# Interventions to reduce dementia-related stigma: Improving dementia care policies, programs and practices

#### Background

- Recently, the Government of Canada (2019) public addressed the need to reduce stigma and improve
- Stigma refers to an attribute or characteristic whic stereotyping, labeling, loss of status, social exclusion (Alzheimer's Disease International, 2012).
- Dementia-related stigma can detrimentally impact experiences in acute care settings; access to spe neurologists); and can lead to misdiagnosis, and Organization, 2012).
- In long-term care, people with dementia often exp an over-reliance on anti-psychotics without psych Information, 2019).
- In order to improve quality of life for people living knowledge on interventions to address dementia-

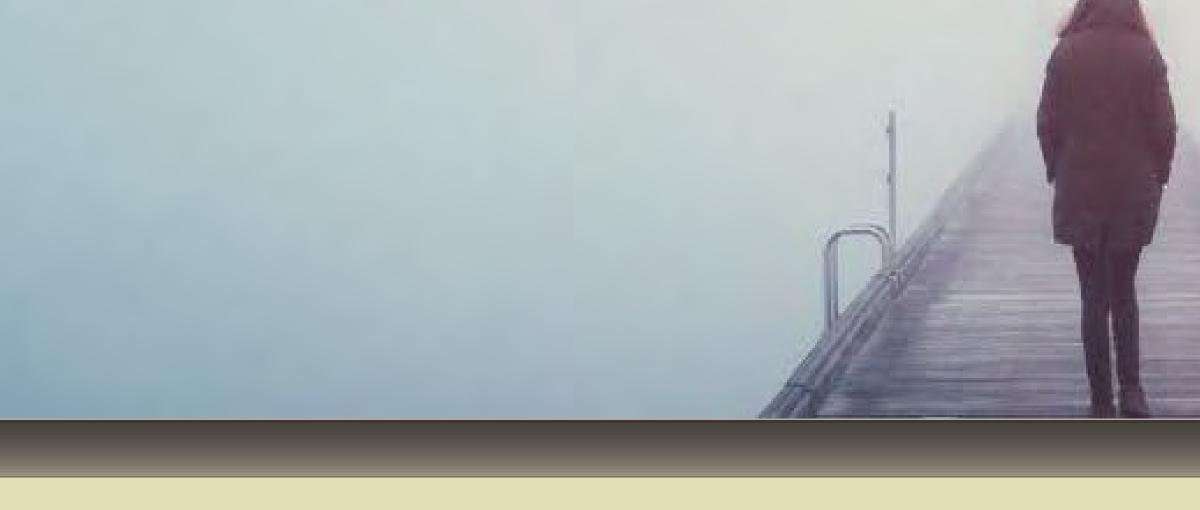
# **Objectives**

- To explore interventions to reduce stigma towar
- To identify key components of existing anti-stigr care policies, programs and practices.

# Approach

- Scoping review was conducted to examine peer reduce stigma of dementia from 2008 to 2018.
- Electronic databases searched included: CINAF PsycINFO, Google Scholar, and Social Services
- Corrigan and Penn's (2005) stigma reduction fra different interventions: education (replacing myt contact (interacting with people living with deme mixed (combining education and contact interve perceptions of people living with dementia).

References



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lished a national dementia strategy that re quality-of-life for people with dementia.	
ch is socially discrediting and may lead to sion, and discriminatory practices	
t interactions with health care workers; ecialist services (e.g., geriatricians and a decreased quality of life (World Health	
perience an increased use of restraints and losis diagnosis (Canadian Institute for Health	
with dementia, there is a growing need for -related stigma.	
rds people living with dementia; and	
ma interventions to inform future dementia	
r-reviewed literature on interventions to	
HL, PubMed, Medline, Web of Science, s Abstracts.	
amework was used for conceptualizing the ths with facts and accurate information); entia to challenge stereotypes of dementia); entions); and <i>protest</i> (confronting negative	

#### Results

- Several education, contact and mixed interventions were found.
- After screening the initial 744 records, 21 articles were included in the review.
- I. Education interventions (11 studies) ranged from community presentations to university seminars.

Key components of education interventions included:

 $\succ$  Creating culturally and context-informed strategies tailored for specific groups;  $\succ$  Sharing facts to replace myths;

 $\succ$  Using different mediums (e.g., print and television) to improve dementia knowledge; and  $\succ$  Teaching that dementia is more than memory loss.

2. Contact interventions (8 studies) ranged from intergenerational ballet to an orchestra group.

Key components of contact interventions included:

- > Partaking in purposeful-learning with a common goal (e.g., visual arts programs and intergenerational choir groups);
- > Opportunities for social interaction to show that it is possible to lead an active life with dementia (e.g., orchestra groups and intergenerational storytelling groups); and
- $\succ$  Showcasing the achievements of people living with dementia (e.g., artistic performances).
- 3. Mixed interventions (2 studies) included an educational event with keynote speakers who were people with dementia, and learning modules combined with clinical rotations for nursing students.

Key components of mixed interventions included:

- $\geq$  Partnering with people living with dementia as teachers, champions, and spokespersons to reduce dementia-related stigma; and
- > Opportunities for clinical placements with nursing students and people living with dementia.

# Conclusion

- Reducing dementia-related stigma is essential for improving long-term care practices, optimizing cognitive health services, and promoting timely dementia diagnosis.
- Findings from our study can help to inform the development of anti-stigma interventions and improve dementia-care policies, programs, and practices.

Corrigan, P. W., & Penn, D. L. (1999). Lessons from Social Psychology on Discrediting Psychiatric Stigma. American Journal of Psychology, 54(9), 765–776. World Health Organization. (2012). Dementia: A public health priority. Geneva: WHO. Retrieved from, https://www.who.int/mental health/publications/dementia report 2012/en/.







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