

## Report on National awareness seminar on 'Dementia Care: World scenario and where we are'



Speech delivered by National Professor Brig. (Rtd.) Abdul Malik, President, Bangladesh Network for NCD Control and Prevention and Who was the Chief Guest in the seminar.

**Organized By :** Alzheimer Society of Bangladesh (ASB)

**Date:** 6<sup>th</sup> January, 2018, **Venue:** A.K.a Mu.Giasuddin Auditorium.  
Agriculture Laboratory, Farmgaet, Dhaka. **Time :** 4 p.m.

**Prepared by:**

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& Md.Mohsin -ul -Haque  
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### Alzheimer Society of Bangladesh

(A non-profit voluntary organization for raising awareness, support and research on Alzheimer's disease and other dementias)

**(A member of Alzheimer's Disease International)**

[www.alzheimerbd.com](http://www.alzheimerbd.com)

## About Alzheimer Society of Bangladesh

Alzheimer Society of Bangladesh (ASB) is a non-government, non-profit, voluntary humanitarian organization based in Dhaka, Bangladesh. It was established by a group of social workers, caregivers and doctors in 2006 responding to the needs of the people with dementia with a view to improve their quality of life. It is worthwhile to mention here that ASB has been working for the dementia movement for the first time in Bangladesh. Since its rudimentary period, ASB has been relentlessly carrying out a wide range of programs inter alia awareness raising, education, training and rendering support to people with dementia and its caregivers. Getting recognized its pivotal role and valuable contribution in the field of dementia, Alzheimer Disease International (ADI) gave Alzheimer Society of Bangladesh its full membership in 2009 and also got membership from International Caregivers Association (ICA) in 2014. It may be mentioned here that ASB is included in the Global Dementia Friends Network in the year 2017.

### Vision:

To improve the quality of life for people *living* with dementia and their carers.

### Mission:

ASB strongly believes in the integrated and innovative approaches by working hand-in-hand with the people living with dementia, their caregivers and families.

### What we do:

We are here to provide information, education & Training, support, advocacy and awareness.



**Dementia | Awareness  
Starts With Me**

## Bangladesh Dementia Perspectives

The number of ageing people is increasing rapidly worldwide due to high life expectancy and Bangladesh is not an exception in this case. Population ageing in Bangladesh is gradually emerging as an issue not separate from social integration, gender advancement, economic stability or poverty.

The older section of the population is increasing much faster than the total population. In Bangladesh, 6.9% of the population was classified as elderly in 1950, and is projected to increase to 8% in 2020 and 17% by 2050. The current population of Bangladesh is 165,702,102, **by** 2018.

Most of them (around two third) are young generation. This young generation gives low childbirth because of following birth control program. Thus, the grim spectacle augurs ill for Bangladesh as it is presumed to be metamorphosed into an ageing nation in the years to come. Therefore, we are very much concern regarding the future of our next generation.

In general, people who live in this area reach to early adulthood because of malnutrition. They are mainly deprived of education and health benefit. In the recent past, there was tight bonding and social harmony among family members. The physical and mental health of older and general people was good and undisturbed due to excellent natural environment, unadulterated food and unbiased life style. But this condition become deteriorating as a result of various reasons such as population growth, rapid urbanization, city going population, environmental disaster, adulterated food, ethical and mental decline, breaking down of joint family and so on.

Dementia is an epidemic which is increasing in the world. One person is affecting by Dementia in every 3 seconds. In 2015, it was found that the number of dementia patients had been 4 lakhs and 60 thousands. It will increase to 8 lakhs and 34 thousands further in the year 2030 and in the coming year in 2050, it will stand at 21 lakhs and 91 thousands. This quite reveals what a situation we will have to face to make Dementia free society in Bangladesh in the future. **Dementia is one of the most significant economic crises of the 21<sup>st</sup> century .**

The cost burden of people with dementia living in Bangladesh is USD\$321 million or USD\$697 per person per year. This cost is primarily associated with the informal care of a person with dementia. The loss of productivity of the person with dementia and the family carers, will have a major impact on family income as well as the broader economy. The fact that there is no cure and that a person with dementia can live up to 13 to 15 years post-diagnosis is partly the reason for the economic impact.

The most important issue for a person living with dementia is early diagnosis. There is no cure for dementia caused by Alzheimer's disease.

In Bangladesh, dementia causing conditions such as stroke and diabetes offer an opportunity to reduce the incidence of dementia.

General people living in the village usually believe in superstition so that they firstly treat Dementia affected patient with ill treatment. Therefore, social awareness and take care of affected patient is very important. It is time to take action to fight this challenge.

Due to limited knowledge about the Dementia disease, the proper take care of the patient is not well known. Care for people with dementia is extremely difficult and challenging. There are hardly few people who are skilled and experienced on Dementia care in our country. As a result, dementia affected people in the country are living in poor condition due to negligence, disrespect and guilty of madness. So the caregiver needs appropriate training.

ASB is expecting that in the coming days we will get its benefits and outputs which will enable people with dementia and of its carers are leading their lives quite healthily.



Good care can improve quality of life



## List of the speakers of the Seminar, 2018

### 1. Dementia- the disease

Dr. Md. Moshir Rahman

Assistant Professor, Department of Genetic Engineering & Biotechnology,  
Jessore University of Science & Technology

### 2. The demography of dementia across the World

Professor Hafiz TA Khan PhD

Professor of Public Health at University of West London, UK

### 3. Diagnosis with dementia: what next

Dr. M.S Jahirul Haque Choudhury

Associate Professor, National Institute of Neurosciences & Hospital, Bangladesh

### 4. Management of dementia: an update

Dr. Rashimul Haque (Rimon)

Associate Professor & Head, Department of Neuromedicine

Uttara Adhunik Medical College and Hospital

### 5. Dementia risk reduction

Md. Rashidur Rahman

Assistant Professor, Department of Pharmacy, Jessore University of Science &  
Technology

### 6. Physiotherapy Management of dementia

Dr. Mohasin Kabir

In charge of Bangladesh Association for the Aged and Institute of Geriatric Medicine

### 7. Nutrition and Dementia

Prof. Shaheen Ahmed

Former Principal & Head, Department of Food & Nutrition  
College of Home Economics.

## Report on National awareness seminar on **Dementia Care: World scenario and where we are**

The registrations began at 3.30 p.m.

The Help for Caregivers booklets, leaflets were distributed to those the registrations were given.

**Presenter** : Asst. Prof.Md. Rashidur Rahman & Mr.Abdullahil Mubdee Noor.

The seminar was chaired by Mst. Selina Jahan Lita, Member of Parliament and Adviser, Alzheimer Society of Bangladesh & Member of the Global Parliamentary Action Group on Alzheimer's and Dementia.

National Professor Brig. (Rtd.) Abdul Malik, President, Bangladesh Network for NCD Control and Prevention was the Chief Guest in the seminar.

Rotarian Prof. Jalal u. Ahmad , The Past District Governor, Rotary International District 3281, Bangladesh, Mr. Md. Amiruzzaman , Consul of Seychelles in Bangladesh and Secretary General of Consular Corps in Bangladesh and Rotarian Raushan Ara Akthar, President, Rotary Club of Dhaka Rose Vale were the special guest participated in the seminar.

**Md.Azizul Haque,**  
Secretary General, Alzheimer Society of Bangladesh

In his welcome address he explained how the society was providing training and awareness for those affected, while continuing to advocate to the government for a national dementia plan that adheres to the seven areas of the World Health Organization (WHO) Global plan on dementia adopted in 2017.

He spoke further dementia that it is appalling, painful and worst-off the dementia affected people and of their carers in the family he raised in the discussions. He emphasized the need that everybody knows on dementia how it affects the ageing people. Dementia does not only affect the individual. Its impact also affects the whole of a family.



A family cannot bear the costs of a dementia patient who is to suffer from a long time. He made a clarion call that the state & civil society to stand by their sides of the dementia patients. He told further that the dementia patients they are uncared for and

that no caregivers in the country who could have looked after them aftermath they are to pass their days in great slough of miseries.

ASB has been taking measures for a trained and skilled caregivers to serve the dementia patients. ASB has been taking efforts for formulating national plan and objectives on dementia and ASB is keeping touch with Govt. through advocacies that the dementia patients they are living worthily.

ASB is now included in Global Dementia Friends Network whose activities will be started very soon. He urged everybody to help build the Dementia Centre whose construction works are going on.

### **Rotarian Sheezan Khan**

Past President, Rotary Club of Dhaka Rose Vale.

She ventilated that Rotarians are greatly involved to work with the humanities. We greatly thought of dementia as how it affects the ageing people that we will be working for them always. She spoke further the Rotarians would work in bringing awarenesses on dementia whether their caregivers could be trained enough. He invited all that the “Dementia Centre” could be built in time as a Rotarian she would contribute whatever was needed.



The speakers from home and abroad raised on the various sides on the present situations on Dementias and to face the challenges In the seminar.

### **Md. Moshiar Rahman, PhD**

Assistant Professor, Department of Genetic Engineering & Biotechnology, Jessore University of Science & Technology.

#### **Topic: Dementia- the disease**

He spoke on dementia on its various sides what is dementia its present situation and taking right steps to take care of the dementia patients. He added that 94% many of our people in the country do not know on dementia that Govt. should come forward to tackle it.



In fine he thanked and eulogized Alzheimer Society of Bangladesh for the efforts in holding the seminar which was a time befitting and significant one.



### **Professor Hafiz T.A. Khan, PhD, FRSPH, FRSA**

Professor of Public Health at University of West London & Associate Research Fellow at Oxford Institute of Population Ageing, The University of Oxford, UK

#### **Topic: The demography of dementia across the World**

In the presentation Professor Hafiz Khan generally highlighted the demography of dementia across the world and illustrated important facts and figures. He showed the reality of demographic change in recent decades and the situation of current ageing population and that have affected dementia as a whole. Globally, it is estimated that 35% males and 65% females suffer from dementia. The situation will be worsen further due to an increase of isolation and loneliness in the society. Therefore understanding dementia disease and dementia care is needed urgently to support those who suffer most in our society. Today research is being undertaken to improve the challenges of dementia. In every 3 seconds in the world an individual is being affected with dementia. At present about 50 million people are globally affected with dementia among which 62% are happened to be from lower and middle income countries, but by 2050 this will rise to 68%. This requires adequate support and healthcare facilities and many countries are not prepared for that. He disclosed further that the rates of ageing people with dementias are increasing in lower and middle income countries in comparison to that of the rich countries that we need immediately to find out ways, means with newer strategies to face it. He thanked ASB for organizing the seminar that he would work closely whatever the supports needed.



**Dr. M.S. Jahirul Haque Choudhury**

Associate Professor, National Institute of Neurosciences & Hospital, Dhaka, Bangladesh.

**Topic: Diagnosis with dementia: what**

In his speech he made this call as how to diagnose dementia through minimal test. He opined that there was no need that a dementia patient be admitted into the hospital undergoing a treatment from a long period.

We are to see how dementia patients are being treated, he added.

The current figure for Bangladesh itself is over 5 lakhs and is expected to rise to a staggering 22 lakhs by 2050. This quite reveals what an intense journey we have ahead, to attain a dementia free society in Bangladesh in the future. Unfortunately, there is at present No Cure for dementia, but with a positive mindset, numerous promising researches are being carried out to obtain a cure, he remarked.

He told further in every 3 seconds people are affected with dementia. There are now 50 million people are affected with dementia in the world 62% among them are now living in the lower and middle income countries when 10% people are being determined with the stigma.

We Need to look upon that they are being treated nicely who are being deprived of availing timely treatment and quality care for which we need to formulate “National Dementia Plans” he added.

In fine he thanked ASB for the efforts they have been taking for dementia in bringing of its awarenesses in organizing this seminar.



### **Dr.Rashimul Haque (Rimon)**

Associate Professor & Head, Department of Neuromedicine Uttara Adhunik Medical College and Hospital .

#### **Topic:Management of dementia: an update**

In his speech what he mentioned that an old man who disappeared from his home showed in a video picture. He made his call it was seen that a dementia patient sometimes fails to locate their destination to getting to home they require in time and moment to have their addresses and mobile numbers for their safety.



He differentiated as how people were forgetful and how dementia could have been treated furnished information of their updates .He presented Father & Son Video and he pressed that Father & Mother with ageing they should not be looked down upon in any pleas. He advised that dementia patients be cared timely.

### **Md.Rashidur Rahman**

Associate Prof: Department of Pharmacy, Jessore University of Science & technology

#### **Topic: Dementia risk reduction**

He talked as how the risks of the dementia patient could be checked in changing their lifestyles ie: being physically active, following a healthy diet, in examining the heart and in enjoying social activities. He appreciated for ASB for undertaking training programmes for dementia carers for which everybody to cooperate.



He emphasized that Govt. to come forward to formulate "National Dementia Plan" to implement it.

**Dr. Mohasin Kabir** In charge of Bangladesh Association for the Aged and Institute of Geriatric Medicine.

**Topic: Physiotherapy Management of dementia**

He upheld in his introductory lecture for the adoption of physiotherapy of a dementia patient had to suffer with bedsores. He expressed that the people of Bangladesh they are aware of dementia and there are efforts by Govt. to work at policy level. He added that there are combined efforts that it could be dementia tackled. He thanked ASB for their efforts being taken by them which is purely humanitarian.



**Prof. Shaheen Ahmed,**

Former Principal & Head, Department of Food & Nutrition College of Home Economics.

**Topic: Nutrition and Dementia**

She opined that a dementia affected person they require to play to do the physical, to perform musics and to hear stories as pastime like "Thakur Mar Jhuli". Her mother had to suffer from Vascular Dementia and she was being improved. She remarked that a dementia patient are to suffer from malnutrition and cretinism for which they need improved diet and they require food time and again since they are found hungry to serve best food like oats. They are forbidden to take coffee, Chocolate, sugar which brings disorders to sleep. He added that Dementia could be diagnosed in time and she mentioned that professional caregivers are badly needed.



She pressed to take timely care of the dementia patients and praised a lot for the efforts being taken by ASB to serve the dementia patients that the efforts being continued.

## **Mst. Munira Sultana**

Family carer, Dhaka.

A family carer, shared her experiences of caring for her mother, who has had dementia for seven years. She narrated that her mother was a lady of unwavering personality and she was invincible. One day she found indifferent. She became forgetful to perform her usual duties to cook to take her bathe. She was epicurean .She has been asking for food time and again. She had kidney problem.

My father an aged man who was 80 years old could hardly attend my mother. She emphasized that we need trained caregivers for the dementia patients which is no more exists in the country.

She was in a tearful voice pressed that there should be “Dementia Policy” to come forward to formulate policy in this regard.



She urged that it is important that we have hospitals for its early detection and timely diagnosis of the disease. We do not know where to go in the country .Our sufferings have no bounds, she added.

Everybody moved in the seminar to hear her harrowing tales. She thanked a lot to the persons who organized the seminar.



ADI video show 'Every Three Seconds'. Interviewed with CEO Paola Barbarino presented in the Seminar.

**Mr.Md. Amiruzzaman** , Consul of Seychelles in Bangladesh and Secretary General of Consular Corps in Bangladesh

Who was the special guest in the seminar spoke that he visited the dementia centre on 25<sup>th</sup> and 26 February, 2017 in Thakurgaon now under construction a project being initiated by ASB under its direct patronization.

He remarked that the project taken was important to improve the lives of people with dementia and their families in Bangladesh in building awareness and caring of the work of the organisation and battle the stigma. Their plans for the above Dementia Centre which he thought would be enormously beneficial in reducing stigma and improving care for those affected by the disease.



He gave vent to his feelings in his speech that if the centre under construction would be finally raised its impact will be created in bringing awareness to the local and in making caregivers and in removing prejudices that the stigma could not be cured from the society the challenges to face it would play a paramount role for the coming generation. He appealed to all and sundry they are coming forward in constructing the Dementia Centre.



**Rotarian Raushan Ara Akthar** President, Rotary Club of Dhaka Rose Vale

Who is taking pride in for involving herself in the works which are purely humanitarian since being initiated by ASB in taking care of the dementia affected persons. She requested ASB for a massive attempts to make the caregivers to serve the dementia patients with consummate skills.

She wished that Rotary Club Dhaka would be always in their sides ASB has been endeavoring in making dementia friendly society is being implemented successfully.



**Rotarian Prof. JALAL U. AHMAD**, Past District Governor, *Rotary International District 3281*, Bangladesh.

He was the special Guest in the seminar told the audience that he had hazy conception on dementia now it is clear it is spreading everywhere.

He talked in nut and shell about Rotarian involved in the humanitarian tasks. He greatly touched and enamored of the activities being taken by ASB. He deeply committed that Rotarians would whole heartedly give support and work together side by side with ASB in facing the challenges in making dementia friendly society.



**National Professor Brig. (Rtd.) Abdul Malik**, President, Bangladesh Network for NCD Control and Prevention.



He expressed that he was greatly touched for the humanitarian tasks being taken by ASB to have arranged the seminar has been working for dementia which was being ignored the people are coming forward to know it now. He told that the rate of the ageing people with dementia is growing at large globally which is a burden which should be faced able handedly steps are to be taken from now on. This however has also resulted in an increase in the number of people living with non-communicable diseases including dementia which he disclosed.

He urged mass awareness and quality care are badly needed for social evolution on dementia that the affected people are served best. He congratulated for ASB the efforts being taken by them and to have been included in NCD network to spread its activities he made the pledge he will render any help is required from his side.

### **Honorable Mst. Selina Jahan Lita**

Member of Parliament, Adviser ASB, Member of the Global Parliamentary Action Group on Alzheimer's Dementia.



She chaired in the seminar as a chairperson she in her speech made this call that Dementia which has a deep acting remedy involves one family members to care and serve of the patients sometimes a family falls in a jeopardy to tackle it to attend the patient.

She opined that dementia should be treated as same like the people are to suffer with disabilities that dementia should have laws which has been framed out for the physically impaired.

She underscored the need to formulate 'National Dementia Plan' that could have been done immediately which she raised twice in the National Parliament. She added further that "Dementia Corner" be opened in the hospitals to accelerate the pace of the activities.

In the conclusion she as the chairperson of the seminar she said that it was urgent that we all face the challenges together by 21 century creating dementia friendly society in bringing creature comforts.

She thanked ASB for organizing the seminar and the participants who took much patience to attend in the seminar and to make it successful.

The seminar held was participated by all quarters from different professions Family Caregivers, Govt. High Officials, Rotarians, doctors University Teachers, Nurses, Physiotherapists, Nutritionist. Medical Students, Psychologists, media men, Home Care workers, social workers, ASB members and Volunteers of different organizations.



ASB relies on donations in order to impart information, to give support, care and training in bringing awareness, on dementia in Bangladesh for the people affected with dementia. By the by we are constructing a Dementia Service & Information Centre in Takurgaon Bangladesh where you can contribute. Please click <http://alzheimerbd.com/make-a-donation/> .Please give generously to ASB.

**Mohammed Jalal Ud-Din**  
President ,  
Alzheimer Society of Bangladesh

**Md. Azizul Haque**  
Secretary General  
Alzheimer Society of Bangladesh



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