

Nina Baláčková Testimonyⁱ

I am Nina Baláčková, I am 57 years old, I am from the Czech Republic and I live with my husband. I am a member of the European Working Group of People with Dementia and also a member of Dementia Alliance International.



I was diagnosed with Alzheimer's disease eight years ago. I am asthmatic and I have heart problems too. What is making me suffer the most is Mr Alzheimer's, and unfortunately the doctors are not cooperating between them.

When I was diagnosed with Alzheimer's the doctor told me that I could only expect 5 more years of life! She said that people with a young onset of the disease were 'going faster' towards the end of their lives. She helped me filling forms for my pension. It helped me with money.

But I did not receive any other advice such as going to the Czech Alzheimer Society, training my memory, exercising - NOTHING!

I would like to emphasise the importance of moving, cognitive training and social contacts -family, friends, and neighbours.

Medicine/pills/ are important, but an active life with a positive attitude is important too. Every person is different!

Many problems of people with dementia are not seen, but there are there for us and for our families.

ⁱ This testimony arises from the Joint Action addressing Chronic Diseases and Healthy Ageing across the Life Cycle (JA-CHRODIS) which has received funding from the European Union, under the framework of the Health Programme (2008-2013). Sole responsibility lies with the author and the Consumers, Health, Agriculture and Food Executive Agency is not responsible for any use that may be made of the information contained therein.