

# ADOK Newsletter

Issue 3

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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. National Dementia Action Plan

ADOK and STRiDE Kenya team are collaboratively working with the Ministry of Health in coming up with the National Dementia Action Plan. It would take into account the mental health aspect of the disease in addition to it being seen as a non-communicable disease. Once the National Plan emerges, it would be the first of its kind in Sub-Saharan Africa. Getting a sustainable source of funds to implementing the plan will be an important challenge. Therefore, ADOK along with STRiDE Kenya is working with other civil society organizations to get Ministry of Finance allocate budgets for dementia care. The WHO is willing to fund the plan through the Ministry of Health. This is such a huge step in advancing dementia care in Kenya.

## II. Anti-Stigma Toolkit

Stigma is a major roadblock to identification, intervention and also understanding the epidemiological trends of dementia. ADOK is trying to reduce the stigma associated with the condition so as to achieve improved outcomes for people living with dementia. Increased awareness about the condition and destigmatizing dementia are our goals. To listen to our Founder speak about ADOK's contribution to the Hope in the Age of Dementia, a documentary produced by the Alzheimer's Disease International, please visit: <https://youtu.be/EbTSNlxrmIw>



**Alzheimer's Disease International**  
The global voice on dementia

**'Hope in the Age of Dementia'**

ADI and ITN Production's newly released documentary on the late developments in care, research and technology around dementia.

**Watch now!**

### III. I Am Because We Are

Fortnightly Zoom sessions have been very successful in staying connected with the caregivers and conveying a sense of hope and belongingness. We have had many experts facilitating the sessions, including nutrition for PWLD, self-care for caregivers, data protection (of online accounts of PWLD), pulmonary health of PWLD, and family dynamics during these stressful times. The sessions have been very informative and have covered a comprehensive range of topics relevant to dementia care. We are very grateful to the experts who came in to support us with the Zoom meetings.



### IV. Caregiver Series on Social Media

Caregivers play a central role in dementia care and we believe that it is important that they don't reach a burnout state or if they do, we provide assistance in coping with the burnout. Therefore, we continually engage with the caregivers on various approaches that enhance well-being. Through caregiver series, we share relevant articles, new research findings and inspirational stories to improve the quality of caregiving and to reduce stress in caregivers. For more information, please check out our Facebook page—Alzheimer's and Dementia Organization Kenya and like the page to stay up-to-date with our work.

# Caregiver Tip

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

Determine whether your anxious thought is within the circle or outside the circle of influence. Much of what you can do lies in the inner circle. Let go of things that aren't in your control.



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## Did You Know?

A recent study has shown that the bacteria that causes periodontitis (gum disease) is also responsible for brain changes that resemble Alzheimer's disease. This finding may lead to the development of treatment options that will address Alzheimer's disease. The ongoing GAIN trial may have something to look forward to.