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WELCOME



Spring is staying true to its reputation as the season of all things new, with a veritable

smorgasbord of exciting announcements for me to share with our readers!

I would like to start off by congratulating our colleagues in Ukraine, where the Cabinet of Ministers has approved the National Action Plan for 2026-2028 to improve the quality of life of people with dementia – the first plan of its kind in the country. This is in large part thanks to the advocacy efforts of our member association, the Nezabutni Charitable Foundation. I am always so impressed with the incredible strides being made by our members, sometimes under the most difficult conditions. Their passion and hard work truly pay off!

One place where we get to hear more about their vital work is at our Alzheimer's Association Academy meetings, where speakers often include representatives from our members, as well as from our working groups. At our most recent Academy, about supporting and involving carers in policy, advocacy and research, we heard from our Austrian member, and from a member of the European Dementia Carers Working Group, among others. The next session is planned for 26 May. Keep an eye on your inbox for more information!

Spurred on by the success of our now long-standing Academy series, we have launched a new series of online meetings called "Research Insights". Our inaugural Research Insights webinar focused on the topic "Data Sharing in Dementia Re-

search" and brought together perspectives from lived experience, public engagement, research infrastructure, clinical decision support, digital twins and personalised prevention. We took the opportunity to share our new report focusing on participation in dementia research and data sharing across Europe, with webinar attendees. We hope that this new series of webinars, which is free and is open to everyone, will continue to gain in popularity and become a staple on our agenda, much like our Academy series. Watch this space, for details about future sessions!

We are delighted to launch the 2026 edition of our Anti-Stigma Award, together with the Alzheimer Europe Foundation. This year, the award will recognise a European artist or initiative using music to address the stigma surrounding dementia, contributing to a positive image of dementia and of people living with dementia. You can find out more in the Alzheimer Europe section of this newsletter, and on our website.

In closing, I would like to remind you that registrations are also open for our Annual Conference taking place in Dublin from 27-29 October. Together with our event co-host The Alzheimer Society of Ireland, we look forward to seeing all of you there. If you register before the end of June, you can still benefit from our reduced Early Bird rates, so please hurry! I would also like to note that our call for abstracts has now closed, with a whopping 845 submissions, all of which we will respond to over the coming weeks.

I wish all of you an excellent month of May and look forward to sharing our next newsletter, including coverage of our series of meetings in Brussels, taking place as I write these very words.

Jean Georges, Executive Director

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 Máttová (Czechia), Mary-Frances Morris (United Kingdom - Scotland), 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 - England), Katarina Suomu (Finland), Jochen René Thyrian (Germany).

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ALZHEIMER EUROPE

13 APRIL:

Alzheimer Europe publishes article called "Pathways to Participation - A Scoping Review Outlining Barriers and Enablers to Participation in Dementia Research" in JPAD



On 13 April 2026, a new article was published by Alzheimer Europe, called "Pathways to Participation - A Scoping Review Outlining Barriers and Enablers to Participation in Dementia Research", in the Journal of Prevention of Alzheimer's Disease (JPAD). The authors of the paper are Lukas Duffner, Project Officer; Soraya Moradi-Bachiller, Public Involvement

Officer; Dianne Gove, Director for Public Involvement and Ethics; Ana Diaz, Public Involvement Lead; Angela Bradshaw, Director for Research; and Jean Georges, Executive Director. You can read it, here: <https://www.sciencedirect.com/science/article/pii/S2274580726000828>

21 APRIL:

Alzheimer Europe hosts a session of its Alzheimer's Association Academy about supporting and involving carers in policy, advocacy and research



Alzheimer's Association Academy 

On 21 April 2026, Alzheimer Europe held a session of its popular online workshop series, the Alzheimer's Association Academy. This was the third Academy of 2026 and focused on the topic of "Supporting and involving carers in policy, advocacy and research".

Soraya Moradi-Bachiller, Public Involvement Officer at Alzheimer Europe, chaired the session, welcoming over 40 participants from 12 countries and five companies, as well as several members of staff from Alzheimer Europe.

Speakers at the session included:

- Paddy Crosbie, who shared his experience of supporting his late husband Derek, who lived with early onset Alzheimer's disease before his passing in 2021, and his work with the Dementia Carers Campaign Network (DCCN) in Ireland. The DCCN, of which Paddy is a founding member, is an advocacy group for those who have experience caring for a loved one with dementia, formed in 2013 and aiming to represent, raise awareness and campaign on the distinct needs of people who care for someone with dementia. Find out more about the DCCN: <https://alzheimer.ie/creating-change/ways-to-have-your-voice-heard/dementia-carers-campaign-network/>
- Claire Champeix, Policy & Project Officer at EUROCARERS, who spoke about her organisation's work empowering carers across Europe. EUROCARERS is the European network representing informal carers and their organisations, irrespective of their age or the particular health and care need of the person they are caring for. EUROCARERS carries out work in several EU-funded projects, as well as doing policy work, coordinating the European Parliament Informal Carers Interest Group, and supporting research. Find out more: <https://eurocarers.org/>
- Friederike de Maeyer, Chair of the Dachverband Demenz Selbsthilfe Austria (DDSA), who spoke on behalf of the DDSA - an umbrella organisation of peer support for people with dementia and carers - and also from her own perspective as a carer for her husband who has Lewy Body Dementia. Find out more about the DDSA: <https://www.demenzselbsthilfeaustria.at/>
- Ana Diaz, Public Involvement Lead at Alzheimer Europe, who shared details about the European Dementia Carers Working Group (EDCWG), launched by Alzheimer Europe and its member associations in 2022 and composed of carers, relatives and supporters of people with dementia, working to ensure that our activities, projects and meetings duly reflect the priorities and views of people caring for a person with dementia. Find out more about the EDCWG: <https://www.alzheimer-europe.org/about-us/european-dementia-carers-working-group>

Following each of these informative and insightful presentations, there was ample opportunity for questions to the speakers.

We hope everyone enjoyed the session and we would like to say a huge thank you to all speakers and participants at the Academy of 21 April and to our Gold and Silver sponsors, Bristol Myers Squibb, Eisai, Johnson & Johnson, Lilly and

Roche as well as to the European Union's Citizen's, Equalities, Rights and Values (CERV) programme, without whom our Academy sessions would not be possible.

22 APRIL:

New report by Alzheimer Europe highlights opportunities to improve participation in dementia research and data sharing across Europe



Recruitment and retention of participants remain key challenges in dementia research and can affect the representativeness and generalisability of study findings. At the same time, dementia research increasingly depends on the effective use and sharing of large datasets to generate new insights, reduce duplication and make better use of limited resources. However, data are not routinely shared,

limiting the pace of scientific progress.

On 22 April 2026, Alzheimer Europe launched its new report on "Dementia Research Participation and Data Sharing in Europe", which examines how participation in dementia research and the sharing of research data can be strengthened across European countries. The report brings together evidence from multiple sources, including a review of the scientific literature, a European-wide public opinion survey and consultations with people affected by dementia, as well as insights from researchers, clinicians, funders and regulators.

The findings show that people are generally motivated to participate in dementia research, particularly by altruistic reasons such as helping future generations and contributing to the development of better treatments. They are also more willing to participate by having access to information, receiving feedback on study results and supportive relationships with researchers.

However, important barriers remain. One of the most frequently reported obstacles was a lack of awareness of available research opportunities, with many people indicating that they had never been invited or did not know how to take part. Additional barriers include practical challenges such as limited time and travel constraints, concerns about the physical and emotional burden of participating and uncertainty about how personal data will be used and protected.

The report also highlights that trust plays a central role in both research participation and data sharing. Trust is built through transparent communication, respectful interactions and clear information about study procedures and data use. People with

lived experience emphasised the importance of being treated as partners in research and of receiving feedback on study outcomes.

Attitudes towards data sharing were broadly positive, with most respondents recognising its importance for advancing dementia research. Data sharing was seen as a way to accelerate scientific discovery, reduce duplication and lessen the burden on participants. For example, 88% of survey-respondents agreed that sharing data is important for making progress in dementia research and 86% indicated that it was acceptable for researchers to share data as long as people's identity remained confidential. At the same time, concerns still remain about privacy, potential misuse of data and the lack of clarity about how data are shared and with whom. In practical terms, data sharing is further hindered by fragmented data systems, complex approval processes and differences in the interpretation of data protection requirements.

Based on these findings, the report sets out a series of recommendations to improve participation in dementia research and to facilitate responsible data sharing. These include key measures such as increasing awareness of research opportunities, improving accessibility and support for participants, strengthening trust through clear communication and ensuring that data sharing practices are secure, transparent and aligned with participants' expectations.

Alzheimer Europe would like to thank all those who contributed to the development of this report, including members of the European Working Group of People with Dementia, the European Dementia Carers Working Group, its member organisations and members of the public across Europe. Alzheimer Europe's report on "Dementia Research Participation and Data Sharing in Europe" was supported by funding from Gates Ventures.

You can download the new report here: <https://www.alzheimer-europe.org/resources/publications/dementia-research-participation-and-data-sharing-europe>

22 APRIL:

Research Insights webinar highlights opportunities and challenges of data sharing in dementia research

On 22 April, Alzheimer Europe held its inaugural Research Insights webinar on the topic "Data Sharing in Dementia Research". Moderated by Angela Bradshaw, Director for Research at Alzheimer Europe, the online event brought together perspectives from lived experience, public engagement, research infrastructure, clinical decision support, digital twins and personalised prevention.

Angela Bradshaw opened the webinar by explaining why data sharing has become such a timely issue. Dementia research increasingly depends on combining different kinds of information and making better use of data that already exist. She framed the session as an opportunity to look at the topic from



several angles, including the experiences of research participants, public attitudes, technical and legal barriers and the ways in which shared data can support new tools for research and care.

The first presentation came from Patrick (Paddy) Crosbie, Member of the European Dementia Carers Working Group, who spoke about his experience caring for his late husband Derek, who had early-onset Alzheimer’s disease. He explained that he and Derek had taken part in several forms of research and pointed to one recurring frustration: participants do not always hear what happened next, whether in terms of findings, follow-up or how a study developed after they had contributed. People want to know what their data will be used for, how they will be shared and whether they will be kept secure. He also argued that involving people with lived experience makes research stronger by grounding it in day-to-day realities.

Lukas Duffner, Project Officer at Alzheimer Europe, then presented the organisation’s newly launched report on research participation and data sharing in Europe. You can find out more about the report in the article above. The findings he shared pointed to substantial support for data sharing, though not without conditions. A clear majority of respondents agreed that sharing research data is important for progress in dementia research and acceptable when it helps to find better treatments, provided identities remain confidential. At the same time, respondents wanted researchers to explain how data would be used, and some worried that sharing could lead to misuse or unexpected problems. Views also differed depending on who would receive the data, with stronger support for sharing with researchers in Europe than with recipients outside Europe or in the pharmaceutical industry.

Matt Clement of Gates Ventures followed, with an overview of how data sharing can advance dementia research through the Innovative Medicines Initiative (IMI)-funded European Platform for Neurodegenerative Diseases (EPND) project. He described the platform as a response to several common barriers in the field; limited visibility of existing data and biosamples, the complexity of gaining access to them in safe, legal and ethical ways and the need for sustainable infrastructure that supports collaboration across different research groups. Ra-

ther than storing everything centrally, EPND helps researchers discover what resources exist, request access to them and make better use of them.

Linus Jönsson of Karolinska Institutet then presented the PROMINENT project, which is developing a precision medicine platform to support diagnosis, prognosis and treatment decisions in Alzheimer’s disease and other neurodegenerative diseases. He argued that new biomarkers and disease-modifying therapies are increasing the demands placed on clinicians, who must decide how to interpret new tests and when to use them. PROMINENT’s answer is a digital platform that can bring together information from imaging, biomarkers, cognitive testing and other sources to provide decision support. Petra Ritter of Charité spoke about the eBRAIN-Health project and the use of brain simulations as well as ‘digital twins’ (computational avatars built from data from real people and used to simulate brain activity, cognition and responses to interventions). Her presentation showed that such models depend on large amounts of highly personal data and therefore require strong protection, secure computing environments and careful regulatory support. In her examples, digital twins were used not only to simulate brain dynamics, but also to test possible stimulation settings for Parkinson’s disease before trying them in patients.

The final project presentation came from Alina Solomon of the University of Eastern Finland, who introduced the AD-RIDDLE project and its work on early detection tools, lifestyle interventions and personalised prevention. A central principle of the project is that one size does not fit all. This applies both to prevention strategies and to the way data are collected, harmonised and analysed across settings. She outlined the tension between highly standardised study protocols, which make pooled analysis easier, and real-world implementation, which introduces greater variety but makes retrospective harmonisation harder. AD-RIDDLE is organised around a modular toolbox rather than a single tool, with the aim of giving healthcare systems and clinicians validated options that can be combined according to local needs.

The webinar concluded with a panel discussion, audience Q&A and closing comments from Angela. In her recap, she returned to the value of connectivity and interoperability; not as abstract technical goals, but as practical ways of allowing datasets, platforms and researchers to work together. Looking back across the session, several themes stood out. Data sharing can strengthen dementia research, support better diagnostics, enable more sophisticated modelling and improve the evidence base for prevention and care. At the same time, the discussion made clear that progress depends on more than technology alone. Trust, communication, harmonisation, legal clarity and meaningful involvement of people with lived experience remain central to making data sharing both effective and acceptable in dementia research.

30 APRIL:

2026 Anti-Stigma Award: Submissions and Ceremony Registration Open!

Submissions now open for the 2026 Anti Stigma Award!

Together with the Alzheimer Europe Foundation and our partners, we are proud to launch the 2026 call for the Anti-Stigma Award.

This year, we celebrate European initiatives and artists meaningfully combining **music and dementia** in projects that:

- Actively involve people living with dementia in musical activities
- Use music to challenge stigma
- Promote a positive, empowering image of dementia through musical performances

We welcome your submissions until 26 June 2026. An award ceremony will be held in Dublin on 28 October 2026. Apply at: www.alzheimer-europe.org/anti-stigma-award-2026

This year, Alzheimer Europe, along with its partners, the Alzheimer Europe Foundation, Lilly and Roche, are pleased to recognise a European initiative or artist that brings together music and dementia through the 2026 Anti-Stigma Award. The call for submissions launched on 15 April and eligible entries include initiatives involving people with dementia in musical activities or songs or other musical productions aimed at addressing stigma and promoting a positive image of dementia. Applications can be made by the artists themselves or by a nominating national Alzheimer’s association. Organisations wishing to nominate an initiative or artist may do so but will need their written consent. The award is open to initiatives/artists established in a member country of Alzheimer Europe for contributions which were produced in the past five years (2021-2026). The awards together with a trophy will be presented at an award ceremony organised in Dublin on 28 October 2026. The travel and accommodation costs for the short-listed initiatives will be covered by Alzheimer Europe. Interested initiatives/artists should send information on their work via the [application form](#) by 26 June. More information regarding the prizes and submission process can be found at: <https://www.alzheimer-europe.org/anti-stigma-award-2026> In addition, the Anti-Stigma ceremony will take place as part of a networking dinner for the 36th Alzheimer Europe Conference. Separate registration is required for both conference

delegates and ceremony-only attendees. Please register for the award ceremony here: <https://www.eventsforce.net/alzheimer-europe/17/register>

Alzheimer Europe gratefully acknowledges the support of the sponsors of the Alzheimer Europe Anti-Stigma Award: Alzheimer Europe Foundation, Lilly and Roche.

30 APRIL:

Conference abstract submissions now closed but early bird registration is open! Join us at #36AEC!

36th Alzheimer Europe Conference
 Sláinte: Building momentum in dementia through policy, research and partnership
 27 - 29 OCTOBER 2026 DUBLIN, IRELAND

Early bird registration now open for #36AEC

We would like to thank all those who have submitted their abstracts for the upcoming 36th Alzheimer Europe Conference. The submission period is now closed, and the review process will begin shortly. We received a whopping 845 abstracts! The conference will take place from 27 to 29 October 2026 in Dublin, Ireland at the Convention Centre Dublin. Take advantage of the early bird registration fees between 28 February and 30 June. Your full registration includes access to all sessions, networking events, the exhibition hall, refreshments, and more. [Click here to register for #36AEC](#) **Special rates** are available for people with dementia, carers and students. Visit the [conference website](#) to learn more about the organisers, travel information, accommodation options, and the venue.

We look forward to seeing you in Dublin for #36AEC!

50 Celebrating **50** editions of **Dementia in Europe**
 Making dementia a European priority in policy and research, giving a voice to people with lived experience

SPONSORS OF THE MONTH

Alzheimer Europe would like to express its gratitude to three new sponsors for its 2026 Annual Conference:



All corporate sponsors have provided sponsorship to support educational and healthcare related activities and have no input in the content or activities produced by Alzheimer Europe.

Read more about sponsorship opportunities here:

<https://www.alzheimer-europe.org/about-us/governance/finances/2025-sponsorship-opportunities>

AE NETWORKING

8-9 APRIL	Faye and Ana attend the ENSURED project kick-off meeting (Maastricht, Netherlands)
9 APRIL	Alzheimer Europe facilitated a meeting of the European Group of Governmental Experts on Dementia
13-14 APRIL	Cindy and Soraya attended the DORIAN GRAY General Assembly Meeting (Nice, France)
14-16 APRIL	Jean, Lukas and Owen attended the Alzheimer's Disease International conference (Lyon, France)
16-17 APRIL	Angela attended the spring meeting of the European Alzheimer's Disease Consortium (Copenhagen, Denmark)
17 APRIL	Dianne and Sarah joined the European Working Group Executive meeting
21 APRIL	Alzheimer Europe hosted a session of its online series the "Alzheimer's Association Academy" on the topic of "Supporting and involving carers in policy, advocacy and research"
22 APRIL	Alzheimer Europe hosted the first ever session of its new webinar series "Research Insights"
22 APRIL	Sarah and Cindy facilitated a Multi-MeMo Advisory Board information session

Understanding the scale of dementia in Europe



Help us give a voice to people with dementia



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- Learn about the Prevalence of Dementia in Europe 2025 Report
- Check out the Dementia in Europe Yearbook 2025
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- Help us give a voice to people living with dementia
- Submit an abstract to the #36AEC Conference in Dublin
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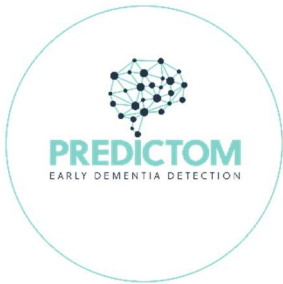
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EU PROJECTS

26 MARCH:

PREDICTOM publishes “Screening for Alzheimer’s disease in the community using an AI-driven screening platform” in JPAD



The PREDICTOM project has published a new paper called “Screening for Alzheimer’s disease in the community using an AI-driven screening platform: design of the PREDICTOM study”, in the Journal of Prevention of Alzheimer’s Disease (JPAD). Authors of the paper include Alzheimer Europe’s Sarah Campill, Public Involvement Officer, Ana Diaz, Public Involvement Lead, and Dianne Gove, Director for Public Involvement and Ethics. You can find the paper, here:

<https://www.sciencedirect.com/science/article/pii/S2274580726000695?via%3Dihub>

For more information about PREDICTOM project, see: <https://www.predictom.eu/>

26-27 MARCH:

The PREDICTFTD project holds its general assembly meeting in Desenzano del Garda



The PREDICTFTD consortium successfully concluded its general assembly meeting, held from 26 to 27 March in Desenzano del Garda, Italy. The meeting brought together the project partners in person and online.

The meeting officially opened on 26 March with a warm welcome from the project coordinator, Harro Seelaar (Erasmus MC), together with Gianluigi Zanusso (University of Verona), who kindly hosted and organised the meeting.

The meeting then focused on project partners providing updates across the consortium, i.e. ongoing work packages focused on biomarkers, artificial intelligence modelling, olfactory swab sampling, public involvement, and a really interesting demo of how data systems are coming together. We also had important discussions on the regulatory roadmap and ethics. A highlight of the first day of the meeting was the keynote lecture delivered by Dr Sergi Borrego (Hospital Clínic de Barcelona, Spain), which provided general information about Frontotemporal dementia (FTD) and its subtypes, as well as the latest developments in FTD.

The general assembly meeting enabled fruitful exchanges between project partners, strengthening collaboration, reviewing the progress made so far and the next steps towards an earlier and more accurate diagnosis of FTD.

The PREDICTFTD project was launched in December 2024, funded by the EU’s Horizon Europe programme for a period of 4.5 years. The project, which includes partners from 8 countries, is developing biomarkers and tools to advance the diagnosis of FTD, aiming to reduce the time it takes to obtain an accurate, biological diagnosis of the condition.

Learn more about PREDICTFTD: <https://www.predictftd.eu/>

27 MARCH:

Immidem holds last project meeting and final conference in Rome

The Italian National Institute of Health (Istituto Superiore di Sanità) was responsible for coordinating the Immidem project, which focused on dementia among migrants living in Italy and has now been completed. A final conference was organised in Rome at the Istituto Superiore di Sanità on 27 March 2026. This was preceded by a last working group meeting to discuss future possible plans. Dianne Gove, who had contributed towards the earlier work, attended the conference and chaired the first conference session on global health commitments on diversity, dementia and healthy ageing. Other sessions addressed issues related to epidemiology, assessment of dementia in migrant groups, cross-cultural cognitive and functional assessment tools and real-world experience of improving care for migrants.



1 APRIL:

New JPND project ENSURED launches to help address the unmet social needs of people living with rarer dementias in moderate to advanced stages



On 1 April, a new EU Joint Programme – Neurodegenerative Disease Research (JPND) funded project – ENSURED (**E**mpowering **N**eeds-based **S**ocial Health and incl**U**sive care for **R**ar**E**r **D**ementias in moderate to advanced stages) – was launched to address the unmet social needs of people living with rarer dementias at moderate to advanced stages of disease progression (classed within the study as frontotemporal dementia, Lewy body dementia and vascular dementia).

ENSURED is led by Professor Marjolein de Vugt and Dr Sara Bartels at Maastricht University and involves five partners from across Europe: Dublin City University (Ireland), Deutsches Zentrum für Neurodegenerative Erkrankungen (Germany), Alzheimer Europe (Luxembourg), Koç University (Turkey) and Wrocław Medical University (Poland). ENSURED has secured EUR 1.56 million in funding and will progress over the next three years. The overall aim is to highlight the unmet need in rarer dementias, which are often under-researched due to a historical focus on Alzheimer’s disease, and to develop interventions and support systems that are attuned to the needs of people living with rarer dementias, particularly at moderate to advanced stages. The project builds on a previous JPND funded endeavour (INTEREST Working Group), which highlighted a need to prioritise social health and inclusivity in dementia research. Two key areas of under-representation were identified by the INTEREST Working Group: research inclusive of rarer dementias and people living with moderate to advanced dementia.

The ENSURED project addresses these issues by 1) prioritising social health as the end outcome, 2) focusing exclusively on rarer dementias and 3) engaging under-represented groups such as those living with moderate to advanced dementia, migrant and socioeconomically disadvantaged populations. The consortium will achieve this through operationalisation of six work packages (WPs) centred around the WP1 core pillar of Public involvement. Each work package will incrementally and iteratively address an area of unmet need in rarer dementias at moderate/advanced stages: monitoring and tracking symptoms, experiences and disease progression

(WP2); understanding the impacts of rarer dementias on social health and specific needs in special sub-populations (WP3); build on learning from WP2 and WP3 to identify key transitional and turning points in disease progression and care (WP4); develop a toolkit to help address unmet needs (WP5). All aspects of work will be supported by a robust management plan, and programme of dissemination coordinated by WP6. Alzheimer Europe will lead WP1, developing a framework of Public Involvement for the ENSURED project that consortium partners can use to develop ethically sound, respectful and reciprocal Public Involvement. The framework will build on the existing Alzheimer Europe Public Involvement model, iteratively developing the approach to ensure it is attuned to the needs of people with rarer dementias, who often have a diverse range of neurocognitive and physical presentations, and those living with the disease at moderate to advanced stages. Consortium members across WP2-5 will use the framework to guide their local and national Public Involvement endeavours, ensuring the project is bottom up and patient-centred. More information will be available in the coming months, when the project logo and social media pages will be launched. In the interim, more information about the project can be found on the JPND pages here: https://bit.ly/ENSURED_Project-Factsheet

8 APRIL:

Recruitment milestone reached in AD-RIDDLE pilot study on digital cognitive assessments

The AD-RIDDLE project has reached an important milestone: the recruitment target for its pilot study on digital cognitive assessments (DCAs) has been successfully achieved. This achievement marks a key step forward in Work Package 2’s overall objective of conducting real-world testing of DCAs to improve early Alzheimer’s disease (AD) detection and better predict cognitive decline and dementia.



Remote DCAs have strong potential to provide more sensitive, scalable and accessible measures of cognitive decline compared to traditional in-clinic paper-and-pencil tests. However, further validation in real-world settings is still needed to support their widespread adoption.

The pilot study, conducted as part of Work Package 2, aims to evaluate the usability and feasibility of different DCAs along the clinical spectrum of AD. The study enrolled 150 participants across seven clinical sites in Europe (Sweden, Spain, Italy, Finland and the Netherlands), including people with subjective cognitive decline, mild cognitive impairment and mild

Alzheimer's disease dementia. Participants were recruited through primary care, memory clinics and community-based cohorts. In this pilot study, participants undergo a baseline paper-and-pencil cognitive assessment in the clinic, followed by remote digital cognitive assessments at home, administered in random order with one-week intervals to avoid test interference. Data collection, which began in June 2025, is now nearing completion, with the pilot study moving towards data cleaning and analysis.

“Reaching the recruitment target is a major milestone for the project, reflecting the strong collaboration across clinical sites and the ongoing hard work put into recruitment at each site. The pilot study will offer valuable insights into how feasible and user-friendly these digital tools are for real-world data collection across the Alzheimer's disease spectrum”, said Laura Alvarez-Sanchez from Amsterdam UMC.

Building on this pilot, a large-scale longitudinal study is already underway to further validate these tools in real-world settings across Europe. Recruitment for this large-scale study has already started in three sites and additional sites have received ethics approval and are preparing agreements.

More information about the project can be found on the project's website: <https://ad-riddle.org/>

13 APRIL:

The DORIAN GRAY project holds its General Assembly meeting in Nice



DORIAN GRAY SECOND IN-PERSON MEETING
13-14 APRIL 2026 | EHH-NICE



On 13 and 14 April, the DORIAN GRAY project held its second face-to-face General Assembly meeting at the European Heart House in Nice (France). The meeting brought together over 50 participants from the project's 25 partner organisa-

tions, with a small number of attendees joining online. Alzheimer Europe was represented by Project Officer Cindy Birck and Public Involvement Officer Soraya Moradi-Bachiller.

The DORIAN GRAY project is a five-year Horizon Europe initiative investigating the link between cardiovascular disease (CVD) and mild cognitive impairment (MCI) in the ageing population. Its overarching aim is to better understand the mechanisms underlying this relationship and to design a personalised multidomain intervention to delay the progression of CVD-related cognitive decline. In parallel, the project is developing innovative digital solutions to support adherence to these interventions, including Artificial Intelligence-driven tools and digital coaching approaches.

The General Assembly meeting provided an important opportunity for partners to present progress across work packages and align on key milestones as the project approaches the end of its first reporting period. Discussions focused on recent scientific and technological developments, as well as upcoming challenges and next steps to maximise the project's impact.

A particular highlight of the meeting was the opportunity to test the exergames (game-based solutions) developed by project partner Liopep. These exergames, alongside a digital coaching system, have been designed incorporating feedback from members of the DORIAN GRAY Advisory Board, gathered through a series of online consultations. Alzheimer Europe is leading the Public Involvement activities in this project and Soraya provided an update on these activities during the meeting.

The meeting also reinforced collaboration across the multidisciplinary consortium, which brings together expertise from academics, clinical research, digital health and patient organisation. Further information about the project can be found on the website: <https://www.doriangray-horizon.eu/>

22 APRIL:

Members of the Multi-MeMo Advisory Board meet online

On 22 April, members of the Multi-MeMo Advisory Board (AB) gathered for an online meeting. Multi-MeMo (“Shorter- and longer-term mechanisms of multimodal interventions to prevent dementia”) is a European funded project that focuses on brain health in older people, overall, and tailored, multidomain (i.e., targeting simultaneously multiple risk factors) interventions for the risk-reduction of cognitive impairment and dementia, in particular.

The meeting brought together four Advisory Board members, including members of the public both with and without cognitive impairment. It was structured as an informative session divided into two main parts. The programme reflected topics that Advisory Board members had expressed particular interest in and requested to hear more about. The first part focused



on socio-economic status and its impact on multimodal lifestyle intervention trials. Discussions highlighted key issues such as barriers to participation, their influence on motivation

and drop-out rates and the overall implications for trial outcomes.

Three presentations explored this topic from different perspectives. Mariagnese Barbera (University of Eastern Finland) addressed the role of education level in dementia prevention trials. This was followed by a presentation from Lisa Waterink (Amsterdam UMC) on geographical factors. Finally, Laura Forcano and Natalia Soldevila-Domenech (Hospital del Mar Research Institute) discussed the importance of income in shaping participation and outcomes in dementia prevention studies. The second part of the meeting briefly addressed disease-modifying drugs. Cindy Birck (Alzheimer Europe) provided an update on European national decisions regarding these drugs across Europe.

Following the presentations, participants engaged in an interactive discussion, asking questions and sharing perspectives. The meeting was facilitated by Sarah Campill (Alzheimer Europe), ensuring an open exchange between AB members and researchers.

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.

Several projects have also received funding through:



Please see our website, to find out more about each project, its funding, and to explore the project websites: <https://www.alzheimer-europe.org/our-work/current-work>

MEMBERS OF THE EUROPEAN ALZHEIMER'S ALLIANCE



Currently, the total number of MEPs in the European Alzheimer's Alliance (EAA) stands at **89**, representing **22** 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 (EPP, Ireland); Tilly Metz (Greens/EFA, Luxembourg); Romana Jerković (S&D, Croatia); Sirpa Pietikäinen (EPP, Finland);

Vladimir Prebilič (Greens/EFA, Slovenia); Hilde Vautmans (Renew Europe, Belgium) 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:

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EU DEVELOPMENTS

1 APRIL:

Alzheimer Europe joins NGOs in calling for EU Disability Employment and Skills Guarantee



Alzheimer Europe has joined with 125 NGOs in signing an open letter coordinated by the European Disability Forum (EDF), calling on the European Commission to commit to an **EU Disability Employment and Skills Guarantee** as part of the new actions in the upcoming Communication “Enhancing the strategy for

the rights of persons with disabilities up to 2030.”

The letter notes that only 52.7% of persons with disabilities in the European Union are employed, compared to 76.7% of

persons without disabilities. In addition, it highlights the disability pay gap. The letter specifically calls for the Guarantee in order to address barriers to employment that persons with intellectual disabilities, psychosocial disabilities and disabilities that impact cognitive skills face, including:

- Give access to mainstream education, training and employment opportunities.
- Grant job opportunities in the open labour market (not in sheltered workshops).
- Offer support to assist companies and organisations in providing reasonable accommodations for the person at work.
- Ensure access to certification that can attest to the skills acquired by participants with disabilities.

The full letter is available at: <https://www.edf-feph.org/publications/for-a-disability-employment-guarantee-as-flagship-initiative-of-the-enhanced-disability-strategy/>

1 APRIL:

European Commission publishes long-term care research



The European Commission has published a new report, undertaken by the European Social Policy Analysis Network (ESPAN), examining long-term care (LTC) settings for older people in 38 countries (EU27

countries, nine (potential) candidate countries, as well as Iceland and Norway).

The report aims to gain a better understanding of the nature of LTC settings for people aged 65+ across Europe by drawing on national reports prepared by the 38 ESPAN country teams. It provides:

- A comparative overview of formal LTC, describing residential care, home care and community-based care settings, their key characteristics, geographical imbalances and emerging care models.
- A critical assessment of how the organisational structure, governance and funding of LTC systems shape the availability of different care settings and the real scope for personal choice.
- A review of recent and ongoing LTC reforms.

Some key findings include:

- All EU countries provide residential care, home care and community-based care services, with a strategic shift in most of them from institutional models towards more person-centred and community-based approaches, including technology-enabled options.
- Access to residential care, home care and community-based care services varies between and within EU countries.
- Almost all EU countries are developing innovative and hybrid approaches to LTC that integrate residential care, home care or community-based care components.
- In many EU countries, care arrangements are more often shaped by constraints (such as limited availability of services, territorial disparities, workforce shortages and affordability barriers) than by the preferences of older people and their families.
- In most EU countries, a key structural challenge for LTC systems is the fragmentation of responsibilities between different levels of government and between the health and social sectors.

The report concludes with policy pointers for expanding and diversifying LTC service provision, enhancing governance and quality, improving affordability, addressing funding challenges and regional disparities, and modernising LTC through technology and innovation.

The full report is available at: <https://op.europa.eu/en/publication-detail/-/publication/b0f9d445-21eb-11f1-8c3a-01aa75ed71a1/language-en>

9 APRIL:

European Group of Governmental Experts on Dementia meets online



On 9 April, the European Group of Governmental Experts on Dementia held an online meeting to share developments, publications and projects with relevance for dementia policy, as well as to exchange knowledge and information.

In total, 45 attendees from 21 European countries were represented at the meeting, in addition to representatives from the World Health Organization (WHO), the European Commission's Health and Digital Executive Agency (HADEA), the Joint Action on Health and Dementia (JADE) and from Alzheimer Europe. National representatives were present from Austria, Belgium (Flanders), Bulgaria, Czechia, Estonia, Finland, France, Germany, Hungary, Iceland, Ireland, Italy, Lithuania, Luxembourg, Malta, the Netherlands, Norway, Poland, Slovakia, Slovenia and Ukraine.

Alzheimer Europe opened the session by providing an overview of health technology assessments, clinical guidelines and reimbursement decisions relating to anti-amyloid treatments across Europe, with representatives exchanging knowledge on the situation within their country.

Alzheimer Europe provided an update on some key developments at EU level, including hearings and events within the European Parliament, as well as ongoing developments in relation to the EU4Health programme. The representative from JADE updated the group on the progress of the Joint Action, highlighting its work to improve health systems through best practices, equitable access to care and policy developments, as well as involvement and collaboration with external partners and public institutions.

The attendee from Poland provided an update on the country's first national dementia action programme (adopted in December 2025), highlighting its policy priorities and the challenges of implementation within a constrained funding environment.

The final session highlighted the work of an expert group of academics in Germany who had developed a data-driven approach to dementia prevention, which could inform the development of policies in the next German national dementia strategy.

The next meeting of the Governmental Expert Group will take place in person on 26–27 October, in Dublin, Ireland, just prior to the 36th Alzheimer Europe Conference.

17 APRIL:

70 MEPs write to the European Commission urging reinstatement of health operating grants

On 17 April 2026, a cross-party group of 70 Members of the European Parliament (MEPs) sent a letter to the European Commission urging the immediate reinstatement of operating grants for health civil society organisations (CSOs) under the EU4Health Programme.

The letter highlights the severe impact that the removal of structural funding has had on health NGOs, from reduced capacity to closures, and underlines that project-based funding cannot replace core support that allows organisations to provide their expertise. It calls on the Commission to restore operating grants in the 2026 Work Programme and to ensure a more transparent and inclusive process in shaping EU health funding priorities.

The full letter is available at:

<https://eu4health.eu/content/uploads/2026/04/letter-safe-guarding-health-civil-society-organisations.pdf>

POLICY WATCH

25 MARCH:

Young-onset dementia highlighted at Irish parliamentary briefing



A recent briefing in the Irish parliament (the Oireachtas) highlighted the often-hidden reality of young-onset and early-stage dementia, bringing the voices of people with lived experience directly to policymakers.

The briefing, “Addressing Young-Onset & Early-Stage Dementia: Unique Needs, Significant Impact and Supports Required”, was hosted by the All-Party Oireachtas Group on Dementia – co-chaired by Senator Fiona O’Loughlin and Deputy George Lawlor – and took place on 25 March.

Speaking directly to members of the Irish Parliament, Wayne Baron, who lives with young-onset Lewy body dementia, described the profound impact that diagnosis, loss of employment and financial strain had on his life and family. His account highlighted the lack of age-appropriate supports for people diagnosed under the age of 65.

More than 4,500 people in Ireland are living with young-onset dementia. Many experience delayed diagnosis, loss of in-

come, limited access to suitable services and increased isolation at a stage of life when they may still be working, raising families and planning for the future.

Other speakers included representatives from The Alzheimer Society of Ireland (ASI) who outlined what supports are working, including young-onset Activity Clubs and Cognitive Stimulation Therapy, as well as significant unmet needs. Concern was raised about financial insecurity and the lack of automatic access to appropriate home-care supports.

Wayne, a member of the Irish Dementia Working Group, also spoke about spending 18 months experiencing hallucinations before receiving a diagnosis at age 52, and the impact of losing the job he loved as a chef. He described how peer support through ASI’s young-onset Activity Club helped him feel understood and less alone.

“Everything changed overnight,” Wayne said. “Finding people who truly understand young-onset dementia made a real difference. I’m still me, and the right support helps me live my life.”

Cormac Cahill, Head of Advocacy, Research and Public Affairs at ASI, said:

“Hearing directly from people like Wayne is essential to truly understanding the reality of receiving a diagnosis at a younger age. Age-appropriate and stage-appropriate supports and opportunities for peer connection make a significant difference, and strong Government support is needed to ensure meaningful progress.”

The briefing underlined the urgent need for stronger policy action to ensure people with young-onset dementia can live well in their communities.

1 APRIL:

Ukrainian Government approves national action plan on dementia



The Cabinet of Ministers of Ukraine has approved the National Action Plan for 2026-2028 to improve the quality of life of people with dementia, defining systemic steps of the

state to strengthen the prevention, early detection, treatment, care and support of people with dementia and their families.

This is the first such plan in Ukraine and is intended to create a model of assistance that combines medical and social components, including medical care, social services, psychosocial support and protection of the rights and interests of people with dementia. The plan provides for the development of approaches to the early detection of cognitive impairment, strengthening the role of primary health care, expanding access to necessary medicines and medical services, as well as the introduction of mechanisms for interaction between health care and social protection institutions. Special attention is paid to the support of people who care for patients, as well as raising public awareness of dementia.

The implementation of the plan will last until 2028 and provides for the gradual changes to provide more affordable, high-quality and continuous assistance.

More information is available at: <https://moz.gov.ua/uk/uryad-zatverdiv-nacionalnij-plan-dij-shodo-pokrashennya-yakosti-zhittya-lyudej-z-demenciyeu-na-2026-2028-roki>

22 APRIL:

Portugal's multi-level policy response to dementia

In recent weeks, Portugal has seen a convergence of public policy advancements on dementia across local, regional and national levels – a positive sign of growing political momentum around this public health priority, in the country.

At the local level, the municipality of Oeiras has established a pioneering protocol, the result of a partnership with Alzheimer

Portugal, and focused on the prevention of - and response to - the disappearance of people with dementia. The initiative reflects an increasing recognition among local authorities that dementia requires tailored community-based action, and for that to happen, this protocol is clearly necessary, to reinforce the articulation between local entities and promoting information around the theme, having foreseen the implementation of measures in this regard (Municipality of Oeiras, 2026).

At the regional level, the Azorean Parliament has approved a resolution proposed by the Azorean Socialist Party to strengthen the response to Alzheimer's disease and other dementias across the archipelago. The resolution project comes from a place of need for epidemiological data, and the initiative is structured around four core axes: strengthening data collection, supporting scientific research in partnership with the University of the Azores, improving coordination between the health system, the social sector and associations, and promoting awareness campaigns to reduce stigma and increase health literacy (PS Açores, 2026).

At the national level, the recent approval of the governance model for the National Health Plan for Dementia marks a decisive step forward. Although the recent restructuring of the National Health Service (SNS) led to some administrative delays, this new dispatch is fundamental to finally bringing the Plan to life. A key feature of this model is the decentralisation of responsibilities to the 39 Local Health Units (ULS). Replacing the previous five Regional Health Administrations (ARS), these ULS units, which are integrated bodies covering both primary and hospital care, will now ensure that implementation will be properly monitored at the local level across the country (Ministry of Health, 2026).

Taken together, these three developments illustrate how dementia is moving up the political agenda in Portugal, with concrete action taking shape from the municipality to the national government.



SCIENCE WATCH

17 MARCH:

Study examines impact of diagnostic genetic testing for familial dementia

On 17 March, researchers from the Netherlands published an article on the impact of diagnostic genetic testing for familial dementia in the journal *Alzheimer's Research & Therapy*. The study found that diagnostic genetic testing was generally well

tolerated by patients and relatives, with average anxiety, depression and distress levels remaining below the clinical threshold, but it also identified emotional, relational and practical consequences for families.

The researchers carried out a mixed-methods study involving 31 patients who met eligibility criteria for genetic testing as part of their diagnostic work-up at Alzheimer Center Amsterdam. 25 patients tested negative and 6 tested positive. The study



included 26 patients and 29 relatives, who completed questionnaires at the first visit, one week after counselling, and one week and three months after disclosure of results. In addition, eight patients and 10 relatives took part in 13 semi-structured interviews.

Anxiety levels were lower after disclosure in patients and, at one time point, in relatives. Patients who received a positive result reported lower social support at baseline and were less likely over time to discuss genetic testing with others. They were also more likely to report having registered for research participation. Decision regret was low and did not differ by group. Interviews showed that negative results often brought relief that children were not at genetic risk, although some uncertainty about the cause of disease remained. Positive results brought emotional distress about implications for children but were also valued for the clarity they provided. As this was an exploratory study, the authors stated that the findings should be interpreted cautiously and validated in future research. The article has been published open access and can be read here:

<https://link.springer.com/article/10.1186/s13195-026-02000-z>

1 APRIL:

Short bursts of vigorous physical activity may be a game-changer to reduce the risk of developing several conditions, including dementia

Vigorous physical activity (VPA), the kind that makes you feel out of breath, is a well-established modifiable lifestyle factor, and it is known to provide greater health benefits and reduce the risk of numerous chronic diseases. The health benefits can vary depending on the context and the type of physical activity. However, and despite all the health advantages, the spectrum of these benefits across different chronic diseases and the importance of the level of physical activity vs volume (i.e. the time someone spends being active) remains unclear.

In a recent study published in the *European Heart Journal*, a team of researchers led by Prof. Minxue Shen and Dr Xiang

Chen (Xiangya School of Public Health at Central South University in Hunan, China) examined the associations between the proportion of VPA relative to the total volume of physical activity and the incidence of eight chronic disease outcomes (i.e. major adverse cardiovascular events, atrial fibrillation, type 2 diabetes, immune-mediated inflammatory diseases, chronic respiratory diseases, chronic kidney disease, and dementia), as well as all-cause mortality.

The study included participants of the UK Biobank cohort. Of the total, 96,408 participants (mean age 61.9 and 56.3% women) had device-measured physical activity data (wrist-worn accelerometers), and 375,730 participants (mean age 56.2 and 52.2% women) had self-reported physical activity data. The team of researchers compared these measurement data with participants' likelihood of developing chronic disease outcomes or dying over a median follow-up of 9 years (for the participants with device-measured data) and 14 years (for the participants with self-reported data).

The results showed that when people devoted a large proportion of their physical activity to vigorous movement, they had a much lower risk of developing the outcomes under study. Specifically, the participants who did vigorous activity, compared to those who didn't, had a 63% lower risk of dementia, 60% lower risk of type 2 diabetes, and 46% lower risk of all-cause mortality, among others.



These benefits were also observed when the total time spent on vigorous physical activity was small. In addition, researchers showed that VPA could potentially prevent 20.3% immune-mediated inflammatory diseases, 21.4% of chronic respiratory diseases and 32.3% of dementia cases. Total physical activity volume was associated, however, to a much lower preventive potential – only 1% for immune-mediated inflammatory diseases, 5.6% for chronic respiratory diseases and 8.1% for dementia cases.

The research team also showed that intensity played a more important role in the prevention of certain diseases. For example, in inflammatory conditions, intensity seems to be the key factor in reducing the risk. In contrast, for metabolism-related conditions such as diabetes, both the time people spent being active and how intense the physical activity was, were important.

These findings suggest that VPA may have higher preventive potential than total physical activity volume, which supports the promotion of strategies, public health campaigns and preventive clinical interventions focused on exercises that prioritise intensity rather than the amount of time being active per week. However, it is important to acknowledge the benefits of

lower-intensity physical activity, and that VPA may not be feasible for everyone. In these cases, light-to-moderate physical activity can still provide meaningful health benefits.

<https://academic.oup.com/eurheartj/advance-article/doi/10.1093/eurheartj/ehag168/8537159>

3 APRIL:

German study identifies key modifiable dementia risk factors in prevention-focused adults

On 3 April, researchers from Germany published an article on dementia risk factor assessment in a local Alzheimer’s prevention population in the Journal of Prevention of Alzheimer’s Disease journal. The study examined which potentially modifiable dementia risk factors were most common in a highly educated, prevention-motivated group likely to seek Brain Health Services for dementia prevention.

The researchers carried out the cross-sectional observational “INSPIRATION” study with 162 participants from the local Cologne Alzheimer Prevention Registry. During a single visit, they assessed individual risk factors, provided personal feedback on risk profiles, and analysed the frequency and patterns of these factors, as well as their associations with cognition and Alzheimer’s disease plasma biomarkers.

The most common risk factors in this population were obesity, non-adherence to a Mediterranean diet, low subjective sleep quality, subjective experience of stress and hearing impairment. A principal component analysis identified six main domains: psychosocial factors, blood pressure, physical condition, hearing impairment, lifestyle and substance use. The researchers found isolated associations between these domains, cognition and Alzheimer’s disease plasma biomarkers. The authors state that these findings provide initial insight into which risk factors may be most relevant and actionable for highly educated, prevention-motivated populations seeking dementia prevention support. They suggest that interventions addressing psychosocial factors, physical condition and lifestyle may be particularly relevant in comparable groups. The article has been published open access and can be read here:

<https://www.sciencedirect.com/science/article/pii/S2274580726000804>

7 APRIL:

First participants join clinical study to fast-track dementia research in the UK

On 7 April, the Health Data Research UK (HDR UK) announced that more than 800 people have already taken part in the Dementia Trials Accelerator.

Led by the UK Dementia Research Institute (UK DRI) and HDR UK, the Dementia Trials Accelerator aims to address one of the biggest barriers to progress in dementia research: the

chronic under-recruitment to clinical trials. In some cases, it can take up to three years to recruit enough participants to run an 18-month dementia trial, while the average cancer trial takes 2.3 years from start to completion, including the recruitment phase.

The Dementia Trials Accelerator is designed to transform how clinical trials are delivered in the UK by introducing digitally enabled, large-scale methodologies in community settings. The programme focuses on four key objectives: Increasing trial recruitment: developing a biomarker minimum toolbox for screening.

Accelerating low-cost, digitally enabled large-scale trials (scaling up: 100’s to 1,000’s participants), capitalising on existing UK cohorts and community-based infrastructure.

Enabling collaborative research and trials via a secure UK-wide data platform: multi-dimensional FAIR (Findable, Accessible, Interoperable, and Reusable) and trustworthy data environments.

Prioritising needs of industry innovators, patients, and the public through stakeholder design and dialogue.

As part of the initial rollout, over 15,500 participants (aged 65–75) from the REACT study, which is one of the UK’s largest population cohorts led by Imperial College London, have been invited to attend the first assessment clinics. Within the first few weeks, more than 800 individuals had already taken part in the programme.

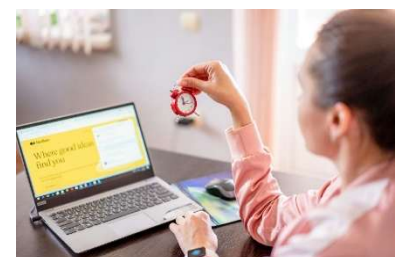
By early 2027, the Dementia Trials Accelerator aims to recruit over 10,000 individuals willing to participate in future dementia research. At present, participation is limited to invited individuals already enrolled in the REACT study.

<https://www.ukdri.ac.uk/news-and-events/first-participants-join-initiative-boost-dementia-clinical-trial-participation>

10 APRIL:

Better evidence needed to demonstrate the benefits of early or timely diagnosis for people living with dementia and their caregivers

A recent systematic review article in the Journal of Dementia and Alzheimer’s Disease exploring the literature base to determine the evidence for benefits and harms for early and/or timely diagnosis in dementia, has called for stronger, more robust evidence of the benefits and potential harms. This



review, which updated previous reviews, explored the literature across five large databases. After screening 9316 abstracts, the team identified only four papers that reported the results of quantitative or mixed-methods studies that explored associations between diagnostic timing and outcomes for people with dementia and/or their caregivers. Across these studies, which were published between 2018 and 2021, 37,341 people with dementia were enrolled and 1409 caregivers.

The authors reported that of the studies exploring early versus later diagnosis and cognitive or functional decline (n=1), there was no difference between earlier and later diagnosis and time to cognitive or functional decline. However, the original research reported that people with an earlier diagnosis did have relatively better cognition before the cohorts converged. Studies reporting early versus late diagnosis and mortality (n=1) did find that earlier diagnosis was associated with longer survival, however when they adjusted the analysis for confounding factors like baseline cognitive score, they relationship was not observed. Research examining the impact of early versus late diagnosis on emergency services attendance (n=1), indicated that early diagnosis alone was not sufficient to reduce hospitalisations. Lastly, studies examining the impact of early versus late diagnosis on quality of life reported that caregivers who experiences untimely (late) disclosure reported greater sadness and depression and this persisted for longer.

Overall, the authors concluded that there is a significant lack of evidence overall, which is surprising given the volume of guidelines and policy initiatives that recommend early and/or timely diagnosis. Robust quantitative research studies, that employ measures that are important to people with lived experience are urgently needed, for, as the authors suggest, therapeutic nihilism will not be surpassed if there is no proof of the benefits of early or timely diagnosis.

More information on this study is available here: <https://www.mdpi.com/3042-4518/3/1/15>

17 APRIL:

Study examines anaemia and blood biomarkers of Alzheimer’s disease in dementia development



In a recent article, Martina Valletta and colleagues set out to investigate the link between poor blood health (i.e. low haemoglobin levels and anaemia) and early biological signs of Alzheimer

disease or a higher risk of developing dementia later in life.

Using data from the Swedish National Study on Aging and Care in Kungsholmen (SNAC-K), a longitudinal population-based cohort study. The analyses focused on participants who did not have dementia at the start of the study and who had provided blood samples. These samples were used both to measure haemoglobin levels, to identify cases of anaemia, and to analyse blood-based biomarkers linked to Alzheimer’s disease, including phosphorylated tau 217, neurofilament light chain and glial fibrillary acidic protein.

Results showed, people with anaemia already had higher levels of Alzheimer’s related biomarkers, even before any diagnosis. Over time, they were also significantly more likely to develop dementia, with the highest risk observed in those who had both anaemia and abnormal biomarker levels. Together, these results suggest that anaemia may be linked to underlying brain changes associated with Alzheimer’s disease, not just to later cognitive symptoms.

The authors highlight that anaemia is common, easy to detect and in many cases treatable, which makes these findings particularly relevant for prevention strategies. While the study cannot prove that anaemia causes dementia, it raises the possibility that improving blood health could play a role in protecting the ageing brain. Further studies including different population groups are needed to determine whether treating anaemia can slow or reduce Alzheimer’s related brain changes.

Link to full article:

https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2847873?utm_medium=email&utm_source=postup_jn&utm_campaign=article_alert-jamanetwork&utm_content=weekly_highlights-neurology-tfl_&utm_term=042526

24 APRIL:

Article “Health Economic Challenges for New Alzheimer’s Disease Treatments” published in the Journal of Prevention of Alzheimer’s Disease shares proceedings from recent IPECAD meeting

On 24 April 2026, an article called "Health Economic Challenges for New Alzheimer’s Disease Treatments" was published in the Journal of Prevention of Alzheimer’s Disease (JPAD). Co-authors of the article, which shares the proceedings from the IPECAD meeting last November, include Angela Bradshaw, Director for Research at Alzheimer Europe, and Alison McKean from Alzheimer Scotland.

You can read the article, here: <https://www.sciencedirect.com/science/article/pii/S2274580726000993>

MEMBERS' NEWS

19 MARCH:

Alzheimer Hellas organises event “Care Differently” marking the occasion of the Day for Caregivers of People with Dementia



Alzheimer Hellas organised an event on the Day of Caregivers of People with Dementia, titled “Care Differently”, on 19 March 2026, at the Archaeological Museum of Thessaloniki. The event was attended by 120 participants in person and 75 participants online, reflecting the growing interest and need for accessible caregiver support. Participants were provided with magazines from Alzheimer Hellas, as well as informational brochures from the Caregivers Department.

The title “Care – I Live Differently” constitutes a creative reinterpretation of the Greek verb “φροντίζω” (to care for). In the Greek language, the word itself subtly contains the verb “ζω” (to live). This linguistic connection serves as the foundation for a deeper conceptual message. By isolating and re-emphasising these elements, the title conveys that caregiving is not merely an act directed toward others, but also a lived experience that shapes one’s own way of being.

Through this wordplay, the initiative aimed to highlight the often-overlooked importance of self-care among caregivers. Individuals who care for people with dementia frequently dedicate substantial physical, emotional, and mental resources to others, often at the expense of their own well-being. Over time, this imbalance may lead to exhaustion, chronic stress, and feelings of guilt.

The primary objective was to encourage caregivers to recognise that self-care is neither a luxury nor an act of selfishness, but rather a fundamental prerequisite for providing meaningful, sustainable care. The phrase “I Live Differently” reflects a shift in perspective—one that empowers caregivers to adopt a way of living that incorporates personal well-being, healthy boundaries, and emotional support.

Ultimately, the event sought to support caregivers of people with dementia in achieving a healthier balance between caring for others and caring for themselves, thereby fostering resilience, enhancing quality of life, and promoting a more compassionate approach to both roles.

3 APRIL:

Spominčica – Alzheimer Slovenia is delighted to announce that the United Nations has appointed Prof. Dr Zvezdan Pirtošek as an Independent Expert on the Rights of Elderly Persons



Neurologist Prof. Dr Zvezdan Pirtošek has been appointed as a United Nations Independent Expert on the Rights of Elderly Persons. This is a highly significant international role, in which the expert monitors the situation of older persons worldwide, highlights violations of their rights, and advises governments on developing policies that ensure their protection and a dignified quality of life. In 2018, he had already received a prestigious state award—the Order of Merit—from the President of the Republic of Slovenia.

Prof. Dr Pirtošek is the Head of the Department of Neurology at the Faculty of Medicine, University of Ljubljana. He is also the President of the Professional Council of Spominčica – Alzheimer Slovenia, where he makes a substantial contribution to the organisation’s professional development. He regularly participates in advisory sessions organised by Spominčica, where he supports people with dementia and

their families, and contributes as a lecturer in professional educational events.

Prof. Dr Pirtošek, together with Štefanija L. Zlobec, President of Spominčica – Alzheimer Slovenia, was an active member of the expert working group responsible for preparing both the National Dementia Management Strategy in Slovenia up to 2030 and the corresponding Action Plans for its implementation. Through his work, he actively advances the field of dementia care and strengthens both national and international cooperation within Spominčica.

His appointment to the United Nations further confirms his outstanding professional reputation and long-standing commitment to improving the quality of life of older persons. It is with great pride and sincere honour that Spominčica collaborates with Prof. Dr Zvezdan Pirtošek.

5 APRIL:

Alzheimer Larissa (Greece) organises Easter event for elderly people at the municipal nursing home, with the narrative of the Resurrection



The anticipation of the Resurrection is a religious and cultural experience, symbolising deification, the passage from death to life, human suffering, and the hope for a new life. Alzheimer Larissa, as part of the transition from the Epitaph lament to the Light, performed an event of encouragement, motivation and love. The president of the Hellenic Alzheimer’s Association in Larissa (E.E.N.A.L.), Helen Nifli, introduced the elderly to the Easter climate and the spirit of the Resurrection, narrating excerpts from the poems of Dionysios Solomos and Stelios Sperantzas.

The mosaic of approaches through the lyrics created a travelogue with distinct memories, transporting the elderly back to personal Easters past:

Chris described the procedure of the roasting of the lamb in his village, in a flower-strewn courtyard, with traditional music and dancing. Vaya spoke about Easter on the mountain with the bells sounding joyful and the churches flooded with light and smiling people. Nikos described the customs of the island, focusing on the Resurrection message emerging from the echoes of the boats. Each elderly person, through the experiential paths, described their own Easter and Resurrection.

Afterwards, Mrs Grammanoudi talked to them about the symbolism of red eggs and white candles. The elderly were excited and talked about the godmother’s Easter candle, which they held at the Resurrection Service with pride, as well as about the cracking of eggs on Easter Sunday evening. This was followed by the offering of greeting cards, candles and chocolate eggs by the members of E.E.N.A.L. The event ended with hugs and a single wish: "Happy Resurrection"!

21 APRIL:

New Active Voice report “Shaping Change” brings together views and experiences shared by people affected by dementia at eight “Have Your Say” events across Scotland

Active Voice is Alzheimer Scotland’s national involvement programme, bringing together people with lived experience of dementia to help shape change in policy, practice, and communities. Through the Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN), people affected by dementia shared their insights and priorities,



ensuring that decisions at local and national levels reflect what matters to people living with dementia and their families.

Across Scotland, people living with dementia and carers are telling a remarkably consistent story about what works, what doesn’t, and what urgently needs to change. This year, members of the SDWG and NDCAN, working alongside the Active Voice team and local Alzheimer Scotland services, brought together the views shared at eight “Have Your Say” events. What they heard offers a powerful lived-experience picture of dementia care across Scotland – and a clear call for action.

Have Your Say events create a safe, supportive space for people to speak openly about their experiences of dementia care and support in their local area. Conversations are informal but focused, exploring what is working well, where people are

struggling, and what would make the most difference to everyday life.

Across the programme, 88 people took part: 53 carers and 35 people living with dementia. Participants spoke about stigma, diagnosis, post-diagnostic support, respite, care at home, GP services, hospital experiences and discharge planning. People described a dementia care pathway that can be supportive where community connections are strong – but exhausting where diagnosis is delayed, post-diagnostic support ends too soon, respite is difficult to access, and coordination breaks down.

The experiences shared closely align with Alzheimer Scotland’s [Dementia Care Pathway Guarantees](#). They show why consistent national delivery matters and how delays and variation affect quality of life:

In the Early Stage, delays to diagnosis were common, with some families waiting years. Once diagnosed, people wanted post-diagnostic support to begin promptly and last long enough to make a real difference. Alzheimer Scotland resource centres were consistently praised for their support, reassurance and guidance.

In the Moderate Stage, families described fragmentation, lack of a named care coordinator, inconsistent GP reviews, difficulty accessing respite, and barriers to therapeutic day services.

In the Advanced Stage, concerns focused on poor hospital discharge, delayed discharge, and difficulty accessing skilled, reliable care at home and specialist services.

The voices shared present a clear and consistent picture across Scotland. When care is timely, coordinated and person-centred, people feel supported. When it is not, families are left struggling. Delivering the Dementia Care Pathway Guarantees consistently would reduce inequality and improve quality of life for everyone affected by dementia.

Read the Full Report here: <https://www.alzscot.org/wp-content/uploads/2026/04/AV-Have-your-say-2026-Full-Report.pdf>

23 APRIL:

Hungarian Social Cluster Association shares some encouraging developments

Despite growing awareness, the situation of people living with dementia and their caregivers in Hungary remains challenging. However, the Szociális Klaszter Egyesület (Social Cluster Association) is pleased to share two encouraging developments that highlight positive change and growing recognition in this field:

First, the health/social care professional team of the Boldog Gizella Foundation has been awarded the prestigious Richter



Anna Prize (pictured), established by Gedeon Richter Plc. as part of its corporate social responsibility programme. The award was granted in the healthcare category for their initiative “Memories Brought to Life Through Sound”. This programme specifically targets informal caregivers of people living with dementia who provide care at home. Through on-site workshops, participants receive practical guidance on avoiding common pitfalls of home care and gain essential knowledge to support daily caregiving tasks.

“We consider this recognition particularly important, as the visibility and prestige of the award help bring national media attention to the often-overlooked challenges faced by dementia caregivers. Furthermore, the financial component of the prize enables the Foundation to acknowledge and support the additional work of caregiving professionals involved in the programme” said the Social Cluster Association.

A second important development is the planned launch of a postgraduate training programme for dementia care consultants at Pázmány Péter Catholic University, starting in September 2026. This initiative represents a relevant step in strengthening the professional and systemic response to dementia care in Hungary. The programme is designed for graduate professionals in healthcare and social care and aims to address current gaps in competencies related to dementia. It places particular emphasis on non-pharmacological interventions as a cornerstone of care, especially in the absence of curative treatment options. In addition, the training highlights the importance of a palliative care approach in the later stages of dementia, promoting quality of life, dignity, and symptom management. A key policy-relevant aspect is the focus on interprofessional collaboration, supporting more integrated care pathways between health and social care systems.

Taken together, these initiatives contribute to improving both the visibility of dementia and the development of a more coordinated, person-centred care framework in Hungary.

23 APRIL:

From Italy to Europe: Our participation in Alzheimer Europe



In March 2026, Federazione Alzheimer Italia (FAI) took part in the Alzheimer Europe board meeting in Luxembourg. To share insight into the objectives of these meetings, FAI Secretary General and Vice Chairperson of Alzheimer Europe Mario Possenti provided an inside look on what it means to be present during these discussions, and the direct impact it has on people with dementia and their families.

In an interview, he explains that partnerships like FAI and Alzheimer Europe are essential for building a more coordinated and inclusive response to a European challenge like dementia. The collaboration is a two-way exchange of best practices between countries, aligning on advocacy messages at EU level and strengthens engagement with European institutions and stakeholders. The Alzheimer Europe board meetings are where major decisions regarding priorities, policy positions and strategic directions are addressed for the organisation. They also dedicate a significant amount of time on key updates on European research, including early diagnosis, prevention, access to treatment and psychosocial care.

As Vice-Chairperson of Alzheimer Europe, Mario explains that, for him, having an active role in leading the organisation means “maintaining a double perspective: bringing the Italian perspective to Europe and, at the same time, ensuring that European work actually reaches our country.”

A main component among its members is the shared commitment to involving people with dementia in decision-making. Through Alzheimer Europe’s organisation, national associations such as FAI can demonstrate lived experience not only within their respective countries, but also across European platforms.

Read the full article (in Italian) at: https://www.alzheimer.it/2026/03/30/dallitalia-alleuropa-la-nostra-partecipazione-ad-alzheimer-europe/?utm_source=mailup&utm_medium=individui&utm_campaign=fragilit%C3%A0

23 APRIL:

Turkish Alzheimer Association proudly recognises the meaningful milestones achieved by its members in April



First established in 1997 in Istanbul, the Turkish Alzheimer Association has grown into a network of 22 branches across the country.

The Association’s Denizli and Mersin branches celebrated their 26th and 20th anniversaries, respectively, in April 2026. Both branches are recognised as leading authorities on Alzheimer’s in their cities and enjoy strong support from local media, NGOs, government bodies, and academic institutions. Heartfelt congratulations to Hülya Eryılmaz, Prof. Dr Aynur Özge, and their dedicated teams for their continued success. In another important development, a protocol was signed with the İzmir Metropolitan Municipality Disability Unit to transform a “Horticultural Garden” into a “Therapy Garden”, a specialised rehabilitation area for people living with Alzheimer’s and their families. Congratulations to Belgin Karavas for this meaningful initiative (pictured).

With the support of the local mayor, the Manisa branch organised an art exhibition showcasing the work of people living with dementia. Congratulations to Prof. Dr Hatice Mavioglu and her team for highlighting creativity and dignity through art.

The two newest branches, Bodrum and Tunceli, have also been very active, organising social and educational events that engage the public. It is truly impressive to see their ability to connect with local leaders and authorities, while also striking a thoughtful balance between education and activities that bring joy—such as dance, music, and art.

The Main Office of the Turkish Alzheimer Association focuses on advocacy and awareness, taking a top-down approach. However, it is the bottom-up efforts of local branches that give this work real meaning, relevance, and impact.

“As we celebrate their achievements and express our deep gratitude for their dedication and commitment, we also look forward to expanding into new cities where we are not yet represented”, said the Association.

27 APRIL:

The Alzheimer Society of Ireland launches Experience of Dementia in Ireland research survey



The Alzheimer Society of Ireland (The ASI) has launched the “Experience of Dementia in Ireland” research survey to explore the experiences and needs of people living with dementia, as well as those who care for and support them. The survey aims to capture a snapshot of what life with dementia is like in Ireland in 2026. It will highlight the positive work taking place across services and communities, while also identifying the challenges faced by people living with dementia and their families. Insights shared will help shape future services, advocacy and policy.

The survey explores a range of topics, including:

- Services and supports people currently use, and those they would like to see expanded
- Health and wellbeing
- The impact of the cost of living and social welfare
- Challenges people encounter, and what is working well
- Community attitudes towards dementia.

For more information, visit: <https://alzheimer.ie/creating-change/research/survey/>

27 APRIL:

The Alzheimer Society of Ireland’s Creating a Dementia Inclusive Generation programme wins Education Award



The Alzheimer Society of Ireland’s (The ASI) Community Engagement youth programme, “Creating a Dementia Inclusive Generation”, won the Best Education Outreach: Community and Public Engagement Award at The Education Awards 2026.

The award recognises the growth and impact of the programme in recent years. In the current academic year, “Creating a Dementia Inclusive Generation” has reached more than 80 schools and over 6,000 students nationwide, supporting young people to develop greater understanding and awareness of dementia and inclusion.

The programme was also shortlisted for the Best Overall Excellence Award.

This work is delivered through the commitment of the Community Engagement Team and staff across The ASI, along with the schools, teachers and community partners who support the programme and promote dementia-inclusive thinking in education settings.

As the programme continues to develop, it will build on this progress to engage with more schools and young people across the country.

Pictured: ASI’s Alison McCarthy (middle) and Cathryn O’Leary (right) accepting the award at The Education Awards 2026



LIVING WITH DEMENTIA

20 APRIL:

Sertaç Hatice, member of the European Dementia Carers Working Group, shares her experience of “A Surprisingly Powerful Tool in Dementia Care”



As a care partner to a mother living with advanced dementia, I have learned – often the hard way - that meaningful engagement becomes increasingly difficult when both mobility and speech decline. Over time, we build a “rehabilitation toolkit”: music therapy, simple exercises, sensory activities, conversation prompts. Some work; some don’t. And then, occasionally, something unexpected happens. For me, that unexpected discovery was Menta TV, a subscription-based internet TV service designed with calm, engaging content for people with cognitive challenges.

I initially approached it with scepticism. Watching television did not feel like “real” engagement. I believed the limited time I spent with my mother should be as active and intentional as possible. But Menta TV challenged that assumption in a way I did not anticipate. One afternoon, after a failed video call from my brother where my mother could not respond even to a simple “How are you?”, we tried a short clip showing babies learning to walk. Within

seconds, her face softened into a smile. We were already grateful - that smile alone can take enormous effort to elicit. But what happened next truly surprised me. After watching the same clip a second time, she began to speak. Not fluently, not perfectly, but spontaneously. When I asked, “What are they doing?”, she answered: “They are walking.” This was a woman who moments earlier could not say “I’m fine.” That moment reframed everything.

This service, in our experience, acts as a gentle “conversation trigger.” Its calm, visually engaging content - nature, animals, simple human activities - stimulates recognition without overwhelming the senses. Unlike typical television, which is often filled with noise, conflict, and rapid transitions, it creates a peaceful cognitive space where attention can settle and responses can emerge. The benefits extend beyond communication. It helps keep my mother awake and engaged while sitting - something that is more important than it may sound. Prolonged inactivity and time spent lying down can reduce lung capacity and overall physical resilience. Even 20-40 minutes of alert, seated engagement makes a difference.

There are also subtle physical and cognitive effects. At one point, while watching an animal chew, my mother instinctively mimicked the motion. Small reactions like this may help maintain basic motor functions. Just as importantly, the content captures and sustains attention - something increasingly rare as dementia progresses.

For care partners, the impact is equally meaningful. It provides moments of connection, reduces the constant pressure to “perform” and can ease behavioural challenges by creating a calmer environment. In institutional settings - hospitals or care homes - where patients may experience agitation, confusion, or long periods of inactivity, such a tool could be particularly valuable.

Menta TV and other services like it are not a replacement for human interaction or structured therapies. But that is precisely its strength. It fits naturally alongside them, as a complementary, low-effort, high-impact support. In dementia care, we are always searching for ways to reach the person behind the disease. Sometimes, surprisingly, a simple, well-designed visual experience can help open that door.



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AE CALENDAR 2026

DATE	MEETING	AE REPRESENTATIVE
4 MAY	Alzheimer Europe Board meeting (Brussels, Belgium)	AE Board and staff
5 MAY	Company Round Table Meeting (Brussels, Belgium)	AE staff and sponsors
5 MAY	European Parliament Lunch Debate on “Prioritising Dementia in EU	AE staff, AE members,
5-6 MAY	Public Affairs meeting (Brussels, Belgium)	AE staff and members
5-6 MAY	Meeting of the European Working Group of People with Dementia (EWGPWD) (Brussels, Belgium)	AE staff and EWGPWD
7 MAY	European Policy Center roundtable on brain health and societal resilience (Brussels, Belgium)	Angela
8 MAY	E-brain Health Advisory Board meeting	Ana, Faye
11-12 MAY	ARIA Summit: Cardiovascular and stroke considerations for anti-amyloid therapy in AD (Valkenburg, Netherlands)	Angela
18-20 MAY	IMEX international trade show (Frankfurt, Germany)	Isabelle
19 MAY	European Dementia Carers Working Group meeting	Public Involvement team
19-20 MAY	Meeting with members of DORIAN GRAY Advisory Board (Milan, Italy)	Cindy and Soraya
20 MAY	E-Brain Health Advisory Board meeting	Ana, Faye
21 MAY	Meeting for CERV Framework Partnership Agreement beneficiaries (Brussels, Belgium)	Jean and Angela
26 MAY	Alzheimer’s Association Academy on “Not all dementias are Alzheimer’s disease”	AE staff and members

CONFERENCES 2026

DATE	MEETING	PLACE
15 May	13 th International Conference on Dementia in Slovenia, ASK 2026 https://www.spomincica.si/koferenca-ask-2026	Ljubljana, Slovenia
27-30 June	12 th Congress of the European Academy of Neurology (EAN) 2026 https://www.ean.org/congress2026	Geneva, Switzerland
1-3 July	IPA 2026 International Congress, “Across borders, beyond boundaries: Connecting research, education and practice for better mental health in older people” https://bit.ly/4pbWkuA	Leiden, Netherlands
27-29 October	36 th Alzheimer Europe Conference (#36AEC), “Sláinte: Building momentum in dementia through policy, research and partnership”	Dublin, Ireland

36th Alzheimer Europe Conference

Sláinte: Building momentum in dementia through policy, research and partnership

27 - 29 OCTOBER 2026
DUBLIN, IRELAND



Join healthcare professionals, researchers, policy makers and advocates to explore advances in dementia care, research and policy.
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