

Picturing a New Dementia Story

A photo exhibit at the Washington State Capitol Building




Photo: Jim Lee Carey

Tuesday, February 19, 2019 | 10 am – 3 pm | Third Floor Mezzanine | Capitol Rotunda

Over 110,000 people in Washington state live with Alzheimer's disease or other dementias, and nationally, another person is diagnosed every 65 seconds. For many, and for too long, a diagnosis has meant fear, shame and social isolation. But there's a new dementia story being told – a story of connection, purpose and courage.

It's a story that's being told most vibrantly by people living with dementia who are rising up to say, "we're still here!" It's being told across Washington state, with the growth of dementia-friendly programs and communities. And it's a story we can all be a part of.

This photo exhibit shares this story by combining two Washington state collections: **Living Your Best Life** and **Living with Memory Loss: In Our Own Words**.

 **Dementia
Action**
Collaborative
Washington State

Living Your Best Life

Here in Washington state, we're seeing the growth of programs that empower people with memory loss and their families to stay active and connected in the community – from Alzheimer's Café gatherings at local coffee shops, to art gallery tours at the museum, to walks at the zoo. The photos of dementia-friendly programs displayed here are part of a larger exhibit organized by the Alzheimer's Association for their 2018 Discovery Conference. They serve as a reminder that people with memory loss remain a vital part of the community and deserve the opportunity to stay engaged. View more programs at momentiaseattle.org or alzcafes.org.



Frye Art Museum. Photo: Jonathan Vanderweit

Living with Memory Loss: In Our Own Words

The portraits on display are part of an advocacy project completed by members of The Gathering Place, an early stage memory loss enrichment program at Seattle's Greenwood Senior Center. Each person was asked the question, "What do you want the world to know about your experience living with memory loss?" Through the messages captured in their portraits, and an accompanying short documentary film, members aimed to build understanding about memory loss and to increase inclusivity and respect for all people. Learn more, and download the short film here: phinneycenter.org/memoryloss-film.



Get Involved

This combined exhibit is brought to you by the Washington State Dementia Action Collaborative, a voluntary public-private partnership implementing the Washington State Plan to Address Alzheimer's Disease and Other Dementias.

For more information about the Dementia Action Collaborative, visit www.dshs.wa.gov/altsa/stakeholders/dementia-action-collaborative.

We invite you to join us – to raise awareness, challenge stigma, and build dementia-friendly communities in which all people can thrive, and where all people truly belong.

- Download a dementia-friendly communities fact sheet: dshs.wa.gov/altsa/stakeholders/alzheimers-state-plan.
- Receive updates on networking and learning opportunities for people interested in building dementia-friendly communities by emailing: dementiafriendlywa@gmail.com.

