



Promoting inclusive health in communities

AFFIH ... touching lives in Akwa Ibom State



Deaconess Affiong Imose Etuk

*'Memories of our lives, of our works and our
deeds will continue in others'*

~ Rosa Parks



Professor Uduak Archibong MBE
Founder

Founded by Professor Uduak Archibong, MBE and launched in 2015, **Affiong Etuk Foundation for Inclusive Health (AFfIH)** works to promote inclusive health and care services in Nigeria. Superstition and negative traditions frequently stigmatise behaviours related to age, mental health and other forms of long term illnesses. The foundation is a leading support and research charity for inclusion and diversity in health and social care provisions in Nigeria.

AFfIH's vision for inclusive health takes a wide range of forms. Through our projects and campaigns, we provide expertise, practical services and support towards transforming cultures within health institutions and in communities for inclusion and diversity in health and social care provisions.

Our Mission

We will:

- ♦ change the face of dementia care and support in Nigeria;
- ♦ provide evidence-based advice and support to people with dementia and their carers/families;
- ♦ support healthcare providers in establishing a culture of inclusion and diversity;
- ♦ promote cultural competence in health care; and
- ♦ demonstrate best practice in minimizing discrimination and stigmatization in health and social care provisions

AFfIH Programme Board

- ♦ Mr Chris Oduok
- ♦ Professor Mildred John
- ♦ Barr. Emem Daniel
- ♦ Dr Idy Wilson
- ♦ Mr Chudi Paul Agu
- ♦ Engr. Anthony Udoekong
- ♦ Dr Mike Chijioke Akilo
- ♦ Akparawa Jimaimah Essien



Commissioning of AFfIH Centre - November 2015
21 Akpan Odok Street, Eket LGA, Akwa Ibom State

Dementia-friendly Communities Programme

Context

The 'maturing' of global societies is certainly a major achievement, with people today living far longer and enjoying healthier lives than previous generations. This demographic change offers opportunities to **harness the experience**, expertise and creativity of such an historically large number of older people. Many older people are still socially and economically active; so we cannot let their talents go to waste. Care provided by spouse, family or children – are critical in providing care to many older people and in keeping healthcare systems and long-term care systems viable. The vision of AFfIH is for all older people to be able to access the help they need to stay well and independent and to live in suitable and caring environment, in dementia-friendly neighbourhoods, for as long as they want. We believe in high quality ageing!

What is Dementia?

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. It is often incorrectly referred to as "senility" or "senile dementia," which reflects the formerly

Why Dementia-Friendly Communities Programme?

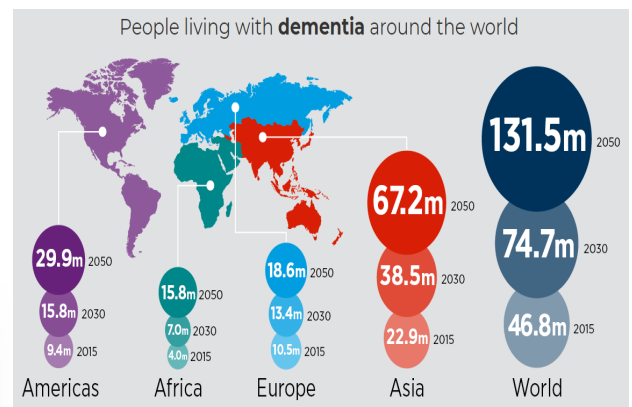
The Dementia Friendly Communities Programme is aimed at reducing/removing barriers in communities which will allow people living with dementia to enjoy a meaningful and fulfilling life. This will benefit not only people with dementia and their families, but also the community as a whole.

The Programme is aimed at improving the lives of people living with dementia via:

- ♦ raising awareness and understanding of dementia with the general public and health professionals
- ♦ ensuring that more people receive diagnosis and full support afterwards
- ♦ helping to develop dementia-friendly facilities in communities
- ♦ providing expertise, focus and momentum in developing an inclusive agenda for advancing local action and engagement towards improving care for people with dementia



*Dementia workshop
Uyo - August 2017*



AffIH Projects

Public Awareness and Media Campaign – ‘Dementia Friends Initiative’

AffIH’s main programme revolves around partnering with media houses/groups and other public awareness avenues to:

- ♦ bring awareness of dementia to the public, the context of dementia in our population and the society’s responsibility to care for people living with dementia and other mental health challenges;
- ♦ invite people to register for the dementia training programme; and
- ♦ advocate for dementia-friendly policies and communities.

Dementia Training Programme: Bespoke workshops and training organized for people drawn from diverse sector/groups - health [doctors, nurses, principals of nursing school, and care home providers], leaders from faith-based organizations / community / women groups / social groups, media personalities, carers of people living with dementia, workplace managers, and government officials. The training is at 3 levels – **Dementia Pals, Buddies and Advocates**

Dementia Refuge Points (DRPs) where people in communities can lead people living with dementia who have lost touch with family members. Key individuals resident in the areas will be trained on how to establish the identity of persons living with dementia on first encounter. Where they are unable to do so, a referral is made to the Dementia Support and Engagement Centre in Eket, Akwa Ibom State. Initially health centres and churches will be adopted as initial refuge points for people living with dementia. This activity will be linked to health care programmes.

Certification of Dementia Homes

AffIH will work with the State Government to ensure appropriate regulation of practice concerning the care of people living with dementia. It is pertinent that the right standards are put in place to ensure good quality care for our older people. Therefore all care facilities must be inspected and registered. AffIH will design a certification programme to aid this process.

Dementia Support and Health Protection Centre in Eket, Akwa Ibom State

AffIH to provide a stimulating environment for people living with dementia through:

- ♦ **Dementia Daycare** – providing care for people living with dementia during working hours
- ♦ **Respite care** - providing short term, up to 2 months, residential care for people living with dementia.
- ♦ **General health screening** - glucose, blood pressure, body mass index (BMI), advice on all types of dementia



The joy of receiving certificate of attendance at AffIH workshop

AffIH Schools' Dementia Programme

Introduction

Evidence shows that a third of young people know someone with dementia. With over two million people developing dementia in the next ten years, it's likely the majority of today's young people will know someone affected by the condition in their lifetime.

Through education, young people's increased awareness about dementia can facilitate the development of a dementia-friendly generation. Young people will have increased confidence and understanding when interacting and communicating with people with dementia, helping to reduce social isolation and stigma for those living with dementia.

In addition to the resulting positive impact on people living with dementia today, increasing our young people's understanding of dementia will have long term benefits as they approach adulthood and become the carers, social workers, health professionals, researchers, employers and indeed adults/citizens of tomorrow. Their understanding will create dementia-responsive communities and societies, helping people to live well with dementia.

Learning a bit more about dementia can support young people's education in a number of areas:

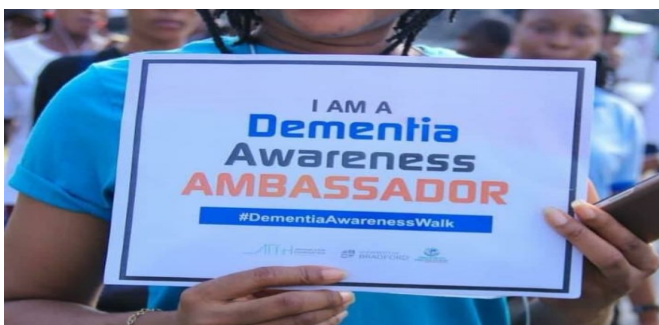
- Understanding ageing
- Understanding and dealing with loss
- Learning how people used to live
- Becoming more active in their community
- Building intergenerational relationships
- Reinforcing messages about a healthy lifestyle

How you can help

- Can you recommend to a school?
- Can you promote the Project in your locality?
- Can you offer help and guidance to participating schools in your area?

AffIH's Schools Project Team would love to hear about how you can get young people talking about dementia in Schools. We are also here to answer any questions you might have.

Email us on affiong.foundation@gmail.com



What is involved?

AffIH will work with the Ministry of Education to explore how Dementia awareness can support the School curriculum at Primary and Secondary levels, and also how this programme could have relevance in Science, Health and Social Care, Citizenship and many other subjects.

We will provide information about how dementia can support the curriculum, as well as information on its relevance across all subjects. The Schools project will be delivered in phases.

Phase 1: During the school year 2018-19, we will engage 15 Secondary schools in a pioneer project to explore ways of developing young people's knowledge and understanding of dementia. With the support of their Local Government, Ministry of Health, Ministry of Education and other key stakeholders, we will develop a diverse range of teaching resources and events to teach young people about dementia.

We will support Schools to explore how young people can directly participate in a variety of activities to aid learning about dementia, including dementia awareness lessons, opportunity to interact with old people living with dementia, debates and art, drama, sports, music projects, etc.

Schools will adopt a wide variety of approaches, resulting in bespoke projects. This will reflect the ingenuity and resourcefulness of both the teachers and young people involved, but will also demonstrate what is achievable within a relatively short time span.

Individual projects will range from simple to complex, over differing lengths of time, but the unifying fact remains that improvements will be seen within every school regardless of their approach. Any school wishing to implement their own dementia project in the future should therefore be able to use the guidance, resources and activities identified from these pioneer schools to identify an approach to match their requirements.

At the end of the first phase, an evaluation will be undertaken and lessons learned from the first phase will inform phase 2.

Phase 2: Then a further 15 secondary schools across Akwa Ibom State will become involved in Phase 2 and be inspired by the Pioneer Schools to develop their own lessons and resources to give the children in their schools an awareness of dementia and help create a Dementia Friendly Generation.

Phase 3 will involve the extension of the Schools project to all Secondary and Primary Schools.

Schools with successful projects in earlier phases will be twinned with Schools that are starting out on their project.

AFfIH Activities

AFfIH Dementia Awareness Workshop in Eket – November 2015



We are Dementia Champions

AFfIH Activities

AFfIH Dementia Awareness Workshop in Oron – March 2018



The involvement of the Christian leaders in AFfIH campaign is encouraging. AFfIH is intensifying effort to take the message to churches .



AFfIH's partnership with other organisations such as Arm of Hope Foundation, is yielding many positive results



We are united against stigma associated with dementia in Akwa Ibom State

AFfIH Activities

AFfIH Dementia Awareness Workshop in Uyo – March 2018



AFfIH's partnership with Mboho Mkpawara Ibibio has been very beneficial.



AFfIH Activities

AFfIH Dementia Awareness Workshop in Onna – March 2018



AFfIH's partnership with the West African College of Nursing to aid learning about dementia has been rewarding

AFfIH Activities

AFfIH Dementia Awareness Workshop in Nsit Ubium – March 2018



Communities have a vital role to play in being dementia inclusive

AFfIH Activities

AFfIH Dementia Awareness Workshop in Eket – March 2018



Our traditional rulers are joining the alliance to promote dementia responsive Akwa Ibom State



Our women are taking their responsibility as primary care givers very seriously. They are determined to beat the stigma associated with dementia



AFfIH Activities

Dementia awareness workshop at the Women's week of the Sanctified
Mt Zion Church Uyo - May 2018



Ensuring that churches are more aware and equipped to respond to people living with dementia and their carers, both within the church family as well as in the community is vital

AFfIH Activities

AFfIH Dementia Awareness Workshop in Ibiono Ibom – July 2018



Together we are reaching our communities one at a time

AFfIH Activities

AFfIH Dementia Awareness Workshop in Mkpato Enin- July 2018



AFfIH Activities

AFfIH Dementia Awareness Workshop in Abak– July 2018



At the heart of a community, churches provide an important touch point and connector for people living with dementia



AFfIH Activities

Launch of the AFfIH Dementia Schools Project in Uyo – July 2018



AffIH Activities

Dementia Walk in Uyo – July 2018



AffIH AFFIONG ETUK FOUNDATION
Dementia Awareness Walk

A WALK FOR THE ELDERLY

DEMENTIA AWARENESS WALK

76% of Elderly persons live with dementia (a memory loss condition) but not many know about it or know how to live with it.

JOIN US As we do this brief walk to 'raise awareness about this condition.'

14 JULY | 7AM PROMPT

Individuals, professional bodies, organizations, etc can participate
CALL 07063607101

TAKE OFF POINT:
Ibom Plaza, Uyo

END POINT:
Akpan Andem Market

UNIVERSITY OF BRADFORD
AFFIONG ETUK FOUNDATION



AFfIH Activities

AFfIH Dementia Awareness Workshop in Etinan– September 2018



AFfIH is proud of sustaining active partnerships with other Charitable organisations

IC UDIAK CHARLES DIARIES
PRESENTS



PSALMS 18/20

DONATIONS | MEDICAL EXAMINATION | HAIRCUT/HAIRDO | COMMUNITY SERVICE

FRIDAY
14
SEPT

GOVERNMENT PRIMARY SCHOOL,
IKOT OBIO IKO, ETINAN LGA, AKS.
STARTS @ 11.00AM



AFfIH Activities

AFfIH Dementia-responsive Communities Volunteering Workshop, Uyo - July 2019



*As you grow older, you will discover that you have two hands
– one for helping yourself, the other for helping others
~ Audrey Hepburn*

This workshop was about empowering volunteers to work with AFfIH in promoting dementia-responsive communities. By volunteering with us, you can get involved in AFfIH's activities such as campaigning, fundraising and research. Follow us on twitter (@affih4) or Facebook to be in the know of upcoming opportunities in your local area. To get in touch via email please contact affiong.foundation@gmail.com for more details

AFfIH Activities

AFfIH Schools' Dementia Project: A High Level Conversation with Heads of School - July 2019



Through education, young people's increased awareness about dementia can facilitate the development of a dementia-friendly generation. Young people will have increased confidence and understanding when interacting and communicating with people with dementia, helping to reduce social isolation and stigma for those living with dementia.

AffIH Activities

*AffIH Dementia Church Enlightenment Campaign,
Qua Iboe Church, Nwaniba Road Uyo
- July 2019*



AFfIH Activities

*AFfIH Dementia Workshop for Health Professionals
at the University of Uyo Teaching Hospital – September 2019*



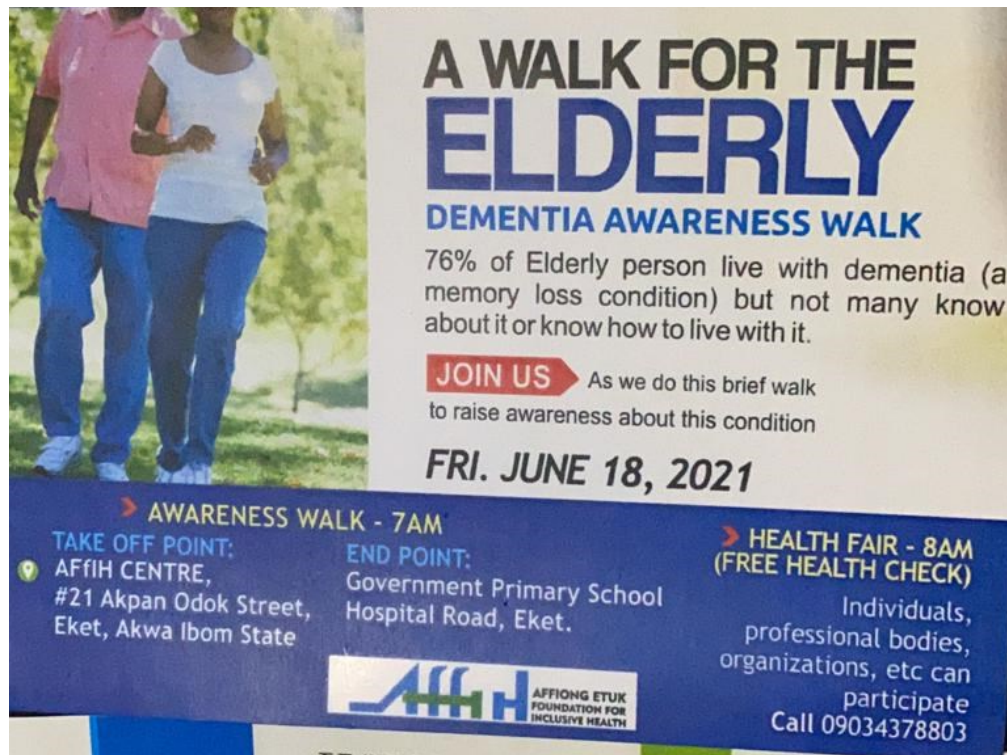
AFfIH Activities

*AFfIH Dementia Awareness Workshop for Nurses and Midwives
Celebrating the International Year of the Nurse and Midwife, 2020
Theme: The Role of the Nurse in Dementia Care
– March 2020*



AFfIH Activities

AFfIH Dementia Awareness Walk and Health Fair – June 2021



We are walking to raise awareness about dementia among the elderly in our communities. The goal is to make sure no one is alone in their journey and to promote dementia-responsive communities. Let's show our support! Also as part of the health fair there will be FREE:

- *Blood glucose test,*
- *Blood pressure test,*
- *Covid lateral flow test, and*
- *Eye test.*

Future Activities

- ◆ Dementia Awareness Workshops in numerous Local Government Areas
- ◆ Continuing development and delivery of the Schools Dementia Programme
- ◆ Development of Dementia Buddies to help cascade programmes across communities and schools
- ◆ Training of Health Professionals
- ◆ Lobbying Health Professional Councils to embed Dementia in Health and Social Care Curricula
- ◆ Social media campaign and book project
- ◆ Documentary on the impact of dementia and individuals and families and useful interventions
- ◆ Research on attitudes to dementia in Akwa Ibom State and Nigeria
- ◆ Expansion of AffiH Centre
- ◆ Alliance with churches and other partners
- ◆ Delivering leisure projects for people living with dementia
- ◆ Continuing work on other projects



Get Involved

Volunteer

By volunteering with us, you can get involved in **AFfiH's** activities such as campaigning, fund-raising and research. Follow us on twitter or Facebook to be in the know of upcoming opportunities in your local area. To get in touch via email please contact **affiong.foundation@gmail.com** for more details.

Donate

AFfiH supports people living with dementia and their carers to lead healthier lives. We rely on voluntary donations to continue our vital work. If you would like to make a monthly or one-off donation to help us to sustain this campaign, please call us on **+44 797 426 2851** or **+234 903 437 8803**

Contact us:

Bradford, UK: +44 797 426 2851
Nigeria: +234 903 437 8803

Address:

21 Akpan Odok Street
Eket, Akwa Ibom State, Nigeria

Website: <http://www.AFfiH.org>

Facebook: <https://www.facebook.com/AffiongEtukFoundation/>

Email: affiong.foundation@gmail.com

Twitter: @AFfiH4



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