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Vascular Dementia

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Uganda's comprehensive strategy for dementia care to the ageing population

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In the year 2012 Uganda marked 50 years of independence, with improved health services and progressive improvements in life expectancy where older persons' numbers have increased across the country hence ageing population but with no knowledge on a group of symptoms which can occur as a result of diseases that damage their brains. Information on dementia and care in Uganda is sparse due to few studies carried out. Dementia is regarded as a western condition which has frequently discarded the development of public health strategies in the Uganda's health system. 2014, Global Network of Age-Friendly Cities and Communities (GNAFCC) Department of Ageing and Life Course (ALC) World Health Organization (Geneva) commissioned a set of small-scale qualitative investigation of older Adult's experiences on health and old age in three Sub-Saharan Africa (SSA) cities that is; Kampala by Geriatric Respite Care Foundation Uganda (GRCF-U), Bamenda (Cameroon) and Conakry (Guinea). Results showed that apart from age, the factors that may be responsible for the development of dementia are likely to be nutritional, environmental, stress, family inheritance, diseases like HIV and AIDS among others. Dementia being a worldwide impact which Uganda felt today, Geriatric Community, Palliative and Dementia Care Services and with our extensive experience in the field of ageing GRCF-U is in negotiations with Butabika National Mental Referral and Teaching Hospital Kampala for a comprehensive strategy for resources to ignite the spirit in the people with dementia, their families and cares as well as organizing clinical therapies with admiral nurses and other experts.

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Trauma, loss and post traumatic growth: A caregiver's perspective

Rosemary Rawlins

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Through the lens of her experience as caregiver for her husband with a severe TBI, Rosemary will share insights into how trauma affects caregivers along with the challenges, stressors, and fears they face. After 24 years of marriage, Rosemary's husband had a new personality—a byproduct of his TBI that left Rosemary struggling with ambiguous loss. Rosemary shares how she and Hugh moved forward in their relationship and life. She will define resilience and share proven strategies to increase resilience while presenting specific approaches like environment enrichment that helped her husband achieve a good outcome. Rosemary will wrap up her talk by discussing Post Traumatic Growth – the only upside of trauma—and her secret for managing fear.

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