



Finland

**Population**

5,525,000

Area338,452 km²**Capital**

Helsinki

3 largest cities

Helsinki (654,000)

Espoo (290,000)

Vantaa (234,000)

Neighboring countries

Norway, the Russian

Federation, Sweden

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1. Migration history

Finland does not have a long tradition of international migration. Before the 1990s, the history of migration was mainly characterised by economically motivated emigration [1]. Between 1860 and 1999 more than one million people emigrated from Finland, almost 500,000 before the Second World War and over 730,000 thereafter. Before the Second World War, the majority of emigrants left the country for North America, and afterward, 75% of them emigrated to Sweden. About half of the emigrants returned to Finland. Finland was a part of the Russian Federation between 1809 and 1917, tens of thousands of people from the Russian Federation lived in Finland during this period. They remained there even after the country's independence, establishing a small community of approximately 15,000 people in the 1930s. The admission of the earliest international migrants dates back to 1973 when about a hundred refugees came from Chile.

Since 1986, Finland has accepted annual immigration of about 500–1,000 refugees. In 1990, the first asylum seekers reached Finland [2]. From that time Finland developed into an immigration country with migrants from the Russian Federation, Estonia, Somalia, Syria, Afghanistan, and Iraq [1]. In 2017, people from the former Soviet Union (56,700) represented the largest migrant group, followed by Estonia (46,000), Sweden (32,400), and Iraq (16,300) [3]. Compared to other European and Scandinavian countries, the migrant population in Finland is relatively small. However, between 1990 and 2019 this population (people born abroad) has grown many times over (from 63,300 to 383,100). During the same period, the proportion of migrants in the total population has also increased significantly (from 1.3 to 6.9%) [4]. As of 2020, the net migration rate is 2.5 [5].



2. Estimated number of people with a migration background with dementia

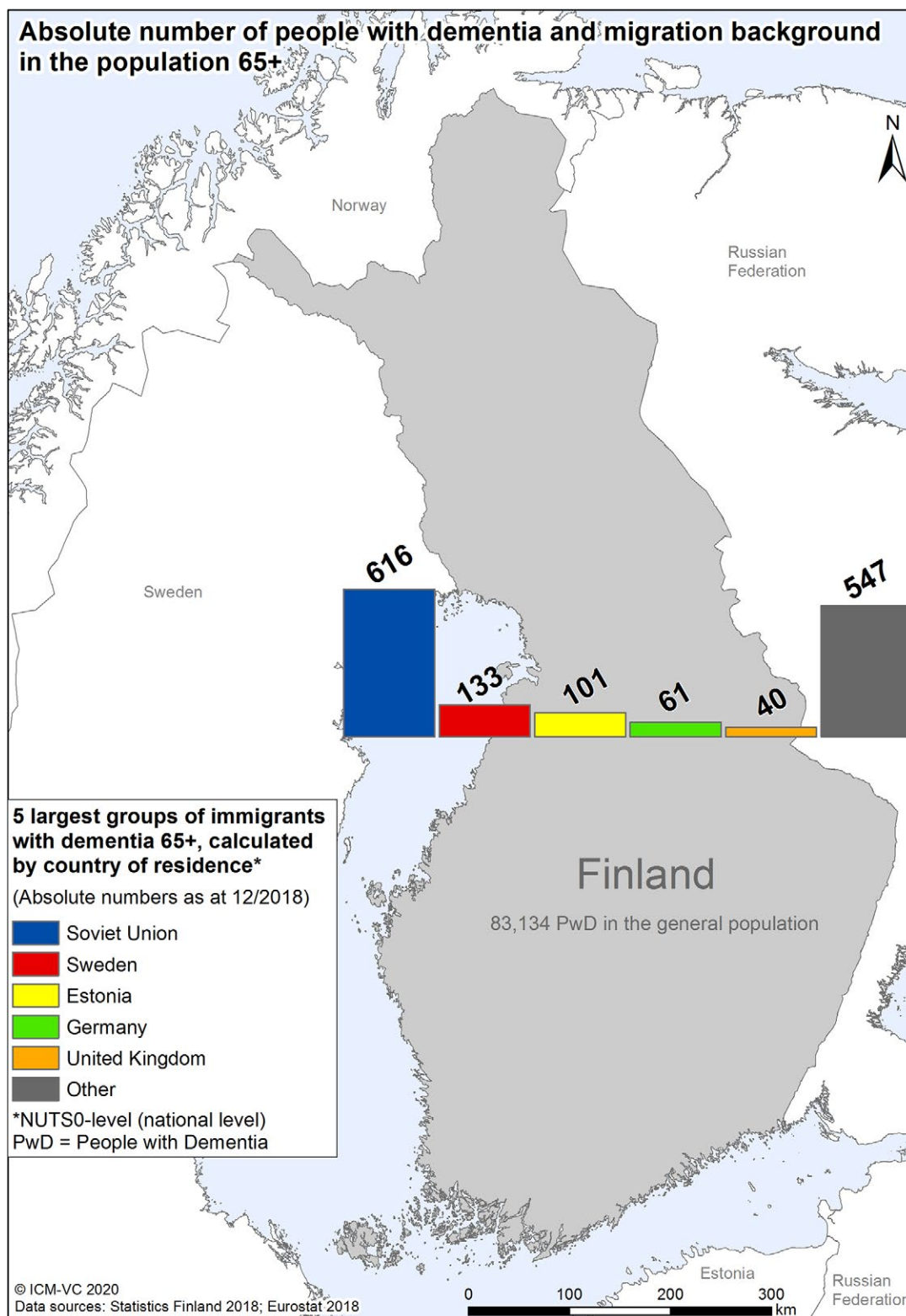


Fig. 3.7.9.1: Absolute number of PwM with dementia aged 65+ (Finland – Nation)

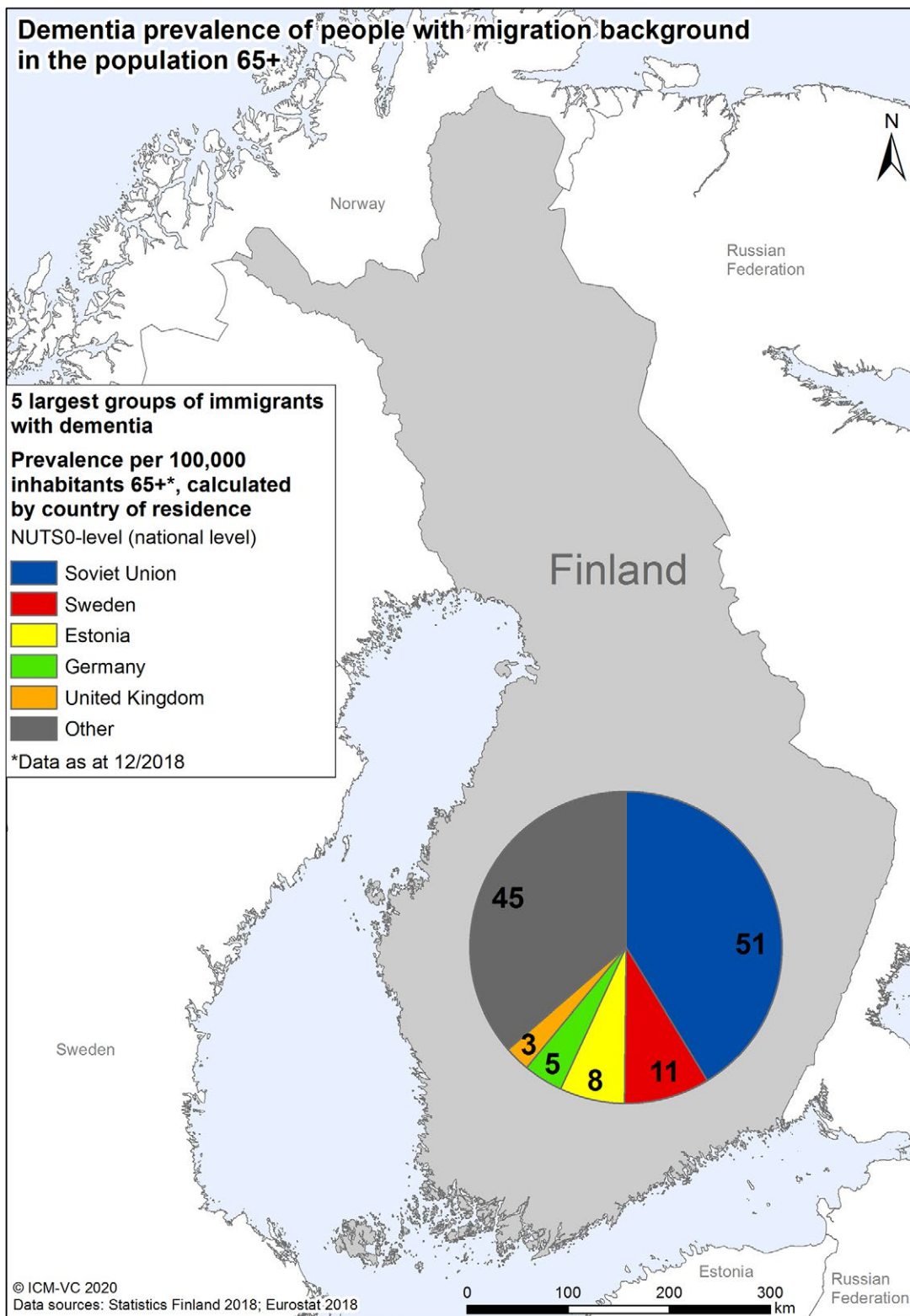


Fig. 3.7.9.2: Prevalence of PwM with dementia among the population 65+ (Finland – Nation)



Tab. 18: PwM with dementia: Absolute numbers, prevalence among PwM aged 65+, and prevalence among overall population aged 65+ (Finland – Nation)

NUTS	Total	FI	1. largest group	2. largest group	3. largest group	4. largest group	5. largest group	Other
Absolute Numbers								
Finland	83,134	81,637	SU 616	SE 132	EE 101	DE 61	UK 40	547
Prevalence/10,000 inhabitants with migration background 65+								
Finland	38,332	-	SU 284	SE 61	EE 46	DE 28	UK 18	253
Prevalence/100,000 inhabitants 65+								
Finland	6,900	6,776	SU 51	SE 11	EE 8	DE 5	UK 3	99

Data source: Statistics Finland (2018)

There are 21,700 PwM aged 65 or older. Of those, approx. 1,500 are estimated to exhibit some form of dementia. Figure 3.7.9.1 shows the most affected migrant groups presumably originate from the Soviet Union (approx. 600), Sweden (approx. 100), Estonia (approx. 100), Germany (approx. 60), and United Kingdom (approx. 40). The second graph highlight the number of PwM with dementia in Fin-

land per 100,000 inhabitants aged 65 or older (figure 3.7.9.2). Table 18 displays the values depicted in the maps on the national level. The following maps show the distribution of non-migrants with dementia and PwM with dementia from Sweden, Estonia, Germany, United Kingdom and the Russian Federation throughout the country in the NUTS2 regions (figures 3.7.9.3 – 3.7.9.8).

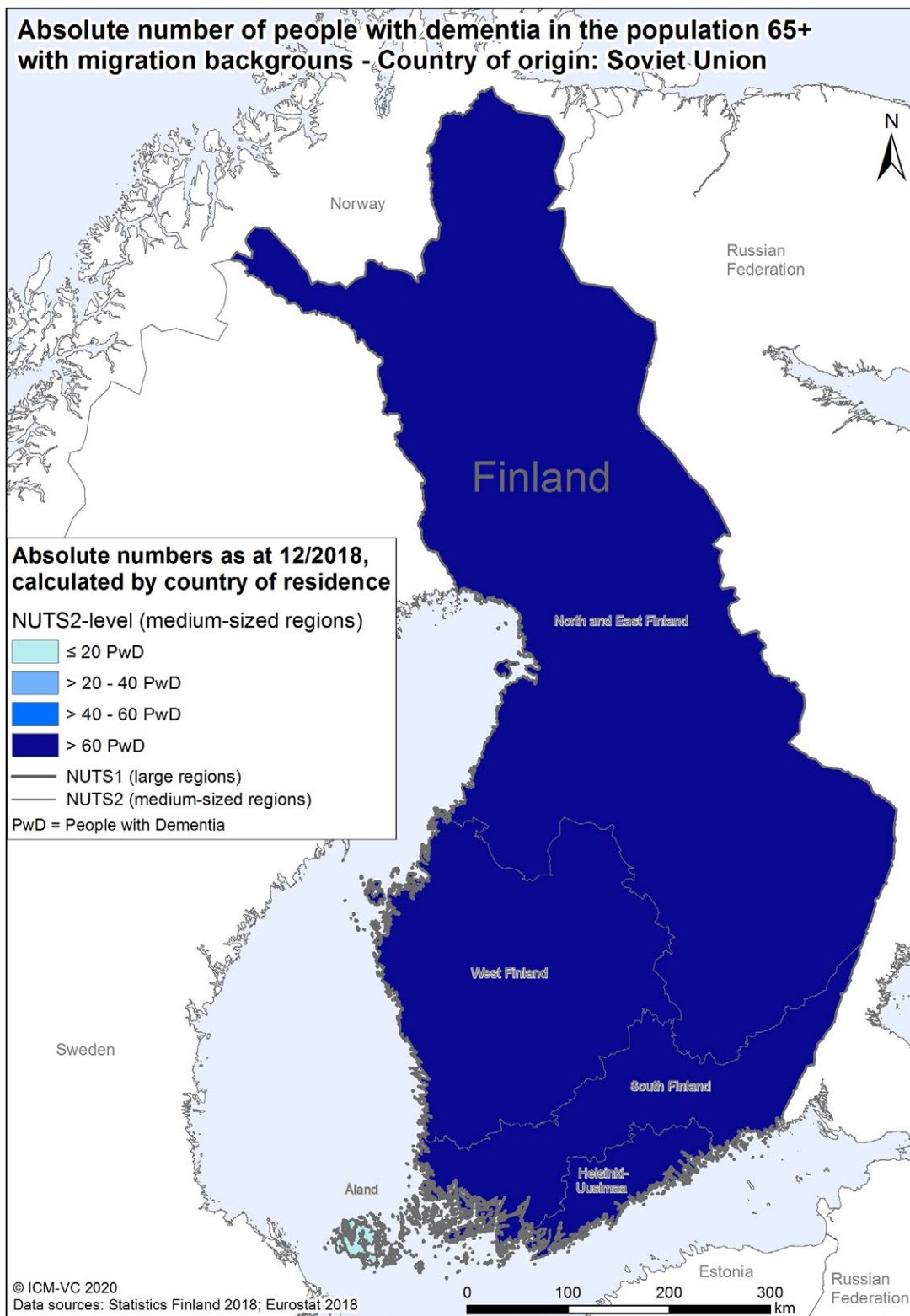


Fig. 3.7.9.3: Absolute number of PwM with dementia aged 65+. Country of origin: Soviet Union (Finland – NUTS2)

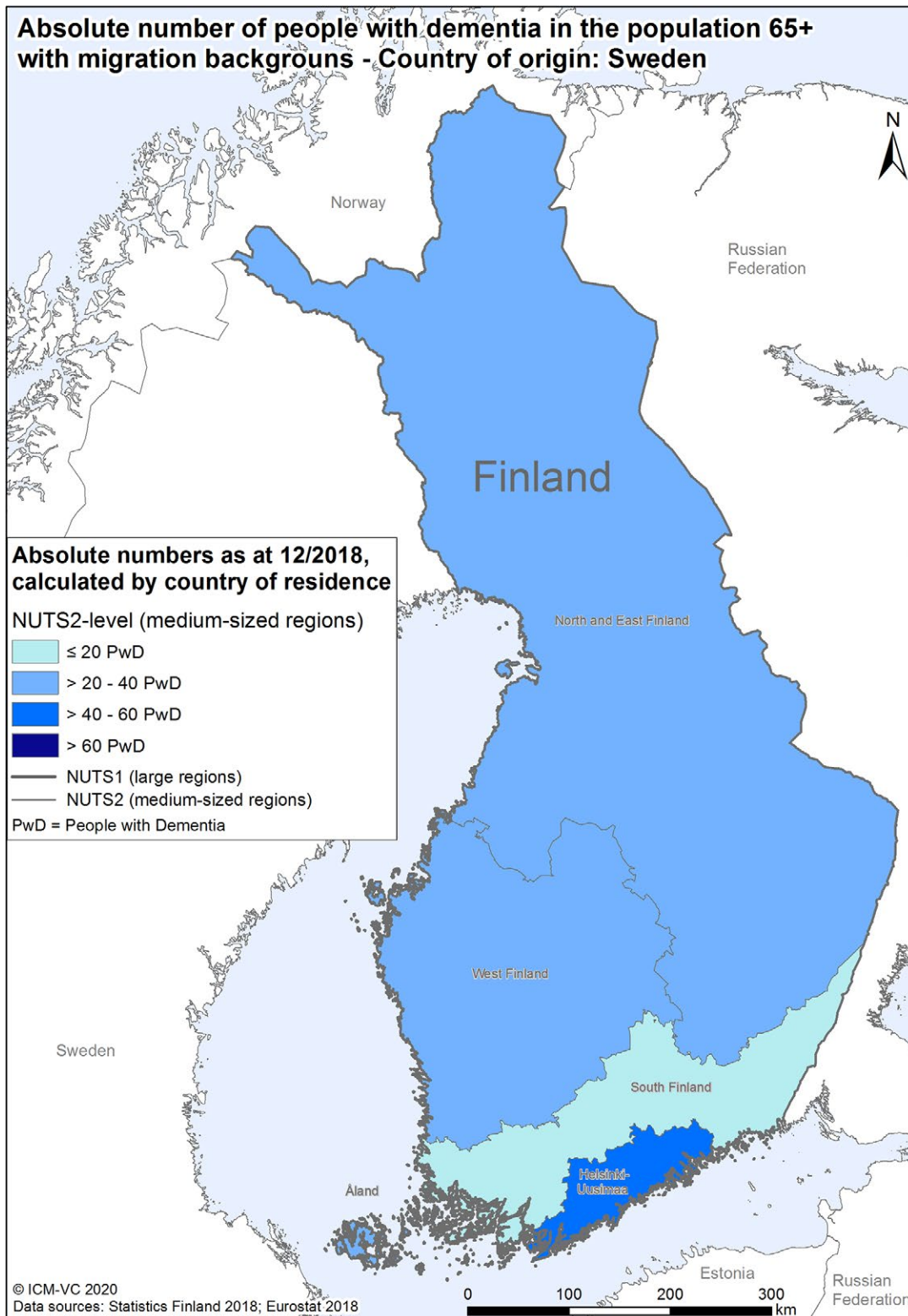


Fig. 3.7.9.4: Absolute number of PwM with dementia aged 65+. Country of origin: Sweden (Finland – NUTS2)

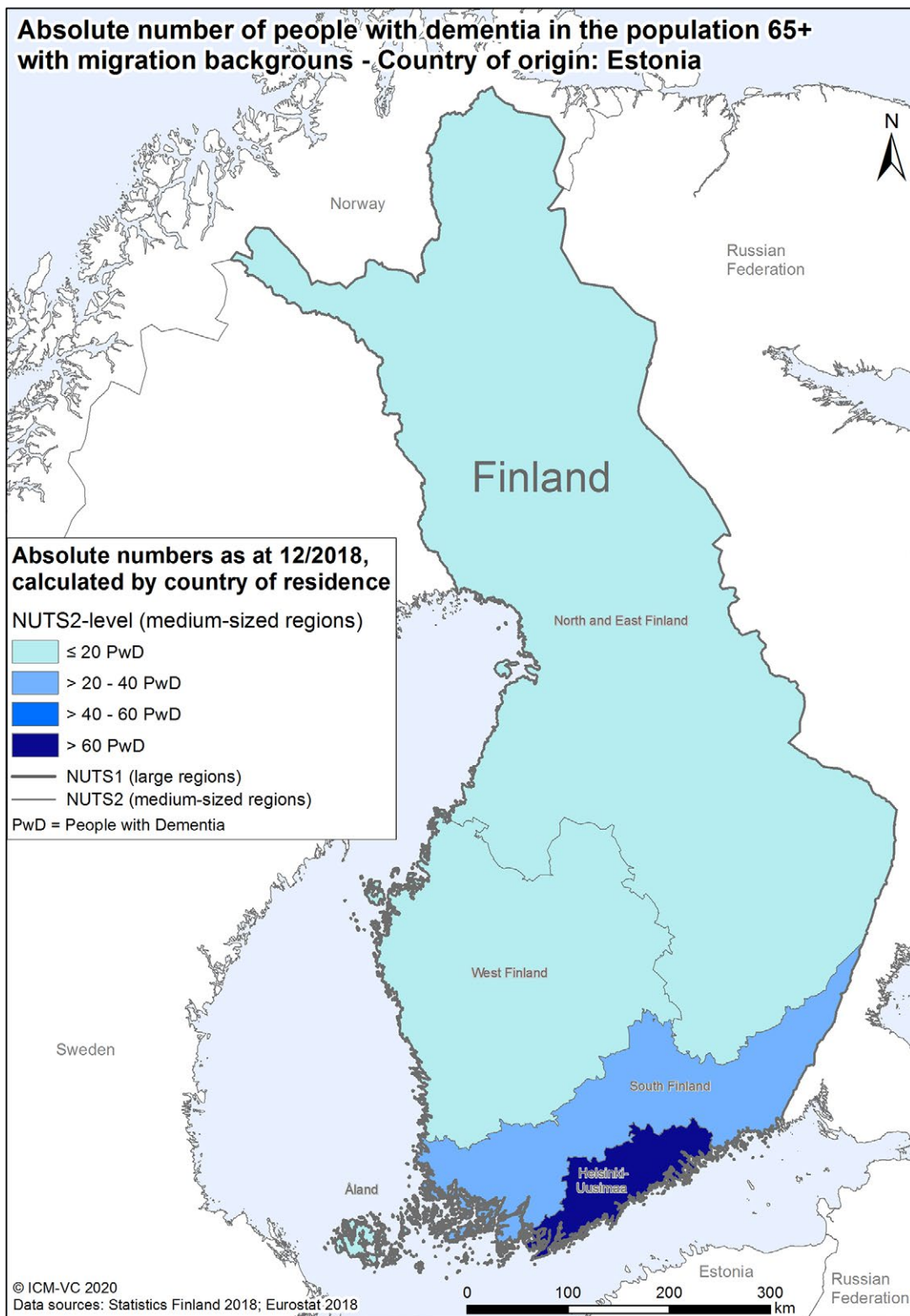


Fig. 3.7.9.5: Absolute number of PwM with dementia aged 65+. Country of origin: Estonia (Finland – NUTS2)

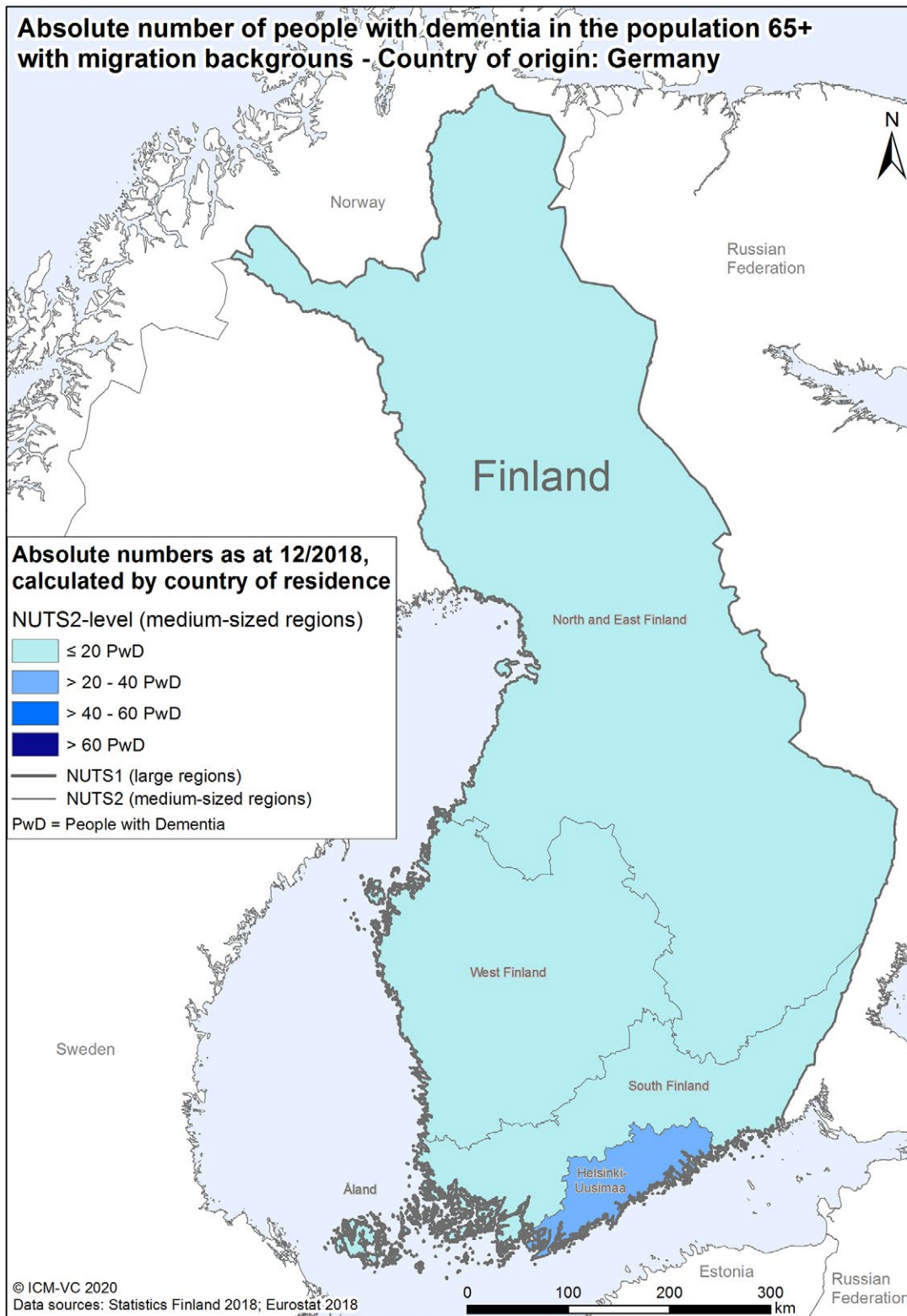


Fig. 3.7.9.6: Absolute number of PwM with dementia aged 65+. Country of origin: Germany (Finland – NUTS2)

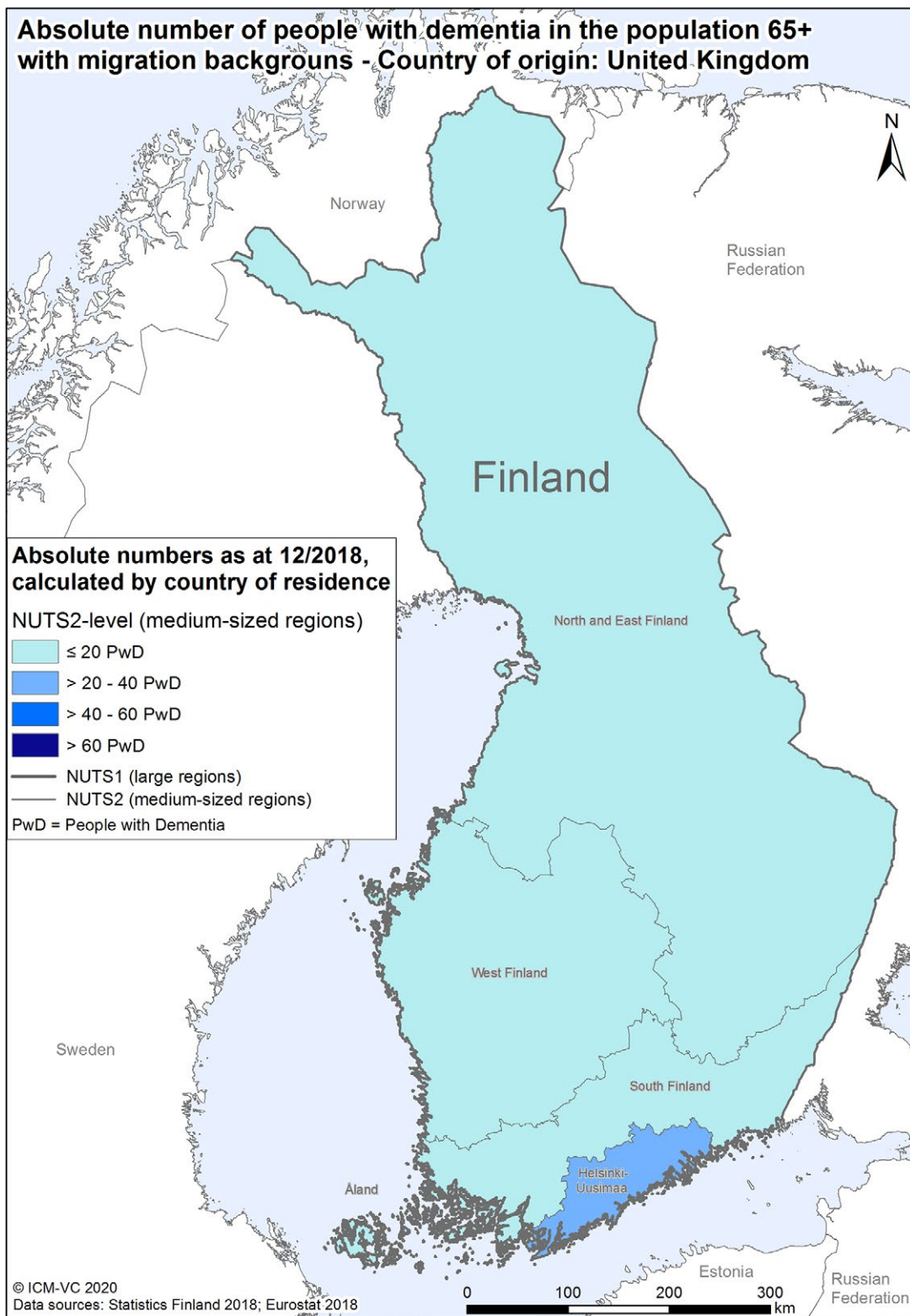


Fig. 3.7.9.7: Absolute number of PwM with dementia aged 65+. Country of origin: United Kingdom (Finland – NUTS2)

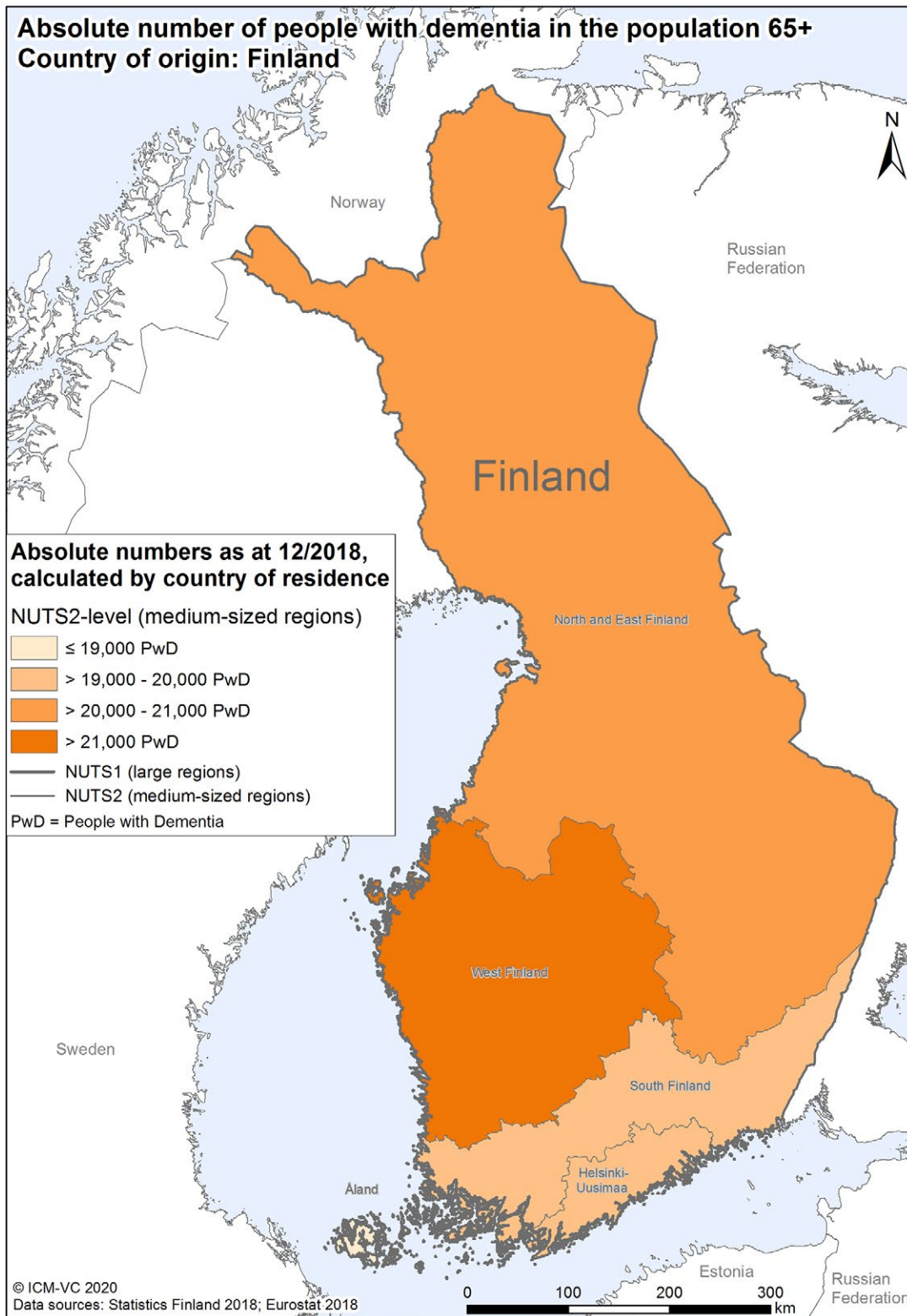


Fig. 3.7.9.8: Absolute number of people with dementia aged 65+.
Country of origin: Finland (Finland – NUTS2)



Finland

The graphics below highlight which immigrant groups are estimated to be the most affected at the NUTS2 level. The first map illustrates the absolute numbers of PwM with dementia in the NUTS2 regions (figure 3.7.9.9). The

second graph shows the number of PwM with dementia per 100,000 inhabitants aged 65 or older in the NUTS2 regions (Fig. 3.7.9.10). The values from the NUTS2 level can be found in table 19 [6-8].

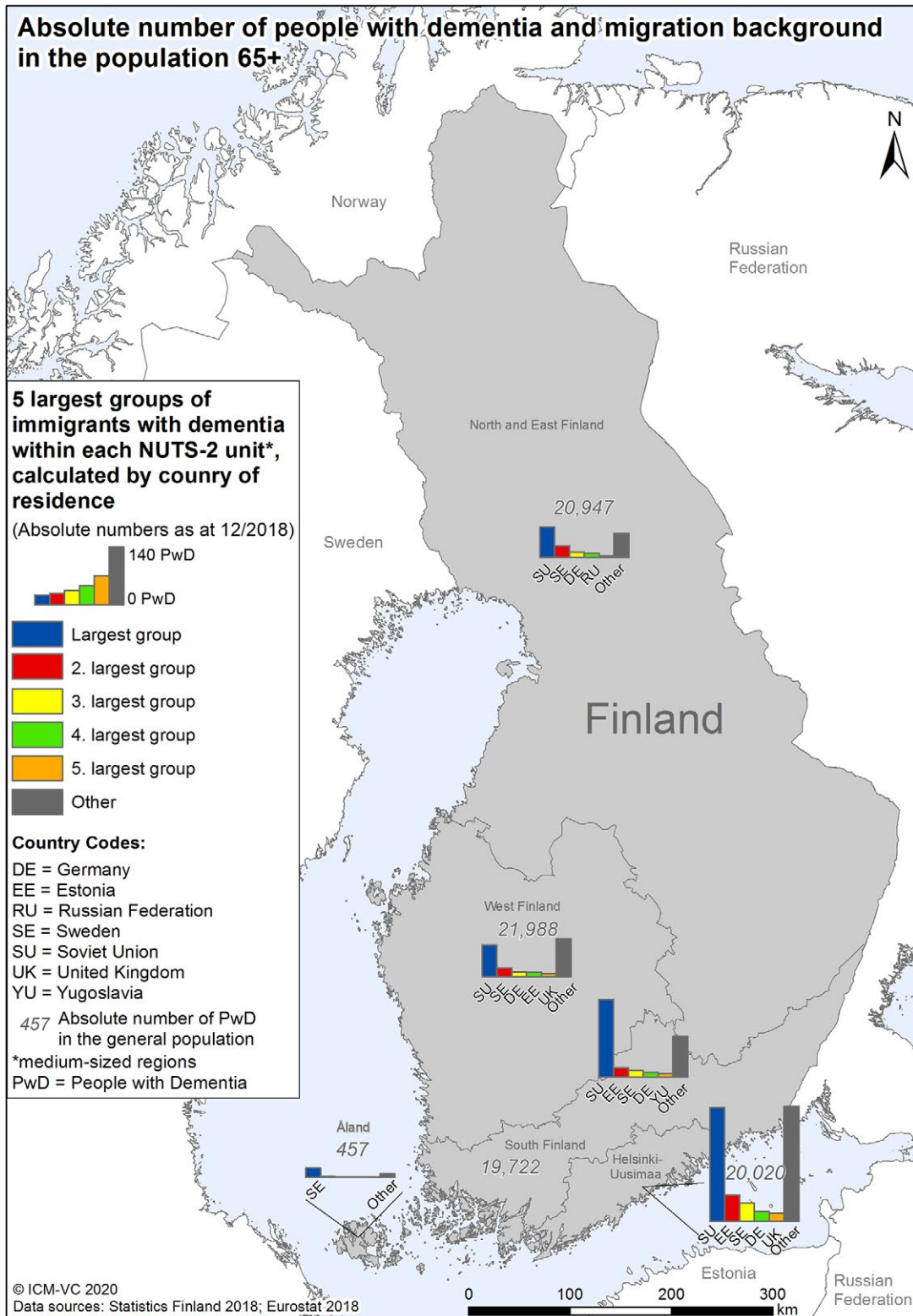


Fig. 3.7.9.9: Absolute number of PwM with dementia in the population 65+ (Finland – NUTS2)

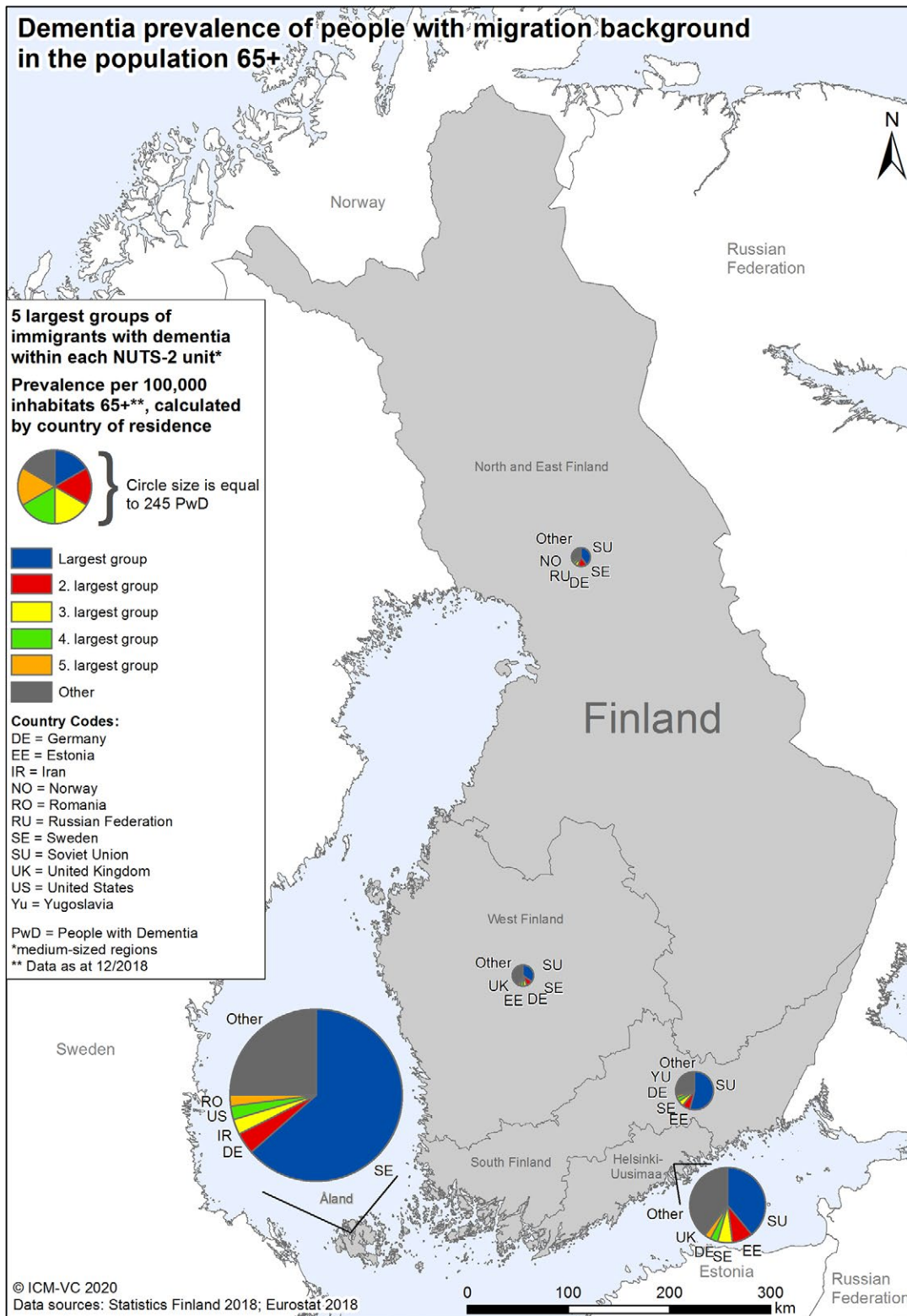


Fig. 3.7.9.10: Dementia prevalence of PwM in the population 65+ (Finland – NUTS2)



Tab. 19: PwM with dementia: Absolute numbers, prevalence among PwM aged 65+, and prevalence among overall population aged 65+ (Finland – NUTS 2)

NUTS	Total	FI	1. largest group	2. largest group	3. largest group	4. largest group	5. largest group	Other
Absolute Numbers								
West Finland	21,988	21,770	SU 76	SE 21	DE 12	EE 10	UK 8	91
Helsinki-Uusimaa	20,020	19,309	SU 278	EE 64	SE 44	DE 24	UK 20	281
South Finland	19,722	19,376	SU 188	EE 23	SE 16	DE 12	YU 8	99
North and East Finland	20,947	20,761	SU 74	SE 28	DE 12	RU 9	<5	59
Åland	457	421	SE 23	<5	<5	<5	<5	9
Prevalence/10,000 inhabitants with migration background 65+								
West Finland	69,539	-	SU 240	SE 67	DE 37	EE 32	UK 25	289
Helsinki-Uusimaa	19,422	-	SU 270	EE 62	SE 43	DE 23	UK 20	272
South Finland	39,326	-	SU 375	EE 46	SE 32	DE 23	YU 16	198
North and East Finland	78,072	-	SU 275	SE 104	DE 46	RU 35	NO 15	215
Åland	8,784	-	SE 438	DE 28	IR 20	US 17	RO 15	172
Prevalence/100,000 inhabitants 65+								
West Finland	6,900	6,832	SU 24	SE 7	DE 4	EE 3	UK 2	54
Helsinki-Uusimaa	6,900	6,655	SU 96	EE 22	SE 15	DE 8	UK 7	198
South Finland	6,900	6,779	SU 66	EE 8	SE 6	DE 4	YU 3	103
North and East Finland	6,900	6,839	SU 24	SE 9	DE 4	RU 3	NO 1	45
Åland	6,900	6,358	SE 344	DE 22	IR 16	US 14	RO 11	138

Note: Absolute numbers < 5 are not given for data protection reasons.

Data source: Statistics Finland 2018



3. National dementia plan

The 'National Memory Programme 2012 – 2020: Creating a Memory-friendly Finland' from 2013 is 21 pages long. The document explains why a National Memory Program is needed and what is the program objective. The main part is divided into the following four chapters: 1. 'Brain Health Is a Lifelong Concern'. 2. 'Memory Disorders Affect Us All

- Time for an Attitude Check. 3. 'Proper Treatment and Care Are Worthwhile Investments'. 4. 'More Research and Education Is Still Needed'. Finally, some information regarding the planned implementation of the program is provided. No reference to migration is made at any point [9].

4. National dementia care and treatment guidelines

In 2017, Finland published treatment guidelines for 'memory disorders'. The 41 pages long document featured the following topics pertaining to memory disorders: symptoms, incidence, risk factors, opportunities for prevention, causes, diagnosis and evaluation of symptoms, typical clinical conditions, medication, treatment of behavioural symptoms, the totality of care for a memory patient, memory outpatient clinics, and care teams.

Again, the topic of migration was absent [10].

The following parts on services and information for PwM with dementia, professional care and support for family caregivers are based on a conducted interview and reflect the experience and opinion of the expert. A selection bias in information and a discrepancy to results from the previous sections might ensue.

5. Services and information for people with a migration background with dementia

The expert estimated that in Finland the healthcare strategy is an integrative one where inpatient as well as outpatient services for people with dementia are available nationwide to PwM. Dementia and migration is still a fairly new topic in Finland so there is currently a lack of culturally sensitivity in care services and no specialised healthcare services for PwM with dementia are available. One service that is provided nationwide is information material about dementia in different languages. Also, there are NGOs focused on health promotion, such as

ETNIMU, which also address PwM. The ETNIMU project focuses on Somali, Estonian, and Russian speakers, and older Roma and their family members and offers customer-oriented group-based activities [11]. Additionally, they work together with migrant organisations and educate them about memory diseases which the migrant organisations will then relay to PwM. Regarding the existing mainstream services for dementia, the expert opined that they are only suitable for non-migrants.



6. Professional qualification and people with a migration background in healthcare

According to the expert, the ability to provide culturally sensitive care is given limited importance in the professional qualification of healthcare workers in Finland. Training for intercultural care is available nationwide but not mandatory anywhere.

As stated by the expert the proportion of PWM working as professionals in outpatient care is moderate. These caregivers work in home care as well as institutional care and mostly originate from the Russian Federation, North Africa, and the Baltic countries.

7. Support for family caregivers

According to the expert, the extended Family, migrant organisations, religious communities, and service providers play a significant role in supporting family caregivers. Furthermore,

there is a high need for specialised services providing support and information to family caregivers of PWM with dementia in Finland.

8. References

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