

Questionnaire

We invite you to complete the following anonymous questionnaire. It includes both closed-ended and open-ended questions, each requiring a short response.

Thank you for your participation.

Demographics:

1. Gender:

- ☐ Female
- ☐ Male

2. Age:

- ☐ 40-50 years
- ☐ 51-60 years
- ☐ 61-70 years
- ☐ > 70 years

3. Place of residence:

- ☐ Rural
- ☐ Urban

4. Education:

- ☐ Primary
 - ☐ Secondary
 - ☐ Vocational
 - ☐ Higher
-

5. Do you know what dementia is?:

- ☐ Yes
- ☐ No

6. If your answer is “yes,” please select the sentence that you believe is correct:

- ☐ Every older person struggles with dementia.
- ☐ Dementia manifests as difficulties with memory, concentration, as well as naming objects and people in the immediate environment.
- ☐ Memory problems are synonymous with the onset of dementia.
- ☐ Dementia is diagnosed only in individuals over 70 years of age.

7. Does anyone in your family have dementia?

- ☐ Yes
- ☐ No

8. If your answer is “yes,” please indicate how this person is related to you:

.....

9. Which of the following symptoms are helpful in diagnosing dementia? Please select all correct answers:

- ☐ Frequent head injuries;
- ☐ Memory problems;
- ☐ Difficulty focusing;
- ☐ Stroke;
- ☐ Age >70 years;
- ☐ Mood swings;
- ☐ A marked change in behaviour;
- ☐ Diagnosed depression;
- ☐ Communication problems;
- ☐ Difficulties making decisions.

10. Did you know that there are ways to prevent dementia?

- ☐ Yes
- ☐ No

11. What do you think can be used to prevent dementia? Please select all correct answers:
- ☐ Mediterranean diet;
 - ☐ High-fat diet;
 - ☐ Active treatment of metabolic and circulatory system diseases;
 - ☐ Excess intake of alcohol;
 - ☐ Spending free time browsing the Internet;
 - ☐ Solving crosswords and puzzles in both paper and electronic form.
 - ☐ Using spices in food.
 - ☐ Engaging in physical activity that raises heart rate.
12. Do you use dementia prevention?
- ☐ Yes
 - ☐ No
13. If your answer is "yes", please provide examples:
-
14. From what age, in your opinion, dementia prevention can be used?
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15. Do you know which specialist you should see to start diagnosis?
- ☐ Yes
 - ☐ No
16. If your answer is "yes", please indicate the specialist(s):
-
17. Are there ways to reverse symptoms that have already appeared in patients with dementia?
- ☐ Yes
 - ☐ No
18. Are there ways to stop or slow down the symptoms of dementia?
- ☐ Yes
 - ☐ No
19. Which specialists, in your opinion, are involved in the care of a person with dementia?
- ☐ Speech therapist
 - ☐ Physiotherapist
 - ☐ Psychologist
 - ☐ Occupational therapist
 - ☐ Neurologist
 - ☐ Psychiatrist
 - ☐ General practitioner
 - ☐ Community nurse
 - ☐ Other.....
20. In your opinion, what is the level of care for people with dementia in Poland?
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21. What do you think could be improved or changed in the care of people with dementia in Poland?
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Source: own elaboration

Questionnaire for Patient's Family Members

I. Demographics:

1. Patient's full name:
2. Patient's date of birth:
3. Date of dementia diagnosis:
4. Date of interview:
5. Full name of the interviewed family member:
6. The degree of relationship between the family member and the patient:
7. Family member's education:

II. General information about the patient:

1. Education:
2. Marital status:
3. Family structure:
4. Patient's general health condition:
5. Patient's comorbidities:
6. Specialists providing care to the patient:
7. Degree of disability:
8. Patient's family history of dementia:

III. Characteristics of the patient before disease onset:

1. What were his/her interests?
2. How did he/she spend their free time?
3. Was he/she professionally active after retirement?
4. Did he/she take an active part in family life?
5. Did he/she have any addictions?
6. Did he/she have any topics he/she particularly liked to talk about?
7. Did he/she like making new friends?
8. Did he/she keep in touch with friends?
9. Did he/she have a driving license and drive a vehicle?
10. Did he/she read newspapers or books?

IV. Post-diagnosis situation

1. What were the first symptoms?
2. When did the first symptoms appear?
3. How was dementia diagnosed?
4. How has communication with the patient changed after the diagnosis?
5. Did the speech therapist teach the caregiver how to communicate with the patient?
6. Does the speech therapist work with the patient to slow the progression of the disease?
7. What symptoms does the patient currently experience?

V. Patient care

1. What is the family involvement in the patient's care?
2. What is the level of the patient's family knowledge about dementia?
3. Does the family receive specialist psychological support?
4. Do you know which specialists can help in caring for a patient with dementia?
5. Do you know whom to contact for help in addressing emerging problems related to the patient's care?

VI. Prevention

1. Did the patient use dementia prevention?
If so - please specify. If not - why?
2. Do you use dementia prevention?
If so - please specify. If not - why?
3. Does having a close relationship with a person with dementia influence your decision to take preventive measures?
4. What do you think could improve the effectiveness of preventive measures?

Source: own elaboration