



Dementia
Friends
Illinois 

A Dementia Friendly America initiative

What is Dementia Friends?

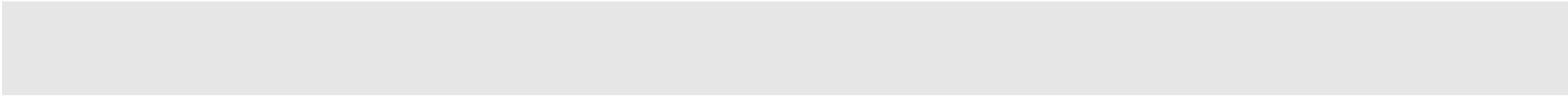
A global movement developed by the Alzheimer's Society in the United Kingdom and now underway in the United States.



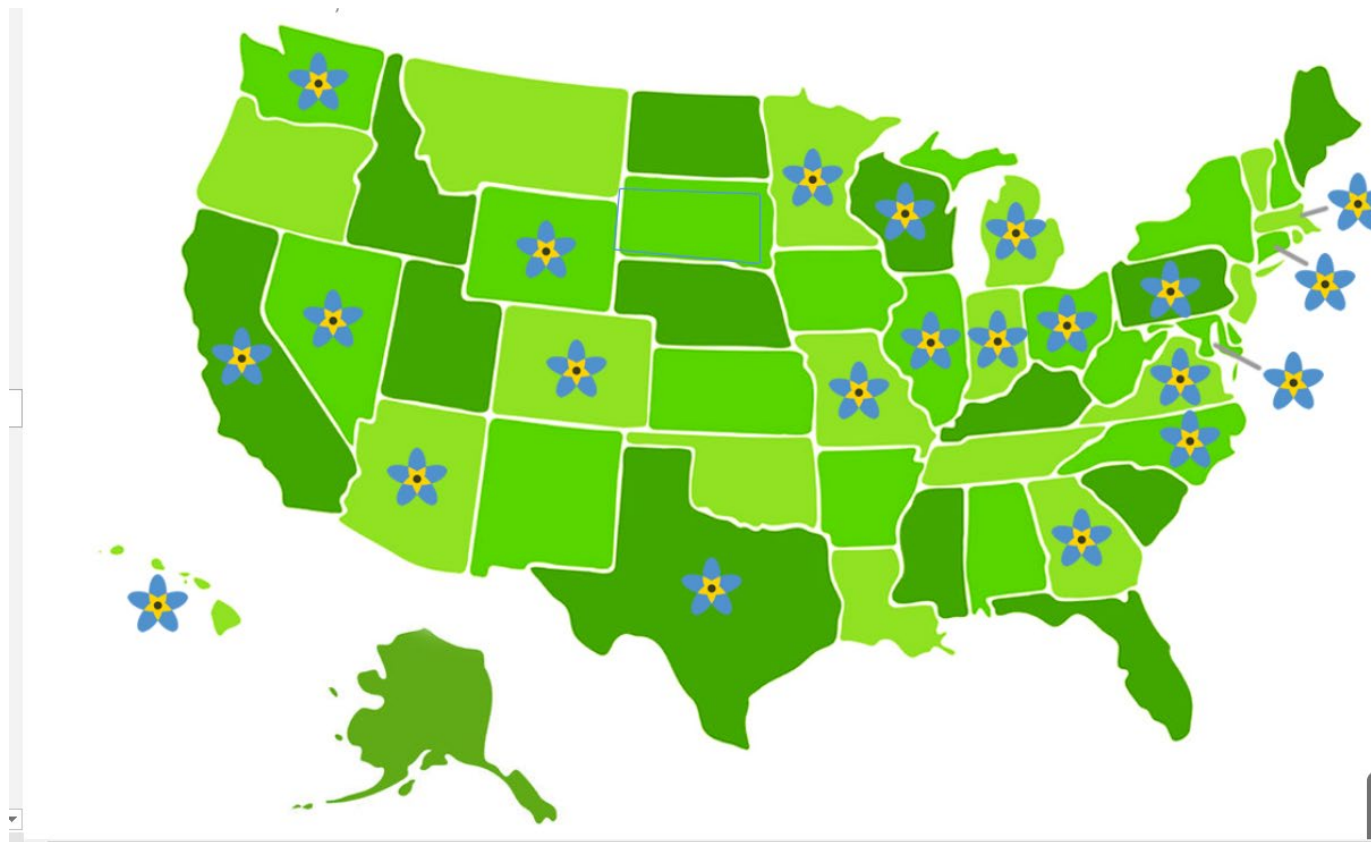
The goal is to help everyone in a community understand five key messages about dementia, how it affects people, and how we each can make a difference in the lives of people living with the disease.



People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend.



Dementia Friend States



Now in
22 states

Source: <https://dementiafriendsusa.org>

Dementia Friendly Communities and Dementia Friends

Community Effort

Dementia Friendly Communities

“Dementia Friendly America is a multi-sector collaborative on a mission to foster "dementia friendly" communities.”

Source: www.dfamerica.org/about-dfa-1

Individual Effort

Dementia Friends

“A Dementia Friend is someone who.. learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts. Anyone of any age can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!”

Source: www.dfamerica.org/dementia-friends-usa/

Dementia Friendly Communities and Dementia Friends



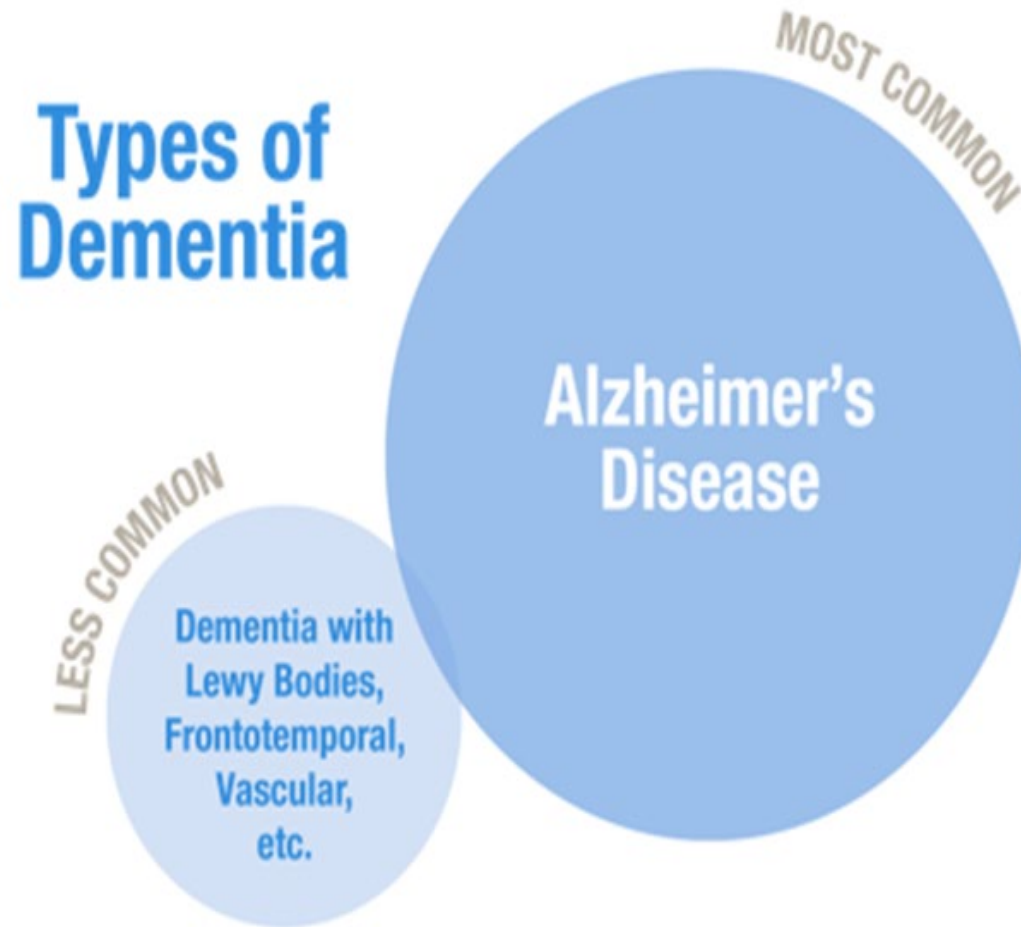
Source: <https://dementiafriendsusa.org>

Dementia: What You Should Know

1. Dementia is not a disease

- Describes symptoms

2. Types of Dementia



Normal Aging vs Alzheimer's Disease

- Memory that disrupts life
- Challenges in planning or problem solving
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images or spatial relations
- Decreased or poor judgement

- Problems with words
- Misplacing things and trouble retracing steps
- Withdrawal from work or social activities
- Change in mood or personality

www.alz.org/10-signs-symptoms-alzheimers-dementia.asp

Broken Sentences

Column 1	Column 2
1 Dementia is not...	A ...diseases of the brain. The most common is Alzheimer's.
2 Dementia is caused by...	B ...the dementia. People with dementia are a valuable part of the community.
3 Dementia is not just...	C ...good quality of life with dementia.
4 It is possible to have a...	D ...about having memory problems. It can affect thinking, communication and doing everyday tasks.
5 There's more to the person than...	E ...a normal part of aging. Not everyone who grows old will develop dementia.

Troubles with Communication

Sometimes communicating can become difficult for a person with dementia. Consider these tips.

- Treat the person with dignity and respect.
- Be aware of your feelings.
- Be patient and supportive.
- Offer comfort and reassurance.
- Avoid criticizing or correcting.
- Avoid arguing.
- Offer a guess.
- Encourage nonverbal communication. Come from the front with good eye contact
- Break tasks down into simple parts
- Mood is more important than content
- Speak slowly and clearly.
- Use a gentle and relaxed tone.
- Use preferred name .
- Be on eye level with the person
- Use short, simple phrases and repeat information as needed.
- Ask one question at a time.
- Be patient.

Troubles with Everyday Tasks

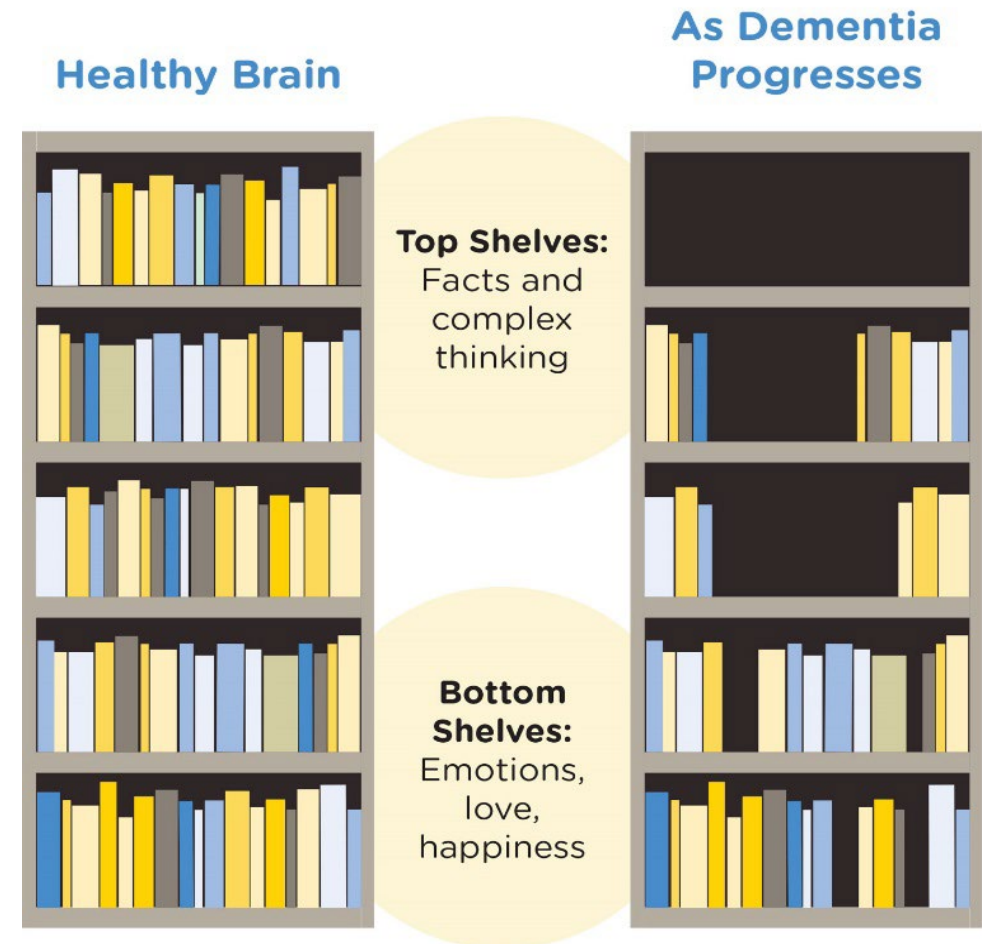
How Many Steps are Involved in Making a Sandwich?



The Bookcase

The bookcase story helps explain different thinking skills and memories and the effects of dementia. Facts and complex thinking will fall away quickly. Emotions and feelings will remain longer.

Relationships Matter



5 Key Messages of Dementia Friends

- Dementia is not a normal part of aging
- Dementia is caused by diseases of the brain
- Dementia is not just about having memory problems
- It is possible to have a good quality of life with dementia
- There is more to the person than the dementia



Turn Your Understanding into Action

As a Dementia Friend, I will... (select at least one)

- Get in touch and staying in touch with someone I know living with dementia
- Support dementia friendly efforts in my community
- Start a dementia friendly effort in my community
- Volunteer for an organization that helps people with dementia
- Campaign for change, e.g. by participating in local advocacy events
- Encourage friends to become Dementia Friends
- Carry out a personal action e.g. being more patient when out in my community
- Volunteer to participate in a clinical trial
- Adopt 1 or more dementia friendly practices in my personal or professional life
- Ask my doctor for cognitive assessment during my annual physical exam

Resources

- Alzheimer's Association www.alz.org
 - *Caregiving and Spanish portals*
 - *24/7 Helpline (800) 272-3900*
- Alzheimer's Disease Education and Referral Center www.nia.nih.gov/Alzheimers
 - Free publications in English & Spanish
 - Caregiver Manuals
- Alzheimer's Foundation of America www.alzfdn.org
- Family Caregiver Alliance www.caregiver.org
 - Over 25 factsheets in Spanish, Chinese, Korean, and Vietnamese
- Area Agency on Aging www.eldercare.gov
 - Provides national information and resources
- Illinois Cognitive Resource Network <https://ilbrainhealth.org>



Illinois Cognitive Resource Network

Vision

The ICRN will make Illinois a national leader in the development and implementation of effective community-based models for adults to access research, education, training, and support services to promote cognitive health and quality of life.

Mission

ICRN will leverage strengths of the Alzheimer's Association chapters serving Illinois, Alzheimer's Disease Assistance Centers, and organizations in the Aging, Disability, and Public Health Networks to optimize the cognitive and functional well-being of Illinois residents and their families.

For more information visit: <https://ilbrainhealth.org>





CATCH-ON

Collaborative Action Team training for Community Health — Older adult Network (CATCH-ON)

Mission: To unify academic, health, and community organizations and resources to prepare a geriatric collaborative practice-ready health workforce optimizing health while serving and improving person-centered health and wellness outcomes inside the walls of the clinic and into the community.

www.catch-on.org

Discussion

- Questions?
- Ideas?
- Comments?