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**Declaration to the tenth working session of the open-ended working group on Ageing:  
Palliative Care and the Long. April 15 - 18, 2019**

**Palliative and long-term care**

**"The long-term care in the treatment and the reduction for the elderly is treated, mainly, in the care for people with dementia, their relatives and caregivers in cities with cognitive impairment".**

The majority of the 50 million people in the world with Alzheimer's and related irreversible dementia are older than 60 years. More than 50% suffer from at least one additional chronic disease and it is widely believed that, over time, the symptoms of progressive dementia will interfere with the ability of people to control their other chronic diseases, their attention and support. Throughout the world this support is largely of families, and not paid, formal, welfare and / or social.

However, policy makers must pay close attention to the importance of dementia, since the underlying condition is more common and, very often, the root cause of the need for care for the elderly. The current and future course and the costs of long-term care will be determined, to a large extent, by the course of the global dementia epidemic.



The National Alzheimer's Plan of Costa Rica was the first step for a country with medium or low income. It was launched in 2014 guided by the plan, the Costa Rican Alzheimer's Association and other Associated Dementias (ASCADA) chose to prioritize information and education of the general public in long-term care, advising families on how to be more friendly with dementia. The greatest success of these efforts to date has taken place in the city of Curridabat, Aserri and Guarco del Tejar where they work in collaboration with the Municipal Council of the city. The activities carried out in the friendly cities include the organization of awareness events, such as marathons, careers, cardio fitness and in providing training to all general practitioners in the city on the early detection of dementia symptoms.

This training also increases their awareness of the needs of caregivers of people with dementia and how these needs can be met. The construction of a Caregiver Center in the city also helps to meet and meet the needs of caregivers. The success of dementia-friendly efforts in the city has also encouraged the introduction of more therapeutic interventions, medical treatments and accommodation specifically for people living with dementia. It has also been recognized that dementia diagnostic rates have increased because more people are being screened in the community.

All users should initiate discussions about the future of long-term care, with all stakeholders and an informed public. For future generations of older people, the number of information that is required in the long term, and their needs profile, is already predictable within limits of uncertainty.

Long-term care for the elderly is mainly about caring for people with dementia. From a rights perspective, we believe that people with dementia should be included in Debates on the management of multiple health problems in older people.

## Palliative care

Palliative care is explicitly recognized in the human right to health. It must be provided through integrated and person-centered health services that pay special attention to the specific needs and preferences of individuals.

During the last three years of development of the National Alzheimer Plan, we have transformed its objectives into seven transversal principles for the improvement of human development in Costa Rica for the care of palliative care:

- a) Social and business responsibility in the development of the human rights of adults and older adults with dementia.
- b) Empowerment and participation of people with dementia and their caregivers.
- c) Evidence-based practices for risk reduction and dementia care with research in the public and private sectors.
- d) Multisectoral collaboration in the public health response to dementia.
- e) Health, social and community coverage for dementia.
- f) Equity in public health responses applied in relation to dementia, favoring gender equity
- g) Care, prevention, promotion and rehabilitation in the treatment and development of dementia care.

The International Alzheimer's Association supports efforts to promote the reach and impact of national health care programs and systems, including health. System policies that integrate palliative care services in the structure and financing of health care systems at all levels of care and integration of palliative care in the basic curricula of all new health professionals, as well as the education of volunteers and the public.



## **Understanding of people with dementia.**

The approach is appropriate, they should not be excluded from these programs. In addition, professionals have the specific ability to recognize signs of untreated pain and relieve pain in people with dementia.

A medication policy that ensures the availability of essential drugs for the treatment of symptoms, particularly opioid analgesics for the relief of pain and respiratory distress is vital.

This year, our opportunity to raise the profile of dementia is under the agenda item for non-communicable diseases (NCDs), and for this the Member States will include dementia to achieve their NCD plans and objectives either through their participation or with a declaration as states such as Costa Rica which is a member state and the World Observatory of Dementias as part of the World Action Plan on the Public Health Response to Dementia 2017-2025 that urges countries to increase awareness of dementia and establishing initiatives favorable to dementia, reducing the risk of dementia, improving diagnosis, treatment and care as well as expanding research and innovation in support of caregivers of people living with dementia.

The actions carried out have allowed to establish policies and actions in public health focused on social and community participation with a focus on respect for human rights and universal accessibility with the collaboration of the regional office of the Pan American Health Organization PAHO-WHO for mental health , aging, disability, human rights and societies.

Coordinately



A handwritten signature in black ink, appearing to read "Norbel", written over a horizontal line.

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