



PRESS RELEASE

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emeis recently announced some fresh initiatives to mark the occasion of World Alzheimer's Day on 21 September:

- Free check-ups on 19 September in all *emeis* nursing homes for residents who wish to have their memory tested.
- Open days, workshops, and conferences organised in *emeis* nursing homes.

One of the major challenges of the 21st century, Alzheimer's disease affects 55 million people worldwide and nearly 1 million in France alone, including 225,000 newly diagnosed cases each year. Worldwide, between now and 2050, 139 million people will be affected by Alzheimer's disease or a related disorder. Beyond the medical issues, the affected people and their loved ones suffer a multitude of consequences as a result of this disease. In order to identify, diagnose, ward off symptoms, and support patients, residents, and caregivers, *emeis* is committed, both in patients' own homes and in nursing homes, through check-ups and day-hospitalisation, to providing a solution at every stage of the disease, and above all to meeting all the needs of the affected people.

This year, for the first time, all 229 *emeis* nursing homes in France will offer free check-ups on Thursday 19 September with a specialised psychologist or a doctor to review and evaluate the risk of the onset of the disease or vulnerability to it, and in many cases to rule out any warning signs.

Pierre Krolak-Salmon, Medical Director of *emeis*, explained: "The initiative aims to spread awareness of cognitive difficulties and to promote early identification, which is essential to ensuring patients' safety, establishing differential diagnoses, and slowing the progression of neurodegenerative disorders such as Alzheimer's disease and related illnesses. By making qualified professionals available, *emeis* is helping people of all ages better understand their cognitive health and detect warning signs of a disease at an early stage. The confidential results can be handed over and disclosed to the patient's referring doctor. In another initiative, on 21 September some *emeis* nursing homes will organise open days for patients' caregivers, loved ones, and families, as well as the general public to spread awareness and offer specific advice on supporting those affected by this disease. More than ever, the teams are getting involved and reasserting the Group's commitment to providing personalised care and support to each person in a vulnerable position."

To offer the best possible support to patients, residents, and their loved ones at each stage along their journey, *emeis* has adopted a holistic and personalised approach. The teams develop a care solution tailored to the environment and the health condition of the residents in order to maintain their contact with the outside world and their control over their own life. Therapeutic approaches play a role in slowing the progression of the disease, while giving due consideration to the patient's well-being and quality of life, whether by means of cognitive, social, or physical stimulation.

Once the disease has been identified—either in the patient's own home by one of the Group's many home-help agencies, diagnosed by one of our partner doctors, or following a Memory Check-Up—the affected patients may be offered a variety of solutions to care for their needs:

- **Secondary prevention measures** to slow the progression of the disease; physical activity, social stimulation, balanced nutrition, specialised therapies... In the patient's home or at reception days at nursing homes or day visits,
- **Short or longer stays** overseen by expert interdisciplinary teams, trained to deal with cognitive difficulties, organised in units adapted to provide long-term care requirements, with additional safety monitoring in some cases (12-16 bed capacity).

Therapeutic approaches based on two mainstays:

- **The social aspect:** the teams develop projects to maintain the resident's active role in their own life. Interdisciplinary approaches such as memory-stimulation therapy can be used to establish landmarks known to the patients or residents based on an environment that reminds them of their former profession or living environment. Exercises that help patients and residents maintain a social role within the facility by increasing their interactions with others.
- **Well-being:** Food, physical activity, sleep, tactile communication through massages, music, reading, images, contact with animals, and psychomotor therapy are particularly effective. Our facilities also offer travel-based therapy: patients and residents can travel to another one of the Group's facilities and receive the same level of oversight and care provision, either in France or in another country. For more advanced cases, some facilities have developed a train journey simulator, in partnership with the University of Amiens. The simulated train carriage accommodates the patient or resident and lets them watch the passing scenery through the window, giving them a sense of well-being and peacefulness.

Delve into the Group's expertise and practical advice on the *emeis* website dedicated to Alzheimer's disease:

<https://www.emeis-alzheimer.com/>

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About *emeis*

With nearly 78,000 experts and professionals in healthcare, care, and supporting the most vulnerable among us, *emeis* operates in about 20 countries with five core activities: psychiatric clinics, medical care and rehabilitation clinics, nursing homes, home care services, and assisted-living facilities.

Every year, *emeis* welcomes nearly 283,000 residents, patients, and other beneficiaries. *emeis* is committed to taking on one of the major challenges facing our societies today, i.e. the increase in the number of people in a vulnerable position as a result of accidents, old age, or mental illness.

emeis is 50.2 % owned by Caisse des Dépôts, CNP Assurances, MAIF, and MACSF Epargne Retraite. It is listed on the Euronext Paris stock exchange (ISIN: FR001400NLM4) and a member of the SBF 120 and CAC Mid 60 indices.

Website: www.emeis.com

