

DEMENTIA FRIENDLY TEMPE

Jane Gerlica, MC

Banner Alzheimer's Institute

Phoenix, Arizona



Objectives

- Discuss the purpose and process to become a dementia friendly community
- Utilize dementia friendly assessment and implementation tools for each sector of the community
- Describe the role and process of becoming a dementia friend
- Steps being take to make Tempe the 1st dementia friendly community in Arizona

Why dementia friendly communities?

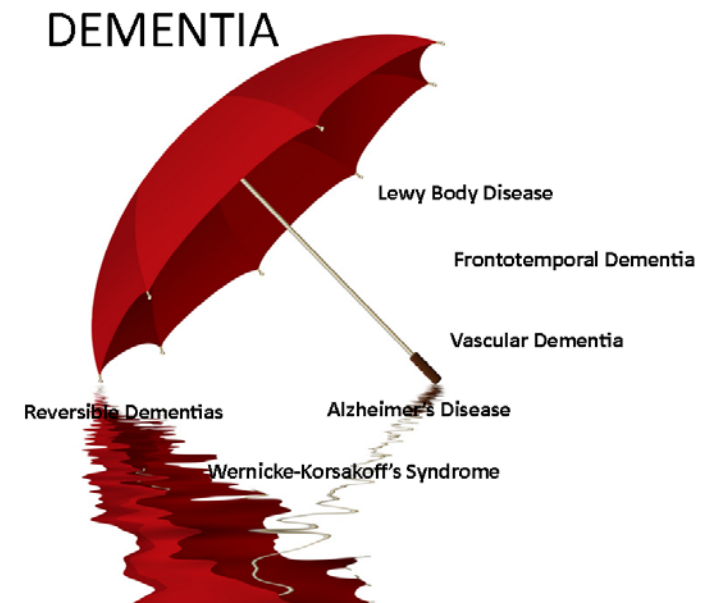
- Growth of people affected by Alzheimer's disease in the US/around the world
 - 5.4 million in US
 - 50% never told they have dementia
 - 120,000 in Arizona (**50 -80% expected increase in rate by 2025)
 - 80,000 in Maricopa County
 - ~1500 in Tempe
- Most people with dementia (PWD) live at home in communities
- Family and friends provide the bulk of care and support
- Both the PWD and their care partner(s) are prone to social isolation due to the "demands" of the condition
- Our society ill prepared to understand and support PWD and their care partners



Photo Courtesy of Shutterstock

What is dementia?

- Disease or condition in the brain that cause global, progressive deterioration impairing social or occupational functioning
- Causes changes in:
 - Memory
 - Language
 - Thought
 - Behavior
 - Mood
- Alzheimer's disease is most common type



10 warning signs of Alzheimer's disease

1. Memory loss that disrupts daily life (short-term memory)
2. Challenges in planning or problem-solving
3. Difficulty completing familiar tasks at home, work or leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or usual activities
10. Changes in mood and/or personality

What PWD say.....

- Their communities are not prepared
- They no longer feel part of their community – STIGMA
- Society is not geared up to deal with dementia
- They cannot participate in usual social and community activities as before the condition started – ISOLATION
- They are fearful of trying new things - FAILURE



What PWD are most concerned about

- Becoming confused when out in the community
- Getting lost
- Mobility and health issues
- Not wanting to be a burden
- Lack of appropriate transportation



What is a dementia friendly community?

- A community in which people with dementia are empowered to have high aspirations and feel confident knowing they can contribute and participate in activities that are meaningful to them.

- The goal – living well with dementia!



Shaping dementia friendly communities

1. Involvement of PWD and care partner in change
2. Challenge stigma and build understanding
3. Accessible community activities
4. Acknowledge potential
5. Ensure an early diagnosis
6. Practical support to enable engagement in community life
7. Community-based solutions
8. Consistent and reliable travel options
9. Easy-to-navigate environments
10. Respectful and responsive businesses and services



Getting started: Dementia Friendly America (DFA) Initiative

Initiative Objective

Foster dementia friendly communities across the US

Desired Outcomes

Community and system capacity that enhances quality of life and positive outcomes for people living with dementia and their care partners

Indicators

Increased quality of life for PWDs and Care partners via agreed upon indicators

Increased community awareness of dementia

Increased dementia friendly business and financial practices

Increased access to community life and meaningful engagement through dementia friendly services and supports

Increased rates of detection/diagnosis and participation in clinical trials

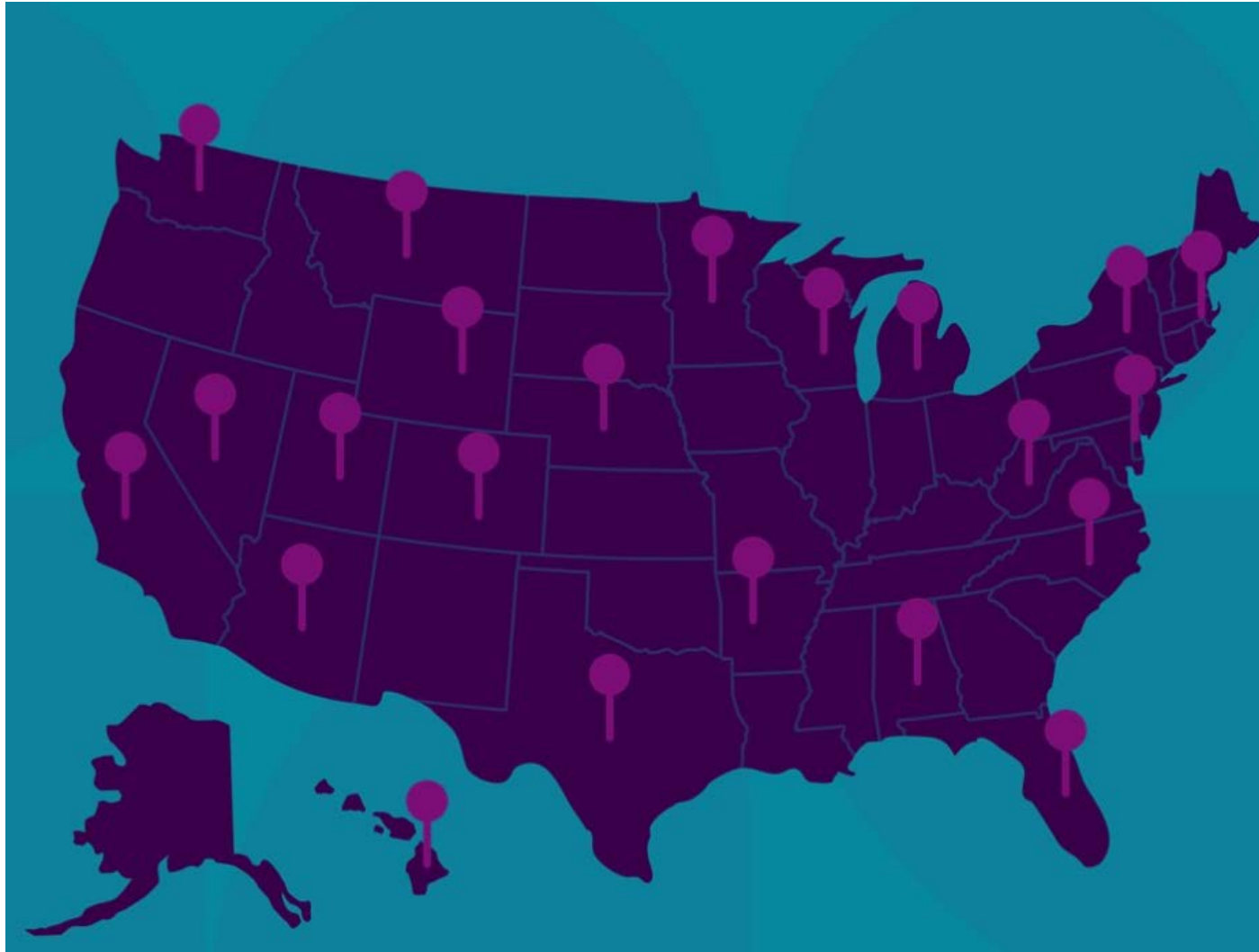
Increased rates of advance planning

Reduced fraud and abuse

www.dfamerica.org



Communities working on dementia friendly



View of a dementia friendly community



All sectors are informed, safe and respectful
(age vs. dementia friendly)

Sector specific guides and practices

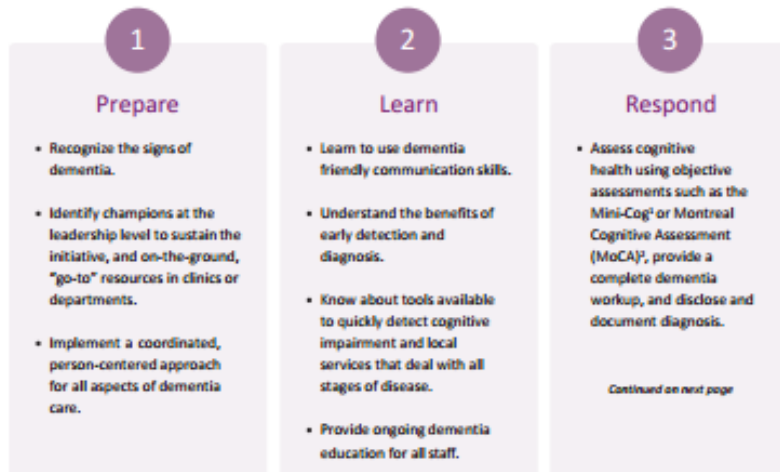


Dementia Friendly Health Care Setting

Health care professionals play a key supportive role for people with dementia and their care partners. They can promote early detection and diagnosis and provide ongoing medical care, as well as educate patients about dementia and connect people with the disease and their care partners with community resources that promote quality of life.



Ready to implement dementia friendly practices?
Follow the steps:



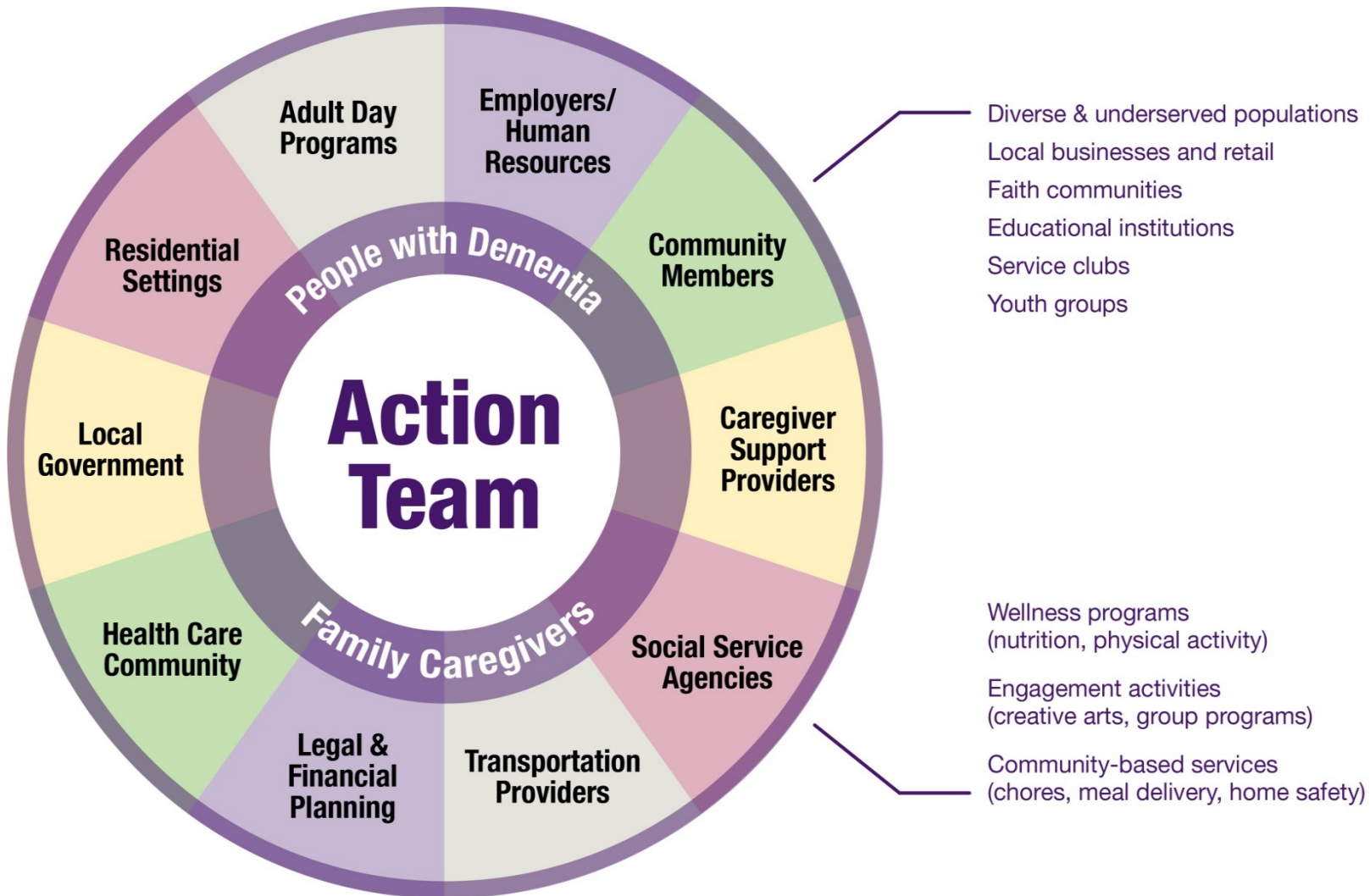
- Businesses
- Community-based supports
- Faith communities
- **Health care community**
- Legal and financial services
- Local government
- Residential settings

Community Toolkit Phases

1 2 3 4

1. **Convene** key community leaders and members to understand dementia and its implications for your community. Then, form an Action Team.
2. **Engage** key leaders to assess current strengths and gaps in your community using a comprehensive engagement tool.
3. **Analyze** your community needs and determine the issues stakeholders are motivated to act on; then set community goals.
4. **ACT together** to establish implementation plans for your goals and identify ways to measure progress.

Convene Stage: The Action Team



Engage Phase: Actions Needed

- Define your community
- Determine who to survey and who will survey
- Target sectors
- Include diverse populations

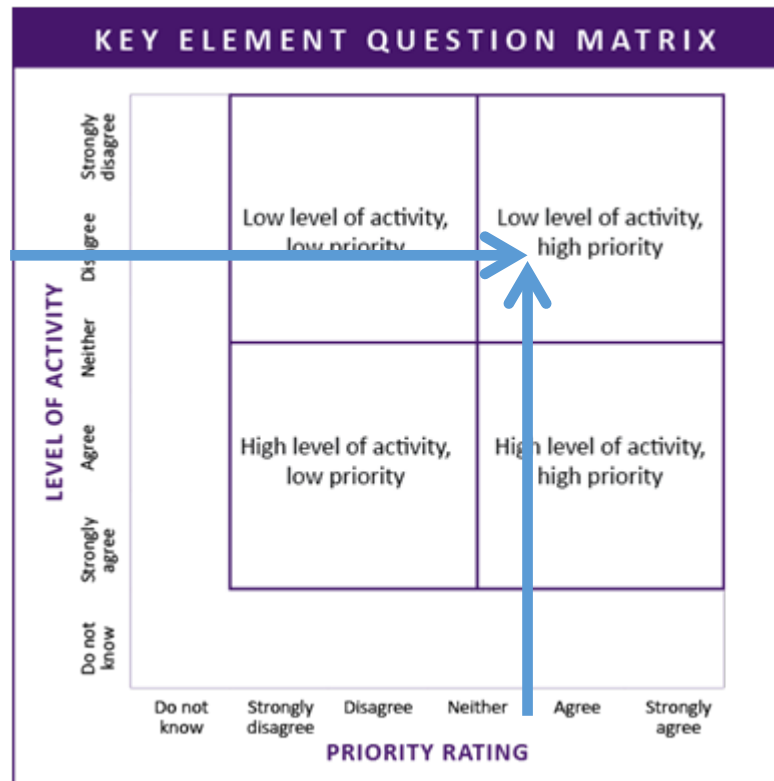
Sectors:

- Adult day
- Caregiver support providers
- Employers/businesses
- Health providers
- Legal and financial planners
- Local government
- Residential settings
- Social service agencies
- Transportation
- Faith communities

Analyze Phase: Planning for Action

Look for :

High Priority,
Low Activity
areas of need



Act Phase: Working Together

- Training health care staff, business, government, law enforcement, youth, first responder and faith basic principles
 - Identification of dementia
 - Dementia friendly communication skills
 - Dementia friendly environments
- Dementia Friends awareness and education program
- Awareness of caregiver supports and resources
 - Identification of gaps with solutions for improvement
- New meaningful engagement opportunities for persons living with dementia (e.g. arts)



Dementia Friends



- Someone who learns a little bit more about what it's like to live with dementia and then turns that understanding into action!
- What action looks like:
 - ✿ Getting in touch and staying in touch with someone I know living with dementia
 - ✿ Volunteering for an organisation that helps people with dementia
 - ✿ Campaigning for change, eg by signing up to Alzheimer's Society's campaigns to improve the lives of people with dementia
 - ✿ Wearing my badge and telling 5 friends about the Dementia Friends initiative
 - ✿ Carrying out a personal action eg Be more patient when out in my community

Dementia Friendly Communication

- Greet people warmly even if you think they do not remember you. If they seem confused, remind them who you are.
- Slow pace slightly and allow time for person to process and respond.
- Speak clearly and calmly, be patient and understanding.
- Keep communication simple; ask one question at a time.
- Listen with empathy and seek to understand the person's reality or feelings.
- Connect on an emotional level even if conversation topics shift or do not make sense to you.
- Be aware of the person's and your own body language: smile, make eye contact at eye level.
- Enjoy spending time with the person in the present moment.
- Offer hugs, hand holding as appropriate.
- Avoid arguing with or embarrassing the person.
- Treat the person with dignity and respect.

Dementia Friendly Tempe

- Held Dementia Friendly Tempe Summit on March 19, 2016
- Routine Action Team meetings
- Completing sector assessments
 - Housed on www.dementiafriendlytempe.org website

Dementia Friendly Tempe continued

- Memory Café at Tempe Library
 - Weekly drop in each Monday 9:30am – 12N
- Monthly “Dementia Friendly Tempe Presents” lecture series
 - 2nd Wednesday of each month at Tempe Library 1 – 2:30pm
- Late 2016/early 2017 initiating Dementia Friends training
- Working with Tempe Library staff on a variety of cognitive engagement strategies
 - Discussion groups
 - Brain Game classes
- Working with Arts groups/artists to identify opportunity for routine arts engagement



Living with Memory Loss?

Tempe is part of Dementia Friendly America and we have resources so you can Find Help, Get Educated and Get Connected about Alzheimer's disease and related dementias.

Summary

- Dementia Friendly Communities provides a grassroots approach to creating increased awareness about dementia
- By working together with other community sectors we can improve quality of life for people with dementia and their care partners

Questions?

Jane Gerlica, MC

Banner Alzheimer's Institute

901 E. Willetta Street

Phoenix, AZ 85006

Jane.Gerlica@bannerhealth.com