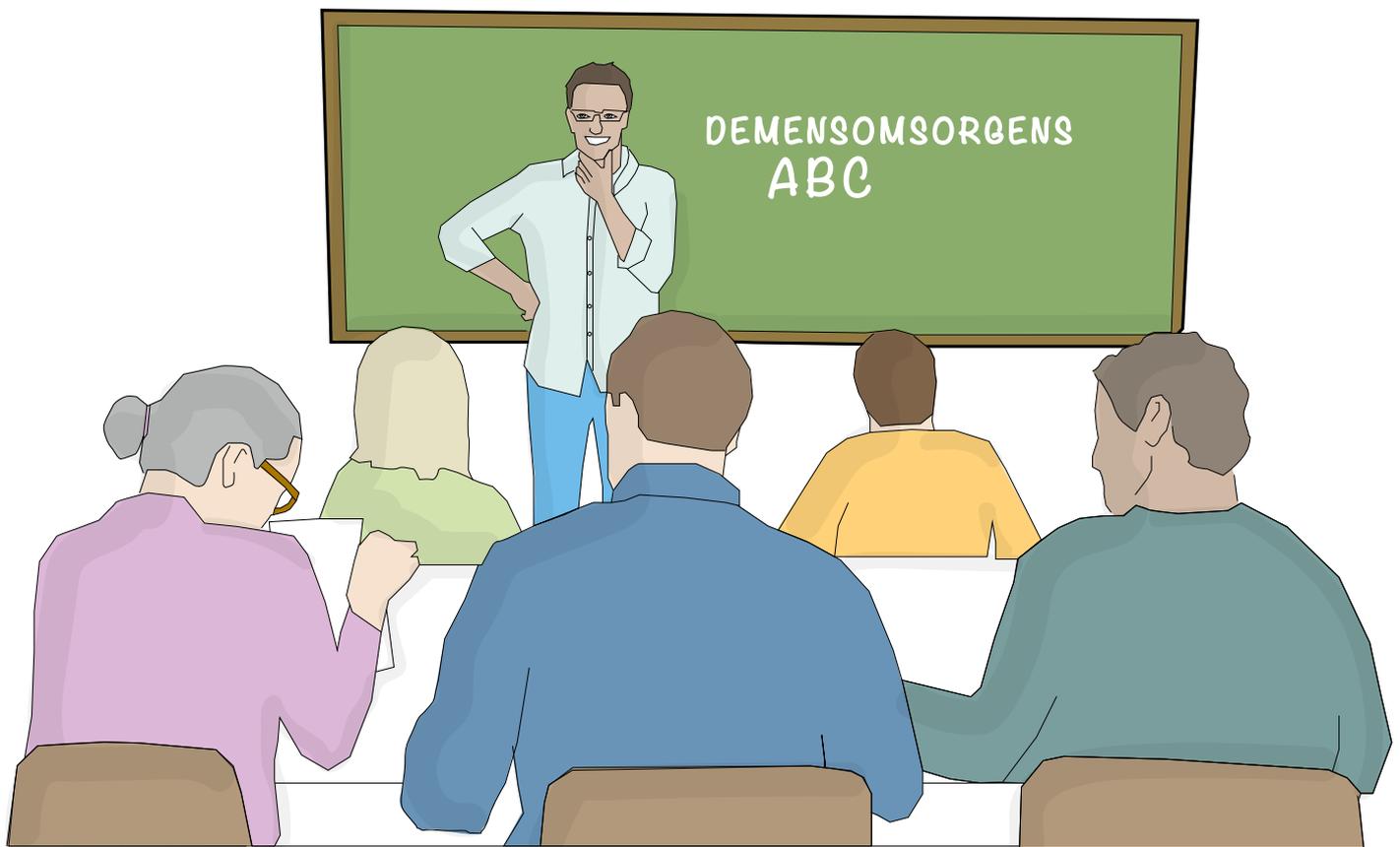
GOAL:

Ensure that people with dementia feel seen and cared for, and offer them assisted living facilities and tailored services.

The Government will therefore:

- Develop and test models for home care services for people with dementia.
- Build and modernise nursing homes and assisted living facilities with round-the-clock care for people with dementia and cognitive impairment.
- Strengthen the medical and health services for people with dementia.
- Improve end-of-life care for people with dementia.

6. Research, knowledge and competence

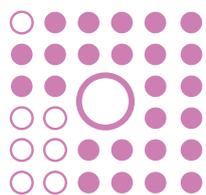


GOAL:

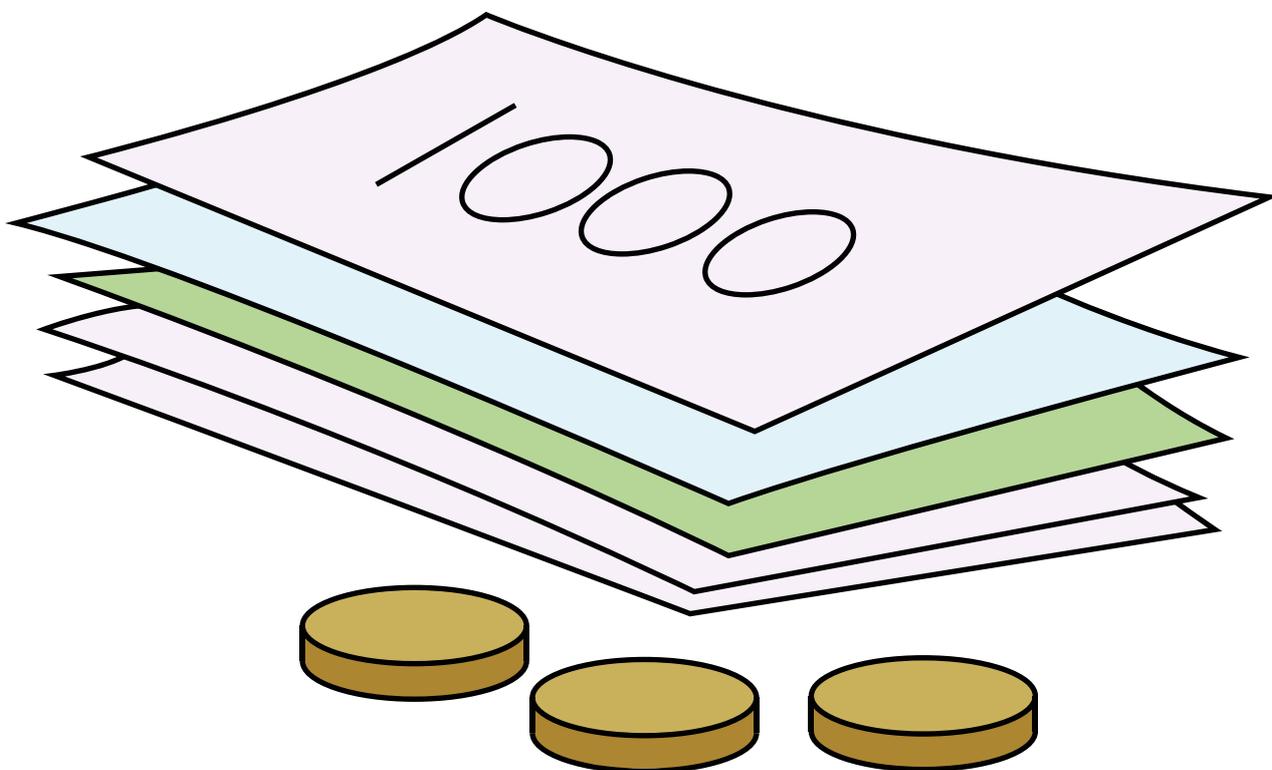
Enhance competence and increase knowledge about dementia among employees in the health and care services and in society at large, and encourage research.

Regjeringen vil derfor:

- Launch an information campaign on dementia and develop a training programme for the relevant sectors.
- Educate personnel working with people with dementia about this condition.
- Develop and put into practice methods and ways of working in milieu therapy throughout the country.
- Strengthen the knowledge base through research that can serve as a basis for the development of measures and high-quality services for people with dementia and their families.
- Help to raise the level of expertise among personnel about people with a Sami background or from a minority language group who develop dementia.
- Encourage municipalities to develop local dementia plans.



Financing of the Dementia Plan 2020

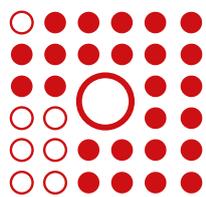


Services for people with dementia and their families will be developed and integrated with the ordinary health and care services. The municipalities are primarily responsible for organising their ordinary health and care services to include people with dementia, developing the necessary competence and making the required building alterations.

In addition, municipalities will be able to apply for grants for:

- day activity services for people with dementia living at home under a special grant scheme administered by the Norwegian Directorate of Health;
- building or modernising nursing homes and assisted living facilities with 24-hour care to take account of the needs of people with dementia and cognitive impairment through a special investment grant scheme offered by the Norwegian State Housing Bank. The design of all new buildings and modernisation projects must take account of the needs of people with dementia;
- training and development measures presented in the annual government budget. The Directorate of Health is responsible for administering these grants.

The Government will revert to the measures in the Dementia Plan 2020 in connection with the annual budget proposals.



Implementation of the Dementia Plan 2020

The Directorate of Health is responsible for implementing the Dementia Plan 2020.

The county governors will provide assistance in the implementation process and guidance for municipalities on developing local plans.

The State Housing Bank is responsible for grant schemes for nursing homes and assisted living facilities with 24-hour care.

A national survey will be carried out every four years of the health and care services available to people with dementia and their families.



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