




**Dementia-Friendly Communities:
What, How and Why**

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Today's Presentation



- Overview of ACT on Alzheimer's
- What does "dementia-friendly" mean?
- Introduce ACT on Alzheimer's Toolkit and process
- Update on MN's dementia-friendly communities

2




What is ACT on Alzheimer's?



statewide **60+** ORGANIZATIONS **500+** INDIVIDUALS volunteer driven


collaborative

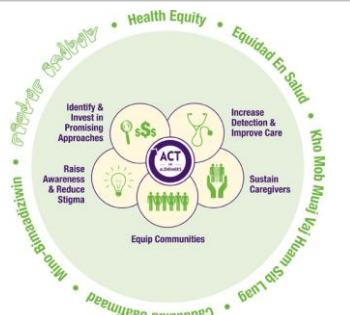
IMPACTS OF ALZHEIMER'S

BUDGETARY	SOCIAL	PERSONAL
		

3

Collaborative Goals/Common Agenda







5 shared goals with a Health Equity perspective

4

Equip Communities and Raise Awareness





- Develop a Community Toolkit to foster dementia-friendly communities
- Support community implementation of the toolkit

www.actonalz.org/toolkit

Equip Communities

Funders: Blue Plus (HMO affiliate of Blue Cross Blue Shield of Minnesota); Medica Foundation; Greater Twin Cities United Way


5

Dementia-Friendly Community






6

Dementia- Friendly Health Care 

- Identify and diagnose dementia, educate patients and caregivers and refer to community resources
- Actions:
 - Training on dementia
 - Administer objective assessments
 - Use ACT on Alzheimer’s clinical practice tools
 - Offer disease specific information and information on community services and supports



7

Dementia- Friendly Community-Based Supports 

- Supports that help people maintain independence and quality of life
- Actions:
 - Service providers who use best practices in serving people with dementia
 - Dementia specific education, counseling and support
 - Meaningful engagement activities: memory café, art, music, dance



8

Dementia- Friendly Financial/Legal Services 

- Legal and financial advisors may be the first to identify cognitive decline
- Actions:
 - Education on recognizing dementia
 - Webinars on assessing client capacity, elder abuse, neglect and exploitation
 - Know the local services to help people with dementia and their caregivers



9

Dementia- Friendly Faith Community



- Safe, supportive and welcoming environment for people with dementia
- Actions:
 - Offer dementia training to clergy or staff
 - Support the person with dementia: offer short devotions, encourage participation in services as appropriate
 - Support the caregiver: recognize signs of caregiver stress and refer to appropriate resources
 - Create a dementia friendly environment




10

Dementia- Friendly Residential/Memory Loss Services



- Residential settings that serve and support people with dementia
- Actions:
 - Identify champions for maintaining dementia readiness across the organization
 - Educate and train all staff about dementia
 - Manage dementia across the continuum using best care practices



11

Dementia- Friendly Businesses



- Businesses that are meeting the needs of customers and employees
- Actions:
 - Educate staff on dementia and effective communication skills
 - Become aware of local services to help people with dementia
 - Ensure the environment is dementia friendly
 - Offer support to caregiver employees



12

Dementia- Friendly Local Government




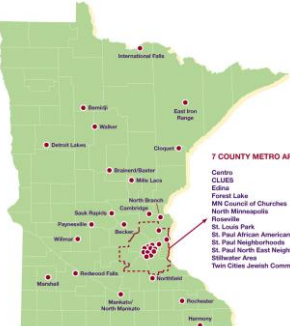
- Dementia awareness in community planning and emergency response
- Actions:
 - Provide dementia training to city/county staff who work with the public, emergency responders and law enforcement



13

33 Dementia-Friendly Communities







7 COUNTY METRO AREA:
 Centro
 CLARE
 Edina
 Forest Lake
 MN Council of Churches
 North Minneapolis
 Roseville
 St. Louis Park
 St. Paul African American Faith Community
 St. Paul Neighborhoods
 St. Paul North East Neighborhoods
 Stillwater Area
 Twin Cities Jewish Community

14

Four-Phase Toolkit Process





1. **Convene** key community leaders and members to form an Action Team.
2. **Assess** current strengths and gaps within the community.
3. **Analyze** findings to understand your community's needs and develop a plan to take action.
4. **ACT Together** to pursue priority goals that foster community readiness for dementia.

15

St. Louis Park



- Placed Alzheimer’s-related books in free little libraries
- Hosted free screening of “Still Alice”
- Created book club kits includes 10 books, bookmarks and study group questions
- Web presence on city website



16

St. Paul Neighborhoods



- 9 Dementia Champions trainings held, 87 Dementia Champions
- 65+ Friends Sessions have been held
- 650+ individuals attended Dementia Friends sessions in 2014, many more will become Friends in 2015
- 2,500+ SPN ACT Brochures, bookmarks, and 350+ resource packet materials handed out



17

Roseville




- Education sessions for the general community and family caregivers
- Sponsor 4 movies with facilitated discussions
- Community events are mechanism to recruit volunteers
- Web presence on city website





18

Cambridge




- Private screening of "I'll be Me"
- Dementia education for physicians
- Guest editorials in local paper
- Project lifesaver in partnership with Isanti County Sheriff department





19

Edina




- Offer 8 Dementia Friends sessions each hosted by a separate Edina organization
- Use session as opportunity to recruit volunteers to enhance existing caregiver support programs




20

Walker



Focus on dementia-friendly businesses

- Brief overview of 10 signs, brochure and ACT DF resources
- Workshops on AD, impacts on the workplace and sector specific small group discussions



21


Twin Cities Jewish Community



- Rabbi trainings
- Film series with facilitated small group discussion
- Dementia Friends
- Will pilot teen training 3/2015
- Caregiver conference scheduled for 5/2015




Paynesville



- Education for medical personnel, first responders/police, faith community
- Dementia friends
- AD books for public library and elementary school
- Targeted outreach weekly at local grocery store



Challenges



- Some communities have struggled with membership, supportive components (fiscal agents) and leadership
- Some communities wanted to focus on a pre-existing program and don't consider the possibility that the surveys will be identifying something else (need to be very open minded)
- Some communities had had difficulty getting representation on their committee from all sectors (could be location of community)

Observations



- Communities surprised by their community knowledge
- Communities thinking they knew what the survey process would reveal and the end result was not that at all
- Communities unaware of resources, programs and services already available and in some cases – still choosing to replicate

25

Thank you!



Learn more at www.ACTonALZ.org

Sign up for the ACT e-news at: info@ACTonALZ.org

View latest happenings by visiting the ACT website, including **In the News**, **Facebook** page, and **Twitter** feed.



26
