What’s being worked on now?

The comprehensive and complex nature of this implementation work requires a phased approach. The plan identifies short-, mid-, and long-term timeframes for each of the many recommendations.

In the first year (2016), the DAC selected several short-term recommendations to begin work on:

- Establish a workgroup to develop a single web-based “point of access” portal linking to an array of credible and validated information, resources and supports. [1.A.1.]
- Inform & educate the public about healthy aging, including links between brain health and nutrition, exercise, stress management and oral health/periodontal disease. [1.F.1.]
- Compile and make accessible educational materials about ways to improve safety for people with dementia. Information may address falls prevention, wandering, disaster preparedness, and home safety assessments. [3.B.1.]
- Create a Washington State-specific “Road Map” for family caregivers providing information about what to expect over time to help plan for the future. [4.A.1.]
- Expand and promote implementation of early stage memory loss groups for people with cognitive impairment/dementia and their care partners. [4.C.2.]
- Identify and engage leaders and organizations of diverse populations to explore needs for education and support. [4.F.1.]
- Engage tribal representatives to explore the needs of tribal families caring for people with dementia to develop culturally relevant supports and services. [4.G.1.]
- Convene an expert panel to identify and endorse a set of evidence-based standards for diagnosis, treatment, supportive care and advance planning for people with dementia. [5.A.1.]
• Identify and recommend several validated, brief cognitive screening tools. [5.B.2.]

• Promote understanding and effective use of Medicare Annual Wellness Visit. [5.E.1.]

• Identify and promote existing models of care coordination services for individuals living in the community and their family caregivers, such as Health Homes, geriatric care managers, and Alzheimer’s Association Care Navigators. [6.A.2.]

For more information on the plan
Visit: https://www.dshs.wa.gov/altsa/stakeholders/alzheimers-state-plan

Help for individuals & families living with memory loss

Alzheimer’s Association Washington State Chapter
• Staff at local chapters educate and support people living with memory loss, dementia or Alzheimer’s and their family and caregivers. Find out about programs and services across Washington State – including information and resources, a 24/7 helpline, local support groups and education, conferences and workshops.
• Visit www.alz.org or call 1-800-272-3900

Community Living Connections
• Community Living Connections provides individuals, families, friends, and caregivers with a one stop, on-line location, to find options for in-home assistance and community services for older adults and individuals with disabilities. The website features a directory of local, state, and national resources to help people remain in their own homes as well as information about alternative living options. Individuals can explore and connect to services, and plan for future needs.
• Visit www.waclc.org or call 1-800-422-3263 to find your local Area Agency on Aging.
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