Dementia Friendly Efforts in Illinois

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Why Dementia Friendly Illinois

• More than 6 million Americans are living with Alzheimer’s disease.

• More than 230,000 people aged 65 and older living with Alzheimer's in Illinois.

We all will know someone with dementia and living with dementia can be a lonely experience
Living with dementia is a lonely experience

“I try to be a strong person because I am a strong person, but some days you just don’t know where you are, not just in the spot, but where you are in the whole world.”

Person with Alzheimer’s disease

Why Support Dementia Friendly
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/

What is Dementia Friendly
Welcome to Dementia Friendly Illinois joined in 2017 with kickoff meeting in Springfield

18 Designated Communities

<table>
<thead>
<tr>
<th>Community</th>
<th>County/Region</th>
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<tbody>
<tr>
<td>Elgin</td>
<td>Kankakee County</td>
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<tr>
<td>Evanston</td>
<td>Naperville</td>
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<tr>
<td>Glencoe</td>
<td>North Chicago/Lake County</td>
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<tr>
<td>Grayslake</td>
<td>Oak Park</td>
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<td>Highland Park</td>
<td>Orland Park</td>
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<tr>
<td>Hyde Park</td>
<td>Oswego</td>
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<td>River Forest</td>
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<td>South Loop</td>
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<td>Springfield</td>
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<tr>
<td>Tri-Cities</td>
<td>Batavia, Geneva, and St. Charles</td>
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<tr>
<td>West Deerfield Township</td>
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<td>Westmont</td>
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Our goal
- at least one Dementia Champion and a Dementia Friendly Community in each Planning Service Areas of the state.
- Join the Dementia Friendly Illinois email list to learn of activities in our state.
- Visit www.ilbrainhealth.org for information
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 is change in cognitive ability
- Memory
- Attention
- Perception
- Communication
- Judgement
- Orientation

Many 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/alzheimers-dementia/10_signs
Troubles with Communication

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
• Use short, simple phrases and repeat information as needed
• Ask one question at a time

Troubles with Everyday Tasks

How Many Steps are Involved in Making a Sandwich?

• So many steps involved in everything we do

• This becomes hard for people with dementia
Troubles with Everyday Tasks

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
Relationship Matter

Might have trouble with logic, reasoning, and facts

but connection, love, and relationships remain

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
Importance of Community Resources

- Alzheimer’s Association [www.alz.org](http://www.alz.org)
  - Caregiving and Spanish portals
  - 24/7 Helpline (800) 272-3900

- Alzheimer’s Disease Education and Referral Center [www.nia.nih.gov](http://www.nia.nih.gov)/Alzheimers
  - Free publications in English & Spanish
  - Caregiver Manuals

- Alzheimer’s Foundation of America [www.alzfdn.org](http://www.alzfdn.org)

- Family Caregiver Alliance [www.caregiver.org](http://www.caregiver.org)
  - Over 25 factsheets in Spanish, Chinese, Korean, and Vietnamese

- Area Agency on Aging [www.eldercare.gov](http://www.eldercare.gov)
  - Provides national information and resources

- Illinois Cognitive Resource Network [https://ilbrainhealth.org](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: www.ilbrainhealth.org

Dementia Friendly Illinois Network

• Monthly Zoom meetings on Dementia Friendly work
• Three sub-committees
  • Library Programming
  • Sector Training
  • Sustainability
• ICRN is a resource for both Dementia Friendly and Dementia Friends
• Partner with other communities on work