

Welcome to Nigeria

Grappling with Dementia in Nigeria – The future is bright

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by

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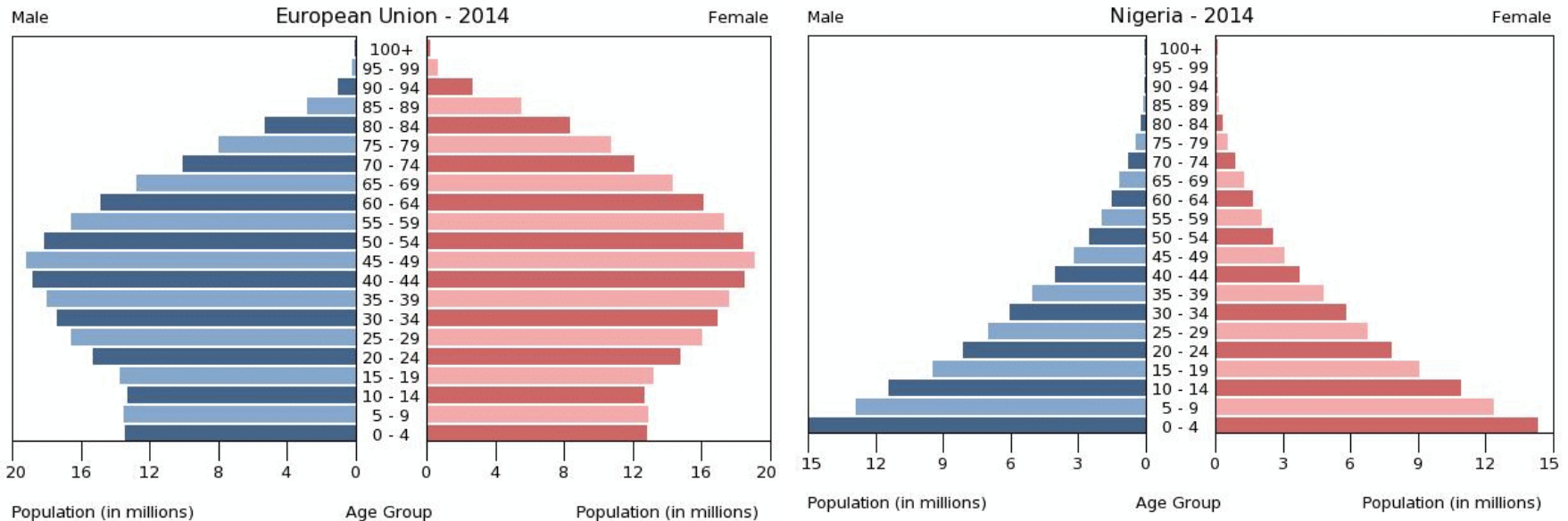
Demographics

- Population approximately 175 million

<i>0-14 years</i>	<i>15-24 years</i>	<i>25-54 years</i>	<i>55-64 years</i>	<i>65+ years</i>
76 million	34 million	53 million	7 million	5 million
43.8%	19.3%	30.1%	3.8%	3.0%

- Life expectancy at birth 53 years
- Minimum wage 18,000 Naira (\$90) per month
- Annual per capita health expenditure \$118
- Over 60s in receipt of pension 12%
- Youth unemployment 19%

National Priorities



- Fast growing population means focus is on the young, in addition...
- Fighting corruption
- Combatting terrorism

What does Dementia mean to the average Nigerian?

- No Nigerian word for dementia, instead a series of descriptions of its symptoms are used
- These descriptions can have negative connotations because they compare with witchcraft or madness – hence the stigma
- The wrong choice of words will affect readiness of relatives to continue to love and care for their people living with dementia

“WE RESPECT & CARE FOR OUR ELDERS” – the good old days

- ETO – that which is right to do; a duty of care for ALL things animate and inanimate, including the environment; Respect for ALL young or old, sentient or non-sentient, rich or poor, with or without disabilities, indigenes or non-indigenes.... This is the foundation of “Human Rights” from the viewpoint of older generations of ordinary Nigerians. These were the building blocks for communities in the good old days

“WE RESPECT & CARE FOR OUR ELDERS” – the good old days

- Agbajo owo l’a fi nso’ya – the whole community coming together. Try beating your breast with one finger, compared with all fingers and thumb bunched into a fist, or tightly flattened.
- There is strength in numbers, collaborations, joint efforts, unity. A strong community is a healthy and wealthy community.

“WE RESPECT & CARE FOR OUR ELDERS” – the good old days

- Agba ki nwa l’oja ki ori omo titun wo – elders cannot be around the market square whilst a newborn is endangered.
- This shows there is a role for elders to play within the community. Their role is to advice on best practice, and to safeguard the community. Theirs is not a passive role

Trappings of the Modern World

- Fragmented communities – economic migration; the youth and the able-bodied leave the villages in droves in search of greener pastures. Their motives seem noble when they justify the move as an effort to position themselves in a better financial standing in order to cater for the needs of their families. But who is left to farm the land? Who is left to look after the frail? How are the old beliefs, teachings and knowledge passed on effectively?

Trappings of the Modern World

- This leaves the communities with no means of sustaining themselves. Nothing to harvest, as the farms are not cultivated. The people now rely on importation of sustenance with no means of procuring them other than monies sent from diaspora.

Trappings of the Modern World

- Souless, self-absorbed, broken community - to assuage their guilt of leaving the vulnerable behind, the youth work very hard to send money home to be used for catering to the needs of their families. Money is misappropriated by those less fortunate people left in the village. They feel entitled as recompense for being left behind. This leads to the abuse and neglect of the frail and vulnerable. Goodwill becomes non-existent as neighbours and friends now expect to be paid for things and practices they used to provide for free. When confronted and challenged regarding their actions/inactions, they become belligerent, disrespectful, and empathy goes out the window

Solution? – Get Back to Basics!!!

- Spread awareness, Educate the communities, Support both the person with dementia, and those who care for them, Mandate every government (no matter how poor) to show proof of how they diagnose, treat and care for their people with dementia, Support those countries with low income to enable them to support their citizens, Help implement a National Dementia Plan

Solution? – Get Back to Basics!!!

- We find that this can be achieved through: approaching the traditional King and raising awareness within his court. He then instructs his chieftains to cascade the knowledge to their lesser chiefs and communities and report back on progress. Even politicians listen to word from their individual villages because their older relatives still live there, and more importantly, their disobedience can influence votes!

Solution? – Get Back to Basics!!!

- Forge alliances with similar organisations – the King will share his blessings with other traditional Kings who will be eager to put their brightest sons and daughters forward to add the program to whatever campaign they are running (in this case NCDC Alliance)
- This is a slow process, but the results will be lasting and enduring

His Imperial Majesty, Grand Patron of Dementia Friends Nigeria



African Regional Conference with the King Olubadan of Ibadanland

Our Cultural Heritage should be tapped into To inform new directions



Grassroots connections. The Olubadan endorses care.

SUCCESS!!!

