Innovative Community Responses to Dementia

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Goals for Today’s Session

• Describe a national initiative aimed at fostering dementia friendly communities across the United States
• Share innovative community responses (several videos to share!)
• Share simple tips on how we can all be dementia friendly in our daily interactions
• Have discussion and have fun!
What Exactly is Dementia

• Dementia is not a specific disease.
• It's an umbrella term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.
• The top three most common types of dementia are: Alzheimer’s (60-80%), Vascular, and Lewy Body Dementia.

There are Many Faces of Dementia
Dementia Friendly America Initiative

**Goal:** Foster dementia friendly communities across the US

A dementia friendly community is informed, safe and respectful of individuals with dementia, their families and caregivers and provides supportive options that foster quality of life.

Put Another Way...

A Dementia Friendly Community is One Where People Walk Toward People with Dementia ......Not Away from Them.
What Does Dementia Friendly Mean To You?
It Takes a Village....

Why Should a Community Become Dementia Friendly

Impact on persons with disease and caregivers
By 2025, the number of people age 65 and older with Alzheimer’s disease and other dementias is estimated to reach 7.1 million — a 40 percent increase from the 5.1 million age 65 and older affected in 2015.

Nearly 60% of people with dementia live in their own community homes

1 in 7 live alone
What Do People With Dementia Want

GLOBAL DEMENTIA CHARTER

‘I can live well with dementia’

Let’s Watch a Video
Why Do You Think Dementia Friendly Communities Are Important?

In Communities Across the Country

Goal is to have a DFA community in each state across the country and expand relationships with existing states/communities.
The DFA National Coalition Includes...

- Advocates living with dementia
- AbbVie
- AARP
- ACT on Alzheimer’s
- Administration on Community Living (Federal Liaison)
- Alzheimer's Association
- Banner Health
- Blue Cross Blue Shield of Minnesota
- BrightFocus Foundation
- Banner Health
- CDC (Federal Liaison)
- CVS Caremark
- Connected Living
- Dementia Action Alliance
- Eli Lilly
- Global CEO initiative
- Health Resources and Services Administration (Federal Liaison)
- Home Instead Senior Care
- IHS (Federal Liaison)
- Individuals living with dementia and care partners
- International Association of Chiefs of Police (IACP)
- Leaders Engaged on Alzheimer’s Disease (LEAD)
- LeadingAge
- Otsuka Pharmaceutical Companies
- National Alliance for Caregiving
- National Asian Pacific Center on Aging
- National Association of Area Agencies on Aging (n4a)
- National Community Reinvestment Coalition
- National League of Cities
- National Association of Counties
- AMDA – Society for Post-Acute Long-Term Care
- Volunteers of America
- US Against Alzheimer’s, including Women’s, Clergy, African American, and Latino Networks
- Youth Movement Against Alzheimer’s

So That’s A Little About Dementia Friendly America’s Mission
Let’s Talk About Community Innovation

Each of Us (and Each Community Sector Can Make a Difference)
Faith Based Partnerships

Dementia Friendly Choir

http://m.startribune.com/minnesota-s-trailblazing-alzheimer-s-choir-reminds-us-love-never-forgets/484898111/
Giving Voice Chorus

Other Faith Based Ideas

• Hold special services - Short/Simple
• Recruit Volunteer Buddies – provide break to caregiver
• Special Choruses - music is increasingly being used to enrich the lives of people with dementia.
• Hosts Memory Café or support groups for care partners and members living with dementia
Arts and Culture Partnerships

Detroit Zoo
Meet Me At MoMA
Metropolitan Museum of Modern Art (NYC)

The MoMA Alzheimer’s Project:
Making Art Accessible to People with Dementia

MoMA Alzheimer’s Project:
Why It’s Important
“Join Us” Program at National Gallery of Art

Dementia Friendly Symphony Event
Dementia Friendly Film Events

Health and Wellness
Dementia Friendly Golf

- Research shows the benefits of exercise for people with dementia
- In Scotland, England and Canada, there are dementia friendly golf events
- Golf program involves socializing, golf activities and being coached on new skills. Also provides a respite break for caregivers.
Parks and Recreation

Volunteer Opportunities
Memory Cafes

- Casual social activity for those with Alzheimer’s or other dementia and their loved ones.
- It’s a place where caring individuals can come together to find companionship, support, and fun.
Libraries

Businesses
Dementia Friendly Businesses

Sheridan Wyoming Business Initiative
Dementia Friendly Restaurant

- Dining out is an important social activity for many people
- However, it can be a stressful or overwhelming experience for people with dementia and care partners
Youth and Intergenerational

- Puzzles to Remember
- Grandpa and Lucy: A Story of Love and Dementia
- Dementia Friends
Youth Movement Against Alzheimer’s

- Chapters located at high schools and colleges/universities across the country
- Each chapter of their national network seeks to cure Alzheimer's through various efforts
- With USC, YMAA launched YouthCare with trains college students to provide evidence-based respite care for people with dementia

Dementia Friendly High School
Banking

Dementia Friendly Banking

• In Dane County, Wisconsin:
  – Developed a Dementia Friendly Financial Group that meets bi-monthly
  – Hold a Dementia Friendly Banking Train the Trainer session bi-annually
First Responders and Law Enforcement

Training for First Responders
Training Video for Traffic Stops

A good law enforcement response...
File of Life Initiatives

- Imagine that you are injured or suffer from a medical condition that renders you unconscious or unable to communicate effectively with paramedics.
- Without important information about your medical history, how will medics be able to quickly diagnose your condition and provide emergency care?
Environmental Design

Environmental Design

[Image: A person holding signs that say 'Men Toilet' and 'Women Toilet']
What Creative Ideas Could Happen In Your Community To Support People With Dementia?

How Can Each of Us Be Dementia Friends in the Community?
**In a Store or Business**

- Offer to assist with finding an item
- Offer to help count the correct change
- Gently inquire if you notice unusual items or quantities
- Offer to call a friend or family member if someone appears to need greater assistance

**In A Restaurant**

- Ask specific questions. For example, would you like to order a sandwich, versus what do you want to order?
- Offering to help count the correct change
- Is someone waiting for a ride home? Assist by calling a friend or family member.
- If you can, wait with the person until their ride arrives.
On Public Transportation

- Remain calm and reassuring.
- Try to understand where the person is going. Ask for an address.
- Try to ensure they arrive at their intended destination. Offer to call a friend or family member.
- Notify a manager who can assist
- Alert authorities if you have concerns about safety

In the Library

- Offer to help or find a librarian who can assist
- Ask the library staff if they have any special resources for people living with dementia
- Be specific, concrete and speak slowly
How Can YOU Make a Difference?

Becoming a Dementia Friend

Join the Movement! Become a Dementia Friend.
A Dementia Friend learns about dementia and then turns that understanding into action. We all have a part to play in creating dementia-friendly communities!

Registered Dementia Friends in the USA
23,068

Become a Dementia Friend →
Learn more and follow the steps to become a Dementia Friend.
Working Together We Will Make It Happen

And We Must Because....
Contact Information

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THANK YOU!