

Newsletter

Issue I

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Inside this issue:

| | |
|-------------------------------------------|-----|
| About ADOK | 1 |
| ADOK Activities | 2-3 |
| Caregiver Tip -How to Sleep Well? | 3 |
| Did You Know? -Latest News in Dementia | 4 |



About ADOK

The Alzheimer's and Dementia Organization of Kenya (ADOK) is a non-profit organization established in 2016 by a group of caregivers of persons living with dementia (PLD). Back then, the main task of ADOK was to create awareness about dementia because lack of information was an important challenge. We have

been successful over the years in creating awareness about dementia by engaging communities at various levels and more people are reaching out to us. We offer them psychosocial support, information, and resources to manage dementia in their loved ones.

Our vision is to ensure deliv-

ery of adequate care from diagnosis to management.

Our mission is to create a society wherein those affected by dementia are supported, accepted and are able to live in their communities without fear or prejudice.

ADOK Activities

I. STRiDE Meet at South Africa

We are honored to share with you all that ADOK is now a representative of the STRiDE (Strengthening Responses to Dementia in Developing Countries) project, which is run by the UK's Global Challenges Research Fund. Through this exciting project, ADOK along with the Africa Mental Health Foundation will be working on the issues of stigma and will develop an anti-stigma toolkit. During the STRiDE meeting held in South Africa this February, we submitted a situational analysis of Kenya in terms of the population size of Kenya, distribution of resi-

dents between the rural and urban centers, life expectancy of Kenyans, and an estimate of those affected by non-communicable disease, of which dementia is an important disease. Additionally, social protection mechanisms and social protection challenges were discussed. Finally, an overview of the healthcare system in Kenya was discussed. We hope to integrate this information into the dementia response that would be specific to Kenya.



II. STRiDE Kenya Formation



MOH, ADOK, Africa Mental Health Foundation, KEPHCA, the Matatu Association, Dr. Hooker and Helpage International collaborated to form the STRiDE Kenya Advisory Committee.. A great team there!

III. Geriatric Medicine Training 2019

Representatives of the ADOK attended the Geriatric Medicine Training held on the 28th February this year. We learned some of the important lessons pertinent to medical care in the elderly. Geriatric care becomes complex because of unique biological changes that follow old age and the presence of

many concurrent medical conditions. This training was instrumental in understanding the health needs of the elderly and how to address them. Going forward, we aim to promote health, prevent and treat diseases and disabilities in the elderly with the knowledge we gained.



IV. Support Group Meetings

We care for our caregivers and their loved ones with dementia. Therefore, we organize support group meetings every third Saturday of the month at the KICC, Nairobi. Nyawira Kuria, an exceptional art therapist facilitated our April meeting and shared interesting ways to bring the unexpressed emotions to the fore with the help of art therapy. Another unique aspect of this meeting was that children participated actively in the session. They watched a movie about dementia and shared their views on how dementia affects PLD and families. Sounds great, doesn't it?

In May, Sheila Mbogo, an advocate

of the High Court, led the discussion on the financial and legal issues that come up for PLDs and how families can make informed decisions in such contexts.

Our June meeting involved acclaimed neurologists, Dr. Juzar Hooker, Dr. Sokhi and Dr. Blackburn who shared valuable insights into the diagnosis of dementia. Timely diagnosis is crucial in dementia care and therefore, this was an important support meeting for everyone.



Caregiver Tip

Did you know that as a caregiver, you need to take care of yourself? So, we dedicate this corner to provide you with a wellness tip that you can use in your everyday lives.

Sleep is one of the basic and important health needs. An adult would need about 7 to 8 hours of sleep each night to feel rejuvenated. The sleep hygiene practices mentioned in the picture may be helpful in getting adequate sleep. Try out!

SLEEP HYGIENE PRACTICES

Medical journals and sleep experts have identified certain habits that negatively affect sleep and others that improve it. Follow some of these sleep hygiene tips to make the best out of your time sleeping.

- 01 Go to sleep at the same time every night
- 02 Keep daytime naps below 20 minutes
- 03 Avoid phones and other electronic screens at least 30 minutes before bedtime
- 04 Keep your bedroom pitch black at night
- 05 Maintain your bedroom temperature between 60°F and 67°F
- 06 Only use your bed for sleep and sex
- 07 Wear socks to help signal the body that it's bedtime
- 08 Avoid large meals before sleeping
- 09 Add some white noise to your bedroom
- 10 Avoid alcohol and narcotics

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Did You Know?

Researchers at the Yong Loo Lin School of Medicine at the National University of Singapore have found that eating mushrooms reduce the risk of developing dementia. In their study, seniors who consumed more than 300 gm of cooked mushroom every week were at 50% reduced risk of developing dementia.

For more information on this, read: The association between mushroom consumption and mild cognitive impairment: a community-based cross-sectional study in Singapore by L Feng and others.