A Global Action on Dementia
Dementia Forum X: From local idea to global platform

Our aim with creating this new arena, Dementia Forum X, was to involve stakeholders throughout the global society to take action and responsibility for the future global challenge related to the demographic change and the development of dementia disease. Not until we all grasp and meet the needs for future action will we be able to make a difference both globally and locally.

The result of today’s dialogue and interaction between all the invited executives from the international environment have offered a lot of new insights and created fantastic new possibilities for future collaboration. Furthermore, it is the first step on our joint journey to create a dementia friendly society.

None of this had been possible without all the active and dedicated participants in this first ever Dementia Forum X, thank you so much for you time and your efforts to make a difference! A special thanks is directed to Her Majesty the Queen Silvia and her support.

We hope you will enjoy this eBook and that it will serve as a reminder and a tool for your future work.

Welcome back to the next Dementia Forum X!

Karin Lind-Mörnesten is the CEO of Swedish Care International and Forum for Elderly Care.
Dementia is one of the toughest challenges of today, with over 44 million people affected worldwide. This number is expected to double by 2030 and reach beyond 150 million people by 2050.

Dementia does not only affect the patients and their families and caregivers both emotionally and financially but it has also a direct effect on the world economy with a yearly average cost of 604 billion dollars, a figure that increases every day. The lack of awareness and understanding of dementia in the world has led to stigmatisation and barriers to diagnosis and proper care as well as a direct drop-off in quality of life for millions of people worldwide.

Dementia Forum X is a global initiative to discuss how to take action on dementia, organised for the first time on the 18th May 2015 under the patronage of Her Majesty Queen Silvia of Sweden. The initiative is organised by Forum for Elderly Care and Swedish Care International in collaboration with Stiftelsen Silviahemmet, Karolinska Institutet, Swedish Dementia Centre and Forte as well as selected partners from the five key sectors Society, Business, Care, Finance and Research.

Dementia Forum X strives for a broader collaboration between executives from all parts of the global community. The purpose is to create and raise awareness of and understanding for dementia as well as to make a difference both globally and locally.

Dementia Forum X is a day of reflection and discussion between a hundred of the worlds leading business executives, policy-makers and other stakeholders.

The participants were selected from five identified key sectors; Society, Business, Care, Finance and Research. By teaming up with the leading expertise from different parts of the global society, Dementia Forum X has the capacity to create a joint understanding of the global effects of dementia. Furthermore, Dementia Forum X will be an accelerator for creativity, new initiatives and sustainable actions towards a better tomorrow.

Dementia Forum X also enables interaction and communication with a broader audience through our corresponding global digital platform DementiaForum.org.

The opening of Dementia forum X included inspirational speeches and conversations from the key sectors. Taken together, the speakers from such wide-ranging industries provided an overall view of the current state and future challenges of dementia. In addition these five sectors also constituted the starting point for the consecutive breakout sessions.
In the afternoon, the delegates spread into smaller groups to more closely discuss specific issues of their sectors within their breakout topic. Participants were divided into five groups in a way as to allow different representatives from the five sectors to meet and share their thoughts and reflections on dementia and the associated challenges, from their own subject matter perspective. In total there were five breakout sessions, one for each key sector; Society, Business, Care, Finance and Research. These five different topics also functioned as the framework for approaching and discussing dementia. Very different perspectives were voiced within the one very important goal of Dementia Forum X; to allow different subject matter experts to meet and discuss dementia on an interdisciplinary, global platform. In other words, Dementia Forum X offered an opportunity for representatives to show how their own sector or area can influence the challenge of dementia.

After the breakout sessions, the keynote speaker H.M. Queen Silvia of Sweden shared reflections on the development of the discourse surrounding dementia in the world over the last three decades. Finally a summary and conclusion of the day took place on board the boat Riddarholmen, which took all participants to an evening event at the Royal Palace Theatre at Drottningholm Palace. During the ceremony the first ‘Silvia Doctors’ were awarded their degrees as a result of a unique collaboration between Karolinska Institutet and Stiftelsen Silviahemmet. These physicians have completed a two-year master’s course in dementia care. Concluding a day of reflection with this ceremony brings hope to the possibly brighter future of solving the issue of dementia. Certifying doctors providing specialist care is one great example of what drives progression and the hope for not only another Dementia Forum X, but also for practical and effective solutions.

It is by continuing innovation and education that we can raise discussions and provide future solutions to society at large.
H.M. Queen Silvia of Sweden reflected on the day and its dialogues and discussions as well as on the development of the discourse surrounding dementia in the world over the last three decades. In 1996 Her Majesty founded Stiftelsen Silviahemmet, a centre of excellence for dementia education and care.
views from key stakeholders. Gathering data on the disease panorama, health economy and demography as well as capturing the effectiveness and efforts in managing the ageing population across various countries by the Global Elderly Care Performance Report (GECPR) at Dementia Forum X. GECPR measures team in the World Economic Forums Competitiveness report since 2011. Niclas Adler presented for IPMI International Business School, Jakarta. He has also been pr
School of Entrepreneurship, Dean for Jönköping International Business School and President Health-care and Life-science related challenges and has been Executive Director for Stockholm Practice, Boston, USA. Niclas Adler brings 20 years of experience of addressing contemporary Managing Partner for Accelerated Innovation Ltd and Babson Global Professor of Entrepreneurship Niclas Adler director of the Order of Malta Germany within the field of medicine and nursing.

Dr. Franz Graf von Harnoncourt finished his medical studies in Vienna, Austria in 1985. From 1986 to 2005 he worked at the hospital Elisabethinen in Linz, Austria, first as a doctor in surgery and vascular surgery and since 2001 as Medical Director. In 2006 he became managing director at Elisabeth von Thüringen Holding (with two hospitals and seven subsidiary enterprises). From 2008 to 2011 he studied Health Science in Hall in Tirol, Austria. Since January 1, 2012. Dr. Franz Graf von Harnoncourt has been the managing director of the Order of Malta Germany within the field of medicine and nursing.

Sarah Lenz Lock is senior vice president for policy in AARP’s Policy Research and International Affairs (PRI), where she helps position AARP as a thought leader addressing the major issues facing older Americans. Working on behalf of PRI, Lock helps to develop AARP’s public policy positions to support and maintain AARP’s social mission. Sarah Lenz Lock’s first work with AARP began at Foundation Litigation to conduct health care impact litigation on behalf of older persons. Prior to AARP, Sarah Lenz Lock served as a trial attorney for the U.S. Department of Justice. Lock began her career as a legislative assistant in the U.S. House of Representatives to Congressman Michael D. Barnes, working with the Federal Government Service Task Force, and subsequently at the law firm of Arent, Fox, Kintner, Plotkin & Kahn.

Ann-Charlotte Stjerna has served as CEO at Skandia Insurance Company Ltd (subsidiary of Skandia Group) since 2012. She is also a member of the board for Skandiabanken AB, Skandia Link Livforsikring A/S and Skandia Livforsikring A/S. Previously Ann-Charlotte Stjerna was the Chief Risk Officer at Skandia, heading the Skandia Nordic Independent Compliance, Actuarial & Risk Control department. Skandia is one of Sweden’s largest independent bank and insurance groups. They offer businesses and private customers financial security through insurance solutions and long-term savings and investments. On the 1st of January 2014 Skandia became a mutual, customer owned company. Since they are independent of large owners they can focus all their energy on creating security and a lasting value to their customers.

John Crawford has joint responsibility for the development of IBM’s Healthcare Business in Europe. He has an extensive experience of working with IT and has previously worked in the media sector as well as the finance and insurance industry. His work is currently focused on the effective use of IT to improve healthcare delivery (eHealth). He has made contributions to the world economic report on sustainable health care systems and has been a speaker at numerous conferences including MedTec Europe, World of Health IT and European Health Forum Gastein. John Crawford is Vice President of the European Health Telematics Association, EHTEL, a multidisciplinary organisation focused on connected health, and he is also a member of the European Innovation Partnership on Active & Healthy Ageing.

Niclas Adler is President for Indonesia International Institute for Life-sciences, i3L. Managing Partner for Accelerated Innovation Ltd and Babson Global Professor of Entrepreneurship Practice, Boston, USA. Niclas Adler brings 20 years of experience of addressing contemporary Health-care and Life-science related challenges and has been Executive Director for Stockholm School of Entrepreneurship, Dean for Jönköping International Business School and President for IPMI International Business School, Jakarta. He has also been project leader for the Swedish team in the World Economic Forums Competitiveness report since 2011. Niclas Adler presented the Global Elderly Care Performance Report (GECPR) at Dementia Forum X. GECPR measures the effectiveness and efforts in managing the ageing population across various countries by gathering data on the disease panorama, health economy and demography as well as capturing views from key stakeholders.
Dementia is a concern for all sectors of society. As such, Dementia Forum X opens the dialogue to stakeholders from all these sectors. By encouraging interdisciplinary conversations Dementia Forum X provides a platform for information exchange that in extent will lead to valuable collaborations and developments.
The speed of global population ageing is expected to accelerate during the whole 21st century. This means that the global distribution of population above 60 will dramatically increase. The acceleration is represented mainly in economies with large low income and middle income populous.

Governments across the world will need to develop new strategies and policies on how to cope with this tremendous challenge. There is an urgent need to support decision makers across the world with data driven discussions on actual performance, as well as strategic drivers of improved performance in elderly care. There is also an urgent need to shape business opportunities surfacing within global ageing that can motivate the needed private investments in care development.

Even if the older population is getting healthier the ageing population will generate tremendous pressure on the global health care system with large numbers of old and very old patients suffering from multiple diseases and symptoms. Dementia and related conditions have already become some of the worlds’ biggest global health care challenges and will increase its importance exponentially in the next decades.
Societal Awareness

“Incidences of dementia are falling, but the number of people affected are rising worldwide due to ageing populations.”

John Crawford, Healthcare Industry Leader, IBM Europe, United Kingdom

“Dementia Forum X, like the World Economic Forum, begins in a small scale.”

Niclas Adler, Professor at Babson University, US
The break out session ‘Societal Awareness’ invited representatives from care givers, government organizations, private companies and academic institutions as well as financial institutions to engage in a discussion how more effective policies and strategies for coping with elderly care can be shaped.

In the discussion the participants addressed how new performance enhancing and data driven initiatives best could be developed to support such a process. The session also addressed how better comparative data can help shaping business opportunities that can attract investments.

Key points / take-aways:

We have identified the importance of building integrated day care centers for dementia care, leveraging data, engaging actively with research and education for – in addition to professionals – family members and society.

We want to improve awareness, understanding, status and excitement through good and inspirational leadership and governance models, through communication and through visible initiatives as national screening.

Chair: Niclas Adler is President for Indonesia International Institute for Life-sciences, i3L, Managing Partner for Accelerated Innovation Ltd and Babson Global Professor of Entrepreneurship Practice, Boston, USA.
Business challenges and solutions

“The brand of ageing is not positive or attractive today

Alan Hermesch, President, AH Public Relations, USA

Care businesses need to create easier processes developed together with the patient”

Ulrich Zerhusen, St. Anna Stift, Germany
Even if the older population is getting healthier, the ageing global population will generate a tremendous pressure on the global health care system with large numbers of old and very old patients suffering from multiple diseases and symptoms. Where dementia and related conditions already has become one of the worlds biggest global health care challenges, it will increase its relevance manyfold over the coming decades.

This global change affects every one of us on every level; nations, regions, markets, organizations and individuals.

The role of the future business sector will change and face new challenges, possibilities and solutions that can if wisely handled can contribute to a sustainable and stable development in this new global environment.

The discussions in the breakout sessions revolved around the current situation as well as the solutions for the business challenges. Specifically, it was discussed what solutions could contribute to easing the burden of the future demographic change and the increasing amount of people suffering from dementia diseases globally.

**Key points / take-aways:**

- **Jump-start! ‘The market is not aware’.**
- **Awareness and branding. We want to create Dementia friendly specific consumer products.**
- **Take the opportunities to exchange ideas and create companionships between different sectors seriously.**
- **Jointly create concrete examples that show the financial benefits, business opportunities and social benefits for corporations.**

Chair: Karin Lind-Mörnesten is the CEO of Swedish Care International and Forum for Elderly Care.
Available and affordable care

“Dementia is a gender issue

Åsa Regnér, Minister of the Children, the Elderly and Gender Equality, Sweden

The healthcare system will collapse in the future if we don’t do anything about dementia”

Bengt Winblad, Professor of Geriatrics at Karolinska Institute, Sweden
Dementia is a syndrome usually of a chronic or progressive nature caused by a variety of brain illnesses that effect memory, cognitive functions, behaviour and ability to perform everyday activities.

44 million people live with dementia and every 4 seconds a new case is identified. The number of people with dementia is expected to double every 20 years. This will be an enormous challenge to both health and welfare systems as well as citizens all over the world.

During the break out session the current situation was discussed in depth as well as how to try to find affordable and available solutions to provide the best possible care with limited economical resources for an increasing population suffering from more and often multiple illnesses related to old age.

**Key points / take-aways:**

**Key to care, education and awareness as the single most efficient way forward.**

**Early diagnosis through new technology developed by non-traditional multi-sector cooperation.**

**Continue to focus on and develop person centred care globally, whilst learning from best practises.**

*Chair: Lars Gatenbeck* is a Board member at Stiftelsen Silviahemmet, Sweden.

*CO-Chair: Robert Hyde* is the Senior Director of Medical Affairs, Biogen, Switzerland.
Sustainable solutions

“Sweden, Japan and Finland are among the ‘Aged economies’ – this will change dramatically in the future.”

Niclas Adler, President for Indonesia International Institute for Life-sciences

Why not take dementia care online?”

Claes Dinkelspiel, President of the Swedish Care International board, Sweden
The financial burden on the global society is calculated to approximately 604 Billion USD (2012) – a number expected to triple by 2050. As an example, the cost in Sweden today is 60 billion SEK (approximately 8.5 billion USD) and calculated to double in the coming 20 years, money that we do not have...

This financial strain effects everyone on all levels; nations, regions, organizations and individuals.

During the break out session the current situation was discussed in depth as well as how sustainable financial solutions could be developed to handle the future demographic change and the increasing amount of people suffering from dementia diseases globally.

**Key points / take-aways:**

Aim to establish a global network for research funding and enhance collaboration between researchers on an international level.

Create a national initiative between industry, academy, social and healthcare sector.

Establish a good model to showcase.

Attract funding from industry, finance and government.

Increase societal and corporate awareness regarding our shared responsibilities.

**Chair: Liselotte Jansson** has worked in various leading positions in the banking and IT-industry before she became Secretary General of Alzheimerfonden.

**CO-Chair: Anders Wimo** from Karolinska Institutet is specialised in elderly care, dementia and health economics. He is the leading expert on the economic impact of dementia and has provided figures to WHO, World Alzheimer Report and many others.
Prevent, Postpone, Treat and Live Well with dementia

“\nIn 2025 we will have a disease modifying product on the market

Prof. Bengt Winblad, Professor of Geriatrics at Karolinska Institute, Sweden

Genes are overrated, but the environmental factors are key to understanding dementia “

Ingemar Skoog, Professor at University of Gothenburg, Sweden
The need for evidence-based knowledge regarding dementia is huge, in order to improve prevention, diagnosis and treatment by applying the best knowledge, the right skills and optimal modern technology for the patients and their families.

We must learn more about how behaviour and life style factors affect brain changes and what role genetic and gender factors play.

Is it possible to slow, stop or reverse cognitive decline by mental and/or physical training? How far away is a vaccine to prevent and postpone dementia? The reasons to pose these questions are much the same as they were before penicillin was discovered and changed the treatment of infections. If the development of dementia can be delayed by 5 years the incidence of the disease in the population will be halved within 50 years.

**Key points / take-aways:**

Initiate national actions plans including national directives whilst stimulating research funding.

Promote young talents in the research field focusing on three key areas:

- Early diagnosis
- Knowledge of disease mechanisms.
- Care processes, quality of life

Improve cross-functional collaboration between academy, industry, healthcare, and people living with dementia as well as the general population in order to optimize the generation of new knowledge.

**Chair: Ewa Ställdal** is the Director General of FORTE (the Swedish Research Council for Health, Working Life and Welfare)

**CO-Chair: Ingmar Skoog** is a professor at Gothenburg University. His research revolves around reactions in the body years prior to a dementia disease.
Summary

Dementia Forum X turned out to be a highly dynamic meeting bringing together senior leaders from business, finance, politics, health care and research to discuss the ‘neglected’ subject of Dementia.

The day was organised by Swedish Care International, an internationally active operation that develops, packages and export Swedish care, and Forum For Elderly Care, a Non-Profit organisation that works to support the development of future care and welfare of elderly both in Sweden and abroad. The goals and missions for these organisations were initiated and realised in Dementia Forum X with support of Her Majesty Queen Silvia of Sweden and in collaboration with Stiftelsen Silviahemmet.

This unique event was designed to allow for information exchange, in order to further the discussion on dementia. As it turned out, the day consisted of a free-flowing dialogue which emerged around the likely social, financial and health care challenges relating to dementia at a time of a rapidly ageing global population. The interventions were short – many were surprising – and it would be fair to say that all participants left Stockholm feeling energised to re-engage with this big and complex subject.
DementiaForum.org: Continuing the discussion

Dementia Forum is a global project created by Swedish Care International in collaboration with specific partners and experts within the field of dementia.

Dementia Forum is created for relatives and caregivers in dementia care with the aim to support, provide knowledge and help to find the best solutions for every day care and increased life quality.

The platform and its content is a global digital initiative based on the knowledge and experience of Stiftelsen Silviahemmet, The Swedish Dementia Center and The Karolinska Institute. The initiative Dementia Forum is divided into a digital platform, DementiaForum.org and a recurring executives meeting, Dementia Forum X.

We have already launched two mobile applications: Elderly Care and Dementia Support, full of useful information for people affected by dementia. In addition, we are soon to launch our brand new mobile application Memory Box, a memory aid and conversation inspiration for caregivers and relatives as well as for sufferers of dementia.
Not only did Dementia Forum X meet our expectations, but the day triumphantly exceeded them. **Sharing ideas, voicing concerns and encouraging solutions** have all been ingredients in the dialogue that we wish will continue through the help of all participants as well as the platform [DementiaForum.org](http://DementiaForum.org).

We hope that this World First Dementia Forum X in no way will be the last. The discussions need to continue as does the collective action on dementia which we wish will continue with more force and direction than ever.

**Thank You!**
Participant List

H.M. Queen Silvia
H.R.H. Crown Princess Victoria
Alan Hermesch, President, AH Public Relations, USA
Alexandra Charles, Founder, 1,6 miljonersklubben, Sweden
Anders Hamsten, Board member, Dr Åke Olsson Stiftelse, Sweden
Anders Kristensson, General Manager, Northern European Cluster, Eli Lilly, Sweden
Anders Wimo, Professor of Geriatrics, Karolinska Institutet, Sweden
Ann-Charlotte Stjerna, CEO, Skandia, Sweden
Anna Jakobsson, Manager, Aleris Nursing Home, Sweden
Annika Sönnerberg, Deputy Director of the Information and Press Department, The Royal Palace, Sweden
Åsa Regnér, Minister for the Children, Elderly and Gender Equality, Sweden
Barbro C. Ehnbom, Chairman, Swedish American Life Science Summit, USA
Bengt Winblad, Professor of Geriatrics, Karolinska Institutet, Sweden
Birgitta Mårtensson, Executive Director, Association Alzheimer Suisse, Switzerland
Birgitta Rydbeck Dinkelspiel, Sweden
Bo Hermansson, Deputy president, Swedish Red Cross, Sweden
Brigitte Verhage, Government official, Ministry of Health, Welfare and Sport, The Netherlands
Catharina Kronström, Senior Commercial Advisor, American Embassy, USA
Carin Ellström Fredriksson, Lieutenant Colonel, Swedish National Defence, Sweden
Christina von Schwerin, Lady-in-Waiting, The Royal Palace, Sweden
Claes Dinkelspiel, Chairman of the Board, SCI, Sweden
Denise Persson, Sweden
Elisabeth Blömer, St Annas Stiftung, Germany
Emilia Engman, Scholar, Queen Silvia Nursing Award, Sweden
Erica Magnergård, Head of Media Relations and Market Communications, Modern Women Media, Norway
Erik Hellmark, Head of Sales Northern Europe, Neat Electronics, Northern Europe, UK
Essi Terho, Finalist, Queen Silvia Nursing Award, Finland
Esztér Kacskovics, Public Affairs Director for Inco Care Europe, SCA, Hungary
Eva Fernvall, Communication Director, Apoteket, Sweden
Eva Lundell-Fragnière, Management Assistant, IKEA
Eva Struwing, International & Charity Director, Novamedia, The Netherlands
Ewa Samuelsson, Chairman, The Swedish Dementia Centre, Sweden
Ewa Stålldal, Director General, Forte, Sweden
Filippa Reinfeldt, Business Development Director, Aleris, Sweden
Franz Graf von Harnoncourt, Managing Director, Order of Malta, Germany
Fred Wennerholm, Board member, Dr Åke Olssons Stiftelse, Sweden
Fredrik Rågmark, CEO, Medicover, Belgium
Geoff Gilmore, Business Leader, George Fox University, USA
Gunhild Waldemar, Professor, Rigshospitalet and Copenhagen University, Denmark
Gunilla Johansson, Coordinator, Karolinska Institutet, Sweden
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Ingemo Bonnier, Board Member, 1,6 Miljonersklubben, Sweden
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Jane Verity, Founder and President, Dementia Care Australia, Australia
Johan Christenson, Partner, Healthcap, Sweden
Johan Höglund, Country Manager Sweden, Philips Healthcare, Sweden
Johan Malm, CEO, Öhman, Sweden
John Crawford, Healthcare Industry Leader, Europe, IBM, Ireland
John Jacobsen, Project Director, OK Fonden, Denmark
Kajsa Skiöld-Brandt, Sweden
Karin Lind Mörensten, CEO, Forum for Elderly Care / SCI, Sweden
Kira Exell-Paaki, Elderly Care Director, Folkhälsan Syd AB, Finland
Kristine von Blixen-Finecke, Statsfru, The Royal Palace, Sweden
Lars Ekström, Board member, SCI, Sweden
Lars Gatenbeck, Board member, Stiftelsen Silviahemmet, Sweden
Lars Ohnemus, Chairman, Northern Horizon Capital, Denmark
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Lars Wiigh, Business Development Executive, IBM, Sweden
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Laura Fratiglioni, Professor of Medical Epidemiology, Karolinska Institutet, Sweden/Italy
Lil Ryott, President, Dr Åke Olssons Stiftelse, Sweden
Linda Martinsson, Manager, Aleris Nursing Home, Sweden
Liselotte Jansson, Secretary General, Alzheimerfonden, Sweden
Malin Holmström, Finalist, Queen Silvia Nursing Award, Sweden
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Maria Larsson, Governor, Örebro County, Sweden
Mats Andersson, President, The Swedish Alzheimer Foundation, Sweden
Michaël Berglund, Chairman and Founder, Michaël Berglund Executive Search, Sweden
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