As a policy-maker, you can play a key role in improving the lives of people with dementia, their carers and families by:

- Protecting the rights, freedoms and wishes of people with dementia and their carers.
- Actively involving people with dementia, their carers and families in developing policies, legislation, strategies and plans.
- Engaging all relevant stakeholders including public and private sector, and civil society to implement a coordinated policy response to dementia.
- Creating equitable access to person-centered, gender-sensitive, culturally-appropriate and human rights-oriented care and support for people with dementia and their carers.
- Ensuring the social and financial protection of people with dementia and their carers.
More specifically, you can:

**Influence government planning and policy development by:**

- Developing national/sub-national dementia policies, legislation, strategies and plans that safeguard the human rights of people with dementia.
- Implementing mechanisms for multi-sectoral collaboration, including strategic planning, resource planning, and service evaluation, monitoring and reporting on dementia.
- Establishing a focal point or functional unit for dementia within the government.
- Developing effective financing mechanisms for national dementia plans to ensure their implementation and sustainability.
- Creating participatory consultation mechanisms to engage people with dementia, their carers and families in the development of dementia policies, legislation, strategies, plans and care planning.
- Strengthening national surveillance and monitoring systems to collect data on dementia epidemiology, costs and resources, health and social care for future planning.

**Create dementia-inclusive societies by:**

- Developing national and local public awareness campaigns in collaboration with people with dementia, their carers and families to enhance public understanding and acceptance of dementia.
- Improving social and physical environments to make them age- and dementia-friendly and enable participation, safety and inclusion.
- Establishing programmes to encourage dementia-friendly attitudes in the community, public and private sectors, informed by the experiences of people with dementia and their carers.

**Reduce the risk of dementia by:**

- Creating linkages between dementia and non-communicable diseases, risk reduction and health promotion programmes, policies and campaigns.
- Developing evidence-based programmes and establishing training for health and social care providers on modifiable dementia risk factors.

**Improve health and social care and support for people with dementia by:**

- Implementing high-quality prevention, treatment, and care across the continuum, including timely diagnosis, post-diagnostic support and rehabilitation services, advance care planning and end-of-life care.
- Developing programmes to build the knowledge and skills of health and social care providers.
- Shifting care from hospitals towards multidisciplinary, community-based services that integrate social and health systems.

**Support dementia carers by:**

- Providing accessible and evidence-based information, training programmes and respite services.
- Training health and social care providers to identify and reduce carer stress and burn-out.
- Establishing carer protection, including social and disability benefits, and legislation against discrimination.

**Catalyze dementia research and innovation by:**

- Promoting a national research agenda on dementia prevention, diagnosis, treatment and care.
- Investing in dementia research and innovation.
- Creating opportunities for people with dementia and their carers to participate in research, in line with national ethical research requirements.

---

**Who can you partner with?**

- National, sub-national and local government counterparts, across sectors, to develop and implement dementia policies and plans, and improve access to health and social care.
- Multilateral and development aid agencies for technical and financial support.
- The World Health Organization and other United Nations agencies for technical support and access to evidence-based information.
- International, regional, national, sub-national, and local nongovernmental organizations, such as Alzheimer’s Disease International, Dementia Alliance International and other relevant mental health and ageing organizations, to raise awareness and increase understanding and acceptance of dementia.
- People with dementia, their carers and families and community-based organizations representing them to provide locally-based dementia support and information that best responds to their needs and wishes.
- Health and social care providers to deliver high-quality health and social care for people with dementia, as well as carer support.
- Private sector including health insurers to deliver health and social care services and enable cost sharing.

For more information, please refer to the WHO Global action plan on the public health response to dementia, or visit http://www.who.int/mental_health/neurology/dementia/gap_info_sheets/en