



Poland

**Population**

37,958,000

Area

309,158 km²

Capital

Warsaw

3 largest cities

Warsaw (1,791,000)

Krakow (779,000)

Lodz (680,000)

Neighboring countries

Belarus, the Czech Republic, Germany, Lithuania, the Russian Federation (Oblast Kaliningrad), Slovakia, Ukraine

1. Migration history
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1. Migration history

The history of Poland's migration is characterised by emigration [1]. During the second half of the 18th century and throughout the 19th century, mainly political refugees left the country. Economic emigration began at the end of the 19th century. From 1871 to 1913, almost 3.5 million people emigrated (mainly to the US). During the two world wars, 2.1 million people left the country, most of them to France, Belgium, Germany, and America. Between 1944 and 1949, almost 1.5 million people returned [2]. After the Second World War, between six and eight million people left Poland, most of them emigrating to Germany [2, 3]. In the 1980s, 1.1 to 1.3 million citizens from Poland (partly as a result of the suppression of the Solidarność movement) and hundreds of thousands of German repatriates left the country, many of them to West Germany [1, 2]. After the collapse of communism in 1989, transit migration and immigration from neighbouring eastern countries (Ukraine, Belarus, the Russian Federation) increased. As a result of EU accession on 1 May 2004, emigration to other EU states, especially to United Kingdom and Ireland, has risen [1, 3]. Since the 1980s,

Poland's migration history has been strongly influenced by circular migration (people from Poland working in Germany and citizens of the former Soviet Union working in Poland). Poland has an ethnically relatively homogeneous society. As a result of the Holocaust and forced resettlement after the Second World War, the population of minorities has become considerably smaller (1931: one third, 2008: 2 to 3% of the population) [1]. In 2013, people from Ukraine were the largest migrant group (221,300), followed by Germany (81,800), Belarus (81,400), Lithuania (54,100), and the Russian Federation (40,900) [4]. For more than a century, Poland has been one of the largest sending countries of migrants in Central and Eastern Europe and serves many Western European and North American countries as a reservoir of labour (since EU accession in 2004, labour emigration is mainly to other EU member states) [3]. Between 1990 and 2019, the migrant population (born abroad) and its share in the total population has almost halved (1.1 million to 656,000; 3 to 1.7%) [5]. The net migration rate has always been negative in recent decades and as of 2020 it is -0.8 [6].



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

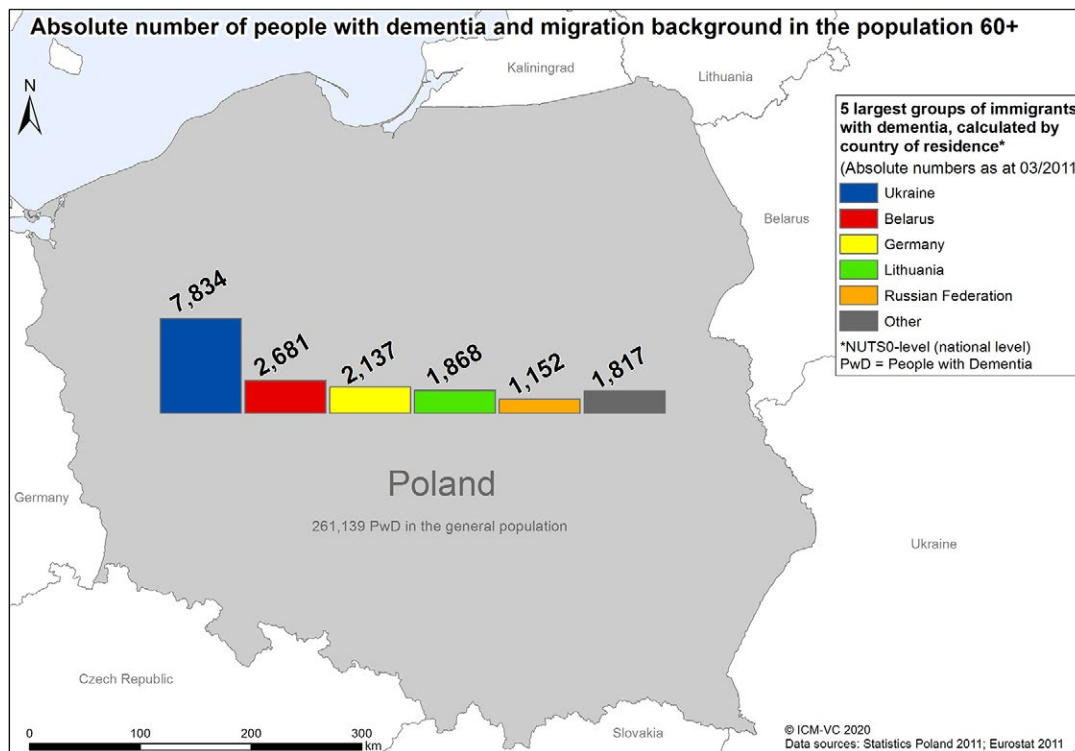


Fig. 3.7.24.1: Absolute number of PwM with dementia aged 60+ (Poland – Nation)

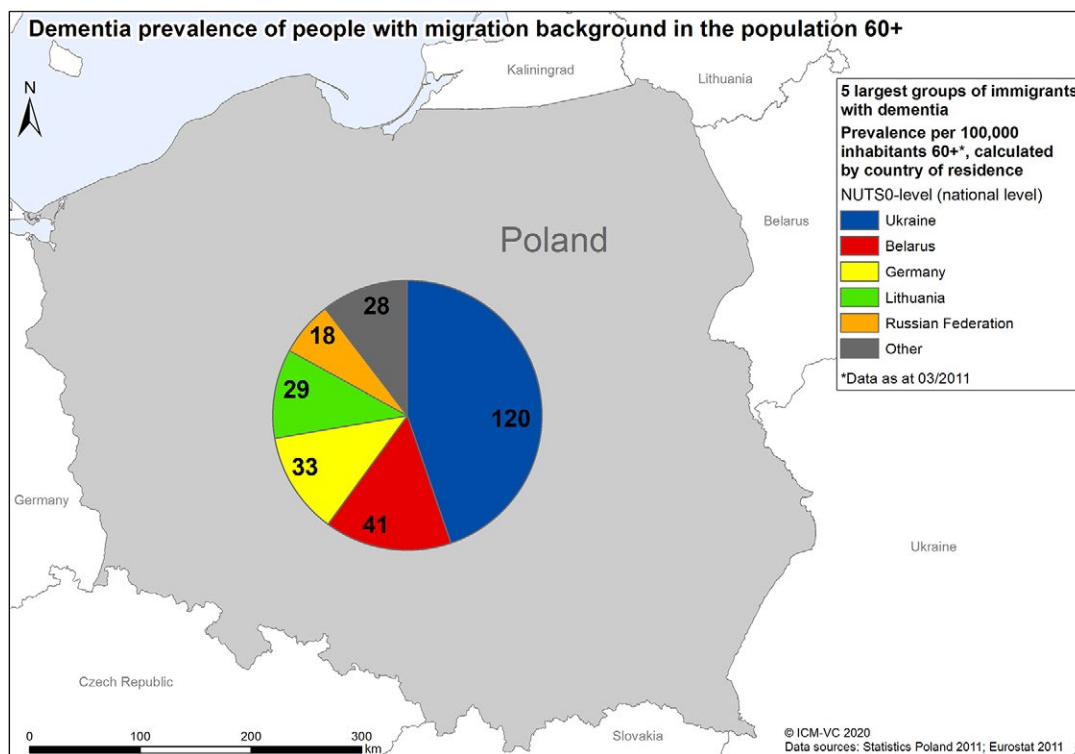


Fig. 3.7.24.2: Prevalence of PwM with dementia among the population aged 60+ (Poland – Nation)

Tab. 40: PwM with dementia: Absolute numbers, prevalence among PwM aged 60+, and prevalence among overall population aged 60+ (Poland – Nation)

NUTS	Total	PL	1. largest group	2. largest group	3. largest group	4. largest group	5. largest group	Other
Absolute Numbers								
Poland	261,139	243,649	UA 7,834	BY 2,681	DE 2,137	LT 1,868	RU 1,152	1,817
Prevalence/10,000 inhabitants with migration background 60+								
Poland	5,972	-	UA 179	BY 61	DE 49	LT 43	RU 26	42
Prevalence/100,000 inhabitants 60+								
Poland	4,000	3,732	UA 120	BY 41	DE 33	LT 29	RU 18	28

Data source: Statistics Poland (2011)

There are 437,200 PwM aged 60 or older. Of those, approx. 17,300 are estimated to exhibit some form of dementia. Figure 3.7.24.1 shows that the most affected migrant groups presumably originate from Ukraine (approx. 7,800), Belarus (approx. 2,700), Germany (approx. 2,100), Italy (approx. 1,900), and the Russian Federation (approx. 1,200). The second graph highlights the number of PwM with de-

mentia in Poland per 100,000 inhabitants aged 60 or older (figure 3.7.24.2). Table 40 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 Ukraine, Belarus, Germany, Italy, and the Russian Federation throughout the country in the NUTS2 regions (figures 3.7.24.3 – 3.7.24.8).

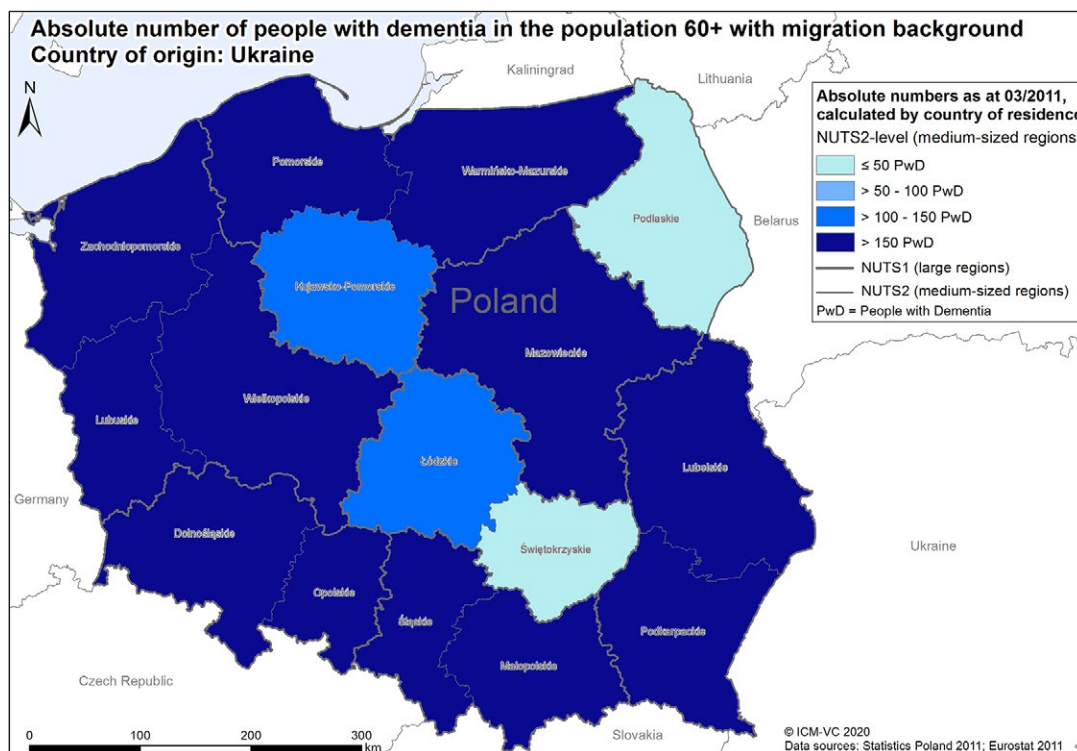


Fig. 3.7.24.3: Absolute number of PwM with dementia aged 60+. Country of origin: Ukraine (Poland – NUTS2)

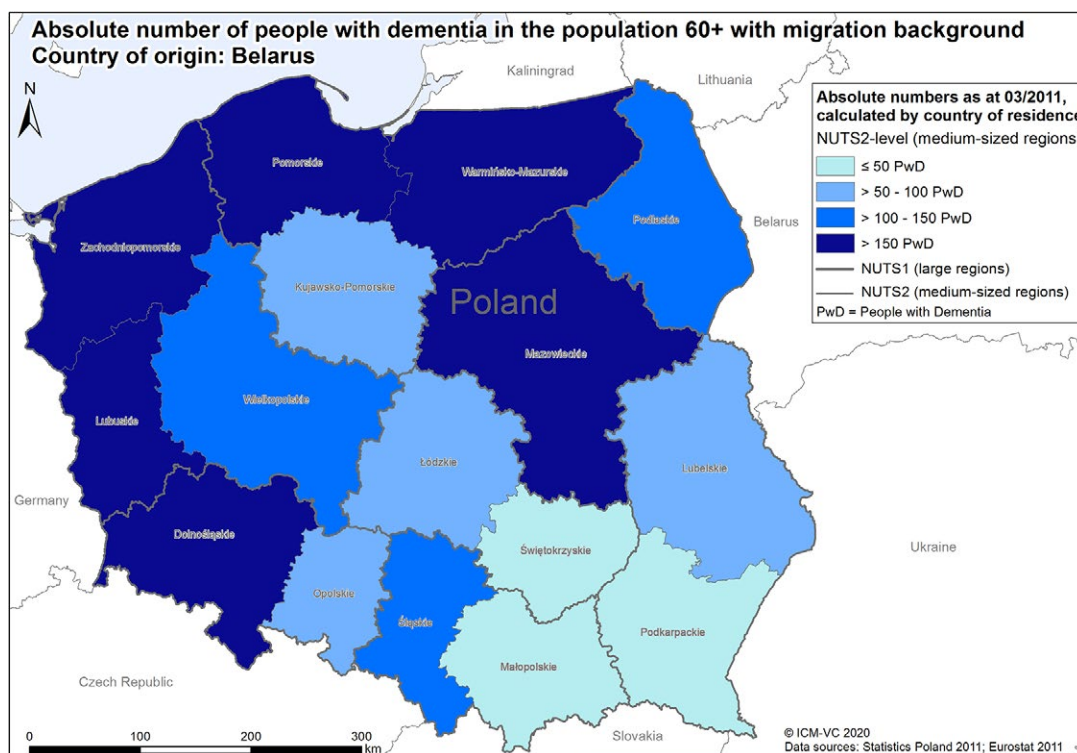


Fig. 3.7.24.4: Absolute number of PwM with dementia aged 60+. Country of origin: Belarus (Poland – NUTS2)

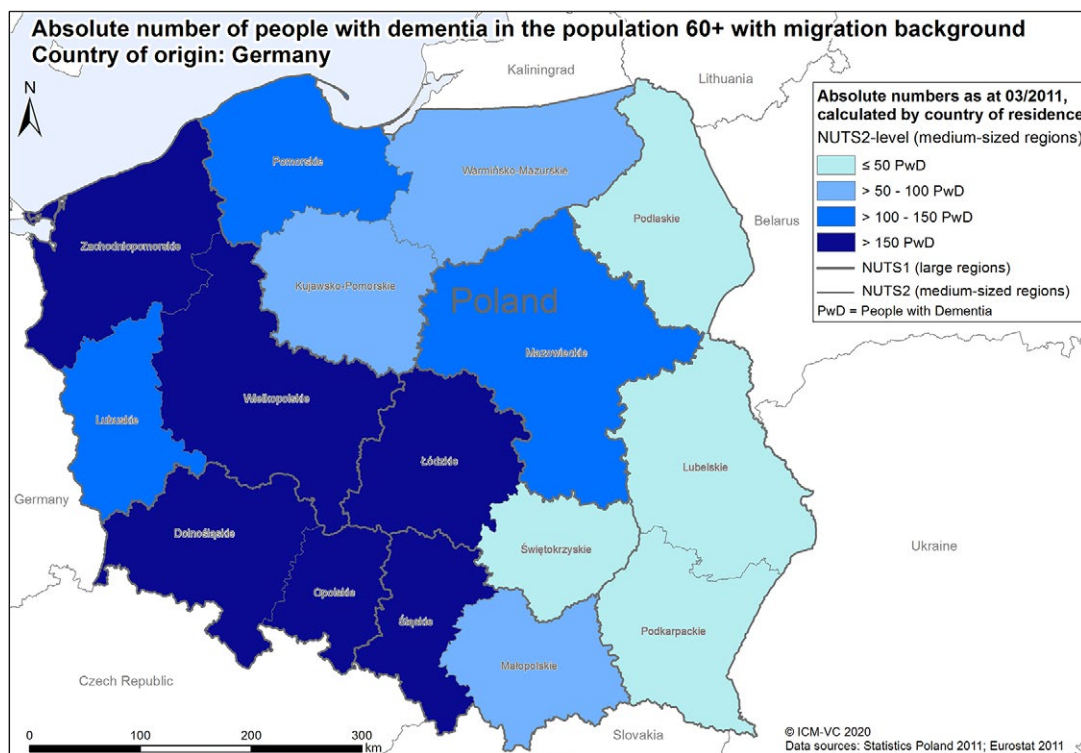


Fig. 3.7.24.5: Absolute number of PwM with dementia aged 60+. Country of origin: Germany (Poland – NUTS2)

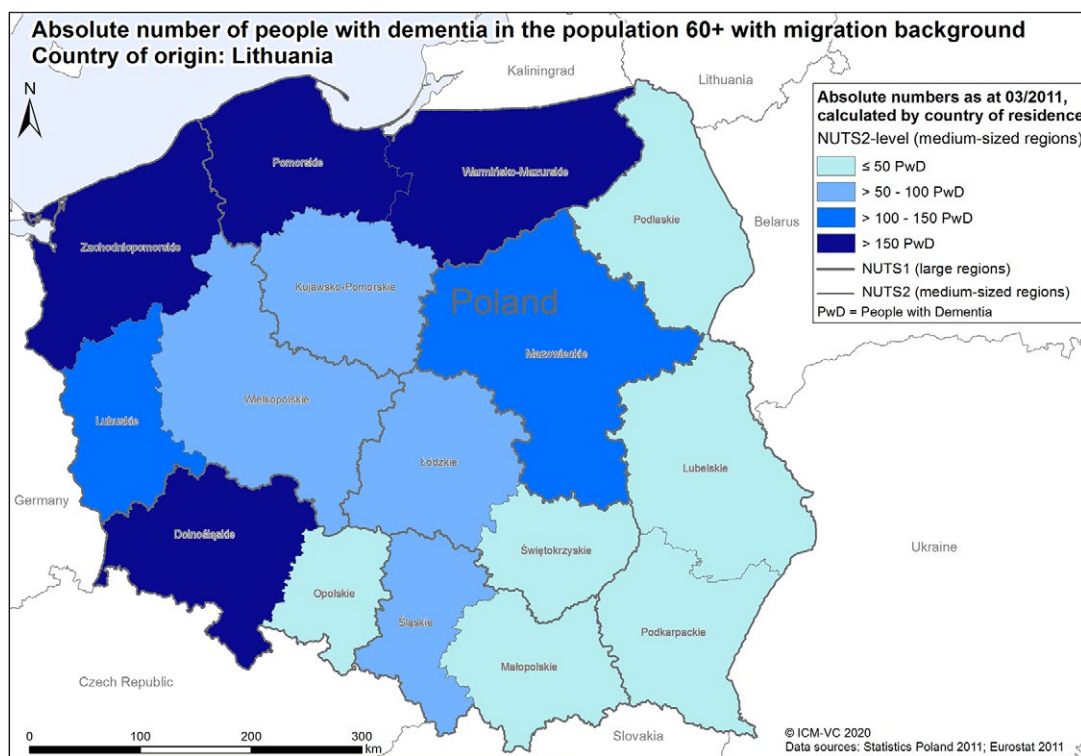


Fig. 3.7.24.6: Absolute number of PwM with dementia aged 60+. Country of origin: Lithuania (Poland – NUTS2)

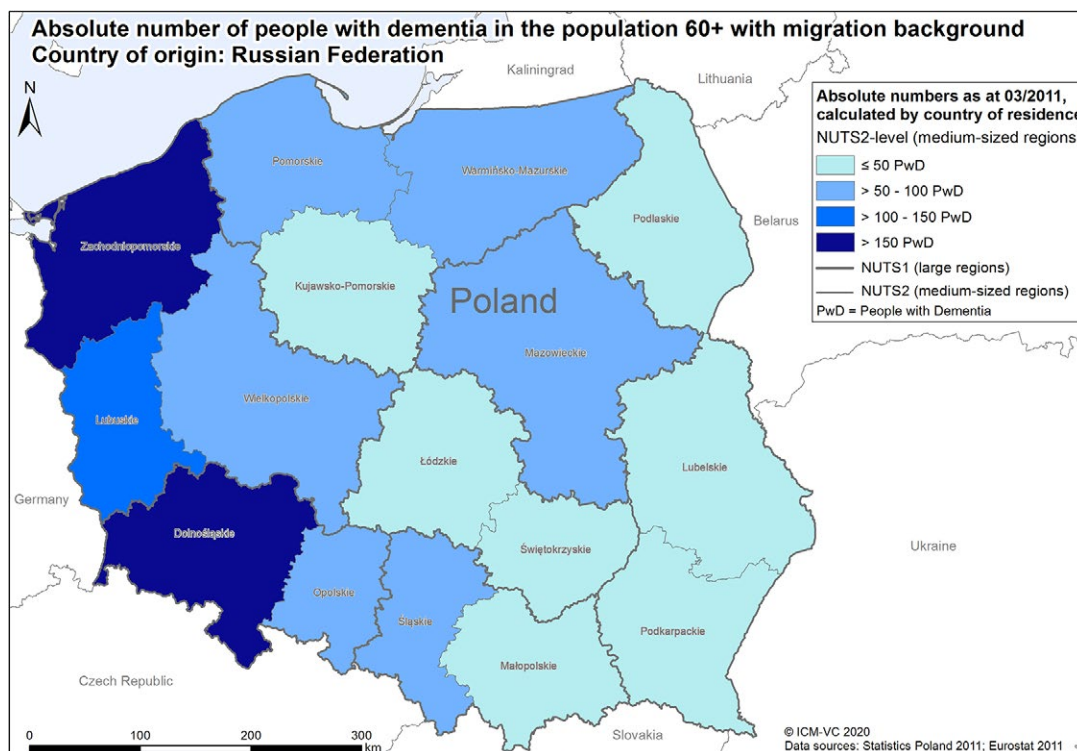


Fig. 3.7.24.7: Absolute number of PwM with dementia aged 60+. Country of origin: The Russian Federation (Poland – NUTS2)

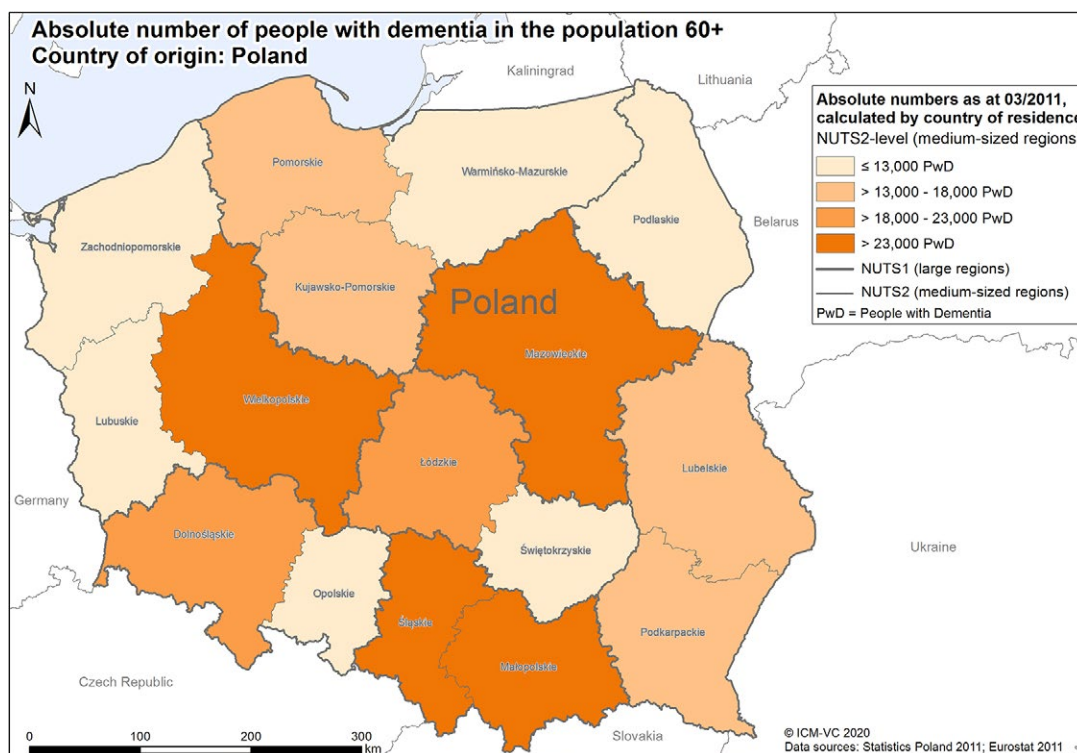


Fig. 3.7.24.8: Absolute number of people with dementia aged 60+. Country of origin: Poland (Poland – NUTS2)

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 3.7.24.9). The

second graph shows the number of PwM with dementia per 100,000 inhabitants aged 60 or older in the NUTS2 regions (Fig. 3.7.24.10). The values from the NUTS2 level can be found in Table 41 [7, 8].

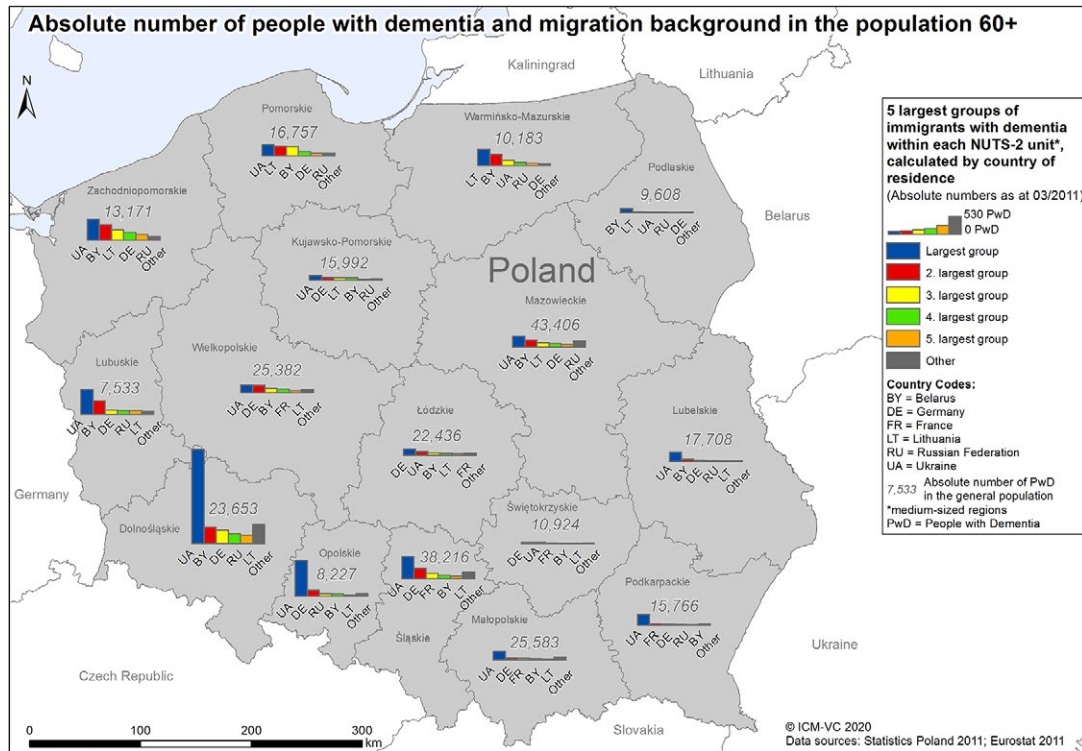


Fig. 3.7.24.9: Absolute number of PwM with dementia aged 60+ (Poland – NUTS2)

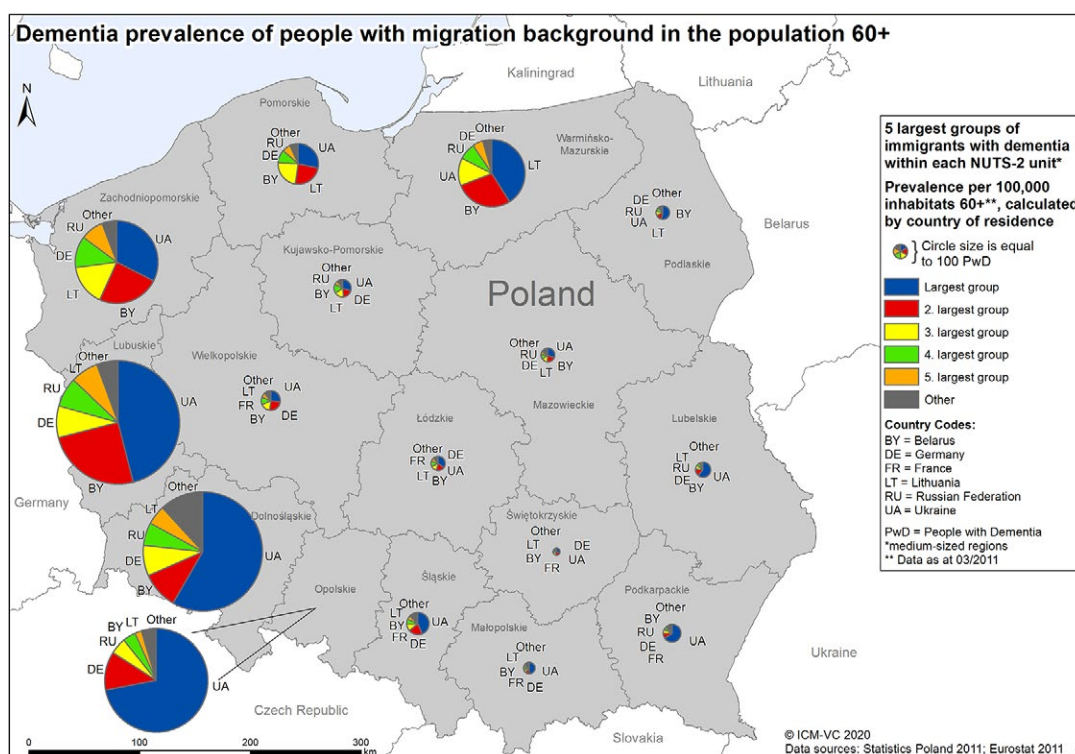


Fig. 3.7.24.10: Prevalence of PwM dementia among the population aged 60+ (Poland – NUTS2)

Tab. 41: PwM with dementia: Absolute numbers, prevalence among PwM aged 60+, and prevalence among overall population aged 60+ (Poland – NUTS 2)

NUTS	Total	PL	1. largest group	2. largest group	3. largest group	4. largest group	5. largest group	Other
Absolute Numbers								
Łódzkie	22,436	21,873	DE 195	UA 110	BY 74	LT 67	FR 50	68
Mazowieckie	43,406	42,380	UA 322	BY 205	LT 135	DE 106	RU 81	177
Małopolskie	25,583	25,071	UA 258	DE 55	FR 44	BY 38	LT 32	85
Śląskie	38,216	36,692	UA 662	DE 312	FR 159	BY 105	LT 83	203
Lubelskie	17,708	17,237	UA 287	BY 68	DE 42	RU 32	LT 18	24
Podkarpackie	15,766	15,282	UA 319	FR 44	DE 35	RU 25	BY 14	46
Świętokrzyskie	10,924	10,791	DE 42	UA 33	FR 17	BY 13	LT 8	20
Podlaskie	9,608	9,378	BY 124	LT 31	UA 23	RU 22	DE 10	20

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Wielkopolskie	25,382	24,530	UA 227	DE 221	BY 136	FR 106	LT 62	100
Zachodniopomorskie	13,171	11,262	UA 621	BY 462	LT 308	DE 233	RU 172	113
Lubuskie	7,533	5,905	UA 750	BY 408	DE 134	RU 125	LT 119	92
Dolnośląskie	23,653	18,778	UA 2,846	BY 492	DE 402	RU 304	LT 255	577
Opolskie	8,227	6,748	UA 1,065	DE 179	RU 77	BY 58	LT 31	69
Kujawsko-Pomorskie	15,992	15,515	UA 144	DE 90	LT 81	BY 81	RU 32	50
Warmińsko-Mazurskie	10,183	9,014	LT 479	BY 329	UA 157	RU 94	DE 60	51
Pomorskie	16,757	15,572	UA 334	LT 285	BY 279	DE 128	RU 80	79
Prevalence/10,000 inhabitants with migration background 60+								
Łódzkie	16,108	-	DE 140	UA 79	BY 53	LT 48	FR 36	49
Mazowieckie	17,370	-	UA 129	BY 82	LT 54	DE 42	RU 32	70
Małopolskie	20,355	-	UA 205	DE 44	FR 35	BY 30	LT 25	67
Śląskie	10,118	-	UA 175	DE 83	FR 42	BY 28	LT 22	53
Lubelskie	15,130	-	UA 245	BY 58	DE 36	RU 28	LT 16	20
Podkarpackie	13,211	-	UA 268	FR 37	DE 30	RU 21	BY 12	39
Świętokrzyskie	33,642	-	DE 128	UA 102	FR 52	BY 39	LT 25	61
Podlaskie	17,018	-	BY 219	LT 55	UA 40	RU 40	DE 17	36
Wielkopolskie	12,032	-	UA 108	DE 105	BY 64	FR 50	LT 29	47
Zachodniopomorskie	2,783	-	UA 131	BY 98	LT 65	DE 49	RU 36	24
Lubuskie	1,861	-	UA 185	BY 101	DE 33	RU 31	LT 29	22
Dolnośląskie	1,952	-	UA 235	BY 41	DE 33	RU 25	LT 21	47
Opolskie	2,240	-	UA 290	DE 49	RU 21	BY 16	LT 8	18
Kujawsko-Pomorskie	13,562	-	UA 122	DE 76	LT 68	BY 68	RU 27	43

Warmińsko-Mazurskie	3,524	-	LT 166	BY 114	UA 54	RU 32	DE 21	17
Pomorskie	5,721	-	UA 114	LT 97	BY 95	DE 44	RU 27	27
Prevalence/100,000 inhabitants 60+								
Łódzkie	4,000	3,900	DE 35	UA 20	BY 13	LT 12	FR 9	12
Mazowieckie	4,000	3,905	UA 30	BY 19	LT 12	DE 10	RU 7	16
Małopolskie	4,000	3,920	UA 40	DE 9	FR 7	BY 6	LT 5	13
Śląskie	4,000	3,841	UA 69	DE 33	FR 17	BY 11	LT 9	21
Lubelskie	4,000	3,894	UA 65	BY 15	DE 9	RU 7	LT 4	5
Podkarpackie	4,000	3,877	UA 81	FR 11	DE 9	RU 6	BY 4	12
Świętokrzyskie	4,000	3,952	DE 15	UA 12	FR 6	BY 5	LT 3	7
Podlaskie	4,000	3,904	BY 52	LT 13	UA 10	RU 9	DE 4	8
Wielkopolskie	4,000	3,866	UA 36	DE 35	BY 21	FR 17	LT 10	16
Zachodniopomorskie	4,000	3,420	UA 188	BY 140	LT 93	DE 71	RU 52	34
Lubuskie	4,000	3,136	UA 398	BY 217	DE 71	RU 66	LT 63	49
Dolnośląskie	4,000	3,175	UA 481	BY 83	DE 68	RU 51	LT 43	98
Opolskie	4,000	3,281	UA 518	DE 87	RU 37	BY 28	LT 15	34
Kujawsko-Pomorskie	4,000	3,881	UA 36	DE 22	LT 20	BY 20	RU 8	13
Warmińsko-Mazurskie	4,000	3,541	LT 188	BY 129	UA 62	RU 37	DE 23	20
Pomorskie	4,000	3,717	UA 80	LT 68	BY 67	DE 31	RU 19	19

Data source: Statistics Poland (2011)

3. National dementia plan

Poland does not have an NDP [9]. On request, the Polish Ministry of Health stated that they

intended to draw up a dementia plan by 2025 [10].

4. National dementia care and treatment guidelines

Currently, no publicly available and valid national guidelines on dementia care could be

identified for Poland [11].

5. Report on the situation of people with Alzheimer's disease

As no online accessible NDPs or care guidelines could be found at the time of the search, the 80-page report 'The Situation of People With Alzheimer's Disease in Poland' from 2016 that was identified in this search was screened for migration references. The individual chapters of this report contained sections titled: 'Can Poland Be a Dementia-Friendly Country?'; 'Aging of Society - Data, Demographic Prognoses, and Recommendations'; 'Epidemiology of

Alzheimer's Disease'; 'Disease Pattern'; 'Methods of Diagnosing Alzheimer's Disease and Other Dementias'; 'Organization of Care for Alzheimer's Patients in Poland'; 'Home Care'; 'Treatment Options for Alzheimer's Disease and Other Dementias'; and 'Role of Organisations Reuniting Families of Patients' did not give any indication of the situation of PWM with dementia in Poland [12].

6. References

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