United Arab Emirates

Research conducted in 01/12/2025

The United Arab Emirates (UAE) are well equipped for managing dementia on a national level, despite lacking a strategic approach to the matter. Both public and private healthcare facilities in the UAE feature modern medical equipment needed for adequately diagnosing, treating and caring for people living with dementia. The country has an important role when it comes to the prevalence of diagnostic imaging facilities, while also having made significant strides in incorporating innovative diagnostic tests in the standard diagnostic pathway for Alzheimer's disease and related dementias. In addition, the country has worked to approve innovative pharmacological treatments for dementia. However, the UAE also faces a number of barriers in effective dementia management, including the persistence of significant disparities in diagnosis, treatment and care coverage between Emirati and expatriate people.

Highlights

Health system **Universal, mixed funding (mixed provision)**
ADI member association(s): **4get-me-not Alzheimer's Organization**
National dementia plan: **No national dementia strategy in place**
Dementia plan funding: **No plan**
Dementia prevalence rate: **173.8**
Dementia incidence rate: **32.5**
Population: **11346000**
Median age: **32**
Health expenditure (% of GDP): **5**

Diagnosis

Dementia diagnosis is supported by a high-quality healthcare system across both public and private sectors, guided by a national 7-step framework that spans assessment, biomarker use, treatment, and ongoing care. The pathway begins in primary care with cognitive screening and clinical evaluation, although workforce and training gaps can delay early detection. Patients are referred to specialists for comprehensive assessment, including neuropsychological testing, MRI, blood tests, and, where appropriate, PET imaging and CSF biomarkers. Strong infrastructure ensures fast access to services and minimal wait times. Standardised cognitive tools are widely used, while genetic testing is expanding. Costs vary depending on citizenship and insurance coverage.

Diagnosis pathway

In the United Arab Emirates (UAE), dementia diagnosis follows international standards across both public and private sectors, with generally high-quality care. A locally developed 7-step framework guides the full pathway, from early symptoms and diagnosis, including biomarker use, to treatment and ongoing management, adapting global best practices to the Emirati context.

Diagnosis typically begins in primary care, where physicians conduct cognitive screening, review medical history, and perform physical examinations to identify symptoms such as memory loss, executive dysfunction, or behavioral changes, while excluding other causes. However, early detection is challenged by workforce shortages, limited training in dementia recognition, and unclear referral pathways.

Patients are usually referred to specialists, such as neurologists or geriatric psychiatrists, for comprehensive assessment. This includes tailored neuropsychological testing, MRI scans, and blood tests, with PET imaging and cerebrospinal fluid analysis recommended for diagnostic confirmation. Despite infrastructure investments, a shortage of specialists remains a key constraint.

In the United Arab Emirates (UAE), the standard diagnostic pathway for Alzheimer's disease and related dementias is available in both the public and private healthcare sectors. In both sectors, the diagnostic process largely adheres to international standards and the quality of healthcare provision is generally considered to be high. Recently, a team of Emirati and international researchers and physicians developed a 7-step framework for diagnosing and managing cognitive impairments. Recommendations largely aligned with international guidelines on Alzheimer's disease management and treatment, combined with guidance specific to the Emirati context. Their framework spans the full journey from initial symptoms to diagnosis — notably including biomarker use — initial treatment — including amyloid – targeting therapies (ATT) where appropriate — and subsequent monitoring and management as the disease progresses. The framework is rooted upon a consensus reached by medical professionals and dementia experts from the UAE.

The route towards diagnosing Alzheimer's disease and related dementias usually begins with a visit to a primary care physician. When visiting a primary care physician, people are likely to undergo a brief cognitive screening, a review of their medical history, and a physical examination to rule out other conditions. During the visit, healthcare providers must be vigilant for early signs of cognitive impairments among their patients — including memory

impairment, executive dysfunction, word finding difficulties, attention deficits, visuospatial perception changes, behavioural symptoms and functional decline. It is important to note, however, that the UAE has struggled with a shortage of qualified physicians — along with an even more dire shortage of qualified nurses — for many years. Compounding the issue is the fact that the overwhelming majority of the UAE healthcare workforce is comprised of expatriates, whose professional qualifications may not fully meet the emerging UAE quality and certification standards, and who often view their UAE posting as a temporary position. In addition, there is a lack of adequate training and preparedness among primary healthcare staff in identifying Alzheimer's disease and many consider that there is a lack of guidance on referral pathways.

Following a primary care physician evaluation, individuals suspecting dementia are often referred to a specialist, usually a neurologist or geriatric psychiatrist. In recent years, the UAE has invested significantly in the development of healthcare infrastructure necessary for managing Alzheimer's disease and related dementias. Nevertheless, the country faces challenges in terms of human resources — as the current availability of neurological and geriatric specialists is far from enough to cope with the expected rise in dementia prevalence. At this step, people undergo a comprehensive clinical assessment — with the Emirati framework for diagnosing and managing cognitive impairments recommending a neuropsychological evaluation tailored to the language and cognitive profile, a baseline magnetic resonance imaging (MRI) scan, blood tests for excluding reversible causes. Moreover, the use of positron emission tomography (PET) scans or cerebrospinal fluid (CSF) analysis is also highly recommended by the framework, to ensure the adequacy of an Alzheimer's disease diagnosis.

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Wait times

Status: Short wait time

In the UAE, access to primary and specialist care is generally rapid, with minimal waiting times due to extensive public and private healthcare networks. Walk-in primary care visits are common, while MRI and CT scans typically take 2-4 weeks, with delays mainly linked to insurance approvals.

In the UAE, accessing a primary care physician is rarely accompanied by long waiting times. Usually, walk-in appointments (in public facilities) are possible, with the whole process lasting about an hour from entry to exit, according to studies conducted on the matter. Due to the existence of an extensive network of public and private healthcare providers, there are minimal waiting times for access to both neurological expertise and investigations — such as neuropsychological assessments — throughout the UAE. The waiting time for routine computed tomography (CT) or MRI is approximately 2 to 4 weeks in the UAE, with the main delays related to waiting for approvals by medical insurance companies. Wait times for accessing PET scans are similar, but can be lower, especially since their costs tend not to be fully covered by most available insurance plans.

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Diagnosis cost

In the UAE, dementia diagnosis costs depend on citizenship, emirate, and insurance coverage. Emirati citizens typically receive free diagnostic services, including imaging, if clinically approved. Expatriates have partial coverage, often with limits and co-payments. Without insurance, consultations range from AED 150-700, MRI scans AED 2,970-4,030, CT scans AED 400-900, and PET scans from AED 6,500.

Costs of diagnosing Alzheimer's disease and related dementias vary in the UAE, with three factors being crucial to this — (1) citizenship status, the (2) emirate in which the person resides and (3) their insurance policy type. Healthcare in the UAE is universal — with Emirati citizens entitled to a fairly comprehensive healthcare services package. Emirati citizens are entitled to all diagnostic services free of charge, including MRI, CT and PET scans — which, however, must be deemed necessary by a physician. Coverage for expatriates tends to be more limited, but most services which are part of the diagnostic pathway for dementia tend to be covered, albeit with coverage maximums for services provided by private healthcare institutions. Outside Abu Dhabi and Dubai, basic insurance policies are not free — but are available at a symbolic charge ranging from AED 320 to AED 440 for employees. Their coverage is even more rudimentary, with restrictive coverage maximums and prescribed co-payments — ranging from 20% to 25% of the total cost of a treatment.

Without insurance, the price of a primary care physician consultation ranges between AED 150 to AED 300, while a specialist consultation is usually between AED 400 and AED 700. When it comes to the price of diagnostic imaging, a brain MRI can cost between AED 2970 and AED 4030. CT brain scans usually range from AED 400 to 900, while PET scans can be at least AED 6500.

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Cognitive tests

In the UAE, cognitive screening tests used or validated for use in diagnosing dementia include the following:

(1) The Mini – Mental State Examination (MMSE)
(2) The Montreal Cognitive Assessment (MoCA)
(3) The Clinical Dementia Rating (CDR) scale
(4) The Alzheimer's Disease Assessment Scale – Cognitive Subscale (ADAS – Cog)
(5) The Rowland Universal Dementia Assessment Scale (RUDAS)
(6) The Mini – Cog instrument

Imaging tests

Diagnostic imaging facilities are well developed in the UAE, with MRI, CT and PET units being readily available both in the public and private healthcare sectors. The country is known for having one of the highest rates of MRI and CT units in the region, while PET scanning has been available since 2009, and is becoming more prevalently used in the diagnostic process for dementia. As of 2019, the UAE had a rate of 10.6 MRI and 25.4 CT units per 1 million people. When it comes to PET units, the UAE had 1.27 of them per 1 million people (as of 2020). However, these are not necessarily amyloid or tau PET, and are more used towards cancer prevention and screening.

Diagnostic imaging facilities are readily available in the UAE — and their use is considered to be standard practice for diagnosing Alzheimer's disease and related dementias.

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Genetic tests

Genetic testing for Alzheimer's disease and related dementias is becoming increasingly available in the UAE — and has become part of the standard diagnostic procedure in the Abu Dhabi emirate. In September 2025, the Abu Dhabi Department of Health (DOH) integrated apolipoprotein E (APOE) genotype testing for the ε4 allele in its pharmacogenomics reports. The pharmacogenomics reports initiative is part of a broader Emirati Genome Program (EGP), which is building a comprehensive genetic database to support tailored treatments for EGP participants.

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Biomarker tests

The Emirati 7-step framework for diagnosing and managing cognitive impairments recommends the conduct of CSF analysis — in the interest of measuring biomarkers such as amyloid-β42, phosphorylated tau and total tau protein levels — in all suspected cases of Alzheimer's disease and related dementias. CSF analysis is primarily available in specialised hospitals — such as Cleveland Clinic in Abu Dhabi or the German Neuroscience Center in Dubai. Amyloid PET is available at the Cleveland Clinic as well.

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Treatment & care

The UAE provides advanced dementia care through public and private hospitals, including memory clinics and neurology divisions at Sheikh Shakhbout Medical City, Tawam Hospital, Rashid Hospital, and private centers like Cleveland Clinic Abu Dhabi. Palliative care is expanding, offering inpatient, outpatient, home, and rehabilitation services. Emirati citizens benefit from government-supported coverage, while expatriates rely on insurance, with variable coverage for medications, therapy, and home care. Caregiver support includes Dubai's monthly "memory" café and services from NGOs and private providers, offering stress management, education, and respite to improve patient and family wellbeing.

Specialized facilities and services

The UAE offers a modern, well-equipped healthcare system for diagnosing and treating Alzheimer's disease and other dementias, with a mix of public and private facilities providing specialised care. Public hospitals such as Sheikh Shakhbout Medical City and Tawam Hospital in Abu Dhabi, as well as Rashid Hospital in Dubai, feature memory clinics and neurology divisions that deliver comprehensive assessments, diagnostics, and therapeutic services for neurodegenerative conditions. Private institutions, including Cleveland Clinic Abu Dhabi, the German Neuroscience Center, Clemenceau Medical Center, and Burjeel Hospital, complement this network with multidisciplinary teams and streamlined memory clinics.

While palliative care remains underdeveloped, it is expanding across both sectors. Tawam Hospital introduced public-sector services in 2007, with facilities like Sheikh Shakhbout Medical City also offering support. Private providers increasingly deliver integrated outpatient clinics, inpatient consultation services, dedicated palliative beds, home care, and rehabilitation support, enabling patients to receive end-of-life care within their homes. Despite the strong healthcare infrastructure, palliative services remain limited, particularly outside oncology, underscoring an area for growth in comprehensive dementia care.

The UAE boasts a modern healthcare infrastructure. Neurologists in the UAE have the capability to diagnose and treat Alzheimer's disease and other causes of dementia, as well as access to facilities which allow them to set a clear diagnosis.

There is no shortage of specialised medical facilities for dementia treatment and care in the UAE. The country features a mix of public and private healthcare providers, a majority of top tier institutions are concentrated in the private sector. Some of the hospitals specialising in dementia treatment and care include:

(1) Sheikh Shakhbout Medical City (SSMC) is a public hospital in Abu Dhabi, operated by the Abu Dhabi Health Services Company (SEHA). SSMC features a comprehensive memory clinic, specialising in memory loss treatment and addressing complexities of neurodegenerative diseases with a focus on cognitive impairments to enhance memory function and quality of life

(2) Rashid Hospital is a public hospital in Dubai, operated by the Dubai Health Authority (DHA). Rashid Hospital features a specialised Neurology Department that manages a broad spectrum of neurological conditions, including Alzheimer's disease and dementia, utilizing modern diagnostic techniques and a multidisciplinary approach to treat

cognitive and memory impairments.

(3) Tawam Hospital is a public hospital in Al Ain, Abu Dhabi, operated by the Abu Dhabi Health Services Company. Tawam Hospital features a dedicated Neurology Division that provides comprehensive diagnostic and therapeutic services for neurodegenerative disorders, offering expert care and management for Alzheimer's disease and other conditions affecting memory and cognitive function.

(4) Cleveland Clinic Abu Dhabi (CCAD) is the Emirati branch of the Cleveland Clinic, based in the United States. CCAD features a Brain Health Program, managed by its Neurological Institute. The Program features a One Stop Clinic, which offers streamlined screening, evaluation and diagnostic process for memory disorders and cognitive function assessment.

(5) The German Neuroscience Center is a private specialised facility in Dubai. It offers dementia screening, treatment and care.

(6) Clemenceau Medical Center Hospital is a private general hospital in Dubai, which features a memory clinic on its premises. The memory clinic boasts modern facilities and a multidisciplinary team for treating Alzheimer's disease and related dementias.

(7) Burjeel Hospital is the primary medical facility of the private Burjeel Holdings, located in Abu Dhabi. Its Department of Neurology provides care in diagnosing and treating neurological problems, emphasising nervous system diseases that might cause deformity or disability, including Alzheimer's disease and other dementias.

Palliative care is underdeveloped in the UAE — and largely centred around oncology. The first palliative care service in the public health sector was established in 2007 at Tawam Hospital in Al Ain, Abu Dhabi. Some other public hospitals, such as the Sheikh Shakhbout Medical City also offer palliative care services. The private healthcare sector has an increase in palliative care services. Most of them offer a palliative care service, including integrated outpatient clinics with pain medicine and physical medicine and rehabilitation clinics, an inpatient consultation service, dedicated palliative care inpatient beds and a palliative care nurse outreach service. Additionally, within the private healthcare ecosystem, there is a home care service available, enabling the palliative care team to provide support for people in need of palliative and end of life care within the comfort of their homes.

Approved medication

Generic Name	Trade Name	Used for
Donepezil	Aricept, Aricept ODT, Adlarity, Eranz, Memac, Alzepil, Davia, Donecept, Donep, Donepex, Donesyn, Dopezil, Yasnal, Memorit, Pezale, Redumas, Zolpezil, Namzaric*	Donepezil is indicated for the symptomatic treatment of mild to moderately severe Alzheimer's dementia. Official UK medicine details (MHRA SPC) link
Rivastigmine	Exelon, Exelon Patch, Prometax, Rivastach, Nimvastid	Symptomatic treatment of mild to moderately severe Alzheimer's dementia. Symptomatic treatment of mild to moderately severe dementia in patients with idiopathic Parkinson's disease. Official UK medicine details (MHRA SPC) link

Generic Name	Trade Name	Used for
Galantamine	Razadyne, Razadyne ER, Reminyl, Reminyl XL, Nivalin, Lycoremine, Galsya	Galantamine is indicated for the symptomatic treatment of mild to moderately severe dementia of the Alzheimer type. Official UK medicine details (MHRA SPC) link
Memantine	Namenda, Namenda XR, Ebixa, Memary, Axura, Akatinol, Maruxa, Nemdatine, Namzaric*	Treatment of adult patients with moderate to severe Alzheimer's disease. Official UK medicine details (MHRA SPC) link
Donanemab	Kisunla	Donanemab is indicated for the treatment of mild cognitive impairment and mild dementia due to Alzheimer's disease (AD) in adult patients that are apolipoprotein Eε4 (ApoE ε4) heterozygotes or non-carriers. Official UK medicine details (MHRA SPC) link
Lecanemab	Leqembi	Lecanemab is indicated for the treatment of mild cognitive impairment and mild dementia due to Alzheimer's disease in adult patients that are apolipoprotein E ε4 (ApoE ε4) heterozygotes or non-carriers. Official UK medicine details (MHRA SPC) link

*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

Emirati citizens receive extensive government-supported coverage, while expatriates rely on mandatory insurance, which varies by plan and emirate. Coverage for Alzheimer's medications, outpatient therapy, and home care depends on policy specifics, with copayments and co-insurance commonly applied.

Emirati nationals generally get much more government-supported cover, and most residents must have health insurance (employer or government schemes), but what's paid for (medicines, outpatient therapy, long-term/home care, nursing homes) depends on the policy.

Expat residents usually have mandatory health insurance (employer-provided or bought individually). Employers are legally responsible to provide minimum cover in many emirates, but the scope differs by plan and emirate. That means an expat's insurer/policy determines whether Alzheimer's disease medicines, outpatient therapy or home-care are covered. If the policy excludes chronic conditions or has limits, the person pays directly.

Many standard Alzheimer's disease drugs are available in UAE pharmacies and can be covered by insurance if the policy includes outpatient prescription benefits or the hospital admission involves the medication. Coverage is

policy-dependent, and copayments and co-insurance are common.

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Caregiver support

Dubai's Seniors' Happiness Centre hosts a monthly "memory" café, offering support for dementia patients and caregivers. Additional assistance is provided by private healthcare providers and NGOs like 4get-me-not Alzheimer's Organization, including stress management and respite services.

Some initiatives exist within the public healthcare sector — Dubai launched a "memory café" for families of people living with Alzheimer's disease and other forms of dementia as a support group. The group meets on a monthly basis to share experiences, expertise and provide support for people living with dementia and care partners. The initiative was launched by the Seniors' Happiness Centre, under the umbrella of the Dubai Health Authority. Support for care partners of people living with dementia in the UAE is also provided by private healthcare institutions and non-governmental organisations (NGOs) like 4get-me-not Alzheimer's Organization. Some private facilities provide treatment for care partners of people living with dementia stress, and temporary relief.

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- https://www.4get-me-not.org/#support

Policy

The UAE currently has no national dementia-specific strategy, though Federal Law No. 9 (2019) protects Senior Emiratis' rights to independence, safety, social and medical care, and penalises neglect or abuse. In September 2025, MOHAP launched a national elderly health plan with an awareness campaign, promoting early detection, preventive screenings, social engagement, and healthy behaviors. The National Framework for Healthy Aging 2025–2031 supports adults 60+, aiming to enhance quality of life, provide social and psychological support, encourage active participation, and prevent dementia, aligned with WHO guidance. Legal and cultural barriers, such as the need for durable power of attorneys (POAs) and strong familial expectations, can delay professional care and isolate patients.

National dementia plan

The UAE lacks a national dementia-specific strategy, but Federal Law No. 9 (2019) protects Senior Emiratis (60+) by guaranteeing rights to independence, safety, social and medical care, supportive environments, and preferential access to government services, with penalties for abuse or neglect by caregivers or institutions.

The UAE currently has no national dementia-specific plan or strategy, but a number of existing strategies refer to healthcare provision for the elderly. For instance, Federal Law No. 9 of 2019 on the Rights of Senior Emiratis defines Senior Emiratis as UAE nationals over the age of 60 and guarantees them the following rights:

(1) Right to independence and privacy
(2) Right to protection from violence and abuse
(3) Right to an enabling environment, housing, education and work
(4) Right to social care including the provision of elderly community centres and social clubs
(5) Right to medical care including preventive health services, medical insurance, mobile nursing units and supportive medical devices
(6) Right of confidentiality of information pertaining to them
(7) Right to preferential treatment with respect to government transactions, facilities, social aid and medical services.

The law provides punishments which include jail, fines or both to care providers who abuse or neglect their duties towards Senior Emiratis and to elderly care institutions that violate the provisions of the law.

References

- https://u.ae/en/information-and-services/social-affairs/senior-emiratis

Upcoming plans

In September 2025, the UAE Ministry of Health and Prevention (MOHAP) launched a national plan to support elderly health, including a one-month awareness campaign promoting early detection of cognitive and functional changes,

preventive screenings, social engagement, and healthy behaviors. The initiative emphasises family and community roles in safeguarding dignity and mental health, while fostering cohesive, health-conscious societies. As part of the plan, MOHAP introduced the National Framework for Healthy Aging 2025–2031, targeting adults 60+, aiming to enhance quality of life, provide social and psychological support, promote active participation, and prevent dementia. The framework aligns with WHO guidance, though its full text is not yet publicly available.

In September 2025, the Ministry of Health and Prevention (MOHAP) launched a national plan to support the health of older people, featuring a one-month national awareness campaign. The campaign aims to raise community awareness about the importance of early detection of functional, physiological, and cognitive changes associated with aging. It also seeks to provide a supportive environment that reduces social isolation and promotes mental health, while emphasising the fundamental role of families and communities in safeguarding the dignity of elderly people. In addition, the campaign will encourage preventive screenings and promote sustainable healthy behaviours. Backed by broad national partnerships, the campaign will bring governmental and societal efforts together to achieve a lasting impact contributing to building a cohesive, health-conscious society that reinforces the role of individuals in development and makes the health of the elderly a key focus in the journey toward social welfare and quality of life.

As part of the plan, MOHAP also launched the National Framework for Healthy Aging 2025 to 2031 and introduced a set of pioneering initiatives designed to enhance the quality of life of older adults and prevent dementia. Designed for individuals aged 60 and above, the framework aims to promote healthy ageing by delivering healthcare, social and psychological support, improving quality of life, and fostering active community participation, while safeguarding dignity and independence. The framework is fully aligned with the World Health Organisation (WHO) Global Strategy and Action Plan on Aging and Health, as well as the forward – looking national agendas in the UAE.

Despite being announced in September 2025, the text of the National Framework for Healthy Ageing 2025 to 2031 is still not available online — neither in Arabic nor English.

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Policy gaps

Legal barriers

In the UAE, a standard POA ends if the principal loses mental capacity. A durable POA remains valid but must be explicitly established. Without it, families must seek court-appointed guardianship, a lengthy process. Expatriates face added risks, including potential repatriation if dementia affects visa eligibility.

Under general Emirati law, a standard power of attorney (POA) automatically becomes void if the principal loses mental capacity. The UAE recognises a durable power of attorney (DPOA) — specifying that the authority of an attorney remains effective even if the principal loses mental capacity — but it needs to be explicitly in an initial POA arrangement, as the default assumption underpinning Emirati law. If there is no DPOA, families must apply to Personal Status Courts to be appointed as legal guardians (qayyim). This is a court process that requires medical

evidence and can be lengthy. Expats, in particular, face additional challenges. Residency visas of expats are usually tied to their employment or sponsorship by an employed child — meaning that if an expatriate person is diagnosed with dementia, and can no longer pass a compulsory medical test for visa renewal, they could face repatriation to a home country.

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Cultural barriers

Strong family cohesion and filial piety shape dementia care, often delaying professional support. Nursing home placement is stigmatised, leaving many patients isolated at home, while Islamic beliefs influence health and illness perceptions.

The cultural landscape in the UAE is deeply influenced by strong family cohesion, which acts as both a support system and a barrier to professional care. There is a profound cultural expectation of filial piety. Placing a parent in a nursing home or long-term care facility is often stigmatised as abandonment. Consequently, families often delay seeking help until the situation is unmanageable. Many people living with dementia remain hidden at home, isolated from social stimulation that could slow disease progression.

Research

The UAE advances dementia research via clinical studies and AI, including NYU Abu Dhabi's peptides and UAEU's B vitamin–omega-3 initiatives.

Selected academic institutions

New York University in Abu Dhabi (NYUAD), through its Center for Brain and Health United Arab Emirates University (UAE) Mohammed bin Zayed University of Artificial Intelligence (MBZUAI) Zayed University Khalifa University

Clinical trials and registries

A number of clinical trials related to dementia are currently ongoing in the UAE.

Currently, there is no publicly available national dementia patient registry in the UAE.

The primary regulatory body for clinical trials in the UAE is the newly established Emirates Drug Establishment, which serves as the single federal authority for medical products, research oversight, and compliance.

A number of clinical trials related to dementia are currently ongoing in the UAE. Currently, there is no publicly available national dementia patient registry in the UAE.

References

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- https://www.ede.gov.ae/en/home

Selected innovative methods

The UAE is advancing dementia research through clinical studies and AI integration, reflecting national strategic priorities. Initiatives include NYU Abu Dhabi's development of cell-penetrating peptides to inhibit amyloid-β aggregation and UAEU's international study on B vitamins and omega-3s to slow cognitive decline.

The UAE has been working on advancing dementia research in recent years, with a growing number of studies being undertaken within Emirati clinical settings and the broader population, and the incorporation of artificial intelligence (AI) into these efforts has been a primary focus, reflecting the country's broader strategic push on AI research and investment.

NYU Abu Dhabi has developed small proteins called cell-penetrating peptides (CPPs) that prevent the aggregation of the amyloid-β (Aβ) protein associated with Alzheimer's disease. UAEU played a role in an international study into the health benefits of B vitamins, which could make a crucial contribution to efforts to combat dementia. The team has discovered that, while the impact of B vitamin supplements in slowing mental decline among older people with

memory problems is well known, their effect could be enhanced with higher levels of omega-3 fatty acids in the body.

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Support

4get-me-not Alzheimer's Organisation, UAE's member of Alzheimer's Disease International and HelpAge International, offers educational programs, memory cafés, caregiver support, workshops, and technology literacy initiatives. Cultural events include "Camel Adventures," tabletop gaming, Ramadan art, and World Alzheimer's Month activities. The Al Jalila Foundation's A'awen program provides medical support, while collaborations with government and private partners deliver temporary alternative care for seniors, enhancing social, psychological, and family caregiving support. The organisation also uses social media and campaigns to raise public dementia awareness.

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:

4get-me-not Alzheimer's Organization

Selected initiatives

4get-me-not Alzheimer's Organisation, the UAE member of Alzheimer's Disease International and HelpAge International, delivers a wide range of programs to support dementia patients, families, and caregivers. Regular initiatives include educational events, memory cafés, caregiver support groups, newsletters, resource materials, seminars, webinars, workshops, meaningful activities, and technology literacy programs ("Silver Surfing"). The organisation also hosts cultural and community engagement events, such as "Camel Adventures," tabletop gaming on International Table Top Day, Ramadan art and iftar sessions, and World Alzheimer's Month activities including bowling, football, painting, and Lego workshops.

In parallel, the Al Jalila Foundation funds the A'awen program, providing medical support to UAE-based patients in need. Additionally, collaborations with the Department of Community Development, the Family Development Foundation, and PureHealth deliver temporary alternative care services for seniors, enhancing quality of life, psychological stability, and social support while reinforcing family caregiving roles.

4get-me-not

4get-me-not is the Emirati member of HelpAge International and of Alzheimer's Disease International (ADI). The organization takes inspiration from the ADI — organising a number of annual events to promote awareness of dementia in the broader Emirati community. Some events organised in the past include:

(1) "Camel Adventures" sessions — which revolve around camel-related activities such as art themes, aqua aerobics styles, quiz sessions, short excursions including foodie adventures like camel milk smoothies and camel burgers.

(2) "Game for Grandparents" on International Table Top Day — an annual event, held every first Saturday in June, which lands on 04 June this year. 4get-me-not and the House of Wisdom in Sharjah celebrated the day by bringing together 40

older residents and carers to come together and participate in a 2-hour tabletop gaming event.

(3) Ramadan Art — Every Ramadan, 4get-me-not organises various programs for the people living with dementia and carers in the UAE. In preparation for Ramadan, 4get-me-not hosted "Futoor" and painting workshops for Emiratis in Dubai, Ajman and Khorfakkan. And during Ramadan, iftars and art sessions were hosted for Emiratis and expatriates in Sharjah and Dubai.

(4) For World Alzheimer's Month, 4get-me-not organised various socialisation and community awareness events, including a "Strike Out Alzheimer's" bowling session, a Late Lunch Club, an indoor football session, an "Art Attack" painting workshop and a "Play Lego" activity.

A'awen

The Al Jalila Foundation funds the A'awen (meaning support in Arabic), a personal treatment support program that provides medical assistance to UAE-based people in need. The program alleviates some of the financial costs on people, enabling them to focus on their recovery and wellbeing.

Obtain Temporary Alternative Care for Senior Citizens service

In collaboration with the Department of Community Development — Abu Dhabi (DCD), the Family Development Foundation (FDF) and PureHealth, have provided the Obtain Temporary Alternative Care for Senior Citizens service, within the Barakatna initiative. The service aims to strengthen the role of adult children in caring for their parents, enhance the quality of life of older citizens, and ensure they receive safe social and healthcare services that support their psychological and social stability.

References

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Dedicated media outlets

While there are no dedicated media outlets solely focused on dementia in the UAE, associations actively engage with traditional and new media to inform the public and raise awareness. 4get-me-not is active on Instagram, regularly posting updates about its own activities and informational resources about Alzheimer's disease and related dementias.

In September 2015, a Snapchat-focused campaign for World Alzheimer's Month — a collaborative effort of Mediavest | Spark, Getty Images and Project We Forgot (PWF) — was launched in the UAE, aiming to raise awareness of dementia among the younger generation.

References

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- https://projectweforgot.com/articles/memoriesmatter-campaign-raise-awareness-of-dementia/