
From Memories to Healthspan: Rethinking Healthy Ageing
Through Reminiscence and Innovation



Asia Reminiscence Forum

Memory & Cognitive Health Community Programme

Stronger Together: Advancing Brain Health In Indonesia



Prof Yuda Turana
Professor of Neurology,
Atma Jaya Catholic University,
Indonesian Ministry of Health's expert working group on older people



Session 1: Asian Perspectives on Reminiscence and Ageing

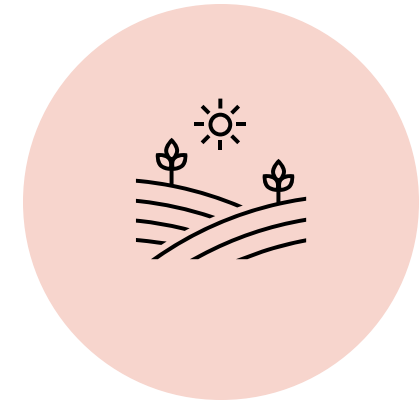
Introduction



ALZHEIMER'S = GLOBAL
/INDONESIA CHALLENGE



NGO + UNIVERSITY =
STRONGER TOGETHER



REMINISCENCE

The global impact of dementia

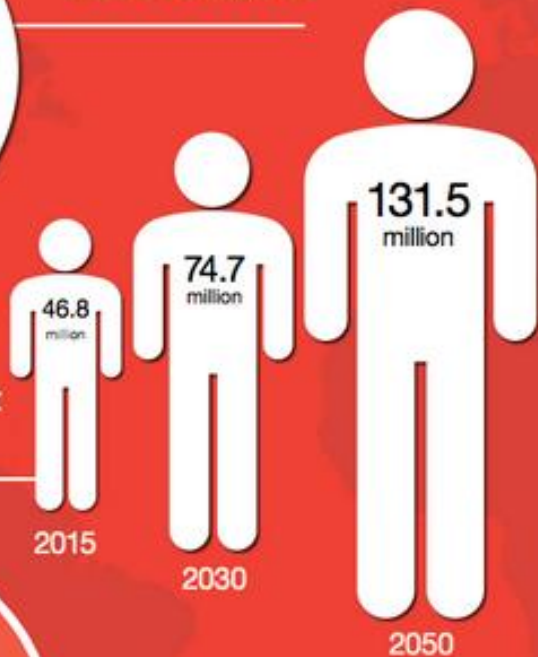


Around the world, there will be 9.9 million new cases of dementia in 2015,

one every 3 seconds

46.8 million people worldwide are living with dementia in 2015.

This number will almost double every 20 years.



Much of the increase will take place in low and middle income countries (LMICs):

In 2015, 58% of all people with dementia live in LMICs, rising to 63% in 2030 and 68% in 2050.



The total estimated worldwide cost of dementia in 2015 is US\$ 818 billion.

By 2018, dementia will become a trillion dollar disease, rising to

US\$ 2 trillion by 2030

If global dementia care were a country, it would be the

18th largest economy

in the world exceeding the market values of companies such as Apple and Google



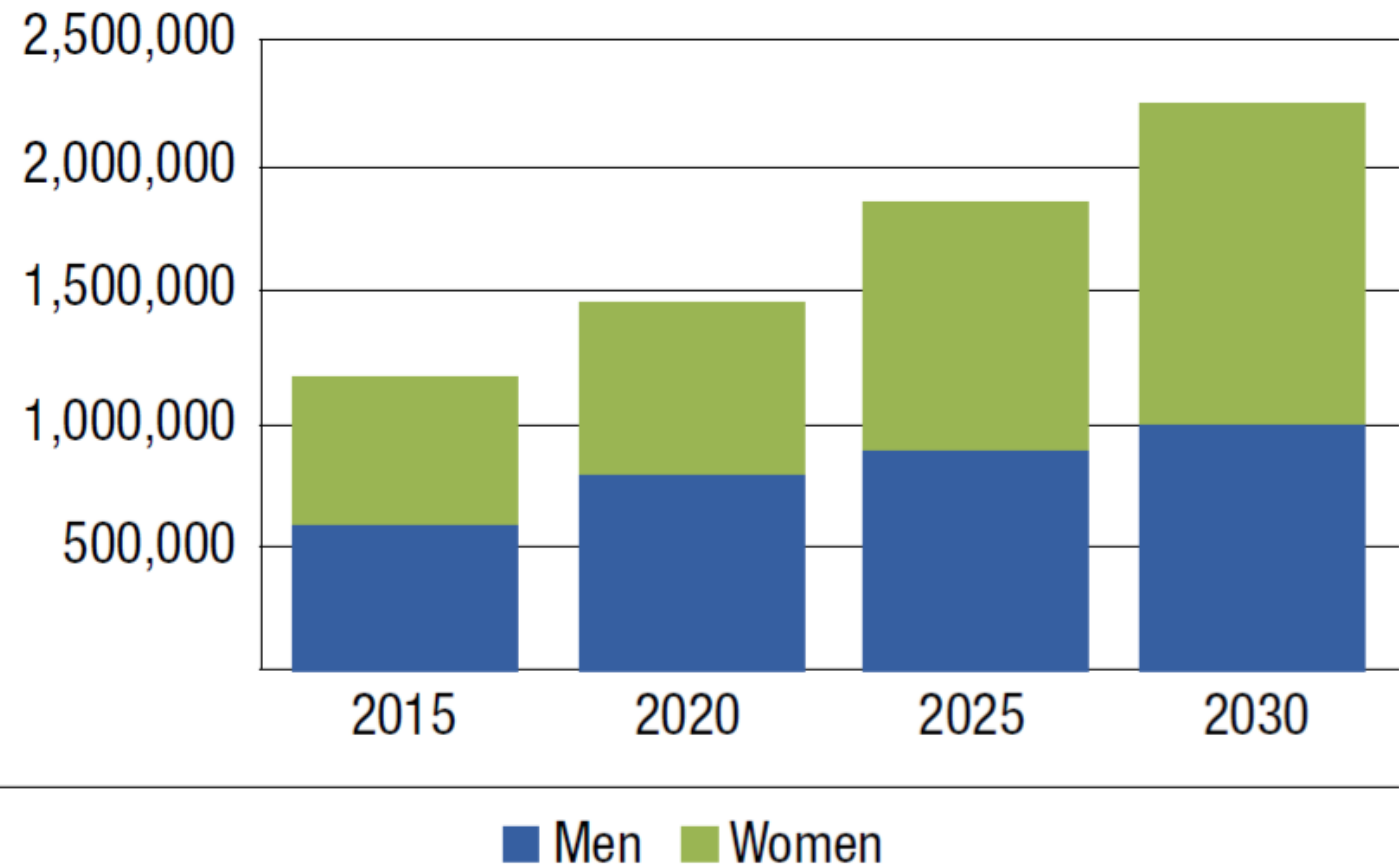
(source: Forbes 2015 ranking).



This map shows the estimated number of people living with dementia in each world region in 2015.

We must now involve more countries and regions in the global action on dementia.

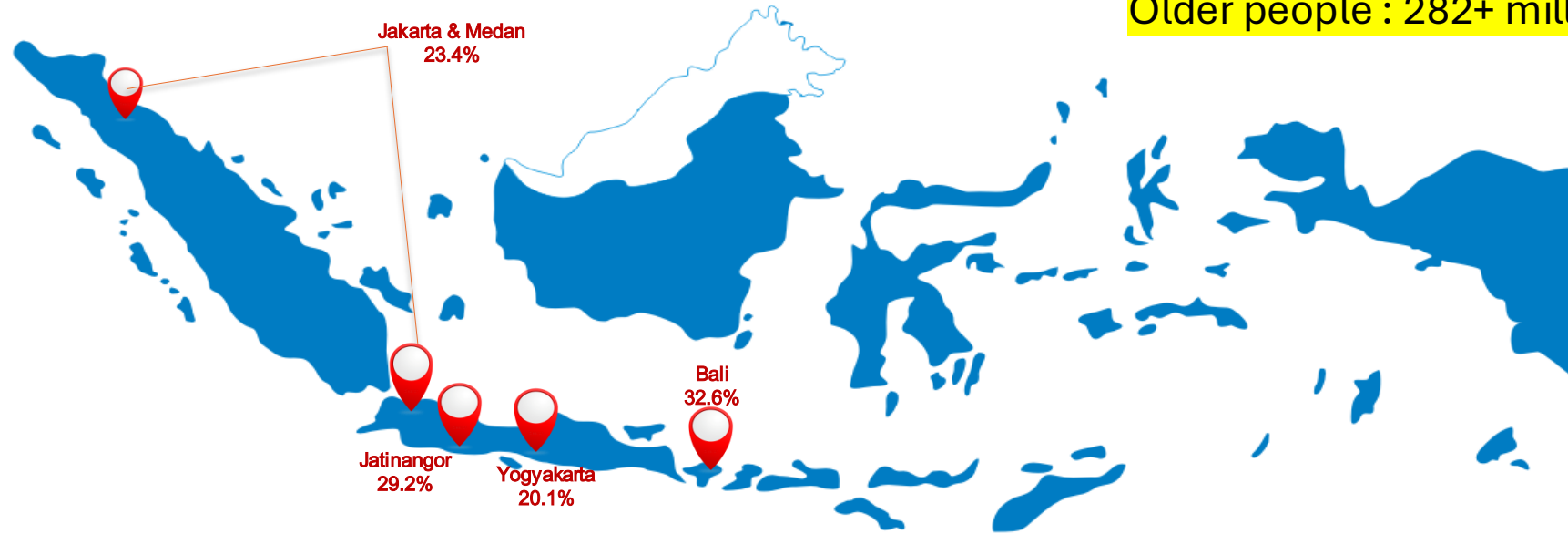
Estimated numbers of people with dementia, Indonesia



Source: World Alzheimer Report 2015 estimates

Dementia Prevalence

Older people : 282+ million in 2024



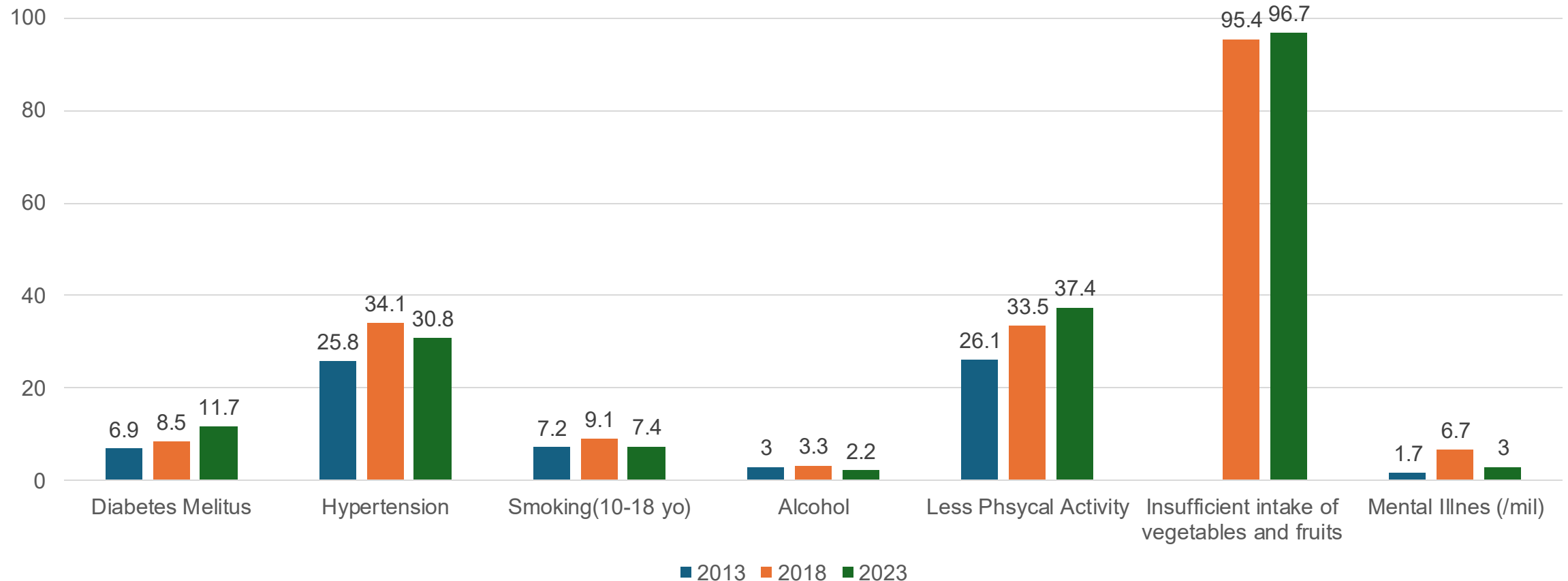
27.9% Jakarta and Medan
Stride project, 2021

29.2% Jatinangor, West Java
Ong et al, 2018

20.1% DI Yogyakarta
Suriastini et al, 2015

32.6% Bali
Suriastini et al, 2018

Rising trend of Non-Communicable Diseases (NCDs) in 2013, 2018, and 2023



Dementia care - Indonesia context



4th most populated country



People living with dementia: 1.2 million (2015) → projected to increase to 4 million (2050)



National Dementia Plan launched in March 2016






National Health Insurance (Government subsidises for approximately 61% of the population who are socio-economically vulnerable) → Dementia is covered



MoH Regulation no. 6/2024: all persons aged 60+ entitled to annual **cognitive screening at Primary Healthcare Centres.**

RESEARCH ARTICLE

Experiences of caregivers of people with dementia in Indonesia: A focus group study

Imelda Theresa¹ | Tara P. Sani¹ | Sara Evans-Lacko² | Nicolas Farina^{3,4}  | Lydia Augustina⁵  | Yuda Turana^{1,5} 

¹Alzheimer's Indonesia, Jakarta, Indonesia

²Department of Health Policy, Care Policy and Evaluation Centre, London School of Economics and Political Science, London, UK

Abstract

Background: Many people with dementia are reliant on family caregivers to provide daily care to maintain quality of life and dignity. As a result, caregivers can experience

Conclusion: In Indonesia, families are providing care to people with dementia in an environment in which there is a lack of understanding that can lead to misdiagnosis, feelings of fear and shame. Efforts to raise address stigma and misunderstanding among the general public and healthcare professionals could be of particular value to support people with dementia and reduce the fear and shame that they can experience.

to support people with dementia and reduce the fear and shame that they can experience.

KEYWORDS

Alzheimer's disease, attitude, caregiver, caregiver burden, dementia, diagnosis, stigma

RESEARCH ARTICLE

Awareness, attitudes, and beliefs of dementia in Indonesia

Nicolas Farina¹  | Esra Hassan² | Imelda Theresa³ | Fasihah Irfani Fitri⁴ |
Ika Suswanti⁵ | Tara Puspitarini Sani³ | Sara Evans-Lacko⁶ | Sube Banerjee⁷ |
Yuda Turana⁸

¹Faculty of Health, University of Plymouth,
Devon, UK

²Centre for Dementia Studies, Brighton and

Abstract

INTRODUCTION: Tackling dementia stigma is a policy priority. In Indonesia, we have

DISCUSSION: Misconceptions and lack of awareness about dementia are common in Indonesia. Attitudes tended not to be negative, but our research highlights factors associated with dementia attitudes. Future research should use this information to better tailor and target potential anti-stigma strategies.

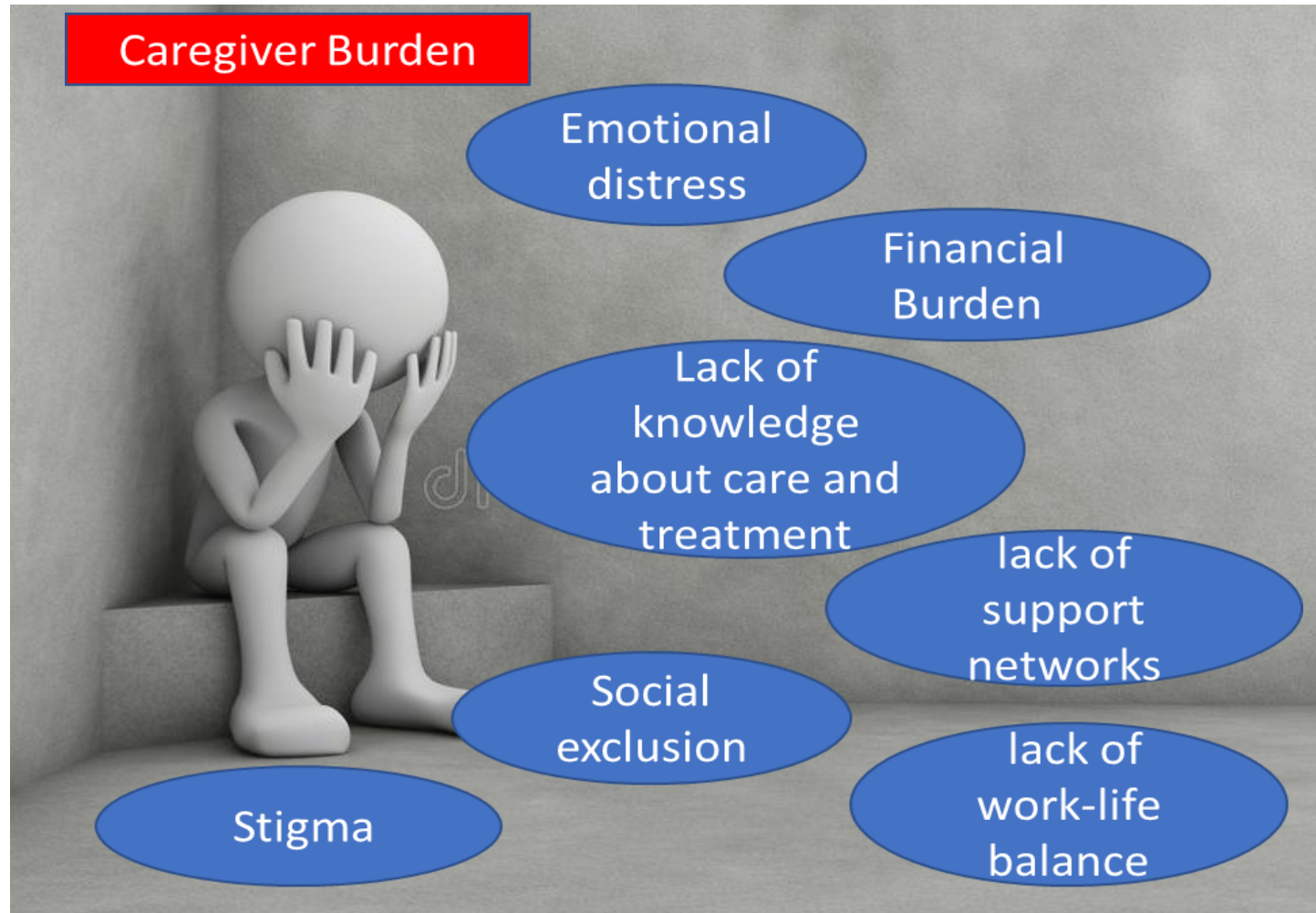
Jakarta, Indonesia

Correspondence

KEYWORDS

attitudes, beliefs, general public, Indonesia, knowledge, stigma

Caregiver Burden



Financial Burden (Cost Estimated of Dementia care)

Data from ALZI's Member

Mean cost of care of PWD in USD		Indonesia's GDP per capita (2017) in USD
Monthly	Yearly	
346.64	4159.68	3479.1

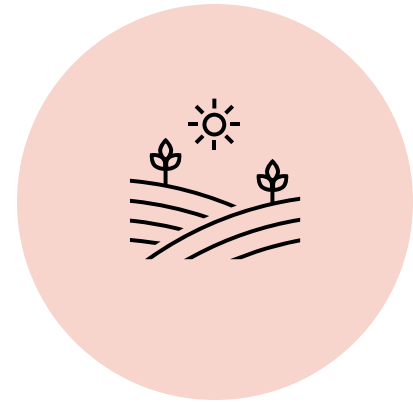
Introduction



ALZHEIMER'S = GLOBAL
/INDONESIA CHALLENGE



NGO + UNIVERSITY =
STRONGER TOGETHER



REMINISCENCE

Universities & NGOs: Stronger Together Against Alzheimer's

 Universities


- Research & Innovation
- Training Experts
- Evidence for Policy



 NGOs

- Advocacy & Awareness
- Caregiver Support
- Community Reach



 Together:
**Evidence + Impact
= Better Alzheimer's Care**



Universities - NGOs in the Fight Against Alzheimer's

Aspect	Universities 🎓	NGOs 🌐
Core Strength	Research & Education	Community Engagement & Advocacy
Research & Evidence	Conduct trials, epidemiology, innovation	Share patient & caregiver experiences
Training & Capacity	Train doctors, nurses, researchers	Train caregivers, volunteers, community workers
Policy Role	Provide data-driven recommendations	Influence policymakers, reduce stigma
Implementation	Develop interventions, validate methods	Pilot programs, deliver support services
Reach	National & international academic networks	Grassroots access to families & communities
Flexibility	Structured, systematic, rigorous	Agile, fast to respond to emerging needs

Models of Collaboration



Awareness campaigns



Joint research



Service-learning



Pilot projects (caregiver school,)



Policy advocacy

STRiDE

STRiDE is a four-year project to build capacity in dementia research in seven developing countries, in order to support development, financing, planning, implementation and evaluation of national dementia plans



Dementia Care Priorities

FACTS and Challenges	IMPACT	Priorities
Dementia data in Indonesia: "Yogyakarta" is higher than global data: 2 out of 10 elderly people with dementia aged 70-74 years	High Prevalence	Increasing awareness
Low caregiver knowledge: 9 out of 10 caregivers consider forgetting to be a natural part of normal aging	Low Knowledge	Improving Competency
Increased risk factors for dementia (smoking, hypertension, diabetes, obesity, mental disorders, inactivity) The basic health survey/ Riskerdas 2018	Low Awareness	Community-based long-term care / telemedicine development
HCWs "feel having a lack of competence" about dementia	Low Competency	Community-based long-term care / telemedicine development
Nearly 40 percent of caregivers stated that the monthly cost spent on dementia treatment is IDR 1-3 million (70-250 USD)/month + loss of productive time	Socio-economic Impact	Community-based long-term care / telemedicine development
Less than 6% of Indonesian respondents agree that the elderly are cared for in nursing homes (World Alzheimer Report 2019)	culture of caring	Community-based long-term care / telemedicine development

Community-Oriented Long-Term Care

Strengthening Family Involvement

- It involved 70,000 people from 155 countries, including around 1,300 respondents from Indonesia.
- Only 5.6% of Indonesian respondents agreed that older adults with dementia should be cared for in nursing homes (compared to 16% in India, 13% in Malaysia, and 25% in high-income countries).
- In contrast, compared to high-income countries, in low- and lower-middle-income countries, the majority of respondents (>60%) agreed that older adults are still regarded as respected figures, sources of knowledge, and guardians of cultural values and traditions.
- [World Alzheimer report 2019](<https://www.alz.co.uk/research/world-report-2019>)

Collaboration Matters

Blok Neurogeriatri & Demensia
FKIK Unika Atma Jaya



Patient family-Bridge



Caregiver Training

Pelatihan Demensia Alzheimer (PDA) untuk Keluarga

“Sindrom Geriatri pada Lansia dan ODD* yang perlu diwaspadai”

27 September 2024 | 13.00-16.00

dr. Rensa SpPD Subsp.Ger (K), FINASIM

Dokter Spesialis Penyakit Dalam-Subspesialis Geriatri FKIK Unika/RS Atma Jaya

*Orang Dengan Demensia

Lokasi Kegiatan:
Unika Atma Jaya, Gedung Yustinus Lt. 14
Jl. Jend. Sudirman Kav 51, Jakarta Selatan

Tempat Terbatas! Daftar Segera!
CARELINE ☎ 0811 822 594



Advocacy & Awareness



Academic and NGO Collaboration

Volunteer mobilization



Alzheimer's Indonesia

Volunteering Alzheimer Indonesia

ALZI juga punya program volunteering yang seru loh! Contohnya di event Grand Launching ALZI Academy & Healthy Aging Center tanggal 20 September 2024



Nggak hanya itu, berinteraksi dengan lansia dan ODD juga selalu dilakukan oleh relawan ALZI dalam program aktivitas bermakna dan layanan NARAZI home visit.

→ SWIPE

Professional Training



Pelatihan Demensia Alzheimer

ALZI Academy & Healthy Aging Center

4 Oktober 2024



Evidence for policy

REPORT ON THE DEMENTIA SITUATION IN INDONESIA

◦ Also see: Full Report on the Dementia Situation in Indonesia – Desk Reviews

Executive Summary:

The dementia care landscape in Indonesia: context, systems, policies and services

Tara P Sani, Marselia Tan, Imelda Theresia, Patricia Tumbelaka, Aditya Putra, Yvonne S Handajani, Ni Wayan Suriastini, Nugroho Abikusno, Tri Budi W. Rahardjo, Yuda Turana, Klara Lorenz-Dant, Wendy Weidner and Adelina Comas-Herrera

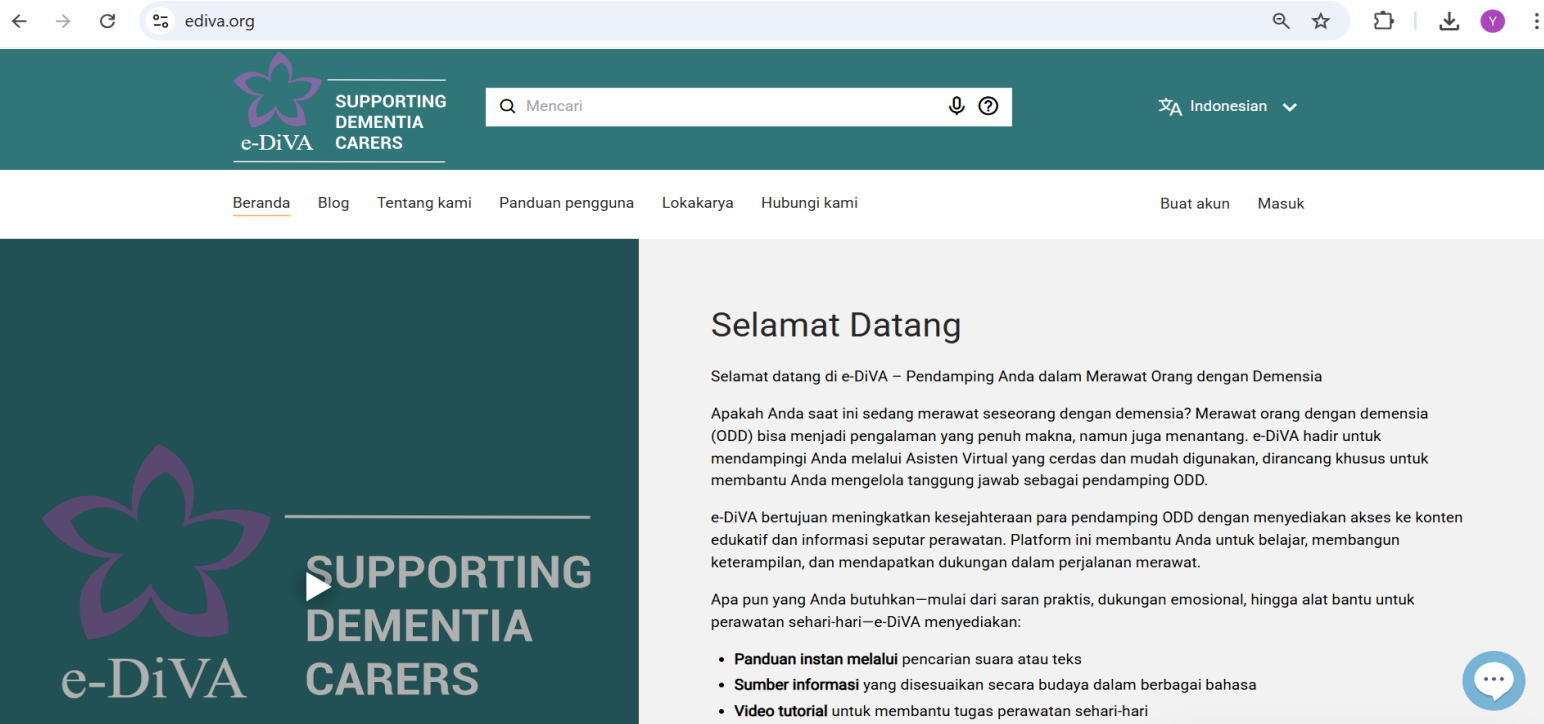
Research & Innovation



Digital solutions: ALZICare Launching



- Telemedicine & apps: Alzi care , NARAZI , Healthy aging Center , Alzi academy (Online platform training: Alzi MoH, Alzi e Diva)
- Global grants
- Scaling pilot projects





Terbuka untuk
ODD*, caregivers,
keluarga & lintas
generasi!

Penampilan:
Paguyuban Angklung
Ceria PWJ Jaksel, Poco-poco
ALZI x TSC

PERESMIAN ALZI ACADEMY & HEALTHY AGING CENTER



Saatnya #AmbilAksiCegahDemensia

Talkshow: "Solusi Layanan Demensia di Sekitar Kita" (Lt. 15) | 13.30 – 14.30

William Buntoro
ODD* & Dewan Kehormatan ALZI

Dr. dr. Ray Basrowi, MKK
Medical Director Danone

Herman Kwik
Founder Rukun Senior Living

Prof. Dr. dr. Yuda Turana SpN
Rektor Unika Atma Jaya/Neurologist

Dwi Daulay
AVP Marketing & Account Prodia

Ayu Dyah Pasha - Andrew Haswin
Komut & Komisaris Kanopi Nursing Home

Program Layanan Demensia (Lt. 14) | 12.30 – 15.30

- ✓ Deteksi Dini
- ✓ Aktivitas Bermakna Lintas Generasi
- ✓ Caregivers Counseling

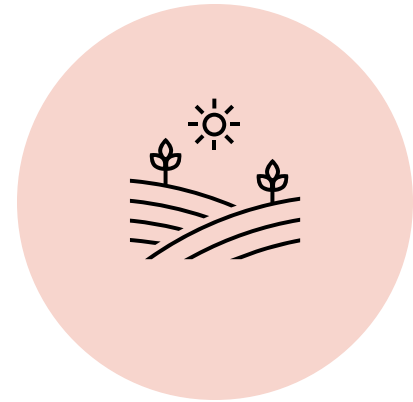
Introduction



ALZHEIMER'S = GLOBAL
/INDONESIA CHALLENGE



NGO + UNIVERSITY =
STRONGER TOGETHER

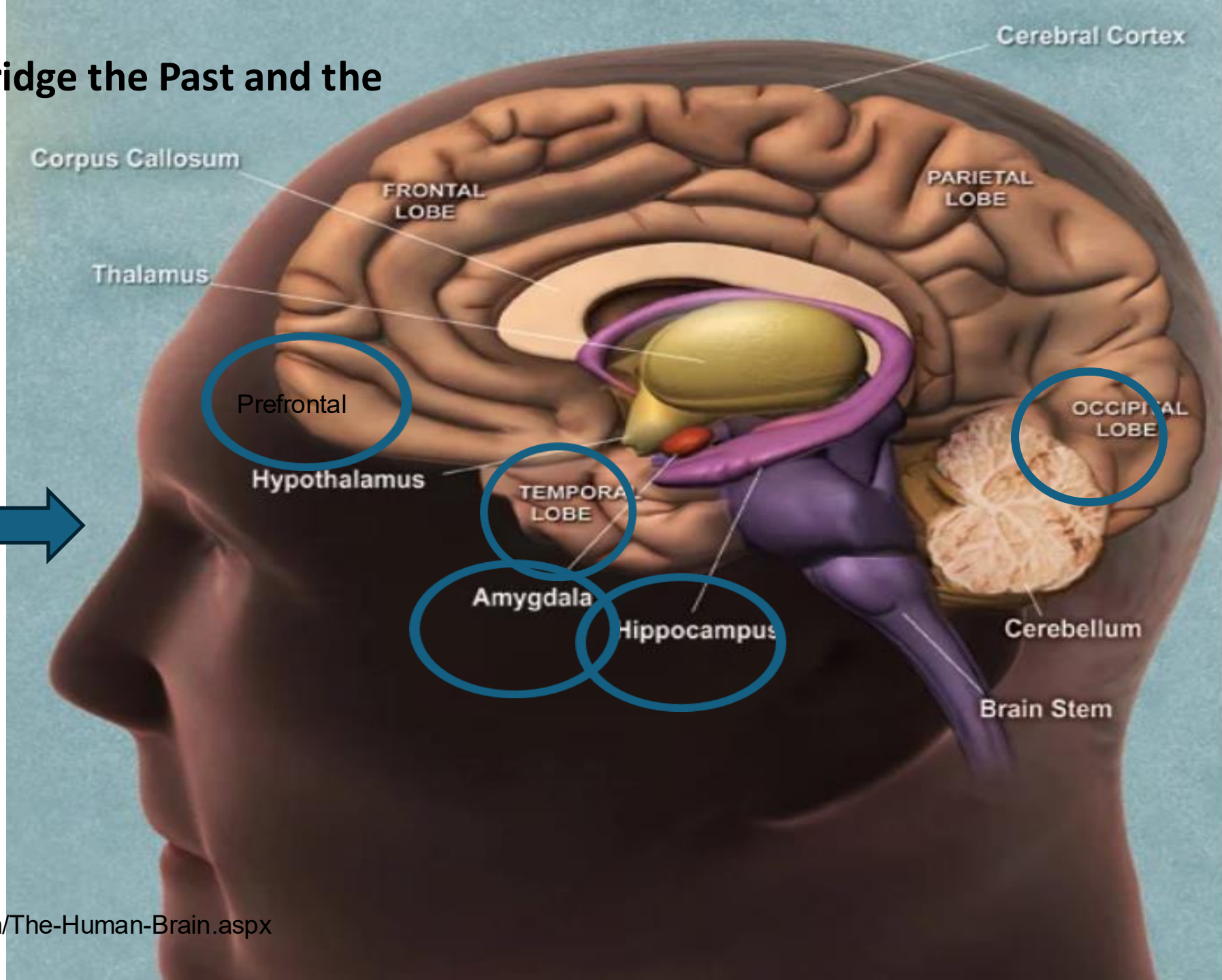


REMINISCENCE

Reminiscence

- Commonly embedded within other activities for older adults
- Often part of group activities for the older person, though not usually a specific activity on its own.
- Involve themed group discussions, such as childhood games or food, that encourage participants to recall and share past events and memories

5. "Using Memories to Bridge the Past and the Present"



Sensory & Creative Activities

- **Music reminiscence** → listening to old songs, singing, or playing instruments together.
- **Art reminiscence** → painting, drawing, or crafts inspired by past memories.
- **Photo albums / scrapbooks** → sharing family photos or personal memorabilia.
- **Cooking traditional recipes** → preparing familiar foods that trigger memories.

Storytelling & Conversation

- **Life story books** → compiling personal histories with text and pictures.
- **Guided autobiography** → writing or narrating life chapters.
- **Theme-based group discussions** → e.g., childhood, school days, holidays, careers.
- **Story circles** → participants share short memories around a common theme.

Objects & Environment

- **Memory boxes** → personal items that spark stories (letters, clothing, souvenirs).
- **Reminiscence rooms** → decorated spaces resembling past decades.
- **Old films / radio shows** → watching or listening together.
- **Familiar household items** → handling old tools, toys, or kitchenware.

Interactive & Social

- **Games from the past** → traditional board games, card games, or childhood play.
- **Cultural reminiscence** → festivals, dances, or rituals from earlier life.
- **Reminiscence walks** → visiting familiar places or neighborhood landmarks.
- **Intergenerational sessions** → sharing memories with children or young adults.

Making a difference



An evidence-based group programme
to offer cognitive stimulation therapy (CST)
to people with dementia.

The manual for group leaders

Aimee Spector, Lene Thorgrimsen
Bob Woods, Martin Orrell

Published by **The Journal for Dementia Care**

MEMBUAT SEBUAH PERUBAHAN



Terapi Stimulasi Kognitif pada Orang dengan Demensia

Aimee Spector, Lene Thorgrimsen
Bob Woods, Martin Orrell

Dipublikasi di Indonesia oleh
Departemen Neurologi
Fakultas Kedokteran dan Ilmu Kesehatan
UNIKA Atma Jaya

Indonesia

Indonesia

Contact

Dr. Yuda Turana, MD (Neurologist)

Professor in Neurology

School of Medicine and Health Sciences, Atma Jaya Catholic University of Indonesia

Email: yuda.turana@atmajaya.ac.id ; yudamd@yahoo.com

Twitter: [@yuda_turana](https://twitter.com/yuda_turana)

Berliany Venny Sipollo

Department of Gerontology Nursing

Sekolah Tinggi Ilmu Kesehatan Panti Waluya Malang

Email: berlianyvenny@rocketmail.com

Effect of cognitive stimulation therapy in combination with other intervention modalities on cognitive ability in elderly with cognitive impairment: a quasi-experimental study



PDF

Published: 2024-02-21

Yuda Turana

Department of Neurology, School of Medicine and Health Sciences, Atma Jaya Catholic University of Indonesia, Indonesia

<https://orcid.org/0000-0003-4527-0285>

Tara Puspitarini Sani

School of Medicine and Health Sciences, Atma Jaya Catholic University of Indonesia, Indonesia

<https://orcid.org/0000-0002-8604-5888>

Virginia Geraldine Hanny Prasetya

Faculty of Psychology, Atma Jaya Catholic University of Indonesia, Indonesia

<https://orcid.org/0009-0005-0328-0233>

Ika Suswanti

School of Medicine and Health Sciences, Atma Jaya Catholic University of Indonesia

<https://orcid.org/0000-0003-4528-2366>

Lisye Konny

From Memories to Healthspan: Rethinking Healthy Ageing Through
Reminiscence and Innovation



Asia Reminiscence Forum
Memory & Cognitive Health Community Programme

Thank You



For more information, please contact: yuda.turana@atmajaya.ac.id