



Iceland

**Population**

364,000

Area103,000 km²**Capital**

Reykjavík

3 largest cities

Reykjavík (131,000)

Kópavogur (38,000)

Hafnarfjörður (30,000)

Neighboring countries

None

1. Migration history
2. Estimated number of people with a migration background with dementia
3. National dementia plan
4. National dementia care and treatment guidelines
5. References



1. Migration history

As a result of its geographical location, Iceland does not have a long history of migration. Until a few years ago, the population remained relatively isolated and homogeneous. In the past, Iceland has been more characterised by the emigration of citizens and return migration. Between 1960 and 1996, Iceland had a net emigration of about 9,300 people. Strong economic growth and a booming tourism sector have led to a larger number of immigrants without Icelandic background coming into the country at the end of the 1990s and beginning of the new millennium. Between 1997 and 2008, Iceland had net immigration of 20,300 people. As a result of the banking crisis in 2008, the number of emigrants exceeded the number of immigrants between 2009 and 2012. In 2013, net migration was positive again and in 2016, it exceeded the 10,000 mark. While the population balance of non-Icelandic citizens is clearly positive, the number of Icelandic citizens has declined slightly. This has led to a historic increase in the number and proportion of foreign citizens on the island

[1]. In the period 1990–2019, the migrant population (born abroad) increased from 9,600 to 52,400 and the proportion of migrants in the total population from 3.8 to 15.5% [2]. In recent decades, there has also been a change in the immigrant's countries of origin. In 1986, 70% of non-Icelandic immigrants came from Denmark, the US, United Kingdom, Sweden, and Norway. In 2016, citizens from non-Nordic EU countries made up the largest group [1]. With the exception of 2004 (Portugal), since 1995 Poland is the main country of origin for immigrants (2016: 2,800 or 36%) [1, 3]. But people also immigrated from Lithuania (700), the US (300), Germany (300), and other countries (3,800) (as of 2016) [1]. In 2013, people from Poland (9,400), Denmark (3,100), Sweden (1,900), US (1,900), and Germany (1,600) represented the largest migrant groups [4]. Iceland has developed into an immigration country especially for migrants from Poland and some other EU member states. As of 2020, the net migration rate is 1.1 [5].



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

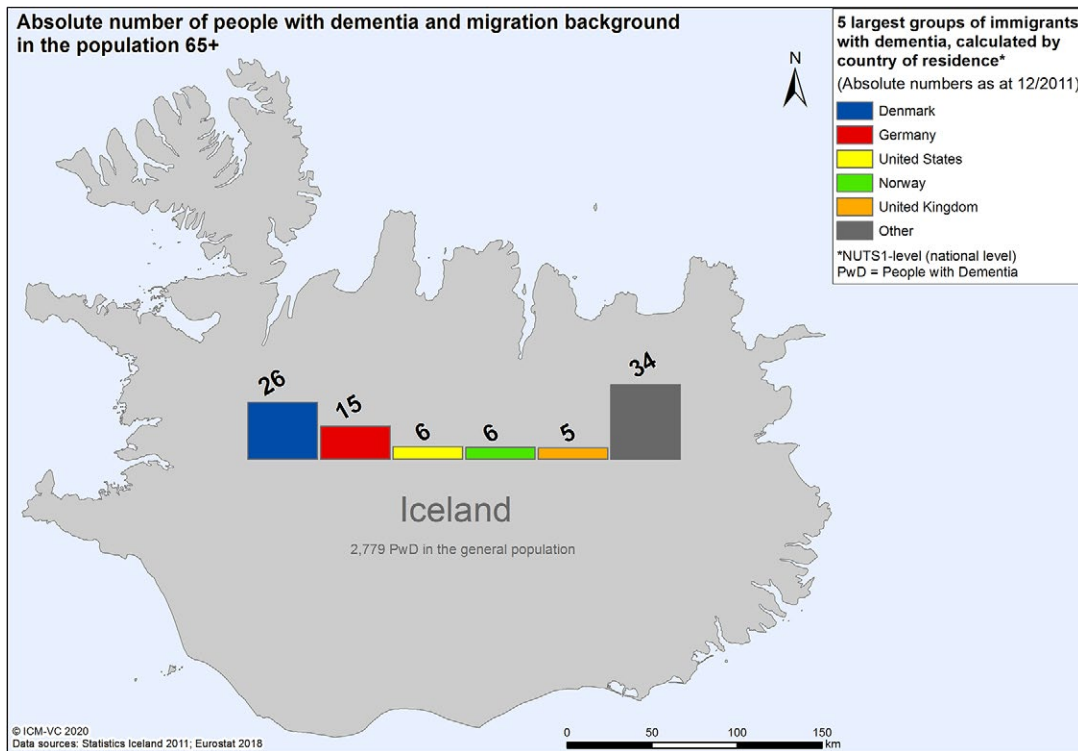


Fig. 3.7.14.1: Absolute number of PwM with dementia aged 65+ (Iceland – Nation)

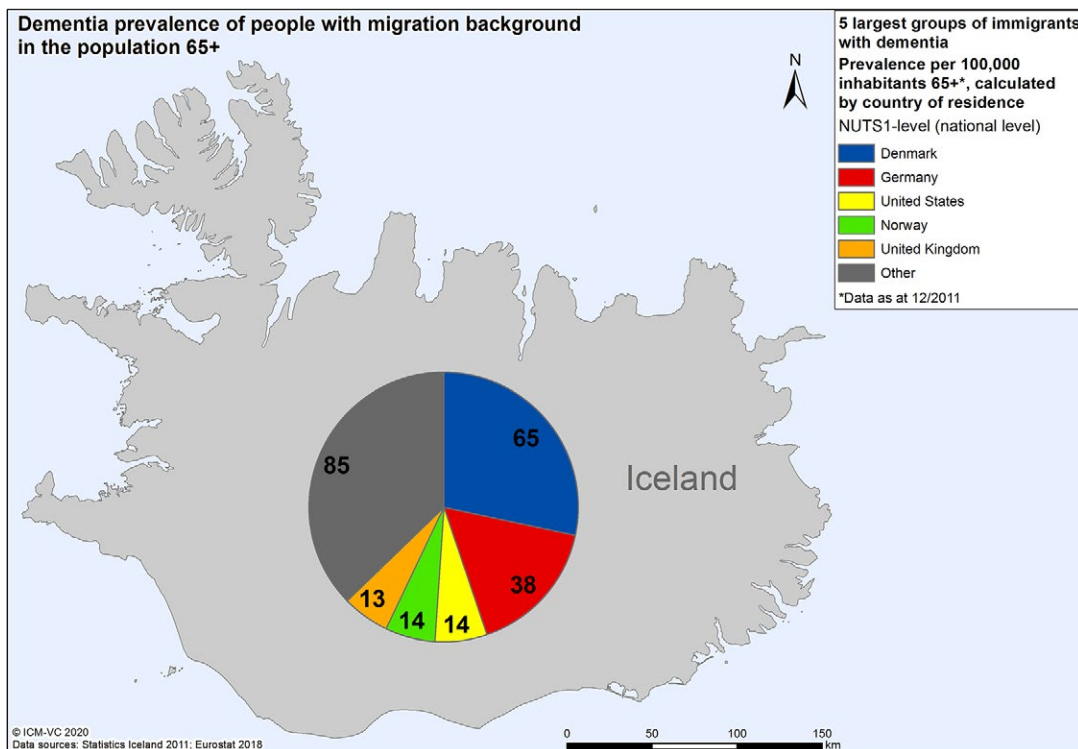


Fig. 3.7.14.2: Prevalence of PwM with dementia among the population aged 65+ (Iceland – Nation)



Tab. 27: PwM with dementia: Absolute numbers, prevalence among PwM aged 65+, and prevalence among overall population aged 65+ (Iceland – Nation)

NUTS	Total	IS	1. largest group	2. largest group	3. largest group	4. largest group	5. largest group	Other
Absolute Numbers								
Iceland	2,779	2,687	DK 26	DE 15	US 6	NO 6	UK 5	34
Prevalence/10,000 inhabitants with migration background 65+								
Iceland	20,851	-	DK 196	DE 113	US 43	NO 41	UK 39	258
Prevalence/100,000 inhabitants 65+								
Iceland	6,900	6,672	DK 65	DE 38	US 14	NO 14	UK 13	76

Data source: Statistics Iceland (2011)

There are 1,300 PwM aged 65 or older. Of those, approx. 90 are estimated to exhibit some form of dementia. Figure 3.7.14.1 shows the most affected migrant groups presumably originate from Denmark (approx. 30), Germany (approx. 20), the US (approx. 10), Norway (approx. 10),

and United Kingdom (approx. 10). The second graph highlights the number of PwM with dementia in Iceland per 100,000 inhabitants 65 or older (figure 3.7.14.2). Table 27 displays the values depicted in the maps on the national level [6-8].

3. National dementia plan

At the time of the first search, 1 June 2019, no NDP could be identified for Iceland [9]. However, in April 2020, the government published a NDP: The 'Action Plan for Services for People with Dementia'. This dementia plan is 27 pages long and covers 5 topics: 1. right of self-determination, patient involvement, and legal framework, 2. pre-

vention, timely diagnosis in the right place, and post-diagnostic follow-up, 3. activity, self-help, and support, 4. appropriate care based on the stage of dementia, and 5. research, knowledge, and skills. The document does not refer to the topic of migration [10].

4. National dementia care and treatment guidelines

Iceland has a treatment guideline entitled 'Clinical Guideline 2007: Dementia Diagnosis and Treatment' from 2007 of 10 Pages which refers to the topics analysis (anamnesis and differential diagnosis, initial assessment of cognitive abilities, search for other and accompanying diseases, image analysis, etc.),

non-drug treatment (stimulation of cognitive abilities, sensory stimulation, physical activity and rehabilitation, environmental design, etc.), drug treatment, and information for patients and relatives. The topic of migration is not considered in this document also [11].



5. References

1. Heleniak T, Sigurjonsdottir HR Once Homogenous, Tiny Iceland Opens Its Doors to Immigrants [<https://www.migrationpolicy.org/article/once-homogenous-tiny-iceland-opens-its-doors-immigrants>]. (2018). Accessed 21 Apr 2020.
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