

DemSupport- A Comprehensive Post-diagnostic Support Program For Dementia In India

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REPLICABLE POST-DIAGNOSTIC CARE MODEL		CAREGIVER EMPOWERMENT BRIDGING THE GAP		COMMUNITY ENGAGEMENT				
INTRODUCTION	METHODS	RESULTS & ACHIEVEMENTS	CONCLUSIONS	REFERENCES				
Dementia is a growing public health challenge in India, with families often left unsupported after clinical diagnosis. Substantial gaps remain in the provision of structured post-diagnostic care, psychosocial interventions, and caregiver support across the dementia care continuum. Furthermore, the cost of dementia care is predominantly borne out-of-pocket by families, contributing to considerable financial burden and inequities in access to care. DemSupport: A Comprehensive post-diagnostic support program for dementia care in India' was established through a collaboration between the Geriatric Psychiatry unit in the National Institute of Mental Health and Neurosciences (NIMHANS) and the Dementia India Alliance (DIA), a Non-Governmental National Organization.	We implemented an integrated post-diagnostic dementia care model delivering non-pharmacological interventions through a hybrid approach combining in-person and remote services. The intervention included structured counselling and psychosocial support, encompassing diagnosis disclosure, caregiver counselling, emotional support, and ongoing guidance for persons living with dementia and their families. Individualized care plans were developed based on comprehensive needs assessments. Caregiver capacity-building was facilitated through structured training programmes and peer support groups. Families also received welfare, legal, and financial guidance. An integrated referral network involving clinicians, non-governmental organizations, and self-referring families supported coordinated care and continuity of services within a multidisciplinary, community-based framework.	In its first year of implementation, the programme achieved key milestones in strengthening post-diagnostic dementia care and addressing the needs of persons living with dementia and their families. <table><tr><td>148 Families reached via Tele Support</td><td>45 Families given Financial Aid</td></tr><tr><td>80+ Support Group Participants</td><td>100+ Community Volunteers Trained</td></tr></table> Resource Development: The programme developed the <i>DemSupport Kit</i>, comprising IEC materials, caregiver support resources, cognitive engagement activities, and safety and monitoring tools. Additionally, the <i>DemSupport App</i> was created to provide cognitive stimulation resources and facilitate access to dementia-related services and support networks.	148 Families reached via Tele Support	45 Families given Financial Aid	80+ Support Group Participants	100+ Community Volunteers Trained	DemSupport represents a scalable and replicable, community-integrated post-diagnostic dementia care model that can help build a sustainable dementia care ecosystem in low- and middle-income countries such as India. It bridges the critical gap between diagnosis and long-term care by providing accessible, person-centered, and family-focused support services. The program contributes to reducing the dementia treatment gap, strengthening caregiver wellbeing, and expanding access to comprehensive dementia care, ultimately enhancing the quality of life of persons living with dementia and their families.	1. Frost R, Walters K, et al. (2020). <i>Effectiveness of different post-diagnostic dementia care models delivered by primary care: A systematic review</i>. British Journal of General Practice. 2. Claire Bamford, (2021). Key components of post-diagnostic support for people with dementia and their carers: A qualitative study. 3. Callahan CM, et al. <i>Collaborative Care for Older Adults with Alzheimer's Disease</i> (JAMA, randomized controlled trial).
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