



The impact of COVID-19 on people living with dementia and their carers in Kenya

Christine Musyimi, PhD

**Africa Mental Health Research and Training
Foundation**

Dementia context in Kenya

- In Africa, the estimated prevalence of dementia is 5.47% for those aged 60 years and above (Prince 2015)
- No published study on the prevalence of dementia (Farina et.al 2020)
- Total deaths attributed to dementia increased by 15.3% between 1990 and 2016 [Nichols et.al 2016]
- Reliance on informal care and delayed access to available dementia care (Musyimi et.al 2020)

3,205 deaths in 2016

Attributed to dementia in Kenya



Government regulations

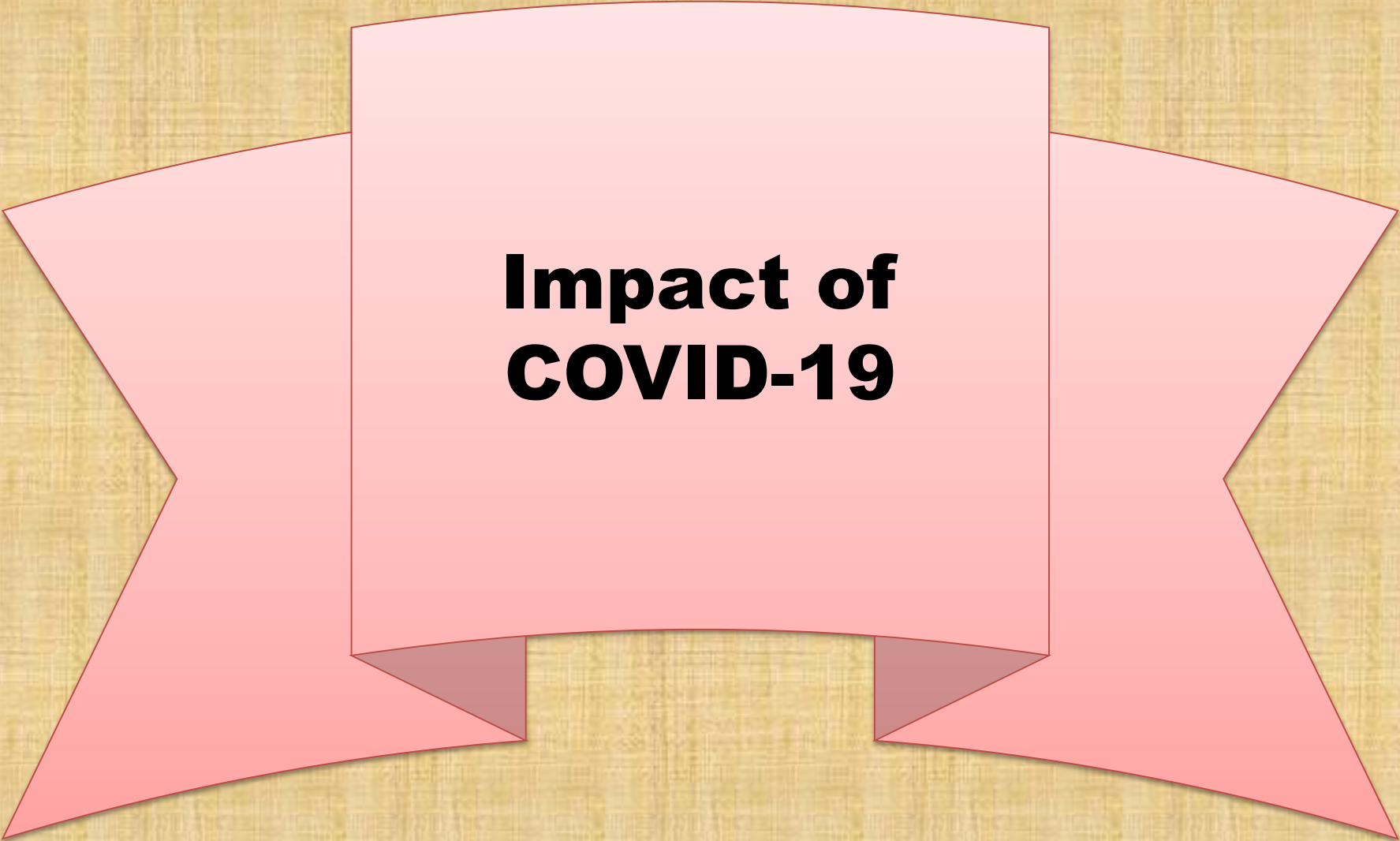
Affecting persons with dementia

- Curfew (7pm to 5am) moved to (9pm to 4am)
- Wearing of masks
- Physical distance of 1.5metres
- Working from home
- Restriction of social and public gatherings
- County specific lock down

Implications

- Penalties, fines and quarantine





**Impact of
COVID-19**

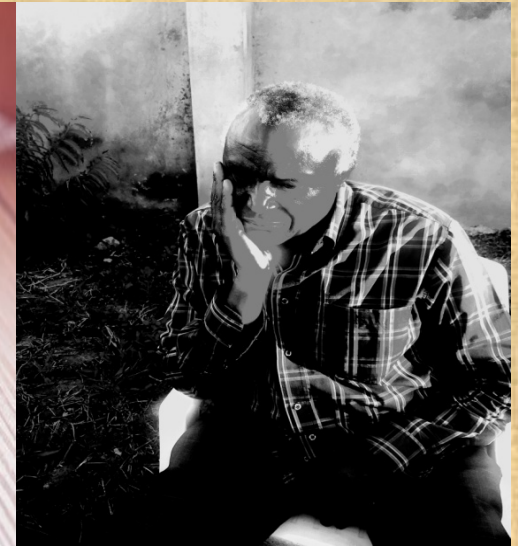
Persons with dementia and carers

- Difficulties remembering government regulation measures
- Legal implications – getting lost and outside past curfew hours
- Risk of being abandoned or feeling anxious – due to lock down
- Carers' close proximity with PLWD



Persons with dementia and carers

- Rapid mood changes might cause tension, conflict or physical abuse
- Fear of visiting hospitals - contracting COVID-19
- Fear of losing a relative to COVID-19
- Financial challenges
- Burn out and distress
- Poor connectivity – apologies conversations
- Online fatigue



Please Wait

CONCLUSION

- Technology can be used to reduce distress among caregivers and engaging persons with dementia in activities (e.g. electronic calendars and reminders for activities, medication) but there are challenges with internet-based interventions.
- Its important for programme innovators to take into consideration context specific challenges e.g. use of technology and older persons in Kenya, financial challenges, online fatigue, security issues and identify ways of addressing them

References

- Farina, N. *et al.* A systematic review and meta-analysis of dementia prevalence in seven developing countries: A STRiDE project. *Glob. Public Heal.* (accepted Publ. (2020).
- Musyimi C, Mutunga E, Ndetei D. COVID-19 and Long-Term Care in Kenya [Internet]. [LTCcovid.org](https://ltccovid.org), International Long-Term Care Policy Network. London, UK; 2020. Available from: <https://ltccovid.org/2020/06/02/new-country-report-the-covid-19-long-term-care-situation-in-kenya/>
- Nichols, E. *et al.* Global, regional, and national burden of Alzheimer's disease and other dementias, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. *Lancet Neurol.* **18**, 88–106 (2019).
- Prince, M. *et al.* *World Alzheimer Report 2015: The Global Impact of Dementia: An analysis of prevalence, incidence, cost and trends.* *Alzheimer's Disease International* (2015). doi:10.1111/j.0963-7214.2004.00293.x



AFRICA MENTAL HEALTH RESEARCH AND TRAINING
FOUNDATION



THE LONDON SCHOOL
OF ECONOMICS AND
POLITICAL SCIENCE ■



COVID-19 and Long-Term Care in Kenya

Christine Musyimi, Elizabeth Mutunga and David Ndetei

Last updated 30th May 2020

Authors

Christine Musyimi, Africa Mental Health Research and Training Foundation
Elizabeth Mutunga, Alzheimer's and Dementia Organization
David Ndetei, Africa Mental Health Research and Training Foundation and University of Nairobi Kenya

ltccovid.org

This document is available through the website ltccovid.org, which was set up in March 2020 as a rapidly shared collection of resources for community and institution-based long-term care responses to Covid-19. The website is hosted by CPEC at the London School of Economics and Political Science and draws on the resources of the International Long Term Care Policy Network.

Corrections and comments are welcome at info@ltccovid.org. This document was last updated on 30th May 2020 and may be subject to revision.

Copyright: © 2020 The Author(s). This is an open-access document distributed under the terms of the Creative Commons Attribution NonCommercial-NoDerivs 3.0 Unported International License (CC BY-NC-ND 3.0), which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited. See <http://creativecommons.org/licenses/by-nc-nd/3.0/>.

Suggested citation

Musyimi, C., Mutunga, E., and Ndetei, D (2020) *COVID-19 and Long-Term Care in Kenya*. Country report available at LTCcovid.org, International Long-Term Care Policy Network, CPEC-LSE, 14 May 2020.

Corresponding author: Christine Musyimi at christine.musyimi@amhf.or.ke

Acknowledgements

We would like to acknowledge Adelina Comas-Herrera and Klara Lorenz-Dant from the CPEC/LSE for providing the outline and comments to the report. We would also like to appreciate the effort of staff at Africa Mental Health Research and Training Foundation who shared valuable resources for inclusion in the report.