

Community-Based Long-Term Care for Older People



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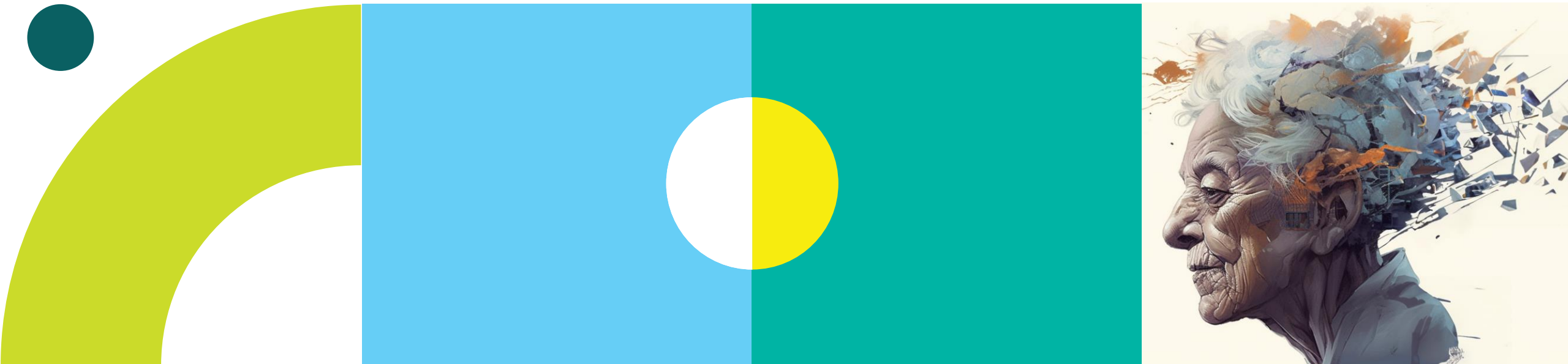
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Community-based Day Care Centres for older persons with dementia and Alzheimer's disease in 2020-2022

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In Poland, more than three hundred thousand people suffer from Alzheimer's disease.

Definition of Alzheimer's disease

How to slow it down?

Alzheimer's disease is a **neurodegenerative disorder**, the cause of which is not yet known. Current research is focusing on the analysis of the various biochemical mechanisms leading to **damage and accelerated death of nerve cells**

A person with Alzheimer's disease **cannot be cured**.

However, the available forms of treatment lead to a **slowing down** of the progression of the disease and a moderation of its course. The forms of interventions applied to sufferers include:



pharmacotherapy

(aimed at maintaining cognitive function and controlling behavioural disorders)



psycho-social interventions including various forms of non-pharmacological therapies (treatment of behavioural, emotional and cognitive disorders through, for instance: music therapy, physiotherapy, neurosensory rehabilitation, recreational exercises and games)



assistance

(making changes to the patient's environment to help him to function, e.g. labelling objects, grinding up food and, in the final stage of the disease, mitigating existing disorders)

Alzheimer's disease - an increasing social risk at global and local level

According to the World Health Organisation, there were **47.5 mil** people living with dementia worldwide in **2016**, of whom between **28.5 and 33.3 mil** had Alzheimer's disease

The WHO predicts that the total number of people affected by dementia in **2030** will be **75.6 mil**


and will rise to **135.5 mil by 2050**

There are no precise statistical data on the number of people in Poland and the Masovian Province affected by Alzheimer's disease

According to estimates, the number of people with Alzheimer's-type dementia in Poland in 2015 ranged between **360,000 and 470,000**

and was almost **20% higher** than the number estimated in **2005**

The rate of increase of the dementia disease indicates that any action taken to slow down the dementia process and keep the patient **in the home environment for as long as possible** is important at an individual level for the patient and their family and socio-economically in terms of the burden of having to provide institutional care



The local initiative – a public tender for Day Care Centres for seniors with dementia and Alzheimer’s disease

If it were possible to delay the symptoms **by 5 years**, this would result in a **50%** reduction in age-related risk. Even a slight delay of symptoms of the disease **by 6 months** would significantly reduce the number of patients

The local government of the Masovian Province announced a public tender **in 2020** for a pilot programme entitled: **„Providing assistance and social support for the older persons suffering from mental illness - establishment of a Day Care Centre for the seniors with dementia, including Alzheimer's disease”**. The **6 providers** were appointed to establish and carry out **6 individual DCCs**



General objectives of the project:

1

Organisation of specialised care services for patients in the form of: music therapy, computer classes, cognitive therapy, memory training, manual classes, horticulture therapy, canine therapy

2

Support and relief for those providing actual care, especially **family members**, through education, counselling and therapeutic interaction

3

Rising awareness of the model of functioning of Day Care Centres in the Masovian Province

4

Integration and active participation of patients in the life of the local community e.g. joint trips to local tourist attractions, museums, cinemas, meetings with interesting people, teenagers and local school children

5

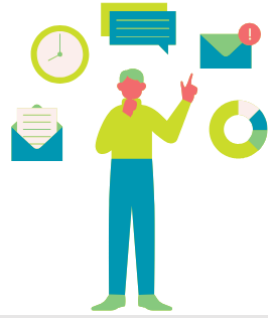
Systematic training of project staff to become highly qualified in service building and care

6

Building intergenerational volunteering around project activities

7

Promoting the idea of Day Care Centres



Tender specifications:

3-year contracts, consisting in the establishment and operation of the Day Care Centre

only older persons suffering from dementia syndrome in the course of Alzheimer's disease in its **initial stage** may be admitted to the Day Care Centre

the service provider is obliged to draw up **organisational regulations** for the operation of the Day Care Centre

DCC operates all year round **on all working days**, at least 8 hours a day

the number of DCC beneficiaries is not less than 15 persons. **The needs and expectations** of DCC patients should be individually described

if necessary, the bidder shall provide **transport for the beneficiaries** to get to the DCC

the services at the DCC are partially financed by the beneficiary and his family

the service provider carries out an evaluation of the beneficiaries **every 3 months**. The result of the evaluation decides on further participation of the beneficiary in the project

the project will be evaluated annually by an external team appointed by the Contractor



The pilot project covered **6 locations** in the Masovian Province

The pilot project has reduced the need for additional places in residential care homes by **4%** in **2022** a further reduction to a level of **7.4%** is expected by **2025**



The number of beneficiaries of the project in **2020-2022** was **218**

Collective results of the Day Care Centre project:

The project was funded solely by the Masovian Provincial Government and amounted to approximately **EUR 4 mil**



It has been decided to increase the number of DCCs to **12** and to raise the budget to approximately **EUR 8 mil** by the end of **2025**



The total expected amount of patients to be covered by the project until **2025** is **400**



Individual results of the DCC project – the case of Mrs. Zuzanna

(...) the activities are interesting and the meals are very tasty. Here is my second home, where I don't feel lonely. I don't complain about being bored and I have many new friends.



Mrs. Zuzanna has been a beneficiary of the DCC programme since July 2022



Mrs. Jolanta – daughter of Mrs. Zuzanna is still professionally active

(...) Mum was always very active. She travelled a lot and met people. Today, she feels like the soul of the company again, and I can work and not worry about what's going on with her.

Individual results of the DCC project – Mrs. Zuzanna case



		Project qualification (2020-2022)	Evaluation of the results (2020-2022)	Qualification for the current project
		01.07.2022	28.10.2022	05.05.2023
1	FINAL GRADE 1.1-1.4 (max 219 points)	193	202 ↑	188 ↓
1.1	ASSESSMENT OF COGNITIVE FUNCTIONS	46	48 ↑	44 ↓
1.2	MINI MENTAL STATE EXAMINATION	27	30 ↑	30 0
1.3	CLOCK DRAWING TEST (CDT)	8	9 ↑	9 0
1.4	ASSESSMENT OF FUNCTIONAL PERFORMANCE, BEHAVIOR, AND MENTAL STATE / CARER	112	115 ↑	105 ↓
2	PSYCHOLOGICAL ASSESMENT OF COGNITIVE FUNCTION / PSYCHOLOGIST	81	87 ↑	83 ↓

Legend:

Improvement ↑
 No change 0
 Deterioration ↓

Source: own elaboration based on documentation provided by the Day Care Centre in Drownica



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SPOŁECZNEJ

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Thank you for your attention