



**Education for Quality of Life**  
An example from Sweden

Wilhelmina Hoffman

[www.silviahemmet.se](http://www.silviahemmet.se) [www.demensentrum.se](http://www.demensentrum.se)

© Copyright Silviahemmet



## Understanding Dementia



Dementia means that:  
I need your help  
I need your understanding  
- Regardless of where the disease takes me

© Copyright Silviahemmet



## Education, the key for good care

**The challenges in the dementia care are the same in our countries when there is no medical cure of the different dementia diseases, and the number of affected persons is growing**

- In order to manage the situation and the close future we need to improve care and the caring for people with dementia and their families to keep them as healthy as possible during the disease progression.
- One important key to develop care and family support is educated and trained professionals in all occupations in the care sector - from staff working in home help to specialists in the hospital.
- Some education models from a Swedish perspective, in order to improve care and family support, will here be discussed.

© Copyright Silviahemmet



## Care and Education since 1996 For Quality of Life



- Day-care
- Basic training
- Academic educations
- Certification system of whole care units
- Swedish Dementia Centre
- International training program

Foto: Yansen Li

© Copyright Silviahemmet



## Silviahemmet Care Philosophy

Is based on the palliative care philosophy

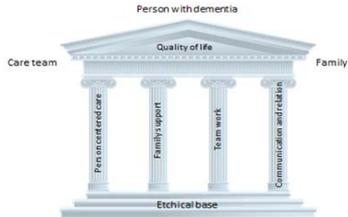
“Active holistic care – for patients who suffer from a chronic and incurable disease. Where the most important thing to do is to control and alleviate symptoms and where psychological, social and existential problems need to be taken into consideration”

“The overall goal is to ensure that both the patient and their family have the highest quality of life possible, whether the disease is in its early or late stages”

© Copyright Silviahemmet



## Silviahemmet care philosophy



© Copyright Silviahemmet



### Silviasister and Silvianurse Academic training for one or two years



The 29th of May are 546 Silviasisters and 190 Silvianurses educated. More are in training. The training is web-based and the University of Sophiahemmet Högskola provides the teachers and the academic degree. Five Silvianurses have today reached master degree in dementia care.





### Karolinska Institutet

### Master education in dementia care for physicians

The first six Silviodoctors received their title by her Majesty the 18th of May 2015. The training is international, web-based and two years. Next year physicians also from Germany, Luxemburg and Japan will receive the title.






### Karolinska Institutet

### Master education for occupational- and physiotherapists

started the 11<sup>th</sup> of November it is international, two year, web-based.



### Silviahemmet Certification

### When whole care units are trained in dementia care

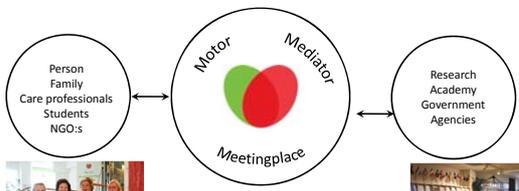
- Tre level
- Performed at the working place
- A three year certificate
- Yearly follow up




The medical ward at the emergency hospital, Danderyds sjukhus, the 11th of May 2015. This year 30 units around Sweden are educated and certified and one unit is certified in Germany in october



### Swedish Dementia Centre



Founded by the government and established in 2008

Collect, structure and spread knowledge in the area of dementia  
Works for a positive development and a more dementia friendly society

© Copyright Silviahemmet




### Nationella riktlinjer för vård och omsorg vid demenssjukdom 2010

Utgivet för utvärdering och feedback

National Guidelines were published in 2010

Personcentered care the main focus for both social- and healthcare



### Dementia ABC

- Web-based
- Free of charge
- 10 chapters
- Diploma

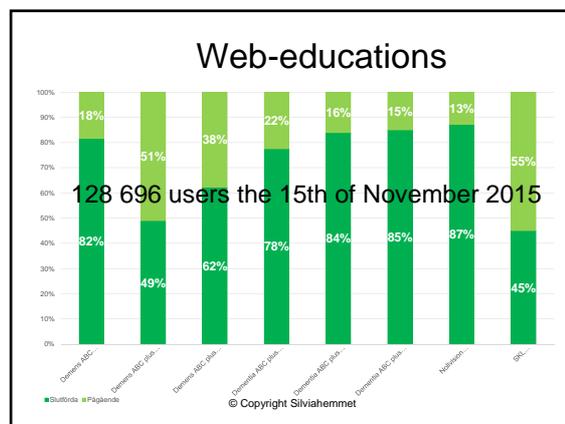
**Dementia ABC plus**

- Web based
- Free of charge
- Available
- Guidelines
- Toolbox
- Test and Diploma

Primary health care  
Care manager  
Home help services  
Nursing home  
Family  
Hospital care

Sex handböcker om demenssjukdom

Six modules to cover the chain of care  
One web-education and one handbook for each level



**The road from the discussion of legislation to the work with implementation of the Zeroision**

About the use of restraints in Sweden (2010)

Experiences from legislation in other countries (2013)

No legislation in Sweden – the work intensifies in 2013 towards less use of restraints

**ZEROVISION**  
For dementia care without restraint

**ZEROVISION**  
For dementia care without restraint

- How to avoid situations when restraints may be considered an option?

**Implementation has started!**

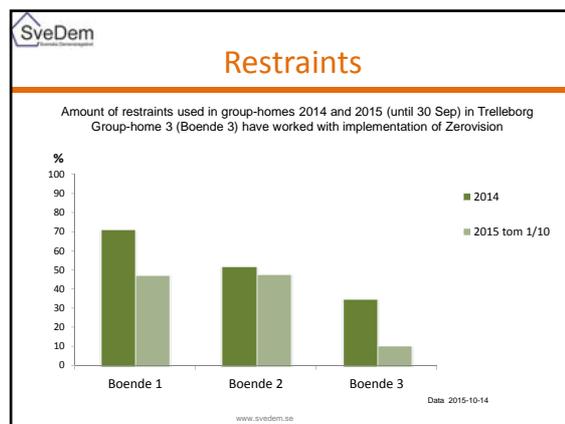
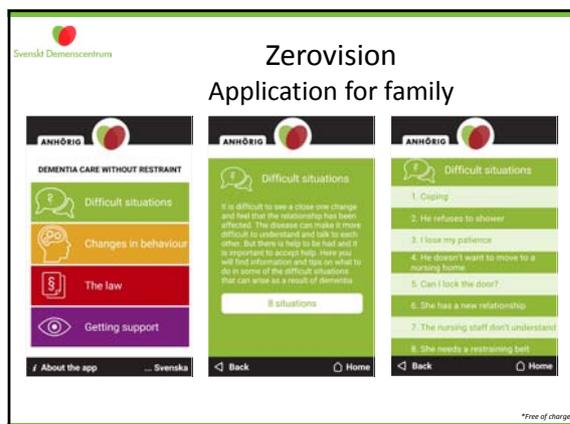
Tryck för att aktivera

Zerovision was activated the 20th of April by minister Asa Regnér

150 Zerovision ambassadeurs have started to spread the education all ove

**NOLLVISION**  
För en demensvård utan tvång och begränsningar

- Handbook
- Pamphlet for family carers
- Informationmovie for leaders
- Web based education
- Applications  
one for professionals  
one for familycarers



### Silviahemmet

International educational programs and licensed co-operations

- Since 2006 in Japan
- Since 2009 in Germany
- Since 2012 in China
- Since 2013 in Korea
- Since 2013 in UK
- Since 2014 in Netherlands

© Copyright Silviahemmet

### Co-operation with Japan

- The first 8 Instructors were trained at Silviahemmet in 2006 (Train The Trainer concept)
- Today 35 instructors are educated from 13 different centers in Japan, giving lectures about dementia from the Silviahemmet education programs. The certification system is now starting.

© Copyright Silviahemmet

### SWEDISH CARE INTERNATIONAL

- CARE FOR QUALITY OF LIFE

For international cooperation with Silviahemmet  
www.sci.se

© Copyright Silviahemmet

“We are all needed in promoting the best care and support for persons with dementia and their families during the whole dementia journey”

“Walk for a dementia friendly society in June 2015”

Thank You for your attention!

© Copyright Silviahemmet