

Dementia in India, 2015

Current status. Future estimates. Problems faced in dementia care.
A call for action to support families living with dementia in India.

Many families in India live with dementia

In India, 41 lakh (4.1 million) people above 60 have dementia



Younger people also get dementia.
This adds 2-8% to the number of people with dementia

Most do not get a diagnosis

“...dementia is under-diagnosed worldwide [1]”

In India Only 1 out of 10 people with dementia get any diagnosis, treatment or care

Dementia care involves many difficulties

Initial dementia symptoms are mild. They keep getting worse. The person becomes fully dependent.

Goes on for many years (may never be diagnosed)

Family members, young and old, provide care

Over time, care needs more time and money

Caregivers face difficulties during these years of care for many reasons

Extremely poor dementia awareness in society

...creating misinformation, myths and stigma...

Symptoms of dementia are assumed to be normal ageing

People with dementia are criticised

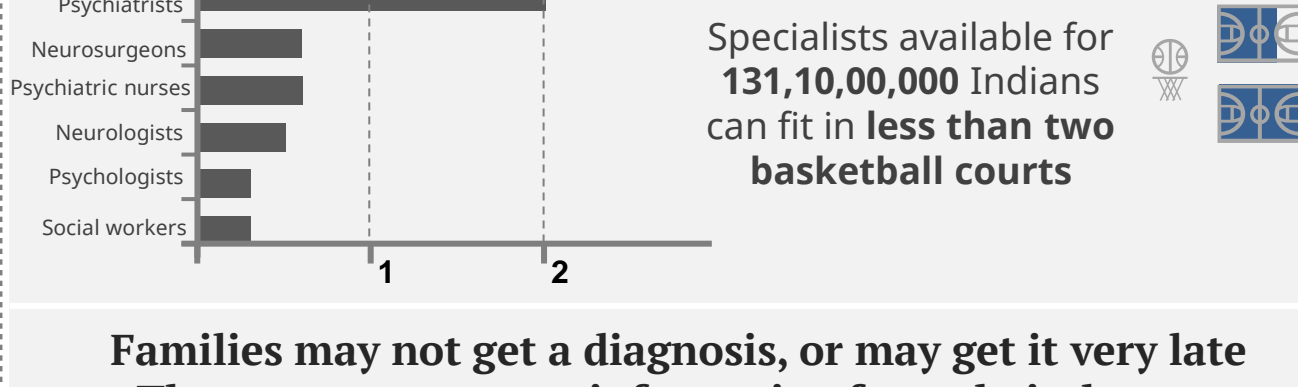
Families are blamed for not caring well enough

Help from the health care profession is very limited

Health care professionals may not recognise dementia unless they are specialists

“...awareness regarding the disease is very poor in the community as well as the medical fraternity.”

“...the most significant barrier to closing the service gap for dementia is the very low human resource capacity for the care of those with the disease.”



Families may not get a diagnosis, or may get it very late They may not get any information from their doctors

Benefits of diagnosis missed. Person may not get drugs or counselling that can improve life, especially in early stages.

The person with dementia and the family may not get time to accept dementia. Care cannot be planned.

Almost all care is done at home without information or support

The capacity of suitable care centres is very low

41 lakh elders have dementia

Day + full-time care capacity in India is Less than 2000

No financial support for home caregivers.

No income security

No practical advice for home care. No support services.

Caregivers are affected in many ways for many years

Major changes are needed to give care

Not enough money

No time to socialise

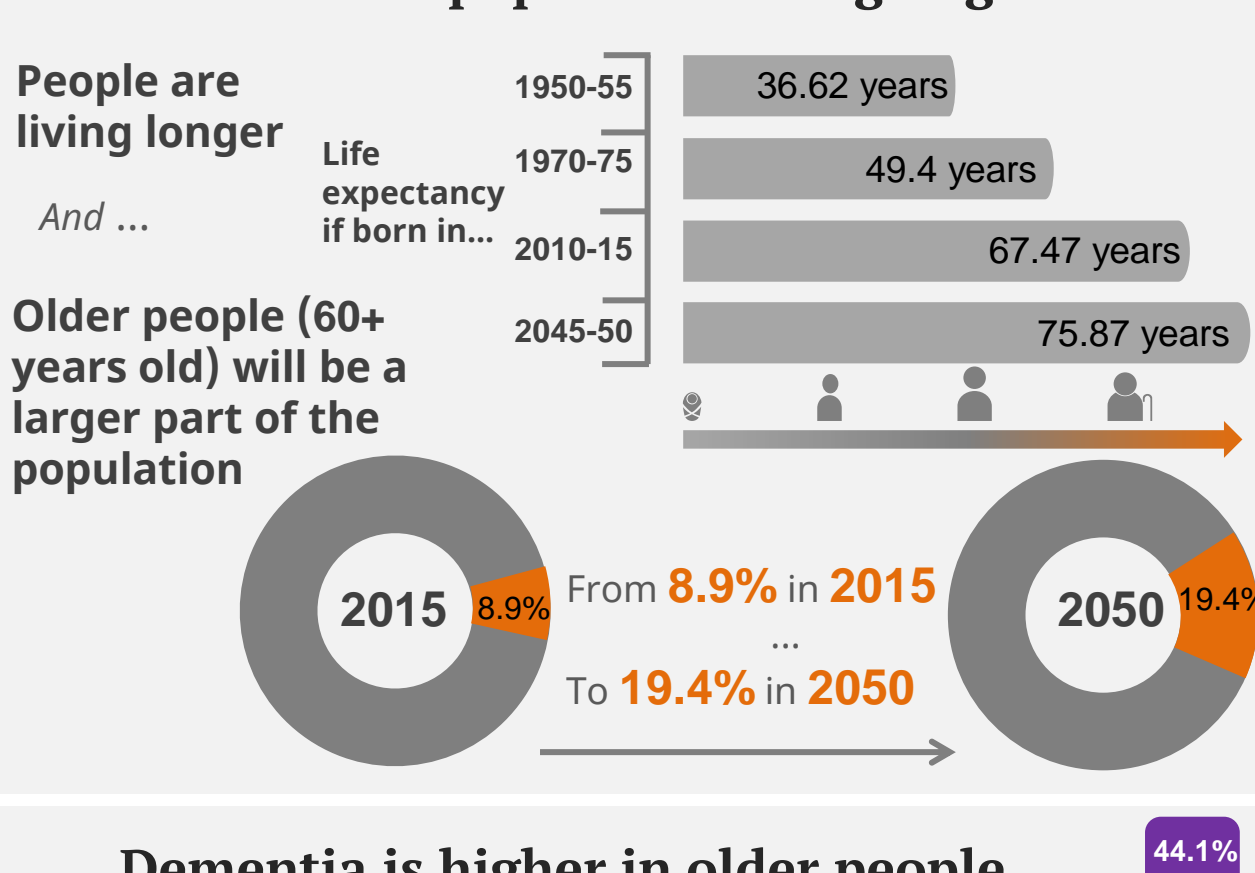
Even more isolation because of stigma

Dementia's effect is heart-breaking to see. Work is tiring

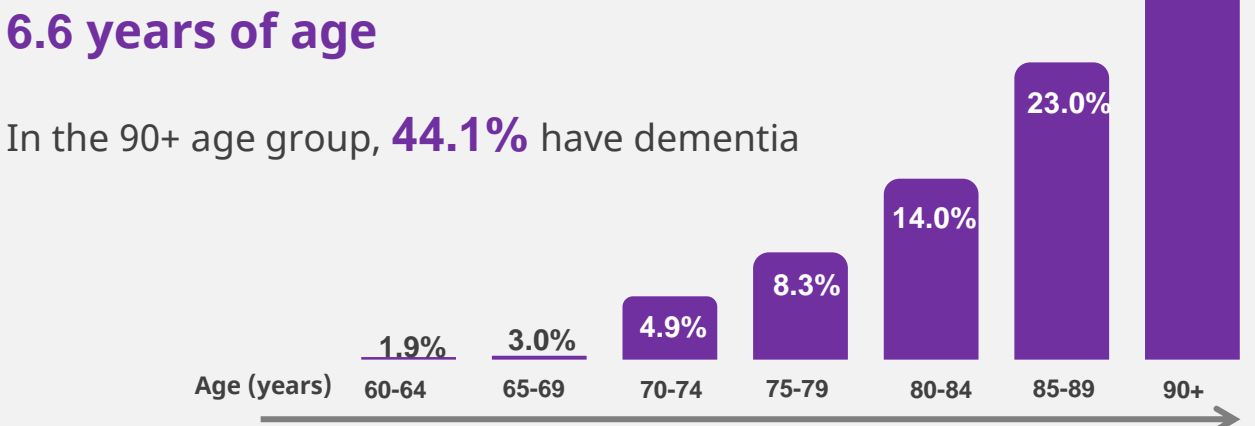
No time for self-care. Stress and depression are common.

The impact of dementia is increasing

India's population is "ageing"



Dementia is higher in older people



By 2050

133.3 lakh people will have dementia (this is an increase of 225%!)

2015 2050

Compared to this, the overall population will increase by 30%

So more and more families will be impacted by dementia.

What can be done

What the Government, experts, corporates, volunteers & NGOs can do

Focus on dementia through policy and programs

Have systems for caregivers

Develop medicines

Train more professionals

Spread dementia awareness

Have systems for early diagnosis

Create affordable services, products, and centres

Regulate service providers

Provide information in many ways

Counsel and support families

Train caregivers

Give financial support

What all of us can do (we can make a difference)

Be alert for symptoms and consult doctors early

Make society "dementia friendly"

Share caregiving stories and tips

Help the family

Spend time with the person with dementia

Be a friend to a stressed caregiver

Give your time, skills, and money for dementia programs. Take part in studies.

About this infographic

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Also see:
Website for dementia home caregivers in India:
<http://dementiacarenote.in> (English) and
<http://dementiahindi.com> (Hindi)
Blog: <http://swapnawrites.wordpress.com>
Videos at:
<http://www.youtube.com/user/dementiacarenote>
and <http://www.youtube.com/user/swapnawrites>

References used for the infographic
[1] Dementia: A Public Health Priority (WHO and ADI report)
[2] Dementia India Report 2010 (ARDSI report)
[3] World Alzheimer Report 2015 (ADI report)
[4] World Population Prospects: Key findings and advanced tables, 2015 Revision (UN)
[5] United Nations, Department of Economic and Social Affairs, Population Division (2015). World Population Prospects: The 2015 Revision, custom data acquired via website (September 2015)
[6] Shaji KS, Reddy MS Caregiving: A Public Health Priority, Indian J Psychol Med 2012;52: 34.303-5.
[7] Alzheimer's and Related Disorders Society of India/ National Dementia Helpline India

<http://dementiacarenote.in/dementia/dementia-india-2015-info/>