

Rising Tide: The Impact of Dementia on Canadian Society

2009

To view the complete document go to:

http://www.alzheimer.ca/english/rising_tide/rising_tide_report.htm

Rising Tide: The Impact of Dementia on Canadian Society is the report released by the Alzheimer Society to mark Alzheimer Awareness Month. It reveals alarming new statistics about the projected economic and social costs of dementia in Canada.

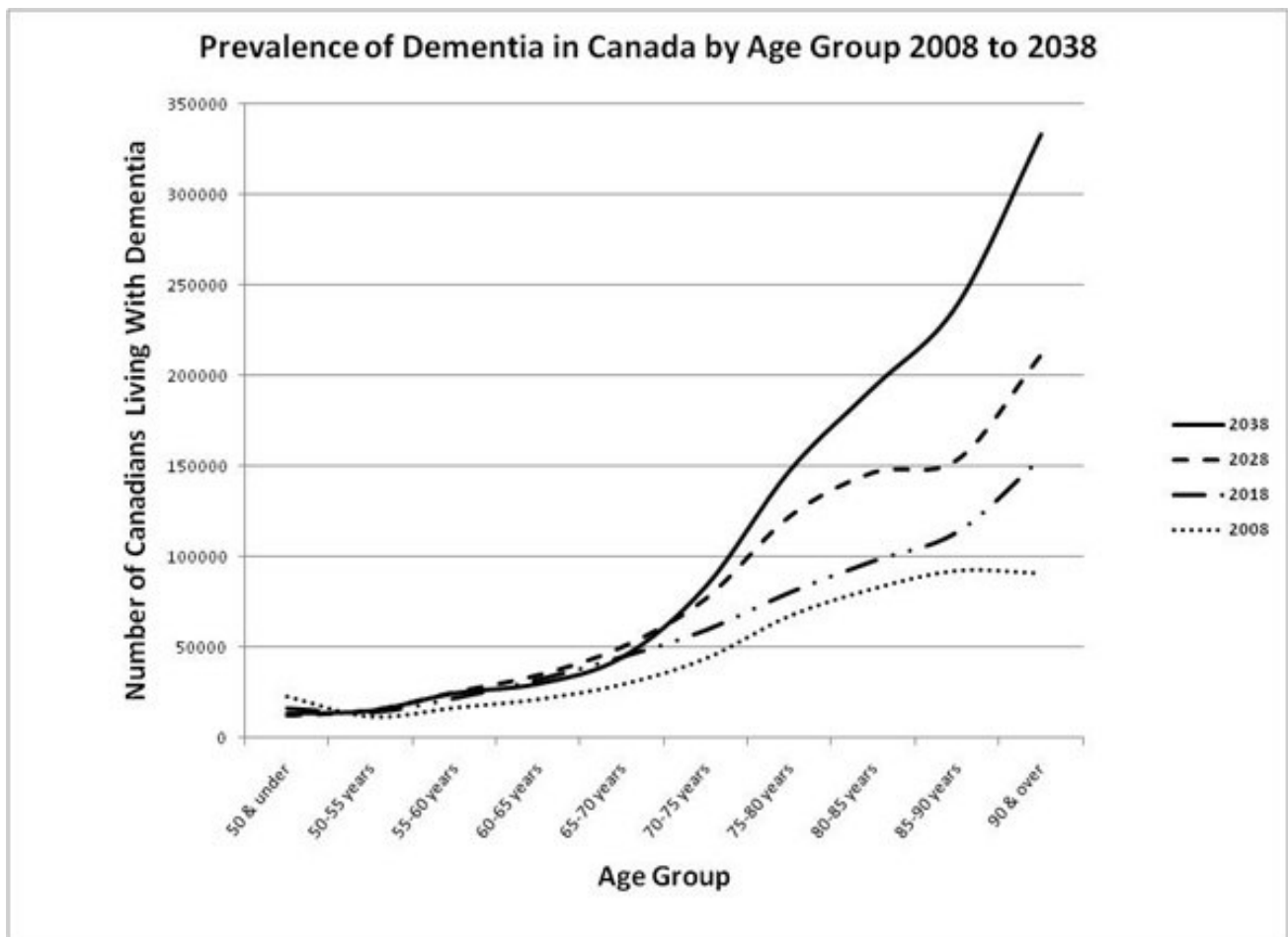
Rising Tide was undertaken in order to alert the Canadian public and federal, provincial and territorial politicians of the need for policies and approaches to address the looming dementia crisis. In the reports, you will find four suggested interventions. They are not meant to be definitive but to serve as illustrations of how the base case can be used to inform and shape policy in this field. The 5 recommendations in the report were developed through a comprehensive process of consultations with subject experts and stakeholders. The underlying message is that we must act now and that change is possible.

The facts:

- Incidence of Alzheimer's disease and related dementias in Canada:
 - 2008 - 103,700 new cases per year (1 every 5 minutes)
 - 2038 - 257,800 new cases per year (1 every 2 minutes)
- Prevalence of Alzheimer's disease and related dementias in Canada:
 - 2008 - 480,600 people with dementia (1.5% of Canada's population)
 - 2038 - 1,125,200 people with dementia (2.8% of Canada's population)
- Hours of informal care provided annually for people with dementia in Canada
 - 2008 - 231 million hours
 - 2038 - 756 million hours

The Economic Burden of dementia doubles every decade, increasing from \$15 billion in 2008 to a startling \$153 billion in 2038.

- Economic Burden of Dementia (in future dollars)
 - 2008 - \$15 billion
 - 2018 - \$37 billion
 - 2028 - \$75 billion
 - 2038 - \$153 billion
- Cumulative data represents the combined total of either the economic costs of dementia per year, or the number of people developing dementia per year, each year between 2008 and 2038. By 2038, the cumulative incidence of dementia will be more than **5.5 million people**³, with a cumulative economic cost of **\$872 billion**² (2008 dollars).



Intervention Opportunities

Recognizing the urgent need to start turning the tide of dementia, Rising Tide describes four potential intervention scenarios, backed by current evidence that could become critical factors in reducing the impact of dementia.

The report tested the impact of four potential intervention scenarios:

- Increasing Physical Activity
- Delay Onset of Dementia
- Caregiver Training, Support
- System Navigation

All showed the potential for dramatic reductions in economic impact over the next 30 years.

Recommendations

Rising Tide also makes five recommendations that would make up the components of a comprehensive National Dementia Strategy. They include:

1. An accelerated investment in all areas of dementia research.
2. A clear recognition of the important role played by informal caregivers.
3. An increased recognition of the importance of prevention and early intervention.
4. Greater integration of care and increased use of chronic disease prevention and management.
5. A strengthening of Canada's dementia workforce

And locally....

Feedback:

“For once we have accurate data that confirms what we’ve been fearing for many years. The report documents the implications of more people living with dementia. ...It also supports healthy living. It reinforces the importance of keeping your mind active and the programs that our Society’s offer to help with healthy living...” (David Webster, Alzheimer Society Serving Peterborough, Haliburton and Northumberland)

“It’s a call to action for politicians, service providers, families - everyone. It (the implications of dementia) is quite overwhelming to the Canadian society. It impacts the economic sector, the health care system. We are heading for a crisis but working together we can do something about the increasing impact of dementia in our community and society.” (Sarah Cook, Public Education Coordinator, Alzheimer Society Serving Peterborough, Haliburton and Northumberland)

Some data from the Peterborough Profile that describes the local implications of this report:

Population by Age Groups in Central East Region, Dependency Rates

Municipality	All Ages	Age 0-14	Percentage of Population Age 0 -14	Age 65+	Percentage of Population Age 65 +	Old Age Dependency (1)	Child Dependency (2)
County of Northumberland	80,965	12,975	16.03%	15,850	19.58%	30.4%	24.9%
County of Peterborough	133,080	20,555	15.45%	24,725	18.58%	28.2%	23.4%
City of Kawartha Lakes	90,710	13,905	15.33%	18,525	20.42%	31.8%	23.9%
Regional Municipality of Durham	561,260	115,130	20.51%	60,150	10.72%	15.6%	29.8%
County of Simcoe	422,200	80,295	19.02%	59,045	13.99%	20.9%	28.4%
Regional Municipality of York	892,715	177,920	19.93%	91,930	10.30%	14.8%	28.6%

Source: 2006 data: 2006 Census – Statistics Canada

Definitions

Child dependency ratio: The number of children ages 0-14 years relative to the total population ages 15-65 years of age.

Aged dependency Ratio: Total number of people ages 65+ relative to the total population ages 15-64 years.

Total dependency ratio: Total number of children (1014 years) and older adults (65+) relative to the rest of the population (ages 15-64 years).

- The region served by our local chapter of the Alzheimer Society (Northumberland, Peterborough and the City of Kawartha Lakes) has a significantly higher proportion of the population over 65 years of age. The old age dependency rate is much higher than surrounding communities with a younger population.
- One-person households accounted for 24.8% in comparison to 19.1% in 1981 and 24.1% in 2001. One-person households account for a greater percentage of households in the City (29.4%) than the county (16.9%).

Citizens Living with dementia	2008	2012	2016
Ontario	181,406	204,681	227,504
LHIN – Central East	20,092	22,763	25,269
Durham	5,974	7,198	8,473
Haliburton	350	404	452
Kawartha Lakes	1,440	1,629	1,808
Northumberland	1,576	1,734	1,963
Peterborough	2,578	2,839	3,089

Sources:

1. Rising Tide: The Impact of Dementia in Ontario, 2009
2. Projected Prevalence of Dementia: Ontario's Local Health Integration Networks, Alzheimer Society Ontario, 2007
3. Hopkins & Hopkins, Dementia Projections for the Counties, Regional Municipalities & District of Ontario (Using CSHA Prevalence Data), Clinical/Research Bulletin No. 15, 2005

SENIORS WITHIN TOTAL POPULATION & CASES OF DEMENTIA

YEAR	TOTAL POP.	5-YEAR AGE GROUPS		70-74		75-79		80-84		85-90		90+		TOTAL
		POP & CASES	POP & CASES	POP & CASES	POP & CASES	POP & CASES	POP & CASES	POP & CASES	POP & CASES					
2005	24,110	6,340	96	5,810	195	5,160	410	3,820	620	1,990	564	990	512	2,398
2010	26,990	8,000	122	6,110	205	5,110	406	4,150	674	2,520	714	1,100	569	2,691
2015	31,830	10,410	158	7,680	258	5,430	432	4,170	677	2,760	782	1,380	714	3,022
2020	37,380	11,580	176	9,620	338	6,850	545	4,380	732	2,820	799	1,560	807	3,398

Source: Alzheimer Society: Hopkins Statistics for the County of Peterborough

Locally you can get connected with the many programs now being offered to support our caregivers and people living with dementia by contacting the local Alzheimer Society. The following information provides an overview of upcoming educational events.

Alzheimer Society Educational Programs & Presentations:

“Heads Up for Healthier Brains” Presentations:

Designed as an education program to promote brain health and wellness, this presentation includes what everyone should know about brain health and Alzheimer’s disease. It discusses how it’s never too soon or too late to make changes that will maintain or improve brain health, changes that may also reduce the risk of developing Alzheimer’s disease. Alzheimer’s disease develops when the risk factors for the disease combine and reach a level that overwhelms the brain’s ability to maintain and repair itself. So reducing as many of the risk factors that we can makes good sense. There are 4 main things that we can all do to maintain or improve brain health: (1) Challenge Your Brain (2) Be Socially Active (3) Choose a Healthy Lifestyle (4) Protect Your Head. This presentation discusses how we can take action today!

Presentations taking place:

January 11, 2010: Royal Gardens to Staff,

Residents & Family Members

January 12, 2010: Princess Gardens to Staff, Residents & Family Members

January 13, 2010: Canterbury Gardens to Staff, Residents & Family Members

January 14, 2010: Empress Gardens to Staff, Residents & Family Members

January 27, 2010: Golden Plough Long Term Care Home to Staff, Residents & Family Members

“Heads Up for Healthier Brains” Resources:

- “Heads Up for Healthier Brains” brochure (Alzheimer Society)
- “Heads Up for Healthier Living” brochure (for people with Alzheimer’s disease and their families) (Alzheimer Society)
- Taking Charge of Your Brain Health (Alzheimer Society Website Link):
http://www.alzheimer.ca/english/brain/brain_intro.htm
- Brain Booster Website Link (Alzheimer Society):
http://www.alzheimer.ca/english/brain/brain_boost.htm

Personal Support Worker & Front-Line Worker Training: Overview of Alzheimer’s Disease and Dementia, Communication Strategies and Dealing with Responsive Behaviours

Education for Personal Support Workers and front-line workers in community retirement or long-term care homes. General overview of Alzheimer’s disease and related dementias, warning signs, progression of Alzheimer’s disease, treatment options, myths and realities of the disease, communication strategies and responsive behaviours.

Presentations taking place:

January 19 & 20, 2010: Hyland Crest & Highland Wood LTC Home Staff

January 26, 2010: Nightingale Nursing Staff

Put Your Mind To It

An educational session about understanding Alzheimer’s disease and related dementias, its impact in Canada and in our community, current research arising from the 2010 *Rising Tide: The Impact of Dementia on Canadian Society* study, the myths surrounding the disease, and how to reduce the risk of developing it

Presentations taking place:

January 21, 2010: MacQuarrie Education Series – Princess Gardens

January 27, 2010: Tower of Port Hope Retirement Residence

January 28, 2010: Jackson’s Creek Retirement Residence

Responding to Behavioural Change in Dementia Care

An educational session for Front-Line Workers that leads participants through effective communication strategies, a discussion surrounding changes in the brain and the impact on behaviour, and tools and strategies for addressing responsive behaviours.

Presentations taking place:

February 3, 2010: Regency Manor Long Term Care Home – Staff

Overview of Alzheimer’s Disease and Dementia, Communication Strategies and Dealing with Responsive Behaviours

Education for front-line workers or volunteers in community retirement or long-term care homes, community and service organizations, and the general public. General overview of Alzheimer’s disease and related dementias, warning signs, progression of Alzheimer’s disease, treatment options, myths and realities of the disease, communication strategies and responsive behaviours.

Presentations taking place:

February 24, 2010: Hospice Northumberland Volunteers

Other Educational Events:

Understanding Alzheimer’s Disease and Dementia: Creating a Dementia-Friendly Community

Training for support staff and service providers (eg. store workers, bank tellers, etc.)

“U-FIRST!”

Training Education program designed for unregulated health care providers who provide care for persons with Alzheimer’s disease and related dementias.

Advance Care Planning

Education for the general public on establishing a Power of Attorney for Personal Care, advance care directives, and planning for the future.

Gentle Persuasive Approaches (GPA)

Education for long-term care and retirement home staff in strategies for dealing with responsive and challenging behaviours associated with dementia.

First Steps Education Series (4 Part Series)

For individuals who have recently been diagnosed with Alzheimer's disease or a related dementia, and their families and caregivers.

PLEASE NOTE: All presentations and education programs can be tailored and customized to meet the unique learning needs of each group. All education is provided free of charge. Education can be delivered to service groups, social groups, community organizations, volunteers, caregivers, professionals, and members of the general public. Please call Sarah Cook, Public Education Coordinator at (705) 748-5131 or toll free at 1-800-561-2588 for more information.

The Alzheimer Society also offers a lending library of books, videos, DVDs and other resources as well as a variety of free pamphlets, brochures and booklets on Alzheimer's disease and related dementias. Topics range from identifying warning signs, disease progression, coping strategies for caregivers and persons with dementia, to treatment options, advance care planning, and understanding various types of dementia.

For more information about our InfoNotes contact Dawn Berry Merriam at 705-743-5915 or

email dawnbm@pspc.on.ca.



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