

Greece

Research conducted in 01/12/2025

Greece has been working extensively on developing a comprehensive national dementia management system — taking a strategic approach through its National Action Plan for Dementia — Alzheimer's Disease and providing extensive support to non-governmental associations dealing with dementia. Greece features a strong network of dementia daycare centres, which has been expanding into more rural areas as well, and has been making strides in developing palliative care services for people living with dementia. Not only have treatment and care facilities become more comprehensive, but through its National Action Plan for Dementia, Greece is also planning on developing a national dementia registry and expanding dementia research initiatives.

Highlights

Health system **Universal, Mixed Funding (Mixed Provision)**

ADI member association(s): **Panhellenic Federation of Alzheimer's Disease and Related Disorders**

National dementia plan: **National Action Plan for Dementia — Alzheimer's Disease (2015 to 2020)**

Dementia plan funding: **Funded plan**

Dementia prevalence rate: **2,360.80**

Dementia incidence rate: **412.1**

Population: **9895273**

Median age: **47**

Health expenditure (% of GDP): **9**

Diagnosis

Greece faces a growing dementia challenge, with nearly 200,000 people affected and 400,000 caregivers, driven by an aging population. Early detection typically begins with primary care, but most diagnoses occur in 22 memory clinics via neurologists and specialist teams, using cognitive tests such as the MMSE, MoCA, 5 Objects Test, and QMCI-GR. GAARDR is promoting digital screening tools for older adults. Diagnostic imaging including MRI, CT, and PET, is widely available, primarily in the private sector, while public hospitals often have limited or outdated equipment. Advanced biomarker testing, CSF analysis, and APOE genotyping are increasingly offered privately and in select research hospitals. Public healthcare provides universal coverage, with consultations largely free, but imaging, biomarker tests, and APOE analysis often require co-payments, particularly for services not fully covered, such as genetic testing. Wait times remain long, especially in rural areas.

Diagnosis pathway

Greece has nearly 200,000 people living with dementia and around 400,000 caregivers, with numbers expected to rise due to the country's rapidly ageing population, making dementia a critical medical, societal, and economic challenge. Early detection is essential. Typically, initial concerns about memory or cognitive decline are addressed by primary care physicians, who perform brief screenings, review medical history, and rule out other conditions. In practice, most diagnoses are made by neurologists or specialist teams at one of 22 memory clinics, using cognitive tests like the MMSE and MoCA. Many patients self-refer to specialists, lengthening wait times. Diagnostic imaging, including MRI, EEG, and ERP, is commonly used, though sometimes unnecessarily. Advanced biomarker testing, CSF analysis, and genetic testing are increasingly available in private and research settings.

According to the Greek Ministry of Health, there are almost 200 thousand people living with dementia in Greece and 400 thousand care partners looking after them. Considering that the Greek population is rapidly ageing — Greece already boasts one of the oldest societies in Europe — these numbers are likely to increase dramatically in the years to come, making dementia one of the most crucial medical, societal and economic challenges in Greece. Early detection efforts are of crucial importance to dementia management in Greece.

When an individual or their family have concerns about memory loss or cognitive decline, their first contact with healthcare professionals is usually through a primary care physician. In this step, primary care physicians usually conduct a brief cognitive screening, review patients' medical history, and conduct a physical examination to rule out other conditions. In Greece, general practitioners (GPs) are also allowed to diagnose dementia, despite not having specialist training. In practice, however, this rarely happens.

Dementia diagnosis in Greece is usually carried out by neurologists, or a wider team of specialists — within one of 22 specialised memory clinics throughout Greece. The usual diagnostic procedure includes a medical examination and cognitive assessment using tests such as the Mini-Mental State Examination (MMSE) and the Montreal Cognitive Assessment (MoCA). Many Greeks tend to circumvent primary care physicians, self-referring themselves to different specialists in accordance with their perceived need⁴. This further compounds waiting times, denting the overall efficiency of the system.

Diagnostic imaging is also commonly used in diagnosing dementia in Greece — with additional investigations such as magnetic resonance imaging (MRI), electroencephalography (EEG) and the measurement of event-related potentials (ERP) being common when there is a lack of clarity to the clinical picture. However, studies have shown that many scans in Greece are conducted without medical justification⁵, unnecessarily burdening the Greek healthcare system.

The use of advanced biomarkers is an evolving field in Greece, with cerebrospinal fluid (CSF) analysis for protein biomarkers — such as amyloid- β and phosphorylated tau (p-tau) — becoming increasingly available in clinical settings in Greece, primarily within private hospitals. In addition, CSF analysis is commonly used in research related to Alzheimer's disease, with a number of local studies published. Genetic testing — such as apolipoprotein E (APOE) genotype investigation — is also becoming increasingly available in Greek clinical settings, while also being a common feature of dementia-related studies conducted in Greece.

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Wait times

Status: Long wait time

In Greece, public healthcare faces long waits and high physician workloads, compounded by a low ratio of general practitioners, 45.8 per 100,000 people. Many patients bypass GPs, self-referring to specialists, despite only 9.5 neurologists per 100,000, leading to months-long delays, especially for rural residents. Diagnostic imaging is widely available privately but overprescribed publicly, while CSF analysis and APOE genotyping remain elective and mostly private, offering faster but more expensive access.

In the Greek public healthcare sector, waiting times are often long and physicians tend to face high workloads. Despite boasting a strong tradition of family medicine, Greece is known for having a low GPs' per capita ratio, standing at 45.8 per 100 thousand inhabitants², 1. Thus, Greeks tend to circumvent GPs, instead referring themselves directly to specialists in accordance with their perceived need¹⁷. While Greece has about 9.5 neurologists per capita², people often have to wait months for specialist appointments. These waits also tend to be longer for residents from rural areas, who often have to travel to cities in order to access a specialist². The prevalence of diagnostic imaging facilities in Greece is high in the private sector, as a consequence of the absence of a coherent strategy for introducing biomedical equipment by the public sector³. In addition, imaging tests tend to be overprescribed in the Greek public healthcare system⁴, inducing unnecessarily long waits for those needing them. Other procedures — such as CSF analysis or APOE genotype investigation — are considered to be elective procedures, being largely concentrated in the private sector. Therefore, waiting times are generally not long. The private healthcare sector offers facilitated access to diagnostic procedures for dementia — but usually at a higher cost².

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Diagnosis cost

Status: Fully covered

Citizens and residents have universal coverage through public hospitals, health centres, and EOPYY-contracted private providers. While consultations are generally free, imaging, CSF analysis, and APOE testing often require co-payments, with APOE tests fully paid by patients.

Citizens and residents are covered in both public hospitals and health centres, as well as in private providers contracted by the National Organisation for the Provision of Health Services (EOPYY)². While access is universal, challenges like long waiting times, particularly outside major cities, can occur. Consultations with primary care physicians and specialists tend to be free — but some procedures such as MRI, CT and PET scans require a person contribution — usually around 25% of the cost²⁸. The same goes for CSF analysis — for which a co-payment is expected¹. When it comes to APOE testing, it is not covered by national health insurance, meaning that the entire cost is borne by the people.

References

- http://uoa.campaign.com.gr/pages/uoakiosk/en/check_cost.php

Cognitive tests

Status: Available

Cognitive screening in Greece includes the MMSE, MoCA, 5 Objects Test, and QMCI-GR, among others. GAADR is also promoting digital tools tailored for the Greek elderly to enhance diagnostic workflows.

References

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- <https://www.scopus.com/pages/publications/1642487623>

Imaging tests

Status: Commonly used.

Greece has substantial diagnostic imaging capacity, including MRI, CT, and PET units, mostly in the private sector. Public hospitals often have limited, outdated equipment. Historically, weak regulation encouraged overuse, but recent measures now aim to reduce costs and monitor overprescription in the public health system.

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<https://pmc.ncbi.nlm.nih.gov/articles/PMC2880756/>

Genetic tests

Private laboratories in urban Greece increasingly offer APOE genotype testing, primarily in Athens and Thessaloniki. Availability in the public sector is limited, usually restricted to major research hospitals like Attikon University and Aiginiteio University Hospital.

References

- <https://www.gfh.gr/en/diagnostics-bioanalysis>

Biomarker tests

Status: Used in specific cases

Advanced biomarker testing is increasingly available in Greek clinical settings, primarily on request and within private institutions. CSF analysis for amyloid- β and phosphorylated tau is used in research and offered at specialized public hospitals like Aiginiteio University Hospital.

References

- https://eginitio-en.uoa.gr/1st_department_of_neurology/units/neurochemistry_biomarkers_unit

Treatment & care

Greece delivers dementia care primarily through 22 memory clinics staffed by multidisciplinary teams, complemented by leading hospitals in Athens and Thessaloniki, private facilities, and NGOs like Alzheimer Athens. Treatment combines pharmacological therapies—donepezil, rivastigmine, galantamine, and memantine, reimbursed 75-90%, with non-pharmacological approaches such as cognitive training, art therapy, reminiscence therapy, and physiotherapy. Palliative care includes 18 hospices, daycare centers, home care teams, and three EU-funded end-of-life homes. Despite these resources, over 90% of people with dementia live at home, relying on family caregivers. Support services include weekly and online GAARDR groups, though financial strain and practical or legal guidance remain key challenges. The National Action Plan for Dementia and EU-funded investments aim to expand specialized care, daycare, residential, and mental health facilities, improving access, quality, and equity of services.

Specialized facilities and services

Dementia care in Greece is primarily delivered through 22 memory clinics, staffed by multidisciplinary teams including neurologists, geriatricians, nurses, psychologists, counsellors, and social workers. Treatment combines pharmacological and non-pharmacological approaches whenever possible. Leading institutions include Aiginiteio and Attikon University Hospitals in Athens, and George Papanikolaou and AHEPA University Hospitals in Thessaloniki, alongside private hospitals such as Hygeia. Palliative care is well-established, with 18 hospices, 13 daycare centres, short-term inpatient units, home care teams, and three EU-funded end-of-life care homes created in 2022. NGOs such as Alzheimer Athens also provide daycare and home care with multidisciplinary teams. Despite these resources, over 95% of people with dementia rely on family caregivers at home, reflecting the central role of informal care within Greek society. The National Action Plan for Dementia aims to expand specialized and end-of-life services, integrating government and EU funding to improve access and quality of care.

Dementia treatment and care is largely carried out by comprehensive teams situated within one of 22 existing memory clinics in Greece¹⁶. Within the memory clinics, patients have access to neurological and geriatric specialists, nurses, psychologists, counsellors and social workers. In Greece, a variety of pharmacological and non-pharmacological treatments are available for people living with dementia. Whenever possible, combined pharmacological and non-pharmacological treatment is provided for improved outcomes¹⁶. Some of the most prominent hospitals catering to people living with dementia include:

- (1) Aiginiteio University Hospital is the teaching hospital of the National and Kapodistrian University of Athens (NKUA). Its Cognitive Disorders Clinic operates under the auspices of the 1st Department of Neurology — the largest and most acclaimed neurological department in Greece.
- (2) Attikon General University Hospital is another teaching hospital of the National and Kapodistrian University of Athens (NKUA) — located in Chalandri. It hosts Specialised Outpatient Clinics — affiliated with the 2nd Department of Neurology — another neurological research department of the NKUA.
- (3) George Papanikolaou General Hospital is one of the oldest Greek hospitals — located in Thessaloniki — was the

first institution to offer specialised dementia treatment and care in northern Greece. It did so through its Outpatient Memory and Dementia Clinic — affiliated with the 3rd Department of Neurology, Aristotle University of Thessaloniki (AUTH).

(4) “AHEPA” University Hospital is a major teaching hospital in Thessaloniki. Its Outpatient Memory and Dementia Clinic — affiliated with the 1st Department of Neurology at the Aristotle University of Thessaloniki (AUTH) — is considered one of the top institutions for dementia treatment and care in the Thessaloniki area.

Private hospitals also offer specialised dementia treatment and care services — such as the Hygeia Hospital in Athens.

Palliative care is quite developed in Greece, including for people living with dementia. In the field of mental health, and particularly in the care of people living with dementia and Alzheimer’s disease, many structures and programs have been established which are financially supported by the government and regulated by the Law on Mental Health Care. These people, along with others living with several psychiatric disorders, are cared for throughout the country in 18 hospices, 1 short-term inpatient unit, 13 daycare centres, and at home through the support of two home care teams. As part of the National Action Plan for Dementia, three end of life care homes were created in 2022 for people living at the final stage of Alzheimer’s disease. Overall, the three end of life care homes have 75 beds, and they are currently funded by the European Union. Eventually, the plan is for those services to be funded by the Greek government.

In addition, non-governmental organisations (NGOs) specialising in supporting people living with dementia provide certain palliative care and long-term care services to those affiliated with them — running daycare centres and home care programmes which involve multidisciplinary teams⁴⁵. Alzheimer Athens operates nine day care centres, and their teams of professionals include doctors, psychologists, logo therapists, social workers, physiotherapists and volunteers etc.

That being said, over 95% of people living with dementia in Greece receive care at home from family members.

Approved medication

Generic Name

Donepezil;Official National Product Information;

https://www.hma.eu/fileadmin/dateien/Human_Medicines/CMD_h_/Pharmacovigilance_Legislation/RMPs/HaRP_ARs/Donepezil_2019_06_06.pdf

Rivastigmine;Official National Product Information; [https://www.ema.europa.eu/en/medicines/human/EPAR/exelon](https://www.ema.europa.eu/en/medicines/human/EPAR/exelon/exelon.htm)

Galantamine; Official National Product Information; <https://ec.europa.eu/health/documents/community-register/html/ho17801.htm>

Memantine; Official National Product Information; <https://www.ema.europa.eu/en/medicines/human/EPAR/ebixa>

Lecanemab; Official National Product Information; <https://www.ema.europa.eu/en/medicines/human/EPAR/leqembi>

Donanemab; Official National Product Information; <https://www.ema.europa.eu/en/medicines/human/EPAR/kisunla>

*Namzaric = combination of Donepezil and Memantine

** MHRA: Medicines and Healthcare products Regulatory Agency - UK medicines regulator;

SPC: Summary of Product Characteristics - detailed product information

Treatment cost

Greece provides broad access to dementia treatment, with donepezil, rivastigmine, galantamine, and memantine reimbursed 75-90%, making pharmacological care affordable. Non-profit organizations under the Panhellenic Federation of Alzheimer's Disease and Related Dementias offer non-pharmacological therapies, including cognitive training, neurorehabilitation, art therapy, reminiscence therapy, physiotherapy, and exercise programs. Despite these services, around 90% of people with dementia live at home, cared for by family. Recent EU-funded investments have expanded residential care homes, daycare centres, and 106 mental health facilities, though long-term care beds remain limited and allocated to the most vulnerable.

All three second generation cholinesterase inhibitors donepezil, rivastigmine, and galantamine, as well as the NDMA receptor antagonist memantine, are available in Greece, with reimbursement covering 75% to 90% of their costs through the public healthcare system — meaning that treating Alzheimer's disease via pharmacological means is affordable for most people in Greece.

Various non-profit organisations — mostly under the umbrella of the Panhellenic Federation of Alzheimer's Disease and Related Dementias (PFADRD) — also offer non-pharmacological treatment of dementia within its daycare centres¹⁶. Complex cognitive exercises, including computerised cognitive training, are available to people living with mild cognitive impairments. People living with mild dementia can participate in cognitive neurorehabilitation programmes focusing mainly on attention and executive function. People living with moderate dementia can participate in art therapy programs which focus on emotional expression. Reminiscence therapy, offered in a group setting, is available to people with moderate and severe dementia, with the aim of improving emotional well-being and social interaction. Physical exercise and physiotherapy programmes are available to all people living with dementia, aimed at improving physical fitness and reducing the risk of falls. Most of these services are available for free.

In Greece, about 90% of people living with dementia live at home, receiving care primarily from family members, typically one or two carers. Recently, Greece has significantly invested in treatment and care facilities for people living with dementia — notably establishing residential care homes for advanced dementia and daycare centres. These facilities were funded from the EU Recovery and Resilience Fund, which is also supporting the creation of 106 new mental health facilities. However, the number of available beds within long-term care facilities is limited, and they are allocated based on strict socio-economic criteria, prioritizing the most vulnerable people.

References

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Caregiver support

Caregivers in Greece can access weekly support groups, with GAARDR offering online evening sessions. While most report satisfaction with services, financial strain and the need for practical and legal guidance remain significant challenges.

Weekly carer support groups are available across Greece. The Greek Association of Alzheimer's Disease and Related Disorders (GAARDR) also provides online evening support groups for carers who are unable to participate in face to face meetings.

In a study evaluating the needs of carers in Greece, a majority of participants reported neither difficulties nor complaints regarding the existing medical and social services they took advantage of⁴. However, financial problems and lack of allowances were crucial issues for most of them. Moreover, caregivers needed more support in caring and especially in everyday practical and legal issues.

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- [https://www.researchgate.net/publication/276918825 Evaluating the Needs of Dementia Patients' Caregivers in Greece A Questionnaire Surv](https://www.researchgate.net/publication/276918825_Evaluating_the_Needs_of_Dementia_Patients'_Caregivers_in_Greece_A_Questionnaire_Surv)

Policy

Greece's 2015-2020 National Action Plan for Dementia aimed to improve awareness, early diagnosis, equitable care, and caregiver support, establishing a dementia registry, enhancing public education, integrating social and medical services, reinforcing professional training, advancing research, and creating protective legislation. Despite parliamentary endorsement, implementation was limited. A new 2023-2028 plan preserves the same seven axes, though no official text or updates exist. Legal guardianship restrictions and persistent stigma continue to hinder help-seeking, reinforce dependency perceptions, and sustain negative societal attitudes toward people with dementia.

National dementia plan

Greece's National Action Plan for Dementia 2015-2020, launched in September 2014, sought to raise public awareness, encourage early diagnosis, guarantee equitable access to care, and provide support for individuals with dementia and their caregivers. Key actions included establishing a national dementia registry, enhancing public awareness to reduce stigma, improving prevention and treatment, supporting families, integrating social and medical care, reinforcing healthcare professional training, advancing research and innovative technologies, and creating protective legislation. The plan was organized into seven axes covering registration, prevention, caregiver support, treatment, legal protection, research, and education. Although endorsed by the Hellenic Parliament, implementation was limited. An independent National Observatory for Dementia and Alzheimer's Disease was envisioned to oversee strategy implementation, guide legislation and policy, coordinate public and NGO services, and promote research and educational initiatives nationwide.

In September 2014, the Greek National Action Plan for Dementia — Alzheimer's Disease (2015 to 2020) was released¹. Key priorities of the strategy are to raise public awareness, equal access for all to diagnosis and treatment, promote early diagnosis and intervention and create support services towards ameliorating the quality of life of people living with dementia and their care partners. The National Action Plan for Dementia defined the following set of actions:

- (1) Establishing a national dementia registry to design policies and improve care for people living with dementia in the country
- (2) Improving public awareness and engagement — reducing stigma
- (3) Improving prevention, early diagnosis and effective treatment
- (4) Creating services for carers and families in all parts of Greece
- (5) Enhancing residential and institutional care, as well as care at home
- (6) Effectively integrating care pathways and promoting coordination of social and medical care
- (7) Reinforce education and training for healthcare professionals
- (8) Establishing research programs that embrace innovative technologies
- (9) Creating legislation to support patients' needs and rights
- (10) Effective implementation — monitoring progress

The National Action Plan for Dementia was divided into 7 axes — (1) registration and classification of people living

with dementia in Greece, (2) prevention through creating public awareness, (3) supporting carers, (4) treatment of dementia, (5) designing legislation protecting the rights of people living with dementia and their care partners, (6) research on dementia, (7) education on dementia.

While the Vouli (Hellenic Parliament) enacted a law, supported by the entire Greek political spectrum, to ensure the implementation of the strategy, implementation of the National Action Plan for Dementia was lax, in practice. The same law envisioned the establishment of an independent public institution — the National Observatory for Dementia and Alzheimer's Disease — which is meant to oversee national dementia prevention efforts² and fulfill the following objectives.

- (1) Ensure the implementation and subsequent updates of the National Dementia Strategy.
- (2) Provide official guidance to the Vouli, the Ministry of Health and other public authorities on legislative and policy measures related to dementia.
- (3) Coordinate and promote the work of public and non-governmental agents and associations, in order to ensure efficient services to people living with dementia and their care partners.
- (4) Provide specific guidance for organizing and promoting the national policy in research and education.

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Upcoming plans

In October 2023, Greece presented a new Action Plan for Dementia and Alzheimer's Disease (2023-2028), maintaining the previous plan's seven axes, though no official text or implementation updates have been published.

In late October 2023, a new Greek Action Plan for Dementia and Alzheimer's Disease (2023 to 2028) was presented¹. The plan means to serve as a roadmap outlining specific, consistent and systematic action to be taken by Greek authorities. As noted by experts, this is not the first national plan for dementia.

This new dementia plan revolves around the same 7 axes as the old one. Moreover, since being announced — no text of the plan was ever published, nor was its implementation reported on by any relevant media outlet.

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Policy gaps

Legal barriers

Greek civil law permits courts to impose partial or full guardianship on adults with cognitive impairments, limiting legal capacity and potentially reinforcing perceptions of incapacity and dependency.

Greek civil law allows courts to place adults living with significant cognitive or mental disorders under guardianship

(either partial “assistive” or full “privative” forms), restricting legal capacity for financial and personal decisions once cognitive impairment is established. Such measures, while designed to protect, can also institutionalize perceptions of incompetence and dependency among people living with Alzheimer’s disease, reinforcing societal ideas that they are unable to contribute to legal or economic life

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Cultural barriers

Alzheimer’s stigma in Greece remains strong, driven by limited public understanding, misconceptions equating dementia with decline, and societal denial, all of which hinder help-seeking and reinforce negative stereotypes.

Stigma around Alzheimer’s disease and other dementias in Greece persists partly due to limited public understanding of the disease and entrenched views that equate dementia with irreversible decline and social load. Public health documents and reports on national dementia planning in Greece identify stigma, denial, and lack of awareness as pervasive barriers to care and early diagnosis, indicating that societal misconceptions discourage help-seeking and reinforce negative stereotypes about cognitive impairment.

Research

Greek researchers are advancing Alzheimer's research through neurogenic TrkB compounds, synthetic neurotrophin agonists, and hiPSC/organoid models. HELIAD studies reveal typical dementia incidence but low APOE-ε4 frequency, while GINGER trials target early prevention with multi-domain lifestyle, cognitive, and health interventions.

Selected academic institutions

National and Kapodistrian University of Athens (1st and 2nd Department of Neurology) Aristotle University of Thessaloniki (1st and 3rd Department of Neurology) Democritus University of Thrace (School of Medicine, University Neurological Clinic) University of West Attica Foundation for Research and Technology — Hellas (FORTH)

Clinical trials and registries

As a member state of the European Union, Greece's clinical trial authorisation and public transparency are managed through the centralised European system.

The Ethnikos Organismos Farmakon (EOF) is the Greek national regulatory body responsible for approving and overseeing the safety of all clinical trials in the country.

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- <https://www.eof.gr/en/>

Selected innovative methods

Researchers in Greece, notably at the University of Crete and IMBB-FORTH, are advancing Alzheimer's disease research through multiple approaches. Novel neurogenic compounds activating the TrkB receptor stimulate neural proliferation and protect against amyloid-β toxicity, suggesting disease-modifying potential. Synthetic small-molecule neurotrophin receptor agonists show neuroprotective effects in animal models. HiPSC and organoid systems are being established to study neuroinflammation, Alzheimer's mechanisms, and support drug screening. Epidemiological studies through HELIAD indicate dementia incidence in older Greeks aligns with Europe and North America, while APOE-ε4 allele frequency is unusually low, highlighting genetic and ethnic influences. Early prevention trials, including the GINGER program, target subjective cognitive decline with lifestyle, cognitive, and health interventions, reflecting Greece's growing focus on translational research and multi-domain dementia prevention.

Researchers from the University of Crete and IMBB-FORTH studied a new neurogenic compound that activates the TrkB neurotrophin receptor and tested it in mouse and human stem-cell models of Alzheimer's disease.¹ They found that this compound can stimulate neural cell proliferation and protect against amyloid- β toxicity, suggesting potential disease-modifying therapeutic effects rather than just symptomatic relief.

Researchers at IMBB-FORTH and the University of Crete are also developing synthetic small molecules that act as neurotrophin receptor agonists with neuroprotective and neurogenic properties. These compounds aim to mimic the action of natural neurotrophic factors — which support neuron survival and regeneration — and have shown promise in animal models of neurodegenerative disorders.

As part of national research infrastructure efforts, the University of Crete and IMBB-FORTH are developing facilities for human induced pluripotent stem cells (hiPSCs) and organoid models. These systems are being set up to model neuroinflammatory processes and Alzheimer's disease mechanisms in a human-relevant context and to support drug screening and translational research.

Institutions including the University of Crete, IMBB-FORTH, Ionian University, and international collaborators have announced translational research strategies to bridge laboratory findings with clinical applications in dementia and Alzheimer's disease. These initiatives aim to foster bioinformatics, electrophysiology, and therapeutic pipeline development.

In a study which formed part of the Hellenic Epidemiological Longitudinal Investigation of Aging and Diet (HELIAD), researchers found that the incidence rate of dementia in people 65 years and above in Greece is generally consistent with recently published rates in Europe and North America.

Researchers from institutions in southern Greece examined APOE isoform distribution in individuals living with mild cognitive impairment compared with healthy controls.³ The study found that the APOE- ϵ 4 allele — strongly associated with Alzheimer's disease — was among the lowest frequencies reported globally, and lower than previously reported in other Greek regions. These findings support the hypothesis that ethnicity, genetic background, and latitude may influence Alzheimer's disease risk and prevalence.

Researchers from Greek academic and geriatric research institutions conducted a pilot phase of the GINGER program, a multi-domain intervention targeting individuals living with subjective cognitive decline.⁴ The study aimed to evaluate the feasibility of a 6-month, multi-level dementia risk-reduction intervention, which included lifestyle, cognitive, and health-related components. The initiative focuses on early prevention strategies before the onset of mild cognitive impairment or dementia, aligning with international multi domain prevention models.

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- <https://fbhi.se/network-project/ginger/>

Support

Greece has a robust network of non-governmental organizations supporting people living with dementia, their families, and caregivers. The PFADRDR unites 39 associations, advocating for rights, promoting research, and providing education, training, and public awareness campaigns. Alzheimer Hellas operates daycare and palliative care centres for 8,500 beneficiaries, while Alzheimer Athens runs daycare centres, mobile units, a memory clinic, and a home care service offering cognitive, physical, art, and reminiscence therapies, alongside caregiver psychiatric support and a national helpline. Local organizations in Patras, Heraklion, and Chania deliver similar services, and foundations including Bodossaki, John S. Latsis, TIMA, and Stavros Niarchos fund initiatives for healthy ageing and community-based dementia care. These organizations actively engage traditional and digital media, including TV programs, radio shows, seminars, and online videos, to raise awareness and educate the public.

Organizations are listed for informational purposes based on publicly available sources. Inclusion does not necessarily indicate affiliation with or endorsement by Alzheimer's Disease International (ADI).

Selected national associations, patient family associations, NGOs:

[Panhellenic Federation of Alzheimer's Disease and Related Disorders \(PFADRDR\) — member of Alzheimer's Disease International \(ADI\)](#) [Greek Association of Alzheimer's Disease and Related Disorders \(GAADRDR\) — also known as Alzheimer Hellas](#) [Alzheimer Athens](#) [Non-Profit Association for the Assistance and Care of the Elderly & Disabled — FRONTIZO — Patras](#) [Heraklion Solidarity Society for Alzheimer's Disease and Healthy Aging](#) [Alzheimer's Disease Day Center of Chania](#) [Greek Patients Association](#) [Panhellenic Association of Families for Mental Health](#)

Selected initiatives

PFADRDR serves as the umbrella organization for 39 associations supporting people with dementia, their families, and caregivers across Greece. Founded in Thessaloniki by medical professionals, PFADRDR advocates for patients' rights, promotes research, and supports education and training for healthcare providers and caregivers. Its core activities include educational events, resource provision, periodical publications, seminars, webinars, and workshops. The federation hosts a biennial Panhellenic Conference and a “train the trainers” program, and organizes public awareness initiatives, memorial walks, and lectures during World Alzheimer's Month.

Alzheimer Hellas operates three daycare centres and a palliative care centre, providing free diagnosis, medical monitoring, and non-pharmacological interventions to approximately 8,500 beneficiaries. Alzheimer Athens runs nine daycare centres, four mobile units, one home care service, and a memory clinic, offering cognitive, physical, art, speech, occupational, and reminiscence therapies. Caregivers receive psychiatric support, and a Greek Helpline for Dementia provides guidance staffed by specialists.

Other local organizations deliver daycare, mobile, and home services in urban centres such as Patras, Heraklion, and Chania, while the Panhellenic Association of Families for Mental Health supports families, offers day centres, hostels, educational events, and reduces stigma. Foundations including Bodossaki, John S. Latsis, TIMA, and Stavros Niarchos support initiatives targeting healthy ageing and community-based dementia care, collectively enhancing quality of life for older adults across Greece.

The Panhellenic Federation of Alzheimer's Disease and Related Disorders (PFADRD)

The Panhellenic Federation of Alzheimer's Disease and Related Disorders (PFADRD) is the umbrella organisation for 39 associations supporting people living with dementia, their families and caregivers across Greece — advocating for their rights and supporting the establishment of a comprehensive dementia management system in Greece. Based in Thessaloniki, the PFADRD was launched by medical professionals — working on promoting research, education and training for all stakeholders in dementia management, the provision of useful information and advice on dementia problems and preventing the marginalisation of people living with dementia. Its core activities include (1) educational events, (2) resource provision (e. g. fact-sheets, reading materials), (3) periodical publications and (4) the organisation of seminars, webinars and workshops⁷⁴. The federation hosts a Panhellenic Conference every 2 years, as well as a “train the trainers” program for healthcare professionals and carers. During World Alzheimer's Month, the PFADRD organizes a number of public lectures on Alzheimer's disease and related dementias, memorial walks and public awareness campaigns.

Alzheimer Hellas Daycare Centers

Alzheimer Hellas aims to create structures, services, and conditions that improve the quality of life for people living with dementia, as well as their caregivers. Most notably, Alzheimer Hellas has been operating three daycare centres for people living with dementia — two in Thessaloniki and one in Katerini — as well as the Palliative Care Center “Panagia Glykofilousa” — specialising in caring for terminally ill people living with dementia, the first of its kind in Greece. The daycare centres also feature a department dedicated to supporting care partners of people living with dementia, as well as a home care team — which provides free diagnosis, medical monitoring and specialised non-pharmaceutical interventions for people living with dementia. There are approximately 8,500 beneficiaries of the daycare centres, who make 161,000 visits per year. Alzheimer Hellas has been maintaining a database on centre beneficiaries, containing medical and other characteristics from around 25,000 of them. Alzheimer Hellas also has a strong presence in the media with a regular weekly informational program on DION TV, where experienced healthcare professionals inform the public about this challenging disease.

Alzheimer Athens is a non-profit organisation founded by people living with dementia, their relatives and health care professionals interested in Alzheimer's disease. It aims to raise awareness of all forms of dementia and improve the quality of life of people living with dementia and their families. Currently Alzheimer Athens numbers 5500 official members, has a staff of 130 health professionals and 150 active volunteers and is run by a 7-member elected board. Most notably, Alzheimer Athens runs 9 day care centres for people living with dementia, 4 dementia mobile units and 1 home care service. Alzheimer Athens also organises a memory clinic that offers neurological and neuropsychological evaluation to people over 60 years of age — providing timely and accurate diagnosis of Alzheimer's disease and other forms of dementia. In addition, it organises non-pharmacological interventions for people living with dementia, including (1) cognitive training sessions, (2) physical training programmes, (3) art therapy, (4) speech therapy, (5) occupational therapy and (6) reminiscence therapy, both individually or in groups. A psychiatric clinic is also available for caregivers in order to support and relieve them from their psychological burden. Alzheimer Athens, with the support of the Greek Ministry of Health, Region of Attica and Hellenic Intermunicipal Network of Healthy Cities (EDDYPPY), has developed the Greek Helpline for Dementia. The Helpline — which works Monday to Friday from 9 AM to 7 PM — is staffed by specialised counsellors, neurologists, psychiatrists, psychologists and social workers, who provide immediate information, guidance, advice and liaison with dementia services.

Local organisations focusing on providing daycare services, mobile units for people living with dementia and home care services also exist and function in other urban centres, such as Patras, Heraklion and Chania. They also organize dementia training for carers.

The Panhellenic Association of Families for Mental Health was founded with support of the A Psychiatric Clinic of the

National and Kapodistrian University of Athens, located in Aiginiteio Hospital. It is a non-profit organisation whose members are families and relatives of people living with mental disorders. The main aims are to (1) provide solidarity and support to its members and updated information on mental illness and contemporary treatments, (2) protect and support people living with mental disorders and their families, and (3) increasing societal awareness, sensitizing the public, decreasing stigma and abolishing discrimination against people living with mental health issues, all while developing and promoting a positive image for these people. To accomplish these goals, the Association (1) issues informative leaflets, (2) organizes events, lectures, conferences, (3) contributes in spending free time valuably, (4) issues the magazine “Minimata” every three months and (5) offers support groups for relatives of people living with mental health issues. In addition, the Association runs a day center for people living with severe mental health issues , and a small hostel for those facing significant difficulties in daily life.

The Bodossaki Foundation, John S. Latsis Public Benefit Foundation and the TIMA Public Benefit Foundation have organised a Thematic Grants Program for the 2025 to 2026, focusing on the theme of healthy ageing. The aim of the Foundations is to work collectively, to the best of their ability, to enhance the quality of life for older adults in Greece – including people living with dementia 71.

In 2017, with the exclusive support of the Stavros Niarchos Foundation (SNF), FRONTIZO started “Care for Dementia in the Community” – an initiative that provides health, psychological, and counselling support services to people living with dementia in Patras, as well as training to their care partners.

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Dedicated media outlets

While Greece lacks media outlets solely dedicated to dementia, organizations actively use traditional and digital media to raise awareness. PFADRD, Alzheimer Hellas, and Alzheimer Athens provide online resources, newsletters, and event updates. Local initiatives, such as Heraklion Solidarity Society programs on LIVE24.GR, Alzheimer Hellas’ weekly DION TV show, SKAI’s “Alzheimer - We Speak Openly” seminars, and FRONTIZO educational videos, further inform the public.

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