

# HOW TO LIVE LONGER WELL WITH ALZHEIMER'S DISEASE



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**Alzheimer's disease** is pretty common today among elderly. Almost one third of people in future will be concerned old, and the age is the most common risk for developing dementia, e.g. Alzheimers.

- Today the society is aware of neurocognitive disorders and people are diagnosed much earlier than before.
- So, while persons are diagnosed earlier they also spend more years with the fact that they have Alzheimer's disease.

## Results

- For sure, if the people with dementia (PwD) do not have post-diagnostic support their life will not be easy.
- Modern management of dementia considered multi-professional approach involving also non-pharmacological treatment.
- Of course, PwD need standard treatment with antimentives, but various individually tailored therapies like art, music, dance, pat, occupational etc. therapies are essential.
- For PwD the best thing is that they remain at work and at home as long as possible.
- That means that they will need adequate understanding and support in their surroundings to be capable to act in this setting.
- Among every family, if possible, the unformal caregiver should be recognized and this person should be trained and advised.
- Also, family doctors should advice carers to think about themselves due to avoid burn-out syndrome, and to protect their health.
- When the stage of dementia progresses PwD would be advised to attend the Day care centre.
- Nursing home should be considered for PwD with advanced dementia, if palliative mobile teams are not available.
- All these strategies should be planed and available in different parts of country and this is only possible if the national action plan/strategy to fight dementia exists and is implemented.
- In Croatia, we are still lacking such kind of officinal state plan although there is an initiative of Croatian Alzheimer Alliance (HAA) for several years ago.

## Conclusion

- A lot of dementia friendly activities have already been developed in Croatia, but this is still the beginning.
- HAA has now 31 members, e.g. different societies or NGOs who are working for better life of PwD and supporting the need of developing national dementia strategy.
- This can be done in academic or NGO settings.
- Much more can be done in the future for better life of PwD and their families.

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