



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

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# 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**

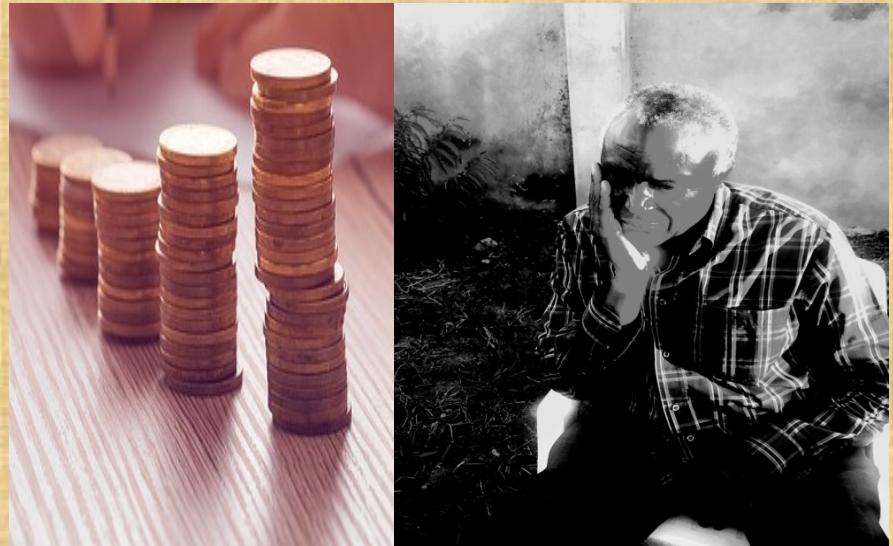
# Persons with dementia and carers

- 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.
- It's 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

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## COVID-19 and Long-Term Care in Kenya

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### 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](mailto:info@ltccovid.org). This document was last updated on 30th May 2020 and may be subject to revision.

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