

ADOK Newsletter

Issue 2

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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. We Are Here to Support You!

Since the last newsletter release in June last year, an exciting combination of themes were discussed in our support group meetings. Dr. Sokhi and Dr. Hooker presented an enlightening session on dementia diagnosis in June last year and we thought it was extremely important to offer information on the next step after diagnosis—management and care of our loved ones with dementia. Dr. Damaris Mose took us through the fundamentals of palliative care and equipped caregivers with the quality caregiving information.

August was time get the nutrition for the loved ones with dementia right with Ms. Wahu Ngugi. In October 2019, Dr. Harun Otieno took us through an awesome session on Brain health and discussed the heart-mind connection. November 2019 was time for caregivers to shed that stress and let loose. It was time for some dance therapy—our heartfelt thanks to the co-coordinators for making this happen. Our support group meeting in new year was to check-in with our beloved caregivers and help them resolve any challenges

in their caregiving journey. Isn't it awesome to be a part of this support group?

II. The Mind Walk



The Mind Walk was one of our important annual advocacy/awareness and fundraising activities. Cognitive screening was performed on-site. And there was an expert panel discussion on dementia. Don't you think it was a perfect walk for the mind?

III. Creating Awareness will Never Stop for Us

We had tremendous opportunities to create awareness about dementia last year, especially during the World Alzheimer's month. We featured in a number of international and national TV channels, including the BBC, Inooro, Capital, Switch TV, to name a few. Also, Nation and Standard newspapers helped us

take dementia to a larger audience. We believe information is power and are working tirelessly to reduce the stigma associated with the condition. Therefore, we constantly look for opportunities to create awareness. Be it a small group of students or a huge gathering at the church, we make it a point to create

more awareness. Our dream is to build a dementia-friendly nation.

IV. We Believe in the Power of Collaboration

During the Mind Walk, Team America joined us and helped us increase the strength of our army against dementia. We felt we are not alone in this journey!

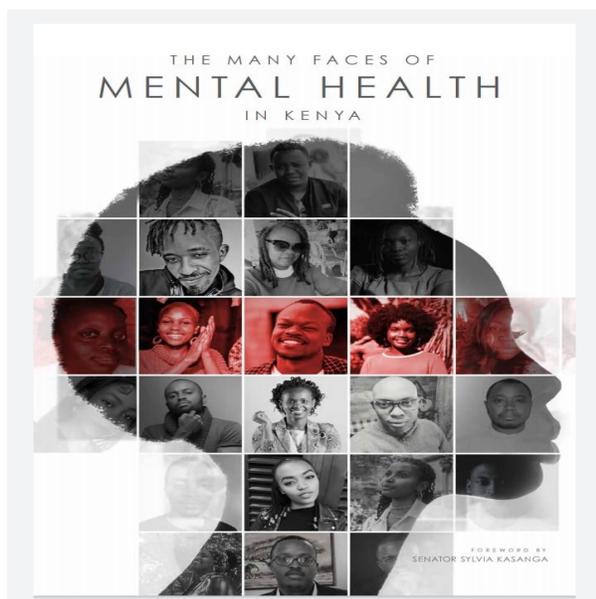
We were invited by the Mauritius Alzheimer’s Association to our experience and expertise in creating awareness. It was an amazing learning experience to understand how they run their daycare centers. Hopefully, we will be able to adapt their practices to enhance dementia delivery care in Kenya.

Another impactful collaboration is with the STRiDE. Our partnership looks forward to developing national

recommendations for dementia care (WP8) and creating opportunities for knowledge exchange, impact and engagement (WP10). We have made great strides from the time our organization was a baby, nearly a decade ago.



V. National-Level Engagement to Influence Policy



We shared our perspectives about mental healthcare pertinent to dementia with the Senator, Sylvia Kasanga, in her conceptualization of the book—The Many Faces of Mental Health in Kenya. The primary aim of the book is to reduce the stigma associated with mental health in Kenya. Her words: “It is ok not be ok”, is both hugely destigmatizing and very compassionate.

Apart from contributing to the Mental Health Amendment Bill, ADOK takes pride in being a part of the Mental Health Task Force in uplifting mental healthcare in Kenya.

Caregiver Tip

A Quick Self-Check Tool For Your Well-Being.

Determine your color zone and take action now. Slow down if you are orange and seek help immediately you are in the red alert zone. Aim for green.

EXCELLENT – KEEP UP THE GOOD WORK!



Staying active



Eating a balanced diet



Staying socially connected



Sleeping well



Having time to yourself

PAY ATTENTION – USE CAUTION...



Losing your temper frequently



Feeling unsupported or resentful



Trouble sleeping



Weight loss/gain



Feeling overwhelmed



Feeling lonely or isolated



Neglecting your own health

WARNING ALERT – SEEK HELP!



Feeling hopeless or despair about the future



Thoughts of hurting yourself or others



Not sleeping or sleeping all the time



Acting aggressively towards or restraining patient

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Did You Know?

The recent EDON Initiative backed by Bill Gates is developing a wearable device that can detect dementia way before the symptoms actually develop. The device is planned to be released within three years from now. If this turns into reality, we would be able to delay the occurrence of dementia significantly.