

HIGHLIGHTS

- 2024 Dementia in Europe Yearbook is published 3
- Call for abstracts and registrations are open for our Annual Conference 4
- Vladimir Prebilič MEP becomes European Alzheimer’s Alliance Co-Chair 13
- Sweden announces new national dementia strategy 15

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WELCOME



It has been a very busy start to 2025 with a flurry of activity throughout

January, including launching our 2024 Dementia in Europe Yearbook. This report, dedicated to the topic of independent living and housing for people with dementia, highlights a number of important gaps in support for people with dementia. You can find out more and download it via the Alzheimer Europe section of this newsletter or via our website.

We have also launched the Call for abstracts and registrations for the 35th Alzheimer Europe Conference (#35AEC), taking place in Bologna, Italy, under the banner “Connecting science and communities: The future of dementia care”, from 6 to 8 October. We look forward to welcoming you to the event, together with our co-hosts Alzheimer Uniti Italia and Federazione Alzheimer Italia.

Staying with our events, we recently hosted a session of our popular online Alzheimer’s Association Academy. This first session of the year focused on “Engaging in health technology assessment and pricing and reimbursement processes”.

Shifting the focus to our policy work, I am delighted to welcome a new member and a new Co-Chair to the European Alzheimer’s Alliance (EAA). Our “Dementia Needs EU” campaign came to an end in December with “European Parliament Dementia Day” and one of the three branches of the campaign focused on our work with Members of the

Jean Georges, Executive Director

European Parliament (MEPs). Our campaigning, together with our EU-based member associations, allowed us to start the new parliamentary term with 75 members in the EAA, but the work to attract new members did not stop there. We have since welcomed eight more members, including one this month, meaning the total of EAA members now stands at 83. A warm welcome to newest member Maria Guzenina MEP (S&D, Finland) and a big thank you, also, to Vladimir Prebilič MEP (Greens/EFA, Slovenia) for accepting the position of Co-Chair, joining existing Co-Chairs Nina Carberry MEP (EPP, Ireland), Romana Jerković MEP (S&D, Croatia), Tilly Metz MEP (Greens/EFA, Luxembourg), Sirpa Pietikäinen MEP (EPP, Finland) Hilde Vautmans MEP (Renew, Belgium), and Dainius Žalimas MEP (Renew, Lithuania).

At the national level, I would like to congratulate our colleagues in Sweden, where the Government has announced the adoption of an updated national dementia strategy aiming to improve health and social care for people with dementia, including the approval of government agency assignments and funding.

With our ever-increasing workload and with the departure of our long-serving Conference Coordinator Gwladys, we will soon welcome three new team members – one in our Conference and Events team, one in our Communication and Policy team, and one Finance Officer. Applications for the three positions closed on 31 January and we will respond to all applicants as soon as possible. We wish Gwladys every success in her new job and I wish all of you, our readers and supporters, every success in 2025!

Alzheimer Europe Board

Chairperson: Maria do Rosário Zincke Dos Reis (Portugal); Vice-Chairperson: Mario Possenti (Italy); Honorary Secretary: Lorène Gilly (France); Honorary Treasurer: Marco Blom (Netherlands); Members: Stefanie Becker (Switzerland), René Friederici (Luxembourg), Andy Heffernan (Ireland), Martina Mártová (Czech Republic), Mary-Frances Morris (United Kingdom), Kevin Quaid, Chairperson of the European Working Group of People with Dementia (Ireland), Trevor Salomon, Chairperson of the European Dementia Carers Working Group (United Kingdom), Katarina Suonu (Finland), Jochen René Thyrian (Germany).

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SPOTLIGHT ON 34AEC

6 JANUARY:

"From Nervous Newcomer to Keynote Speaker: My Unforgettable First International Conference" - John Angel Bond writes about his experience at the recent 34th Alzheimer Europe Conference



Being invited to deliver a keynote speech at the 34th Alzheimer Europe Conference was a dream come true - but also one of the most nerve-wracking moments of my life. As a first-year PhD researcher, I never imagined I'd be given such a monumental opportunity so early in my academic journey. When I received the invitation from Dianne Gove, I felt honoured but also unsure if I was ready for the challenge.

This was my first time travelling abroad following my health diagnosis, which added another layer of anxiety. Navigating an international trip with my health conditions was daunting, and not knowing anyone at the conference amplified my apprehension. However, Alzheimer Europe's incredible support made all the difference. They went above and beyond to accommodate my needs, ensuring I felt comfortable and

well-prepared throughout the event.

One of the most reassuring aspects was their offer to review my presentation in advance. They provided constructive feedback, helped refine my message, and gave me the confidence to stand in front of an international audience. Their guidance turned what initially felt overwhelming into an empowering experience. Stepping onto the stage to deliver my keynote was surreal. Although my nerves were still present and I came close to a sensory overload, these were outweighed by a sense of purpose. Sharing the article I did with Mike Parish and the insights with such a distinguished audience was both humbling and exhilarating.

Beyond the professional achievement, the conference was a deeply personal milestone. I forged connections with brilliant minds in the field and formed friendships that continue to enrich my life. Engaging with fellow attendees opened doors to future collaborations and a vibrant network of support. Looking back, the 34th Alzheimer Europe Conference was more than just an event - it was a transformative experience. It pushed me out of my comfort zone, affirmed my capabilities as a researcher, and highlighted the power of community in academia. For anyone hesitating to seize similar opportunities, my advice is simple: take the leap. You never know where it might lead. By John Angel Bond, PhD Researcher, University of Stirling & Core Member of the LGBTQ+ Dementia Advisory Group.

John Angel Bond has also contributed to a speakers' feedback page in our special conference publication, which will be out in February 2025, looking back at the event in Geneva. Watch this space!

SPONSORS OF THE MONTH

Alzheimer Europe would like to express its gratitude to two new sponsors in 2025:



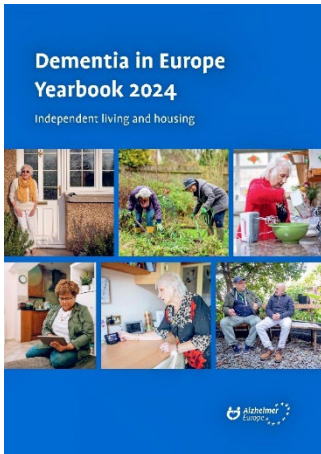
Read more about sponsorship opportunities here:

<https://www.alzheimer-europe.org/about-us/governance/finances/2024-sponsorship-opportunities>

ALZHEIMER EUROPE

9 JANUARY:

Alzheimer Europe report highlights gaps in support for people with dementia to live independently



On 9 January 2025, Alzheimer Europe launched the Dementia in Europe Yearbook 2024, which is dedicated to independent living and housing for people with dementia. Independent living is a long-established concept within the disability community and vitally important to ensuring the rights of people living with disabilities are respected. It incorporates almost every aspect of a person's day-to-day life, across

care and support services, social protection, legal capacity, housing, and accessibility, amongst many others.

The 2024 Yearbook examines the overarching European and International accords which set out the rights of people with disabilities, identifying the relevant provisions of the Charter of Fundamental Rights, the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) and the European Pillar of Social Rights. It also examines how each European country addresses independent living and housing for people with dementia, through policies, services and supports. The report finds that governments approach independent living from a number of different strategic documents, including dementia-specific strategies, as well as policies focused on older people or people with disabilities. Whilst the concept of independent living is recognised as important and is applied broadly, this approach can lead to people with dementia being overlooked, especially in countries where dementia is not recognised as a disability.

Furthermore, the 2024 Yearbook highlights examples of the services and support which aim to enable people to continue living independently and at home for as long as possible. These include health and social care services delivered in the home, but also community-based services such as day centres and Alzheimer Cafés. It is evident that a mix of health and social care services, as well as broader social support, are vital in maintaining the wellbeing of people with dementia and helping them to remain active within their communities.

In relation to housing, no countries has developed housing strategies which specifically address the needs of people living with dementia, such as requirements to design and build

more specially-adapted housing. Whilst there is support available across most countries for individuals to make adaptations to their home, it is disappointing to see that there is only limited support available for new technologies to allow individuals to remain at home, with technology often limited to telecare services and alarms.

A key focus of the Yearbook is to establish the extent to which there are models of community-based housing and residential care specifically for people with dementia which are aligned with the principles of independent living. Alzheimer Europe finds that there are few examples of this and that where adapted residential facilities are highlighted, these are mostly traditional facilities such as care or nursing homes. However, some different models of community-based residential support are emerging, usually on a smaller scale, including co-habitation housing or dementia villages.

Alzheimer Europe is pleased to be able to include the views and experiences of members of the European Working Group of People with Dementia (EWGPWD) and the European Dementia Carers Working Group (EDCWG). In addition to the need for awareness of dementia within communities, two key themes emerge from both groups, including the importance of proactive stage-specific services which provide support throughout the full progression of the condition, as well as the need for services to adapt to the specific context of the individual, with particular consideration for the support network of the person (e.g. whether the person has an informal carer, family etc.).

Members of the EWGPWD were clear that awareness and understanding of dementia is essential, and is the foundation for them to be able to continue to live well within their communities. Additionally, the EDCWG highlight the need for support to be tailored to the specific situation and needs of the individual with dementia.

The Yearbooks contains a number of recommendations for both European and national decision makers, listed below:

Recommendations for national governments

- Embed training for health and social care professionals on dementia as part of the curriculum and training for practicing professionals, to significantly address continued stigma and poor understanding experienced by people with dementia and their carers.
- Support public-facing awareness campaigns to improve public understanding about the condition, challenging the stigma and harmful pre-conceptions about the condition.
- Provide sufficient and sustainable funding and resources for the development and operation of resource centres/day care centres etc. that allow people with dementia to continue to be active and engaged in their communities.
- Through collaboration with professionals, municipalities, service providers, non-governmental organisations and people with lived experience, explore alternative models of community-based care (including

residential care), alternatives to existing nursing home or institutional settings.

- Ensure that social protection and social/health insurance systems provide reimbursement for assistive technologies, home adaptations and mobility aids, to ensure the ability of people with dementia to live at home for as long as possible.
- Work to ensure better alignment between policies, strategies and laws relating to inter alia social protection, health, older people, disabilities and housing, to ensure that the needs of people with dementia are addressed in a coordinated manner.
- Develop structures, both legislative and structural, to ensure the safeguarding of people with dementia (and other conditions), to reduce the risks associated with harm (physical, mental, financial etc.) that may arise as a result of their condition.

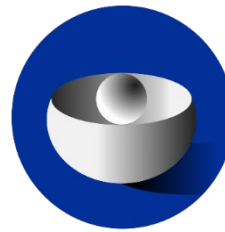
Recommendations for European Commission

- Support care-focused research within the Horizon Europe programme and future framework programmes, to explore innovative models of independent living for people with dementia living in community settings.
- Ensure greater funding through both the Social Fund Plus (ESF+) than the Regional Development Fund (ERDF) for Member States to reform long-term care systems within their countries, to move towards home- and community-based models of care.
- In line with the UNCRPD obligations and European Strategy on the Rights of Persons with Disabilities, encourage Member States to adopt a definition of disability which includes cognitive disabilities and dementia

Commenting on the publication of the report, Alzheimer Europe’s Executive Director, Jean Georges, stated: “Whilst many of the policy issues around independent living and housing are primarily the responsibility of national governments, the EU can play an important role in supporting Member States to ensure that the concept of independent living becomes a reality for people living with dementia. In particular, Cohesion Funding can play a vital role in allowing Member States to implement reforms to care and housing systems, to ensure that people with dementia can live as independently as possible in their communities.” The full report, including a number of recommendations for both European and national decision makers, can be accessed on the website of Alzheimer Europe at: <https://www.alzheimer-europe.org/resources/publications/dementia-europe-yearbook-2024-independent-living-and-housing>

14 JANUARY:

Alzheimer Europe continues to comply with European Medicines Agency’s strict eligibility criteria



On 14 January 2025, the European Medicines Agency (EMA) confirmed that Alzheimer Europe continues to comply with its strict eligibility criteria, as defined by its Management Board, and can continue to be involved in its activities. The list of all the patients’

and consumers’ organisations that are involved in EMA activities can be viewed here:

<https://www.ema.europa.eu/en/partners-networks/patients-consumers/eligible-patients-consumers-organisations>

16 JANUARY:

Call for abstracts and registrations open for 35th Alzheimer Europe Conference in Bologna

We are delighted to invite you to submit abstracts for the upcoming 35th Alzheimer Europe Conference #35AEC, which will take place in Bologna, Italy, under the banner “Connecting science and communities: The future of dementia care”. We look forward



to welcoming delegates and speakers to Bologna, from 6 to 8 October 2025.

Alzheimer Europe, Alzheimer Uniti Italia and Federazione Alzheimer Italia are calling for abstracts for oral and poster presentations on the following subjects:

People

1. People with dementia
2. Family carers of people with dementia
3. Care work force
4. Minority ethnic groups
5. Gender and dementia
6. LGBTQ+ community

Care services

1. Dementia strategies
2. New funding models for dementia care and research
3. Legal and ethical issues
4. National Alzheimer’s associations
5. Campaigning for change
6. Dementia work force

From research to communities

1. Artificial intelligence

2. Brain health and prevention
3. Detection and diagnosis
4. Public involvement in dementia research
5. Treatment and medical management
6. Biomarkers in dementia

Care approaches

1. Assistive technologies
2. Telehealth and remote care
3. Psychosocial interventions
4. Nature and animal programmes
5. Apathy, agitation and aggression
6. Art interventions

Policy

1. Dementia strategies
2. Preparing for new AD treatments
3. Consent, legal capacity and decision making
4. National Alzheimer’s associations
5. Campaigning for change
6. Research funding

Types of dementia

1. Young onset dementia
2. Genetic forms of dementia
3. Vascular dementia
4. Lewy-body dementia
5. Fronto-temporal dementia
6. Intellectual disability and Down syndrome.

The call for abstracts will close on 30 April 2025.

[Click here for more information](#)

Early bird registrations are open!

Take advantage of the early bird registration fees until 30 June 2025 to attend in Bologna. Register with the early bird rates and benefit from the reduced registration fee of EUR 500 instead of EUR 640. The full registration fee includes:

- Admission to all sessions
- Delegate bag and final programme
- Opening ceremony and welcome reception
- Scheduled coffee breaks and lunches on 6, 7 and 8 October
- Networking opportunities
- Access to the exhibition hall and poster presentations.

Special rates are available for people with dementia, students and member associations of Alzheimer Europe.

[Click here for more information.](#)

Bursary for early stage researchers

The Alzheimer Europe Foundation is collaborating with the INTERDEM Academy to award ten bursaries of EUR 1,000 for early stage researchers wishing to attend and present at the Alzheimer Europe Conference. We are looking for “Dementia researchers of the future” willing to share their work and research on “Innovative approaches to dementia”.

28 JANUARY:

Our first Alzheimer’s Association Academy of 2025 focuses on the topic of “Engaging in health technology assessment and pricing and reimbursement processes”



On 28 January 2025, Alzheimer Europe hosted a session of its popular online Alzheimer’s Association Academy. This was the first Academy session of the year, opening with a welcome and New Year’s greetings from the session moderator, Angela Bradshaw, Director for Research at Alzheimer Europe, who set the stage for a focused discussion on health technology assessment (HTA) and pricing and reimbursement processes. The first speaker, Neil Bertelsen (Patient Focused Medicines Development) delivered an in-depth presentation on patient engagement and patient experience data in HTA processes across Europe. He outlined the different stages of HTA decision-making processes, and how patients and patient organisations are involved through written submissions, consultations and workshops. He highlighted how national HTA agencies use a wide range of different involvement methodologies, providing useful guidance and tips for individuals and associations.

Elizabeth Walker, Technical Advisor at the UK’s National Institute for health and Care Excellence (NICE) provided insights into the complexities of evaluating the cost-effectiveness of new Alzheimer’s medicines in the UK. She outlined the key criteria NICE uses, including clinical efficacy, long-term cost savings, and quality of life measures. She also elaborated on the difficulties in assessing novel treatments with limited long-term data. Audience members asked about ways that HTA decisions can be updated when new clinical evidence emerges. She responded that post-market surveillance and adaptive licensing are becoming more central to NICE’s approach, helping to address these challenges.

Matteo Scarabelli, Associate Director for Market Access at the European Federation of Pharmaceutical Industries and Associations (EFPIA), examined the evolving regulatory landscape of HTA in Europe. He addressed the opportunities and hurdles associated with the new EU HTA regulation, which aims to streamline assessments across Member States. The discussion touched on potential delays due to administrative bottlenecks and lack of capacity, as well as opportunities for increased harmonisation and involvement through Joint Scientific Consultations and Joint Clinical Assessments. He also underscored the importance of proactive engagement and the need for ongoing dialogue to ensure efficient implementation of the new framework.

Closing out the meeting, Jim Pearson, Deputy Chief Executive of Alzheimer Scotland, presented the Alzheimer Scotland perspective on the HTA processes for lecanemab and donanemab in the UK. He provided an overview of the work undertaken by Alzheimer Scotland on healthcare system preparedness, including the findings of a public engagement report on the views of people with lived experience of dementia regarding access to new treatments. He finished his presentation by discussing Alzheimer Scotland’s submissions to the Scottish Medicines Consortium, which call for sustained efforts to prepare the Scottish healthcare system so it is able to meet the needs of all people living with dementia.

AE NETWORKING

9 JANUARY	The 35 th Alzheimer Europe Conference Committee met
10 JANUARY	Jean attended the Dementia Management Group of the European Academy of Neurology
13 JANUARY	Jean and Owen met with colleagues of The Alzheimer Society of Ireland to discuss the upcoming Irish Presidency of the European Union
13 JANUARY	Jean and Dianne met with Essity to discuss 2025 collaboration opportunities
13-14 JANUARY	Soraya and Chris attended the online General Assembly meeting of the ADIS project
14 JANUARY	Angela and Cindy attended the ALDE party Roundtable Debate on “Clinical Trials in Europe” (Brussels, Belgium)
15-16 JANUARY	Dianne, Sébastien and Lukas joined the AI4HOPE General Assembly in Bonn
16 JANUARY	Jean attended the first coordination meeting of the Joint Action on Dementia
16 JANUARY	Jean met with Fourtold to discuss opportunities for collaboration in 2025
16 JANUARY	Angela participated in a Virtual Brainstorm on the WHO’s European Programme of Work 2
20 JANUARY	Jean met with Lilly
20 JANUARY	Owen, Jean and Lukas joined a One Neurology meeting
20 JANUARY	Sarah had a meeting with the members of the PAG for PREDICTOM
22 JANUARY	Jean met with Biogen and Roche to discuss 2025 collaboration

22 JANUARY	Owen and Lukas joined a consultation by the WHO regional office for Europe on NCDs
22 JANUARY	Dianne and Angela met with Springer Healthcare IME to discuss possible collaborations
23 JANUARY	Jean met with BMS to discuss 2025 collaboration
23 JANUARY	Jean attended the webinar of the Fundamental Rights Agency on “Civic space and legal environment”
23 JANUARY	Jean attended the World Dementia Virtual Dialogue on “Lessons from Treatments”
23-24 JANUARY	Ange and Soraya attended the PREDICTFTD kick-off meeting in Rotterdam
24 JANUARY	Jean met with Anavex to discuss opportunities for collaboration in 2025
24 JANUARY	Lukas met with the WHO risk reduction guideline team
24 JANUARY	Owen attended the WHO Civil Society Commission meeting on civil society engagement
27 JANUARY	Jean attended the Dementia Guideline Taskforce of the European Academy of Neurology
27 JANUARY	Gwladys was interviewed by Suisse Convention Bureau on “Experience of the 34AEC in Geneva”
28 JANUARY	Alzheimer Europe organised on Alzheimer’s Association Academy on “Engaging in health technology assessment and pricing and reimbursement processes”
28 JANUARY	Owen attended a meeting on the future of EU health policy hosted by Tilly Metz MEP (Brussels, Belgium)
29 JANUARY	Lukas, Ange, Soraya, Ana and Jean met with Gates Ventures to provide an update on the research participation and data sharing project
29 JANUARY	Soraya and Cindy attended the Pattern-Cog Executive Board Meeting
30 JANUARY	Owen and Lukas joined a hearing by the WHO regional office for Europe on Ageing

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EU project acknowledgements



A number of the projects in which Alzheimer Europe is a project partner receive funding from Horizon 2020, Horizon Europe, the Innovative Medicines Initiative 2 (IMI2) Joint Undertaking (JU), or the Innovative Health Initiative (IHI) JU. Projects funded through the IMI2 or IHI JU receive support from EU Research & Innovation programmes, as well as industry federations and other contributing partners. Please visit the project website(s) listed below for specific details on the organisations, federations and funders providing support for individual projects.

The projects in this newsletter are:

- AD-RIDDLE – grant agreement 101132933 (<https://ad-riddle.org/>)
- AI4HOPE – grant agreement 101136769 (<https://www.ai4hope.eu/>)
- LETHE - grant agreement 101017405 (<https://www.lethe-project.eu/>)
- PRIME – grant agreement 847879 (<https://prime-study.eu/>)
- PROMINENT- grant agreement 101112145 (<https://www.ihl-prominent.eu/>)

ADIS - This project is supported by the Luxembourg National Research Fund (INTER/JPND21/15741011/ADIS) under the aegis of the EU Joint Programme - Neurodegenerative Disease Research (JPND) - www.jpnd.eu

EU PROJECTS

9 DECEMBER:

AD-RIDDLE participates in the first European Dementia Day



On 9 December, AD-RIDDLE partners joined leading figures from the European dementia community at the European Parliament on

the occasion of the first European Dementia Day. The day's key event, a Lunch Debate entitled "Dementia as a Research Priority", brought together over 100 participants, including Members of the European Parliament (MEPs), representatives from national Alzheimer associations, people with lived experience of dementia, and research policymakers. Discussions emphasised the importance of collaborative approaches in tackling the challenges posed by Alzheimer's disease and other dementias.

Niklas Blomberg, Executive Director of the Innovative Health Initiative (IHI), showcased how public-private partnerships are transforming dementia research. He highlighted several ground-breaking projects, including AD-RIDDLE, the European Platform for Neurodegenerative Diseases (EPND), IHI-PROMINENT, and PREDICTOM, which are advancing patient-centred innovations in neurodegenerative disease research. With EPND enabling seamless data sharing and analysis, and other initiatives contributing complementary tools and approaches, projects like AD-RIDDLE are well-positioned to deliver scalable, impactful solutions for dementia prevention, diagnosis, and care.

Wiesje van der Flier (Amsterdam UMC), who leads AD-RIDDLE's digital cognitive assessment workstream, provided insights into the project's contributions to the field. She detailed how initiatives like ABOARD, WW-FINGERS and AD-RIDDLE are accelerating progress in early diagnosis, risk prediction, and tailored treatment strategies. "These innovations are a significant step towards personalised prevention and care, ensuring that interventions are designed to meet the specific needs of individuals," she noted.

In addition to the parliamentary discussions, AD-RIDDLE partner Francesca Mangialasche (Karolinska Institutet and Fingers Brain Health Institute) presented AD-RIDDLE in a workshop with over 20 European Alzheimer associations. This session provided a valuable opportunity to obtain feedback on AD-RIDDLE's modular toolbox platform, which integrates pharmacological and lifestyle interventions. The workshop also highlighted the importance of public involvement activities

in shaping tools that are practical, effective, and aligned with the needs of people living with or at risk of Alzheimer's disease.

<https://www.ad-riddle.org/>

12-13 DECEMBER:

Final meeting of the PRIME project held in Cologne



On 12 and 13 December 2024, the PRIME project, a research initiative focused on advancing our knowledge on the role of insulin signalling in brain disorders, and the overlap (or 'multi-morbidity') with somatic conditions, held its final meeting in Cologne. This milestone event marked the conclusion of years of dedicated work, as researchers, industry partners, and stakeholders gathered to present the project's outcomes and discuss its far-reaching implications.

During the meeting, participants showcased the key results achieved by the project, which have significantly advanced knowledge and applications in this vital research area. From novel methodologies to practical solutions, PRIME has laid a strong foundation for future innovations, with its findings already influencing academic circles and industry practices.

As attendees reflected on the project's success, a bittersweet atmosphere prevailed. Many expressed sadness at the formal end of the initiative, which fostered remarkable collaborations and breakthroughs. Prof. Barbara Franke, coordinator of the project, noted, "PRIME has not only been a hub of innovation but also a vibrant community of passionate experts. It's hard to say goodbye to this chapter, but we're excited about the doors it has opened."

Despite the project's conclusion, there is widespread optimism about the continuation of research in this critical field. Efforts are already underway to secure new funding and partnerships to build on PRIME's legacy. As Prof. Franke emphasised, "The work doesn't stop here. PRIME has shown us what's possible, and we are committed to pushing these boundaries even further."

The two-day meeting concluded with a discussion of strategies for sustaining momentum in the research field, ensuring that PRIME's impact will be felt for years to come.

1 JANUARY:

The TIMING project, aiming to improve timely diagnosis of dementia in people from minority ethnic groups, has come to a close and published a paper with results, co-authored by Alzheimer Europe



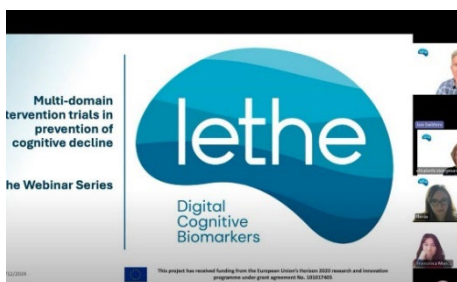
The aim of the three-year TIMING project, which came to a close at the end of 2024, was to improve timely diagnosis of dementia in people from minority ethnic groups by identifying enduring challenges in clinical practice for dementia diagnostics in these populations in European memory clinics and validating novel culturally-sensitive case-finding tools for dementia. Results of the study have been published in a paper published in the International Journal of Geriatric Psychiatry and co-authored by Alzheimer Europe Director for Public Involvement and Ethics, Dianne Gove. You can find the paper, here:

<https://onlinelibrary.wiley.com/doi/10.1002/gps.70034>

The project lead was T. Rune Nielsen, who has written an article about TIMING for our upcoming edition of "Dementia in Europe" magazine, out at the end of February, so watch this space!

8 JANUARY:

Multi-domain intervention trials in prevention of Cognitive Decline



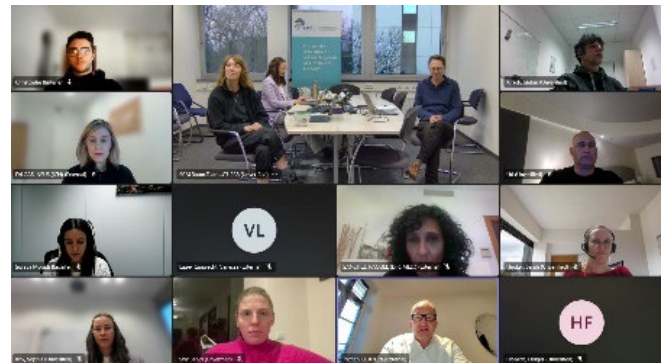
On, 13 December, the LETHE project organised a webinar on Multi-domain intervention trials in prevention of Cognitive Decline. During the

event, members of the project team and audience have an interesting discussion about the multi-domain intervention trials being carried out in the LETHE project, digging deeper into the randomised controlled feasibility trial and showcasing the sub-studies, including the Temi robot and the Fauna audio glasses. Watch the recording here:

<https://www.youtube.com/watch?v=uLEPh-c3wbg>

14 JANUARY:

ADIS project holds online General Assembly



On 13-14 January, the ADIS project consortium came together online for their third General Assembly. ADIS stands for "Early Diagnosis of Alzheimer's Disease by Immune Profiling of Cytotoxic Lymphocytes and Recording of Sleep Disturbances". The project is funded by the Joint Programme for Neurodegenerative diseases (JPND) for three years and will conclude at the end of June in 2025.

Day 1 began with an introduction by Holger Fröhlich (Project Coordinator, Fraunhofer SCAI) and Vanessa Lage-Rupprecht followed by discussions on WP1, which covered milestone updates, risk mitigation strategies, and dissemination efforts. Vanessa Lage-Rupprecht also presented on the plans for the final symposium and provided an overview of project deliverables.

The following discussions (WP2) focused on experimental approaches, data transfer, and analysis timeframes, with ITEM-R (Sarah Hücker and Stefan Kirsch) leading the session. WP3 followed, addressing the Data Management Plan, sustainability planning and catalogue updates. The day ended with an interesting guest talk by Prof. Jochen Klucken (University of Luxembourg, CHL) about the use of Artificial Intelligence in medicine.

Day 2 opened with WP4 sessions on modelling, exploring agent-based approaches that was led by partners from Tel Aviv University, Shir Bahiri, Axel Roussay and Uri Nevo. Sophia Krix (Fraunhofer SCAI) continued with an overview of her work in progress related to Artificial Intelligence and statistical techniques.

Soraya Moradi-Bachiller presented updates on the brain health campaign as part of her Public Involvement work. The General Assembly concluded with plans to draft a publication roadmap and a review of action items that arose during the meeting.

15-16 JANUARY:

The AI4HOPE Project held a consortium meeting in Bonn, Germany



On 15 and 16 January, the AI4HOPE project consortium, including Alzheimer Europe (AE), convened in Bonn, Germany, to share progress and plan future actions for developing digital palliative care solutions for dementia across the EU.

Discussions covered the development of legal and ethical frameworks for data collection and sharing across consortium members, and the digital infrastructure necessary to ensure secure and private sharing of clinical data. Discussions also involved selecting adequate tracking devices to monitor physiological processes involved in palliative dementia care, planning submission of the research protocol for ethics review, and preparing research in clinical sites.

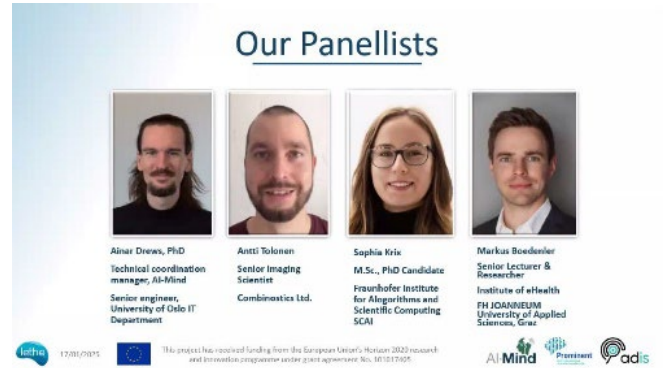
As part of this meeting, AE delivered a presentation on Public Involvement and communication activities for the project. AE also met with representatives of the European Association for Palliative Care to further develop an information toolkit, offering palliative care guidance for people with dementia, carers, and healthcare professionals. Finally, AE planned future activities with consortium members including review of the AI4HOPE research protocol by the European Working Group of People with Dementia and the European Dementia Carers Working Group in the first semester of 2025.

Overall, the event was a great opportunity to foster collaboration and plan future activities for AI4HOPE among consortium members. AE Public Involvement Director Dianne Gove, Public Involvement Officer Sebastien Libert, and Project Officer Lukas Duffner participated in the event. For more information about the AI4HOPE project, visit:

<https://www.ai4hope.eu/>

17 JANUARY:

LETHE webinar explores AI applications in dementia research



On 17 January, the third event in the LETHE webinar series, titled “Beyond the Hype: AI in Dementia – From Early Risk Detection to Disease Treatment,” focused on how Artificial Intelligence (AI) is being applied to improve prevention, diagnosis, and treatment. The webinar, moderated by Cindy Birk from Alzheimer Europe attracted over 70 participants and featured presentations from four EU-funded projects: AI-Mind, PROMINENT, ADIS, and LETHE.

Ainar Drews from the University of Oslo presented work from the AI-Mind project, which focuses on developing AI tools to detect early signs of dementia in individuals with mild cognitive impairment (MCI). The project aims to create two AI-driven tools: one to uncover changes in brain connectivity and another to predict whether a person with MCI is likely to progress to dementia. These tools are designed to support both researchers and clinicians in making better-informed decisions and providing personalised care.

Antti Tolonen from Combinostics shared work from the PROMINENT project, which is developing a digital platform to support diagnosis and treatment planning in neurodegeneration. The platform that will be developed is aimed at integrating diagnostic algorithms, imaging biomarkers and an interface for specialists working in memory clinics. The project also focuses on the harmonisation of data collected from multiple European cohorts to ensure the development of a robust model and to validate it in future.

Sophia Krix from Fraunhofer SCAI highlighted work from the ADIS project, which explores digital biomarkers for Alzheimer’s disease, specifically focussing on sleep disturbances and immune system profiling. She also presented some preliminary findings through the analysis of data from wearable devices, highlighting that sleep behaviour and movement patterns could potentially help identify individuals at risk of developing dementia.

Markus Bödenler from FH Joanneum presented on the LETHE project, which is developing predictive models and digital tools to support lifestyle interventions for dementia prevention. The project uses data from clinical trials and memory clinics to assess an individual’s risk of cognitive decline. Its AI framework

aims to allow clinicians to identify modifiable risk factors, such as diet and physical activity and tailor interventions to individual needs.

The panel discussion explored challenges such as the need for transparency, inclusivity in data collection, and overcoming barriers to adoption among clinicians. The importance of ethical considerations and collaboration across disciplines was emphasised throughout the session. The next LETHE webinar in the series will focus on Public Involvement in dementia research and will take place in March 2025. The webinar was recorded and can be viewed via the following link:

<https://www.youtube.com/watch?v=YfTEHyZ4ZM>

28 JANUARY:

Spotlight on early-career researchers: Lena Sannemann on how Public Involvement is shaping precision medicine in PROMINENT

In this interview, Lena Sannemann from the University Hospital Cologne shares how Public Involvement (PI) is shaping the development of our digital platform for precision medicine,

aimed at improving the diagnosis and treatment of neurodegenerative diseases and comorbidities.



PI involves engaging people affected by dementia and other members of the public in research—not as participants, but as collaborators. This approach focuses on conducting research and developing policies *with* or *by* the public, rather than *on* or *for* them. Unlike awareness-raising or patient engagement, PI fosters partnerships where researchers and the public collaborate on various aspects of the research process and its outputs.

In PROMINENT, Alzheimer Europe ensures public input through a Public Involvement Board (PIB), composed of people with dementia as well as current and former carers of people with dementia, from different countries in Europe. The PIB provides regular feedback through online and in-person consultations. Their contributions have already enhanced the design, layout, and accessibility of project reports, making them clearer and more useful for the public. Watch the interview: <https://vimeo.com/1050801411>

MEMBERS OF THE EUROPEAN ALZHEIMER'S ALLIANCE

Currently, the total number of MEPs in the European Alzheimer's Alliance (EAA) stands at **83**, representing **21** Member States of the European Union and seven out of eight political groups in the European Parliament. Alzheimer Europe is grateful to the Co-Chairs of the EAA: Nina Carberry MEP (Ireland, EPP), Tilly Metz MEP (Luxembourg, Greens/EFA), Romana Jerković MEP (Croatia, S&D), Sirpa Pietikäinen MEP (EPP, Finland); Vladimir Prebilič (Greens/EFA); Hilde Vautmans MEP (Belgium, Renew Europe) and Dainius Žalimas (Renew Europe, Lithuania) for their leadership and for hosting the organisation's European Parliament lunch debates on dementia. Alzheimer Europe would also like to thank the following MEPs for their support of the EAA:



Belgium: Kathleen van Brempt (S&D); Hilde Vautmans (Renew Europe). **Bulgaria:** Radan Kanev (EPP); Andrey Kovatchev (EPP); Ilhan Kyuchuk (Renew Europe); Tsvetelina Penkova (S&D). **Croatia:** Biljana Borzan (S&D); Romana Jerković (S&D); Tonino Picula (S&D). **Cyprus:** Costas Mavrides (S&D). **Czechia:** Ondrej Dostal (NI); Tomáš Zdechovský (EPP). **Denmark:** Kira Marie Peter-Hansen (Greens/EFA); Christel Schaldemose (S&D). **Estonia:** Urmas Paet (Renew Europe). **Finland:** Maria Guzenina (S&D, Finland); Merja Kyllönen (The Left); Sirpa Pietikäinen MEP (EPP). **France:** François-Xavier Bellamy (EPP); Mélissa Camara (Greens/EFA); Laurent Castillo (EPP); David Cormand (Greens/EFA); Marie Dauchy (PFE); Christophe Gomart (EPP); Catherine Griset (PFE); Céline Imart (EPP); Isabelle Le Callennec (EPP); Nadine Morano (EPP); Philippe Olivier (PFE); Mounir Satouri (Greens/EFA); Majdouline Sbai (Greens/EFA); Marie Toussaint (Greens/EFA). **Germany:** Alexandra Geese (Greens/EFA); Erik Marquardt (Greens/EFA); Angelika Niebler (EPP); Manuela Ripa (Greens/EFA); Terry Reintke (Greens/EFA). **Greece:** Tsiodras Dimitrios (EPP); Manolis Kefalogiannis (EPP); Nikos Papandreou (S&D); Elissavet Vozemberg-Vrionidi (EPP). **Hungary:** Tamás Deutsch (PFE); Enikő Győri (PFE); Kinga Gál (PFE); György Hölvényi (EPP), András Kulja (EPP). **Ireland:** Barry Andrews (Renew Europe); Lynn Boylan (The Left); Nina Carberry (EPP); Luke 'Ming' Flanagan (NI); Billy Kelleher (Renew Europe); Seán Kelly (EPP); Aodhán Ó Ríordáin (S&D); Maria Walsh (EPP). **Italy:** Brando Benifei (S&D); Caterine Chinnici (EPP); Carlo Fidanza (ECR); Aldo Patriciello (PFE). **Lithuania:** Vytenis Andriukaitis (S&D); Petras Auštrevičius (Renew Europe); Vilija Blinkevičiūtė (S&D); Liudas Mažylis (EPP); Dainius Žalimas (Renew Europe). **Luxembourg:** Marc Angel (S&D); Charles Goerens (Renew Europe); Christophe Hansen (EPP); Tilly Metz (Greens, EFA); Isabel Wiseler-Lima (EPP). **Poland:** Elżbieta Katarzyna Łukacijewska (EPP); Anna Zalewska (ECR). **Portugal:** Marta Temido (S&D); Catarina Martins (The Left). **Slovenia:** Matjaž Nemeč (S&D); Irena Joveva (Renew Europe); Vladimir Prebilič (Greens/EFA); Marjan Šarec (Renew); Milan Zver (EPP). **Spain:** Rosa Estaràs Ferragut (EPP); Juan Fernando López Aguilar (S&D); Diana Riba i Giner (Greens-EFA); Ana Miranda Paz (Greens/EFA). **Sweden:** Pär Holmgren (Greens-EFA); Jonas Sjöstedt (S&D).

EUROPEAN ALZHEIMER'S ALLIANCE

22 JANUARY:

Tilly Metz MEP publishes health policy paper



Tilly Metz MEP (EFA/Greens, Luxembourg), Co-Chair of the European Alzheimer's Alliance, has published a policy report entitled "Making Access to Quality Healthcare a Top Priority for the EU", examining the place of health in the EU's policies. The report is structured into five sections:

- Guaranteeing access to quality healthcare in the EU
- Supplying affordable medicines
- Implementing the one health approach
- Building resilience to future health crises: the international perspective
- Strengthening health security for all Europeans.

Within each section are a number of demands, aimed at prioritising and strengthening health policies within the EU. The full paper is available to download at:

<https://tillymetz.lu/mediatheik/>

22 JANUARY:

Vladimir Prebilič becomes European Alzheimer's Alliance Co-Chair



Alzheimer Europe is delighted to announce that Vladimir Prebilič MEP (Greens/EFA, Slovenia) has accepted the position of Co-Chair, joining existing Co-Chairs: Nina Carberry MEP (EPP, Ireland), Romana Jerković MEP (S&D, Croatia), Tilly Metz MEP (Greens/EFA, Luxembourg), Sirpa Pietikäinen

MEP (EPP, Finland) Hilde Vautmans MEP (Renew, Belgium), and Dainius Žalimas MEP (Renew, Lithuania). We very much look forward to continuing to work with him to help ensure dementia is a policy priority at a European level.

The EAA is a non-exclusive, multinational and cross-party group, with two key objectives:

- Send out the political message that concerted action is needed in the field of prevention, diagnosis and

treatment of Alzheimer's disease, as well as research and social policies.

- Promote actions to give dementia priority at European and national level.

The EAA currently has 82 members from 21 Member States of the European Union. A full list of Co-Chairs and members of the EAA is available at:

<https://www.alzheimer-europe.org/policy/european-alzheimers-alliance/members>

30 JANUARY:

Maria Guzenina joins European Alzheimer's Alliance

Alzheimer Europe is delighted to announce that Maria Guzenina MEP (S&D, Finland) has joined the European Alzheimer's Alliance (EAA). We very much look forward to working with her to help ensure dementia is a policy priority at a European level.



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EU DEVELOPMENTS

7 JANUARY:

JPND launches its 2025 Research Call, focusing on health and social care research

On 7 January, the EU Joint Programme – Neurodegenerative Disease Research (JPND) initiative launched a transnational call for health and social care research with a focus on the moderate and late stages of neurodegenerative diseases, including Alzheimer’s disease and other forms of dementia.

The JPND funds translational research projects, aiming to increase coordinated investment between participating countries to elucidate the factors that cause neurodegenerative diseases, and to improve the diagnosis, treatment and management of these conditions. Since 2011, over EUR200 million has been allocated to an extensive range of research projects, with funding provided by national research agencies such as the Swiss national Science Foundation, and the German Federal Ministry of Education and Research.

Since 2015, Patient and public involvement (PPI) has been a core requirement for JPND-funded research, helping researchers to ensure that their work is designed and conducted in line with the needs, perspectives and values of the patient community. Alzheimer Europe has partnered in many JPND-funded, dementia research projects over the last decade, involving people with lived experience of dementia, supporting stakeholder engagement and developing impactful communications.

The 2025 JPND Research Call is focused on the social sciences and humanities, aiming to improve the wellbeing of people in the moderate or late stages of neurodegenerative diseases. More specifically, proposals should aim to increase understanding of the factors that hamper social inclusion, civic participation, dignity and quality of life of patients and their families and to develop more adequate concepts of easily accessible support for people with neurodegenerative diseases at moderate, advanced and end of life stages. This could include the development of new digital measurement tools for patient-reported outcomes, identifying and addressing barriers to accessing services, or consideration of ethical challenges.

The total funding available for the call is EUR15 million, with the participation of 15 countries including France, Germany, Hungary, Ireland, Poland, Turkey and Luxembourg. The deadline for pre-proposals is 12pm on March 4, 2025, via the JPND’s electronic submission tool. Find out more:

<https://neurodegenerationresearch.eu/initiatives/annual-calls-for-proposals/2025-research-call-on-health-and-social-care-research-with-a-focus-on-the-moderate-and-late-stages-of-neurodegenerative-diseases/>

14 JANUARY:

ALDE Party hosts stakeholder event on the future of clinical trials in Europe



On 14 January, the Alliance of Liberals and Democrats for Europe Party (ALDE Party) organised a stakeholder event in Brussels to discuss the future of clinical trials in Europe. The roundtable debate, titled "Overcoming Barriers to Clinical Trials in Europe: Addressing Regulatory, Operational and Patient Access Challenges" was chaired by MEP Stine Bosse. The event brought together key stakeholders to address the regulatory, operational and patient access challenges impacting the Europe's clinical trials ecosystem.

Alzheimer Europe was represented by Director for Research Angela Bradshaw and Project Officer Cindy Birck, who shared insights into the challenges faced by people with dementia. They also discussed the recent supplement published by Alzheimer Europe, which highlights the barriers to participation and ongoing efforts to improve access and availability of dementia trials in Europe.

The ALDE Party, which represents 74 member parties across 40 European countries, shares liberal and democratic values, inspiring efforts to work for a more open, fair and progressive Europe. For more information on the ALDE Party, please visit:

<https://www.aldeparty.eu/>

29 JANUARY:

Committee on Public Health is constituted

On 29 January, the constitutive meeting of the new standing Committee on Public Health (SANT) was held, formally establishing the committee and electing its Chairs and Vice-Chairs. In February 2023, Parliament approved the creation of a public health subcommittee, then in December 2024, Parliament’s political group leaders agreed to update it to a standing committee, with the decision confirmed by plenary on 18 December 2024.



The following MEPs were elected to lead the committee's work:

- Chair: Adam Jarubas (EPP, Poland) (pictured)

- First Vice-Chair: Tilly Metz (Greens/EFA, Luxembourg)
- Second Vice-Chair: Stine Bosse (Renew, Denmark)
- Third Vice-Chair: Romana Jerković (S&D, Croatia)
- Fourth Vice-Chair: Emmanouil Fragkos (ECR, Greece).

The committee will have responsibility for public health-related matters including to pharmaceuticals and medical devices, programmes and specific actions, health crisis preparedness and response, mental health and patients' rights, as well as relevant work of the European Medicines Agency, European Centre for Disease Prevention and Control, and the World Health Organization. More information on SANT can be found at:

<https://www.europarl.europa.eu/committees/en/sant/home/highlights>

POLICY WATCH

22 JANUARY:

Swedish Government announces new national dementia strategy



Government Offices of Sweden

On 22 January, the Swedish Government announced its adoption of an updated national dementia strategy to improve health and social care for people with dementia, including the approval of government agency assignments and funding. The national dementia strategy establishes four overarching goals:

1. Social services and health and medical care measures for people with dementia must be adapted to the needs and circumstances of the individual.
2. Social services and health and medical care measures for people who have dementia must be co-ordinated, promote health and prevent ill health.

3. Social services and health and medical care staff must work according to evidence and proven experience.
4. Relatives of a person with dementia must have access to adequate support and knowledge to enable them to exercise voluntary care of relatives in a sustainable way.

The updated strategy includes new components including, a set time-frame, clear goals to facilitate follow-up, as well as addressing several new areas, including health and medical care, dental care and preventative measures.

In conjunction with the adoption of the strategy, the Government also plans to approve a number of government agency assignments and funding to support implementation, follow-up and development of the strategy. Further details on the new strategy can be found at:

<https://www.government.se/press-releases/2025/01/government-presents-updated-national-dementia-strategy/>

SCIENCE WATCH

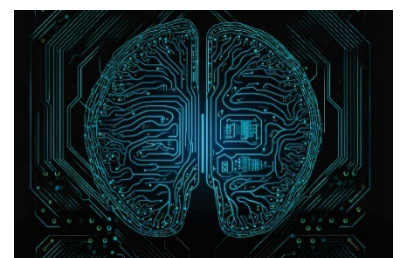
16 DECEMBER:

Deep learning identifies patient subgroups to improve Alzheimer's disease clinical trials

On 16 December, researchers from Germany and the USA published a study in *Brain Communications* exploring how artificial intelligence (AI) can enhance clinical dementia trials. Dementia due to Alzheimer's disease (AD) progresses differently among patients, complicating the identification of effective treatments. The study used deep learning to analyse disease trajectories in 283 early dementia patients, clustering

them into two subgroups: 'slow' and 'fast' progressors. These findings were validated in a larger cohort of 2,779 patients.

The researchers trained a machine learning model to predict subgroup progression using data from patients' dementia diagnoses. The classifier demon-



strated robust predictive accuracy, with an area under the receiver operating characteristic curve of 0.70 ± 0.01 during external validation.

The team simulated a clinical trial enriched with patients predicted to have faster progression. This approach decreased required sample sizes, reduced trial costs by over 13%, and improved trial success rates. The resources saved could expedite drug development and expand efforts to address cognitive impairment. This study highlights the potential of AI to advance precision medicine in AD by streamlining clinical trials and improving their efficiency.

Read the paper here: <https://doi.org/10.1093/brain-comms/fcae445>

24 DECEMBER:

Shadow puppetry therapy enhances cognitive function and interpersonal relationship



In their study, Shu-Yuan Chao, Hsiao-Mei Chen and Bei-Yi Su investigate the potential effects of shadow puppetry therapy on cognitive function, self-esteem, and interpersonal relationships among older adults with mild dementia.

The study was conducted in central Taiwan with 33 older

adults (average age of 74.5 years) recruited from dementia care centres. Participants were divided into two groups: 15 in the experimental group and 18 in the control group. The experimental group of older adults followed a 16-week-long shadow puppetry therapy programme, while the control group engaged during the same time in regular activities. The results show a significant improvement in cognitive functioning, self-esteem and interpersonal relationships among the participants who followed the program. In contrast, no significant changes were observed among the participants in the control group.

The authors conclude that shadow puppetry therapy is a novel and practical non-pharmacological approach to effectively enhance cognitive function, self-esteem and interpersonal relationships in older adults with mild dementia. For future research, they suggest exploring the adaptability of shadow puppetry therapy across diverse cultural contexts to learn if this art therapeutic intervention has broader applicability, and suggest examining additional potential outcomes, such as the quality of life, emotional stability, and caregiver burden for a more comprehensive understanding of shadow puppetry therapy benefits.

[Shadow puppetry therapy enhances dementia-related cognitive function and interpersonal relationship - ScienceDirect](#)

1 JANUARY:

Anavex publishes results from Phase IIb/III trial of blarcamesine in early AD

On 1 January, Anavex Life Sciences Corp, a clinical-stage biopharmaceutical company focused on developing innovative treatments for neurodegenerative diseases such as Alzheimer's disease (AD), released the results from its IIb/III ANAVEX2-73-AD-004 trial investigating blarcamesine for the treatment of early AD. Published in *The Journal of Prevention of Alzheimer's Disease*, the findings provide insights into the potential of blarcamesine in slowing clinical decline in people with early AD.

The Phase IIb/III trial, ANAVEX2-73-AD-004, was a randomised, double-blind and placebo-controlled study that involved 508 participants from five countries: Australia, Canada, Germany, Netherlands and UK. Participants received once-daily oral doses of either blarcamesine (30 or 50 mg) or a placebo for 48 weeks. The co-primary outcomes were reduction in cognitive decline using the 13-item Alzheimer Disease Assessment Scale-Cognition (ADAS-Cog13) and reduction in decline of the ability to perform daily activities, using the Alzheimer's Disease Cooperative Study – Activities of Daily Living (ADCS-ADL) Scale. The secondary outcome was the reduction in cognitive and functional decline measured by the Clinical Dementia Rating Scale Sum of Boxes (CDR-SB).

The results showed that blarcamesine significantly slowed clinical progression at 48 weeks compared to placebo in the prespecified primary endpoint ADAS-Cog13 and the prespecified secondary endpoint CDR-SB, while the co-primary endpoint ADCS-ADL did not reach statistical significance at Week 48.

Blarcamesine demonstrated a safety profile with no associated neuroimaging adverse events. These findings have contributed to the European Medicines Agency (EMA) accepting Anavex's Marketing Authorization Application (MAA) for blarcamesine for the treatment of AD. This MAA submission is supported by data from the Phase IIb/III trial and the open-label extension ATTENTION-AD study. To access the press release, visit:

<https://www.anavex.com/post/blarcamesine-receives-ema-filing-acceptance-for-treatment-of-alzheimer-s-disease>

You can download the published paper here:

<https://doi.org/10.1016/j.tjpad.2024.100016>

21 JANUARY:

New review explores associations between prescribed drugs and dementia risk

A new systematic review published in the journal *Alzheimer's & Dementia: Translational Research & Clinical Interventions* investigates the association between prescribed drugs and

dementia risk. Led by researchers from the University of Cambridge and Exeter, the study draws on the analysis of 14 studies that used large clinical datasets, involving data from over 130 million individuals and 1 million cases of dementia.

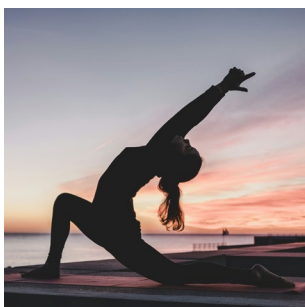
The review comes at a time of growing interest in drug repurposing for dementia treatment. Although the researchers found inconsistencies between studies in identifying individual drugs that affect the risk of dementia, several key findings emerged. Antimicrobials, vaccines and anti-inflammatory drugs were found to be associated with a reduced risk of dementia, while medications used to treat diabetes as well as vitamins, supplements and antipsychotics were linked to an increased risk. Antihypertensives and antidepressants were found to have mixed effects, with some studies showing both increased and decreased risk.

This review represents the largest data-driven analysis to date of the relationship between prescribed medications and dementia risk. The authors suggest that their findings can help prioritise drugs for repurposing and guide future research.

<https://doi.org/10.1002/trc2.70037>

23 JANUARY:

A new study suggests that physical exercise directly improves brain function



Type 2 diabetes and prediabetes (i.e. higher than normal blood sugar levels but not high enough to be considered type 2 diabetes) have been previously linked to a higher risk of depression and cognitive impairment. Prediabetes has been also associated with a decline in the transport of insulin to brain regions, raising the question of whether insulin neuronal functions are compromised which could, in turn, lead to a negative impact on cognition and memory. On the other side, physical activity and exercise influence cognition and memory through the maintenance of grey matter volume and cerebral blood flow, among others. However, little is known about whether exercise may impact how effectively brain cells use blood glucose in older adults with prediabetes.

In a new study published in the journal of *Aging Cell* (Wiley), a team of researchers led by Dr Steven K. Malin and Dr Dimitrios Kapogiannis from Rutgers University, New Brunswick (New Jersey, US) and National Institute on Aging, Baltimore (Maryland, US) investigated whether short-term exercise raises neuronal insulin signalling in cells that respond to insulin in prediabetes.

The researchers involved a group of 21 participants who were in their 60's, sedentary and had prediabetes. The participants engaged in 12 individual and supervised 60-minute exercise training sessions of moderate to high intensity. All of them took

a glucose drink before and after their training. The researchers collected blood samples from all the participants at the start and end of exercise training, and measured the level of proteins involved in insulin sensitivity carried within neuronal extracellular vesicles (i.e. vesicles released by brain cells).

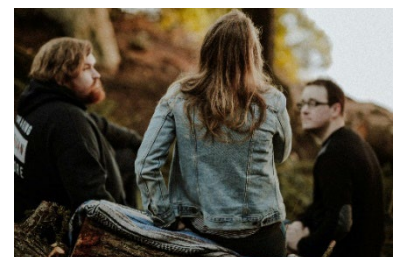
The team found that, in older adults with prediabetes, short-term exercise training increased the level of neuronal extracellular vesicles containing tAkt (an insulin signalling protein) in response to glucose ingestion in older adults with prediabetes. Although this study has some limitations (e.g. relatively small size of participants, unknown potential impact of sex on the outcomes and lack of a true control group), these data suggest that exercise may improve the brain's capacity to respond to insulin. More studies are needed to understand how insulin signalling proteins carried within neuronal extracellular vesicles relate to brain function and the future development of dementia in people at risk for type 2 diabetes.

<https://onlinelibrary.wiley.com/doi/10.1111/accel.14369>

24 JANUARY:

Recent publication underlines the need to look at young adulthood as important period for dementia risk reduction

Research on dementia risk modification highlights the importance of adopting a life-course perspective to identify "windows of opportunity" for addressing modifiable risk factors.



A recent article in *The Lancet Healthy Longevity*, led by Dr Francesca Farina (University of Chicago) and the Next Generation Brain Health team, underscores the need to focus on such factors as early as young adulthood to maximise opportunities for risk reduction.

The study emphasises that a variety of health behaviours, many of which emerge in young adulthood, may potentially have long-term effects on brain health. In particular, it is underlined that a significant proportion of young people (and in particular young women) do not have access to formal education, one of the strongest and most studies protective factors for cognitive decline and dementia. At the same time, unhealthy behaviours such as exposure to loud noise, cigarette smoking, alcohol use, and sedentary lifestyles are relatively common during this life stage.

Young adults also face heightened exposure to other factors linked to dementia, including traumatic brain injury, depression, social isolation, obesity, diabetes, and hypertension. Furthermore, exposure to air pollution has been associated with neuropathology in young adults. Emerging risk factors such as dietary patterns, drug use, sleep problems, and stress are also highlighted as areas requiring further research.

In order effectively address modifiable risk factors in young adulthood, the authors call for mapping the most salient prevention targets and propose a series of action points:

1. Education and awareness-raising campaigns to highlight the benefits of brain-healthy lifestyles and inform young people about modifiable dementia risk factors.
2. Adequate taxation policies targeting products associated with unhealthy behaviours, such as tobacco and alcohol.
3. Creation of an advisory council of young adult representatives from diverse backgrounds to ensure policies reflect their realities and needs.
4. Development of a brain health charter, outlining clear policy actions to address contextual concerns affecting brain health in young adulthood.

In line with the recommendations raised by the Next Generation Brain Health team, Alzheimer Europe calls upon the European institutions and national governments to incorporate measures for dementia risk reduction and prevention across the life course, as part of fully funded dementia strategies.

27 JANUARY:

A Japanese study found that participating in community activities for a year may reduce the risk of dementia by 3%



As the onset of dementia increases following population ageing, primary prevention for dementia has become a key domain for research and intervention. In this regard, a recent study by Masanori Morikawa and colleagues argues that staying active and participating in community life can be beneficial to reduce the risk of developing dementia.

As the onset of dementia increases following population ageing, primary prevention for dementia has become a key domain for research and intervention. In this regard, a recent study by Masanori Morikawa and colleagues argues that staying active and participating in community life can be beneficial to reduce the risk of developing dementia.

This study in Japan followed a group of older adults for 12 months to see if community involvement could help prevent dementia. They divided the adults into two subgroups of 845 people each: those who participated in a community going-out programme and those who didn't. After a year, they found that the group who participated in the programme was 3% less likely to develop dementia during this period.

Masanori Morikawa and colleagues mainly trace this reduced incidence of dementia in the benefits that people can draw from physical activity when going out in the community. They also point out that limited opportunities to go out among older people can impact their social engagement and increase their likelihood of developing depression as a result of social isolation, which can deteriorate cognitive function.

Meanwhile, the researchers present some limitations to their study. Namely, this study is based on observations, rather than a randomised control trial. However, as the researchers note, this study is unique because it is the first one investigating the frequency of dementia onset within community-based interventions. Overall, this study suggests that staying connected with your community can be good for your brain health. It also indicates how beneficial community initiatives for older people can be in promoting physical activity, preventing social isolation, depression, and dementia. The publication can be accessed here:

<https://doi.org/10.1016/j.archger.2024.105736>

MEMBERS' NEWS

8 JANUARY:

Alzheimer Scotland "Active Voice" reports on Scottish Dementia Working Group and National Dementia Carers Action Network members connecting with Health and Social Care students at City of Glasgow College

As the new year kicked off, members of the Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN) wasted no time getting straight back

into their vital work of campaigning and raising awareness about dementia. In this recent collaboration on 8 January, Stuart Dougall from the SDWG and Margaret McCallion from the SDWG (also a member of the European Working Group of People with Dementia, EWGPWD), alongside Marion Ritchie from NDCAN, welcomed the opportunity to connect with Health and Social Care students at City of Glasgow College. As always, their presentations were not only enlightening but were also a poignant reminder of the critical role that lived experience plays in understanding and addressing the complexities of dementia. Indeed, for both SDWG and NDCAN, the



participation of individuals with lived experience of dementia is essential in shaping the education of future health and social care professionals.

The session began with a presentation from Norie Williamson, Active Voice Development Officer, who emphasised the importance of incorporating the insights of individuals with lived experience in enhancing health & social care practices. This central message set the stage for the three speakers as they candidly shared their personal journeys.

Stuart Dougall shared his experience after being diagnosed with early onset Alzheimer’s disease in January 2022 aged 58. He reflected on the troubling signs he noticed starting in March 2021, including memory lapses and cognitive decline. He went on to emphasise the need for individualised support for people living with dementia and the importance of treating each person with dignity and respect. Ultimately, he inspired the students to approach dementia with compassion and understanding by sharing both the challenges and positive transformations he experienced following his diagnosis.

“By treating those you will work with in your role as individuals, supporting and encouraging them to be themselves and do what’s important to them, you will be able to help ensure they are not defined by their situation, but that they continue to live their best life possible”, he said.

Margaret McCallion (pictured), who was diagnosed with Frontotemporal Dementia at 51, shared her personal journey which provided a valuable insight into supporting people living with dementia. She highlighted the challenges she faced after her diagnosis and emphasised the importance of a person-centred approach in health and social care support. She encouraged the students to prioritise understanding the individual behind the diagnosis and to foster inclusive, personalised approaches in their careers. She concluded with a powerful reminder to always see the person before the condition, underscoring the importance of dignity and respect in care.

“As you prepare for your new careers, a key message I would give you is - recognise the individual, not their age or their illness. Listen to them and get to know them. Find out about their interests, their feelings, and their views”, she said.

Marion Ritchie, a former carer for her husband with Vascular Dementia, addressed the significant challenges and emotional toll faced by carers. She highlighted the complexities of dementia, including the changing needs of those affected and the distress carers feel in accepting help. Drawing from her experiences, Marion provided practical advice to the students,

urging them to engage with family members and create a collaborative environment that values the carers input. Marion stressed that care extends beyond the home, emphasising the need for continuous communication and empathy in hospitals and care homes. In concluding, Marion commended the dedication of care workers and urged the students to treat individuals with dementia as if they were family, highlighting the importance of supportive relationships between professional and family carers.

“Please remember that the family carer is trusting you and needs you to look after their loved one as if they were your own family. Think of the person with dementia as your mum, dad, grandma or grandpa and think how you would like them to be treated”, she stressed.

This event showcased the dedication of SDWG and NDCAN to incorporating the perspectives of individuals with personal experience of dementia into student training programmes. Their commitment to this cause highlights the significant potential for advancing education and fostering impactful change within the health and social care sectors. By recognising the insights shared by Stuart Dougall, Margaret McCallion and Marion Ritchie, the students will, without doubt, be better prepared to improve their practice, ultimately resulting in better outcomes for those they will support in their chosen careers.

20 JANUARY:

A three-year collaboration protocol was signed between the Presidency of Darülaceze and the Turkish Alzheimer Association to raise awareness on dementia

On 20 January, a three-year collaboration protocol was signed between the Presidency of Darülaceze and the Turkish Alzheimer Association. The areas



of collaboration include:

1. Developing educational content and modular programmes on dementia and Alzheimer's disease for healthcare, caregiving and occupational staff working under the Presidency of Darülaceze and providing training to personnel.
2. Creating projects and models for early diagnosis, intervention, and independent living for individuals with dementia and Alzheimer's disease.
3. Conducting scientific studies and projects to raise awareness and providing information about dementia and Alzheimer's disease.

The signing ceremony was attended by Elmas Esra Ceceli Islam, President of Darülaceze and the following participants

from the Turkish Alzheimer Association: Prof. Dr Başar BİLGİÇ, Chairman of the Board; Assoc. Prof. Dr Nil Tekin, Board member; Arzu Kartum, Institutional Relations Coordinator and Nurse Ümmügül Geyik, Education and Health Coordinator.

Darülaceze is an institution established during the Ottoman era in Istanbul, providing shelter, care, and educational services to the elderly, sick, disabled, or those in need. The word "Darülaceze" originates from the Arabic words "dar" (house) and "aceze" (weakness, frailty). Such institutions aim to ease the lives of vulnerable members of society by offering essential services.

The importance of Darülaceze lies in its mission to ensure that individuals in need receive the necessary care and support without being excluded from society, enabling them to live better lives. Today, Darülaceze continues to play a crucial role in social services by offering housing, healthcare, and psychological support to the elderly, disabled, and other vulnerable individuals. The Presidency of Darülaceze currently serves approximately 600 people in its campus in the Şişli district. Additionally, it is expanding its services with a newly established campus in the Arnavutköy district. The Darülaceze Social Living City in Arnavutköy has a capacity of 928 beds and spans an area of 145,727 m².

The collaboration between the Presidency of Darülaceze and the Turkish Alzheimer Association in the field of dementia and Alzheimer's disease will further enhance the quality of healthcare and caregiving services provided to patients. This partnership is a remarkable example of social solidarity and responsibility, offering a positive and hopeful development for all individuals and families affected by these conditions.

22 JANUARY:

Call for dementia strategy in Lithuania to make dementia a public health priority



On 22 January, Ieva Petkutė, President of „Dementia Lithuania“ has been called to bring the arguments for the petition

submitted on behalf of nearly 2,000 people and three national organisations calling for dementia strategy in Lithuania. The meeting, in support of the petition, was attended by prof. Diana Rėklaitienė, President of the Lithuanian Sports University, and Mida Vengeliauskaitė, carer of her husband living with fronto-temporal dementia.

In support for the strategy call Cormac Cahill, Head of Advocacy, Research & Public Affairs at The Alzheimer Society of Ireland made a presentation to overview the impact the strategy has given to the process of dementia supports and services advancement in Ireland. This contribution was enabled by the „Alzheimer Europe“ community network. The meeting was attended by the Petition committee members, who are

also members of the Lithuanian Parliament The following aspects were outlined:

- Overwhelming lack of public awareness around dementia contributes to prevalence of stigma, late diagnosis and lack of support in communities.
- Dementia-related public policies lack continuity, consistency and monitoring of the impact of actions on health and well-being of people living with dementia and their carers.
- Absence of preventive measures and targeted approach towards the need to support people in dementia-risk group resulting in failing to ensure everything is done to overcome dementia.
- Absence of separate patient and family carer pathways don't permit to see the burden that dementia is putting upon the people in communities.
- Absence of early efforts and tools for diagnosis undermines the human right to quality healthcare.
- Without setting dementia as a public health priority Lithuania is absent from any international research projects in Europe that are targeting dementia-related challenges, and also may bring hope for people in our society.
- Family carers, who are overwhelmingly women, are carrying heavy burden which impacts their health, social life and finances.
- In Lithuania dementia is not recognised as a leading cause of death.

The Petition committee will vote if Lithuania should have dementia strategy in the upcoming weeks.

28 JANUARY:

The Alzheimer Society of Ireland launches “Denim Day for Dementia”

The Alzheimer Society of Ireland (The ASI) launched its 8th annual “Denim Day for Dementia” fundraising campaign, set to take place on 28 February. This



year, online content creator, digital marketer, and mother of two, Dearbhla Toal from Belle Azzure, has joined The ASI as their newest ambassador and is calling on the public to support the cause by wearing denim in solidarity with the 64,000 people living with dementia and their families in Ireland.

The campaign invites individuals, schools, offices, and community groups to participate by wearing denim on the designated day to raise vital funds for dementia services. For Dearbhla, this cause is personal. Ahead of the launch, Dearbhla said: “There are over half a million people across the country whose families have been affected by dementia; it’s a

reality that many of us will know someone living with this condition, or we will know their families. This figure is going to continue to rise into the future and that's why I'm getting behind Denim Day for Dementia."

The ASI is aiming to raise EUR 4 million in 2025 to continue providing essential services such as the National Helpline, Day Care, Home Care, Family Carer Training, and Social Clubs. Nikki Keegan, Interim Head of Fundraising at ASI, expressed her enthusiasm for Dearbhla's involvement: "Denim Day is a fun and easy campaign for people to get involved with – it is essential to help us maintain the standards of care that we provide."

To sign up for #DenimDay4Dementia, visit: www.alzheimer.ie

28 JANUARY:

The Alzheimer Society of Ireland responds to draft programme for Government



The Alzheimer Society of Ireland (The ASI) has welcomed the new Irish Government's draft programme for Government, which outlines substantial commitments to support people living with dementia and their carers over the next five years. With dementia on the rise across Europe, these initiatives offer valuable insights into shaping policy for a growing population with complex needs. After the general elections held in November 2024, a new Government was formally formed last week, bringing together coalition partners from the centre-right Fianna Fáil and Fine Gael parties, along with independent parliamentarians.

The programme outlines key measures to strengthen Ireland's dementia services. Among the highlights are plans to establish a National Dementia Registry, crucial for mapping services and ensuring equitable access. The Government has also committed to increasing capacity with 20 new dementia-specific day care centres, doubling funding for home-based day care, and expanding the availability of dementia advisers and memory assessment support services. Additionally, there is a focus on young-onset dementia support and enhanced home care, including more funding for dementia intensive home care packages.

Carers, who play a vital role, are also prioritised in the programme. Planned reforms include progressively increasing

carer's allowance, phasing out means testing, and introducing new financial supports, such as a pay-related carer's benefit for those who must leave work suddenly to provide full-time care. Another significant focus is on workforce development. The Government plans to address staffing shortages and disparities in pay for charity and voluntary sector workers, ensuring the long-term viability of these essential services.

Ireland also aims to enhance access to new treatments, aligning its efforts with European strategies. Despite these positive commitments, the programme has neglected some core areas. A full review of Ireland's 2014 National Dementia Strategy is overdue, and funding for the comprehensive Model of Care for Dementia (2023) must be prioritised to provide an integrated pathway of support. Pay inequities for charity workers and home care staff also require swift resolution.

Another area of concern is on workforce development for the sector. The Government plans to address staffing shortages and disparities in pay for charity and voluntary sector workers, ensuring the long-term viability of these essential services. This became a key election issue, but unfortunately there is a lack of any firm commitment to do this in the near future. With the next steps, Ireland demonstrates how targeted investments, a strong carer focus, and collaboration with European partners can transform dementia care. By sharing these strategies, other nations can draw inspiration to address the growing challenges of dementia within their own populations. Read The ASI's full statement here:

[Statements from The Alzheimer Society of Ireland - Alzheimer](#)

For more, visit:

DementiaPledge.ie

28 JANUARY:

A new guidebook for family carers published in Lithuania

"Dementia Lithuania" successfully implemented a project "Dementia as a public health priority", which produced a few outputs, including an educational peer support programme for the carers of people living with dementia and carer's guidebook. It is the first resource of its kind, the objective is to accompany the carers as they onboard the journey to



understand, support and help their loved-one after they receive dementia diagnosis.

"I lack words to describe the need of such a resource" said Jovita Babonienė, who is caring after her mother, and who has consulted the resource, "we, the carers know how complex the process of organising care and support is. We need information from the beginning... If I would have had this information when I needed it, I would not have felt that lost in the dark. I am sure it will be helpful to anyone in the carer's journey".

The project was funded by the National public health support fund and endorsed by "Alzheimer Europe", the "World Health Organization" office in Lithuania, as well as the Lithuanian Sports University. "We are thankful to everyone, who supported the development of this resource, and now we're hoping for the support from all of our partners to make sure that it

DEMENTIA IN SOCIETY

17 JANUARY:

Bob & Diane Fund awards annual visual storytelling grant for 2024 and celebrates the Fund's tenth anniversary in 2025



The Bob & Diane Fund recently announced their ninth visual storytelling grant to New York based photographer Jason Crowley. The annual award of USD 5,000 (EUR 4,860) was granted to Jason for his project, "A Tough Old Bird" about his grandmother's life,

living with Alzheimer's (see picture).

"Jason's study of his grandmother's sunset years is both unflinching and tender. I use the word 'study,' because the photographer is intentional in playing a part in the story -- this is a risky approach when documenting family but, as Jason shows, it can be done very well. The reward for the risk is an intimate journey to better understanding how age affects multiple generations at the same time. The photographs are beautiful and sing with one voice in their approach and visual language, which is a benefit when telling a tale over many years" commented Chip Somodevilla, Getty Staff Photographer.

2025 is the tenth anniversary of the Bob & Diane Fund, a grant-giving organisation that supports photographers working on stories related to Alzheimer's and dementia. In the first nine years, the fund has received 613 submissions from a total of 58 countries. Photographers who have been awarded the

reaches the people who need it" said Ieva Petkutė, the editor of the toolkit and the President of "Dementia Lithuania" association.

The guidebook provides information about dementia, care and support in accordance with the current service system in Lithuania. The resource has been developed in collaboration with a range of professionals in the fields of social care, palliative, medical care, mental health, law, etc. The carers of people living with dementia provided insight and corrections, they are also the authors of the photographs used in the book.

Photo by Eglė Grigaliūnienė "We together" (From "Guidebook for the carers of people living with dementia", Dementia Lithuania, 2024).

grant have been from the Denmark, England, Iran, Sweden, US and Wales.

Gina Martin, Founder and Executive Director created the Fund in memory of her mother, Diane, who passed away in 2011 and her father, Bob, who was Diane's loyal caregiver. Her parents were high school sweethearts, and died three months apart, just shy of their 50th wedding anniversary. In creating the Bob & Diane Fund, Gina wanted to honour them both for their devotion and love for one another and for their family. While working at National Geographic for 21 years, Gina saw first-hand how visual images can change perception and policy. She believes that bringing a visual awareness to Alzheimer's disease and dementia brings empathy and understanding, caring and giving, and hopefully, a cure. Gina's parents were the most giving people she knew and taught her the gift of giving. This is her gift to them.

<https://www.bobanddianefund.org/grantees>

LIVING WITH DEMENTIA

9 JANUARY:

Annick Germeys, member of the European Dementia Carers Working Group, shares how she and her husband Geert are speaking up for those affected by young-onset dementia



How can we create more awareness? By picking up the microphone ourselves? Why not. Because there is still so much to share about Alzheimer's and young-onset dementia, I regularly try to take the microphone in hand. Our society, healthcare providers, and policymakers still lack sufficient knowledge about (young-onset) dementia, how it creeps into lives, and the significant needs that must be addressed to tackle everything differently. I am happy to contribute my part.

Wherever possible, I share our story—how difficult it was during the first months, how little information was available, and how we had to search for answers ourselves. Our journey toward finding life after the diagnosis. Over the past year, my husband Geert, who has Alzheimer's and young-onset dementia, and I have welcomed various opportunities to participate in lectures, study days, film screenings, video messages, and more. I would like to highlight a few of these occasions, where we always received particularly warm and positive reactions:

I was a panellist during a webinar by Cera titled "Finding, seeking, receiving, giving meaning... with dementia." Diverse questions were addressed from different perspectives. What makes people

with dementia happy? What do they enjoy? How do they give meaning to their lives with dementia? Seeking meaning and giving purpose to life is universal yet highly unique. As a caregiver, I spoke about our story of young-onset dementia and how we give meaningful and purposeful shape to it.

Because it is so important to share our experiences of living with young-onset dementia with professionals in the field, and because they may learn from them, we gladly contributed to the study morning "Loss and grief in collaboration with dementia." Geert and I shared real-life insights through an interview conducted by Herman Wauters from the Flemish Dementia Expertise Centre. We received many kind words afterward.

In preparation for World Alzheimer's Day on 21 September, Geert and I were interviewed by radio host Arno. Part of the interview took place while running, as Geert is still very physically active and regularly runs marathons. They wanted to highlight this in the broadcast. On this special day, radio station Klara (classical music) dedicated a full-day programme to dementia, featuring our testimony, stories about dementia, caregivers, and specialists. Listeners could request songs with special meaning for someone with dementia.

Earlier last year, I contributed to a video message "Straight to the Heart of the Matter, Without Frills", the essence of ten video messages we created as part of the Flemish working group of caregivers for people with dementia, supported by Alzheimer Liga Vlaanderen (the Flemish Alzheimer's Association). This was in preparation for the local elections in Belgium on 13 October. My message, as someone with lived experience, was: "Only by listening to us as caregivers and actively involving us in policymaking can we improve care and support for people with dementia together."

Very recently, we were invited by Cinema ZED to introduce the film "Human Forever" as special guests during their film festival Ciné Solidair, thereby giving a face and voice to (young-onset) dementia. The turnout for Human Forever was heart-warming—a film by Teun Toebe that is inspiring and moving, challenging all of us to view dementia differently and calling for love for our fellow human beings. Here too, we received tremendously positive responses for sharing our story and putting a face to the often-confronting reality of dementia. In 2025, I will continue to use my voice and strive to make a difference.

Pictured: Annick and Geert introduce the film "Human Forever" as special guests of Cinema ZED during the film festival Ciné Solidair.

28 JANUARY:

Lieselotte Klotz, Vice-Chairperson of the European Working Group of People with Dementia, reflects on gender equality in healthcare and calls for fair research, care and treatment

In 2017, I was diagnosed with Lewy body dementia. As a mother of three and a long-time business owner, this was a shock that turned my life upside down. But the diagnosis also marked the beginning of a journey during which I learned a lot about the healthcare system and the treatment of people with dementia – especially women. What struck me time and again, however, was how often the healthcare system fails to address the specific needs of women.

Caroline Criado-Perez calls for a radical transformation of medical research and care. She argues that gender differences should be systematically investigated and considered. Data must be collected in such a way that women no longer remain invisible. Only in this way can a healthcare system be created that works for everyone. (Source: Caroline Criado-Perez, “Invisible Women”) About 50% of the world's population are women. But for years, if not centuries, medical research has been based on the “male standard body”. Studies were mainly conducted with male subjects, and many medications and treatment protocols are based on male body norms. In my experience, research still pays far too little attention to the specific differences between the sexes. Yet women and men react differently to medication, show different symptoms for the same disease, and have different risks. A specific example is heart disease, in which women often show symptoms that are not immediately recognised by doctors because they do not correspond to the “classic” signs. This leads to a delay in treatment, which is problematic for everyone involved.



As a person affected, I experience every day how neurodegenerative diseases such as dementia affect and challenge me and many other women in a particular way. In fact, women are more likely to suffer from dementia than men. There is evidence that hormonal changes, such as the drop in oestrogen levels after menopause, could have an influence on the development of dementia. But lifestyle and social roles also play a part, and it is even more important to consider the living environments and aspects of women and men equally.

This is not an attack on the healthcare system, but rather an appeal for more consideration of gender differences in medicine, research and care to enable fairer and more effective treatments for all. In my view, fair healthcare for all would mean, among other things, adapting research and clinical studies by including both sexes in equal numbers, conducting more research on gender-specific differences, providing more education and awareness in the healthcare system, and designing drugs, health products and technologies to be barrier-free and gender-specific. No one should be disadvantaged based on their gender when it comes to health. I am a woman, and I want to be perceived as equal in my humanity, including in the healthcare system.

My personal conclusion about gender: Two people can have the same diagnosis, but their symptoms, their diagnoses, their medications, the non-drug treatment options, their quality of life and opportunities are nevertheless completely different. Only through an inclusive, equitable and science-based approach can we create a healthcare system that does not overlook or discriminate against anyone - male or female.



PUBLICATIONS AND RESOURCES

24 JANUARY:

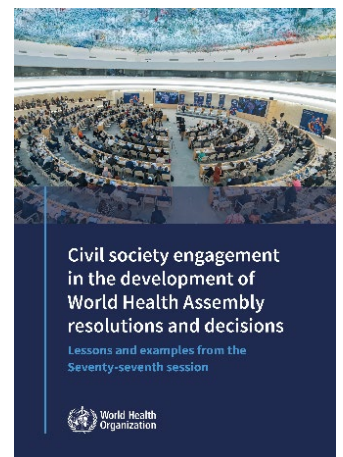
World Health Organization Civil Society Commission publishes involvement report

On 24 January, the World Health Organization (WHO) Civil Society Commission published a report evaluating the involvement of civil society in drafting some of the resolutions and decisions adopted during the meeting of the 77th World Health Assembly (WHA) in May 2024.

The study examines three specific examples of civil society engagement in the development process: A WHA Resolution on Social Participation, the WHO Fourteenth General Programme of Work and a WHA Resolution on Climate Change and Health. These resolutions were initiated by Member States, the WHO, and Member States, respectively.

For each of case study, key information is provided, for example on the interaction between the WHO Secretariat or Member States and civil society organisations, challenges experienced during the drafting process and recommendations to inform future collaboration. The full report is available to download at:

<https://www.who.int/publications/b/75832>



AE CALENDAR 2025

DATE	MEETING	AE REPRESENTATIVE
4 February	Meeting with European Alzheimer's Disease Consortium	Jean
4 February	EFPIA Patient Think Tank	Owen
4 February	FluidX-AD kick-off meeting	Chris
6 February	EDF European Non-Governmental Organisations meeting	Owen
6 February	Multi-stakeholder workshop on Real World Data	Ange
6 February	ADIS meeting with the ADIS advisory board and the ADIS young adults advisory board (Barcelona, Spain)	Soraya and Ana
12-13 February	Meeting with Roche (Basel, Switzerland)	Jean and Ange
13 February	EU4Health Civil Society Alliance meeting	Owen
13 February	EMA network strategy (EMANS) to 2028 webinar	Cindy
18 February	PAG meeting for PREDICTOM	Sarah
24 February	Meeting with Swedish AB for AD-RIDDLE	Ana, Sarah
24 February	Alzheimer Europe Board	AE Board and staff
25 February	REBALANCE workshop with member of the EWGPWD (Riga, Latvia)	Sarah
27 February	World Dementia Council Advocacy Dialogue	Jean
27-28 February	DORIAN GRAY kick-off meeting (Brescia, Italy)	Ange, Cindy and Soraya
27 February	International Advisory Board - INTERDEM Academy	Dianne

CONFERENCES 2025

DATE	MEETING	PLACE
13-16 February	14 th Panhellenic Conference on Alzheimer's Disease and 6 th Mediterranean Conference on Neurodegenerative Diseases, https://www.alzheimer-conference.gr/index.php/en/	Thessaloniki, Greece
13-14 March	Dementia Lab Conference, University of Aveiro, https://www.dementialabconference.com/	Aveiro, Portugal
20-22 March	19 th World Congress on Controversies in Neurology (CONy), https://cony2025.comtecmed.com/	Prague, Czechia
1-5 April	International Conference on Alzheimer's and Parkinson's Diseases and Related Neurological Disorders (AD/PD™ 2025) https://adpd.kenes.com/partners-related-events/	Vienna, Austria

15-17 May	The 8 th Venusberg meeting on Neuroinflammation, https://neuroinflammation.uni.lu/	Belval, Luxembourg
3-6 June	15 th edition of the National Alzheimer Conference, http://www.alzcongres.ro	Bucharest, Romania
21-24 June	11 th Congress of the European Academy of Neurology, Neurology within society, https://www.ean.org/	Helsinki, Finland
24-26 September	21st EuGMS Congress, https://eugms2025.com/	Reykjavík, Iceland
6-8 October	35 th Alzheimer Europe Conference, "Connecting science and communities: The future of dementia care", https://www.alzheimer-europe.org/conferences	Bologna, Italy
12-15 October	XXVII World Congress of Neurology, https://wcn-neurology.com/	Seoul, South Korea
4-5 February 2026	2 nd International Conference on the Prevention of Alzheimer's Disease (ICOPAD 2026), https://www.hug.ch/en/evenement/2nd-international-conference-prevention-alzheimers-disease-icopad-2026	Geneva, Switzerland



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35th Alzheimer Europe Conference
Connecting science and communities:
The future of dementia care
Bologna, Italy
6 - 8 October 2025 #35AEC
www.alzheimer-europe.org/conferences

