



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

Dawn Simonson, Executive Director
Metropolitan Area Agency on Aging

Lori Vrolson, Executive Director
Central MN Council on Aging

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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

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What is ACT on Alzheimer's?



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

collaborative

IMPACTS OF ALZHEIMER'S

BUDGETARY	SOCIAL	PERSONAL
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Collaborative Goals/Common Agenda





5 shared goals with a Health Equity perspective

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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

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Dementia-Friendly Community





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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



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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



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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



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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



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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



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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



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Dementia- Friendly Local Government



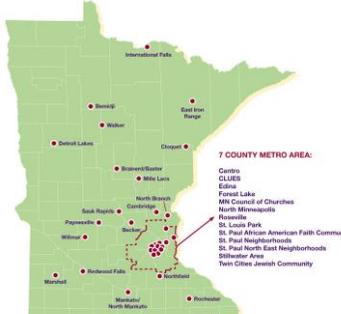
- Dementia awareness in community planning and emergency response
- Actions:
 - Provide dementia training to city/county staff who work with the public, emergency responders and law enforcement



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- 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
- Silverdale Area
- Twin Cities Jewish Community

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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.

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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




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St. Paul Neighborhoods

dementia friends
An initiative of ACT on Alzheimer's

- 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




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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




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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




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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



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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

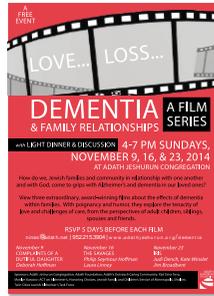


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Twin Cities Jewish Community



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



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Paynesville



- Dementia Friends
- Sunday Awareness
- Purple Week
- Facebook Presence
- Created a Video
- Books and book marks for Public Library and Schools



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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
- Some communities had difficulty getting representation on their committee from all sectors

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Observations



- Communities surprised by their community knowledge
- Communities thinking they knew what the survey process would reveal and the end result was not that
- Communities unaware of resources, programs and services already available

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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.



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