



# Experiences from Norway in preparation of Local Dementia Management Strategies

**Ketil Oppedal, PhD**

**PostDoc/Research coordinator, Imaging**

# Helse Stavanger, Stavanger University Hospital

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# The hospital's four main duties

- Research
- Treating patients
- Educate and train health workers
- Providing training and support for patients and their next-of-kin



**We will promote health and quality of life**



SESAM-REGIONALT KOMPETANSESENTER FOR ELDEREMEDISIN OG SAMHANDLING



- <https://youtu.be/K4CRfK-2G3w>



## **SESAM**

Established by the Western Norway Regional Health Authority in 2010, to strengthen cooperation, research, networking and teaching in our region

### **Age-related medicine:**

Physical, psychological and social aspects related to acute illness, in connection to the treatment of chronic conditions, rehabilitation and end-of-life care

# Research activities

- About 25 researchers including PhD students and professor supervisors
- Research manager: professor Dag Årsland
- Intervention team coordinator: Martha Therese Gjesten
- 25 ongoing projects in medicine and health care services
- 4 postdocs

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# Strategy for Dementia Care 2017 – 2020

## Stavanger Municipality

- Leadergroup
- Project group
- Dialouge meeting, fall 2014
- Meeting with SESAM, spring 2015
- Dialouge meeting 2015
- Two-part plan;
  - 1) Introductory and local regulations and needs
  - 2) Interventions (31)

# What did we learn on how to make a better dementia care?

- Low – threshold services
- Early contact and diagnosis
- Collaboration with GP's
- Differentiated day care activities
- Strengthening the next of kin relations
- Basic knowledge in dementia on all health care service levels

# Interventions – some examples

- Establishing an overarching network for dementia assessment in the municipality
- Collaboration with immigrant organizers to identify areas of need
- Personal coordinator for newly diagnosed persons with dementia
- Develop a model for systematic follow-up after diagnosis of dementia

# Another example

## Educative intervention in early stage dementia

- Research project
- 12 – week health promotion course for persons with dementia
- 2 hours, once a week
- New subject each week (i.e. safety, recreation, social life, driving license)
- Learning about dementia, practical strategies, focus on remaining resources and being able to discuss issues and concerns with other dementia patients, were highlighted as most important for the participants
- The course appeared to be an important part of accepting the diagnosis of dementia

# Modeling development of research structure

- User-led
- End-user phase 1: Carestaff
- End-user phase 2: Persons with dementia and next of kin
- ***User involvement in care home research. Research networks for care homes***
- ***Stavanger, London, Exeter***  
***Project manager: Ingelin Testad***
- PhD student and coordinator of FOKUS  
**Christina T Frøyland**



# Michelin restaurant

FOKUS care home, Stavanger, Norway

<https://vimeo.com/190174583>