

Reframing dementia care beyond prescription: a 10-year global roadmap for brain health, prevention, and health-system transformation

Canadian Council for Reframing Dementia Care Beyond Prescriptions

Jeya Thayaparan, MD, FRCPC – Mackenzie Health, Richmond Hill, Ontario;
Ganesh Arunachalam, FRCP (London) – Princess Alexandra Hospital, Harlow, United Kingdom;
Prof. Nirusha Thavarajah, PhD – University of Toronto Scarborough; Prof. Pam Baxter, PhD, Nursing – McMaster University;
Dr. Umaharan Thamotharampillai, MD – University of Jaffna

BACKGROUND

- Population ageing and dementia are growing global public-health challenges. The number of people aged 60 years and older is projected to rise from 1 billion in 2020 to 2.1 billion by 2050, with dementia prevalence increasing substantially with age.
- Current dementia care remains largely reactive, beginning after symptoms emerge, despite evidence that cognitive health is shaped over the life course by modifiable individual, social, and environmental factors.
- This poster presents Reframing Dementia Care Beyond Prescriptions, a proposed 10-year global roadmap to advance brain-health education, prevention, equitable recognition and care, caregiver support, dementia-inclusive communities and health-system transformation.

OBJECTIVE

- To present a 10-year global roadmap to reframe dementia care beyond prescription by advancing brain-health education from middle school to university, prevention and risk reduction, equitable recognition and care, caregiver support, dementia-inclusive communities and environments, and research, implementation and policy translation.

METHODS / APPROACH

- Developed through an interdisciplinary synthesis of geriatrics, public health, implementation science, social medicine, health policy, health economics, human rights, and health-system innovation.

Evidence synthesis and stakeholder-informed development through:



KEY REFERENCES / EVIDENCE BASE

1. World Health Organization. Risk reduction of cognitive decline and dementia: WHO guidelines. 2nd ed. 2022. 2. WHO. Global status report on the public health response to dementia. 2021. 3. NICE. Dementia: assessment, management and support for people living with dementia and their carers. NG97. 2018. 4. WHO. Towards a dementia-inclusive society: WHO toolkit for dementia-friendly initiatives.

SIX INTERCONNECTED PILLARS



CROSS-CUTTING PRINCIPLES



PROPOSED 10-YEAR IMPLEMENTATION ROADMAP



Senior-friendly and dementia-ready housing supports:



CONCLUSION

Reframing Dementia Care Beyond Prescription shifts the focus from episodic, symptom-driven care to lifelong brain health, prevention, and inclusive communities. Through education, prevention, caregiver support, dementia-inclusive environments, workforce development and policy translation, we can achieve healthier brains, better caregiver wellbeing, more inclusive communities, greater autonomy, and healthier ageing across the life course.

THE VISION

Healthier brains.
Stronger communities.
A more inclusive world.



KEY MESSAGE

KEY MESSAGES

- ✓ **Reform education:** Start brain wellness and dementia education from middle school to university.
- ✓ **Reform the care ecosystem:** Advance senior-friendly housing and community ecosystem development.
- ✓ Promote intergenerational understanding and participation.
- ✓ Integrate social medicine into the health sector.
- ✓ Include reminiscence therapy and art therapy within healthcare disciplines.

Proposed ACP standard:

Offer all seniors early, voluntary and ongoing advance care planning discussions. From age 75, routinely offer and document ACP as a standard of care. For all people with moderate dementia, use a standard ACP card to support autonomy and participation in decisions while capacity is present.

- ✓ Better caregiver well-being and support.
- ✓ More inclusive, age-friendly communities and environments.
- ✓ Stronger workforce capability and capacity.
- ✓ Policy adoption and sustainable system change.
- ✓ Greater autonomy and person-centred care.
- ✓ Healthier ageing for individuals and societies.

CONTACT

Corresponding Author:
Jeya Thayaparan, MD, FRCPC
Email: jeya.thayaparan@mackenziehealth.ca
or ganesh.arunachalam@nhs.net