

# DFA Overview Presentation



Dementia  
Friendly  
America®

# Response to the Need: Dementia Friendly Community



# Organizing to Meet the Goal: Web-based Tools and Resources

**Communities where all people  
can live, age and thrive**

[LEARN MORE](#)



The Dementia Friendly America tools and resources help communities work toward dementia friendliness.

[Access Our Tools & Resources](#)



The Dementia Friendly America initiative is on a mission to catalyze a nationwide movement to foster dementia friendliness.

[Discover More About This Initiative](#)



Communities across the country are working to support those with cognitive impairment and their care partners. Is yours ready?

[Learn How To Join Us On The Map](#)

*Our website includes sector guides, provider tools, a community toolkit and other guidance for communities working towards becoming dementia friendly.*

# Alignment with Age-Friendly



## Age and Dementia Friendly Communities

*Since age is the greatest risk factor for dementia, communities working towards age-friendly resources may want to consider adding dementia friendly elements to their efforts. The list below, shows dementia friendly elements that communities may want to consider adding to their age-friendly efforts*

Age Friendly	Dementia Friendly	Features
✓		The city is clean and pleasant, with enforced regulations.
	✓	The environment is familiar (the functions of buildings are obvious) and distinctive (urban and building form is varied).
	✓	The physical environment is easy to navigate and includes a variety of landmarks to aid wayfinding.
✓		A spectrum of quality housing options, including support for aging in place, is available for older people as their needs change over time.
	✓	A range of quality housing options, including memory care services and supports, exists for people with dementia at various stages of the disease.
✓		A wide-variety of affordable, convenient and accessible activities is offered to older adults and their companions.
	✓	People with dementia and their caregivers have access to organized activities designed specifically for their needs.
✓		Public transport is reliable, frequent, safe and affordable; serves all city areas; and has priority seating for older adults.
	✓	Transport does not require passengers to handle money, and supportive assistance is available along the way to help passengers with dementia travel successfully
✓		Drivers (public transport, taxis, other services) are courteous and sensitive to older riders.
	✓	Drivers are trained to recognize passengers with dementia and how to help them.
✓		Roads are well-maintained, well-lit, and well-signed, and priority parking and drop-off spots are readily available.
	✓	Transportation services for people with dementia are well-advertised and promoted as supportive.
✓		Older people are valued and respected by the community
	✓	Community is dementia-aware and puts forth a spirit of support; people with dementia, including those from seldom-heard communities, are free from stigma.
✓		Older people receive services and products adapted to their needs and preferences

RESEARCH REPORT

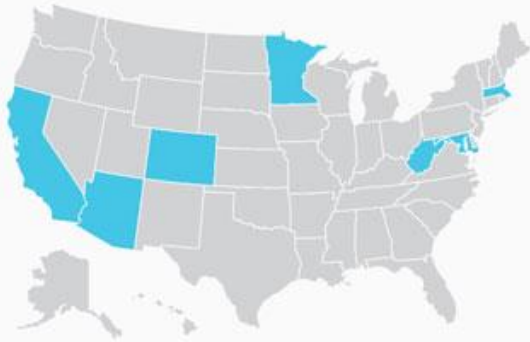
MARCH 2016

# Better Together: A Comparative Analysis of Age-Friendly and Dementia Friendly Communities

Natalie Turner and Lydia Morken

# Community Update

## An Expanding DFA Network



**2015**

8 early adopter communities in 7 states and interest throughout the nation



**2016**

48 actively adopting communities across 36 states, including statewide efforts in 9 states, with an additional 15 states planning for or exploring state implementation



**2017**

More statewide efforts and a goal of DFA presence in every state

## Dementia Friendly Illinois: Rationale

- Almost 220,000 people in Illinois have dementia due to Alzheimer's disease and related disorders.
- By 2025 the number will increase by 18% to 260,000 people.
- Each person with dementia has multiple informal caregivers -- another 588,000 Illinois residents are impacted by dementia.

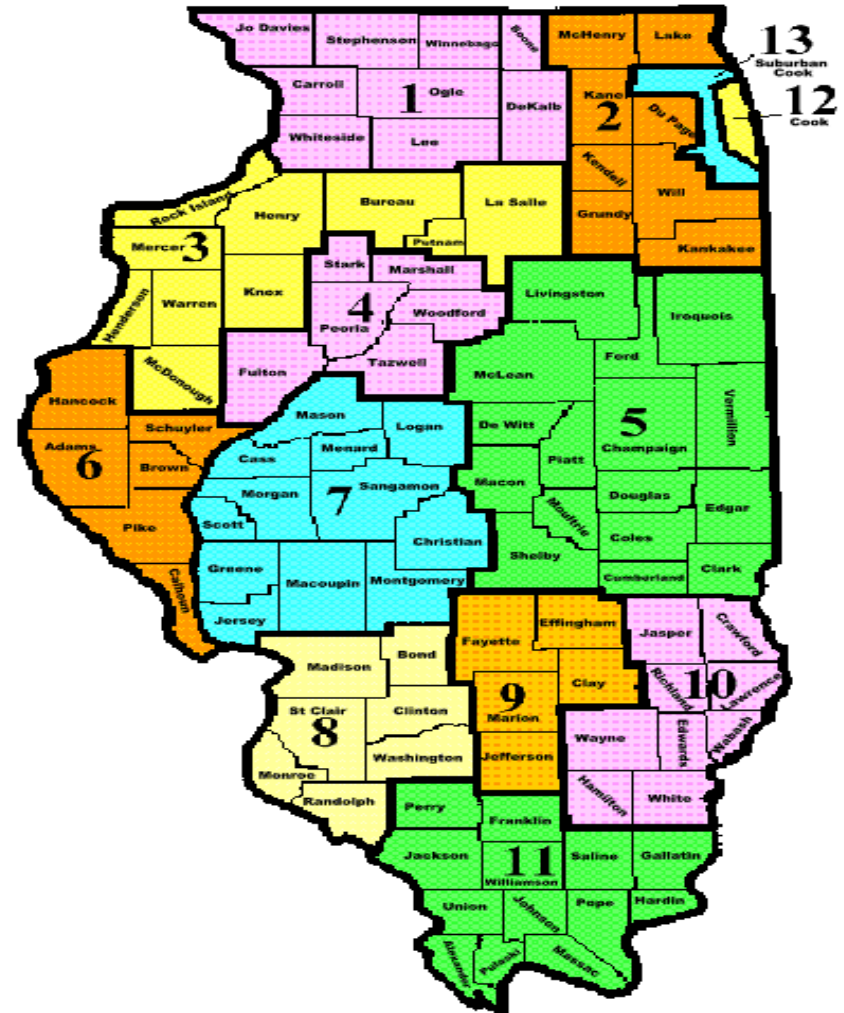
# Dementia Friendly Illinois: Rationale

- Every one of these individuals has to navigate through their communities.
- If they do not feel supported by their community, they start becoming isolated.
- Isolation leads to worsening well-being along with poor physical and mental health.



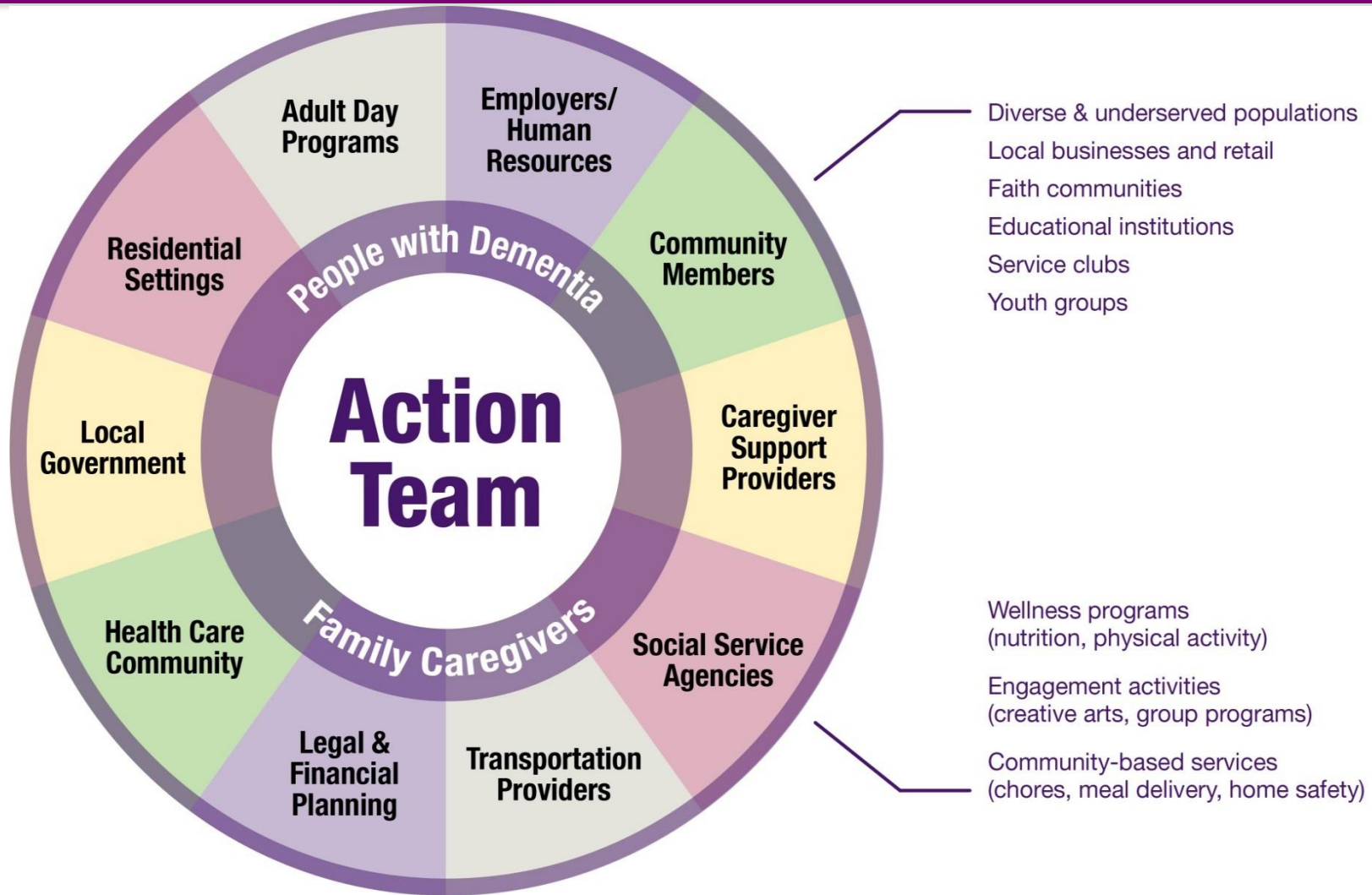
# Dementia Friendly Illinois: Goal

To support the recognition of at least one community in each State Planning Service Area as being part of Dementia Friendly America.





# Dementia Friendly Illinois: The Action Team



# Dementia Friendly Illinois: 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.

# Dementia Friends USA



This program engages individuals in the dementia friendly movement and will advance DFA goals by:

- Raising awareness and reducing stigma
- Encouraging the adoption of dementia friendly practices
- Engaging individuals through training and participation in an online community

For more information...



Website: [www.ilbrainhealth.org](http://www.ilbrainhealth.org)

Contact: [info@ilbrainhealth.org](mailto:info@ilbrainhealth.org)



@DFA\_IL



# ROLE OF AREA AGENCIES ON AGING IN FOSTERING DEMENTIA FRIENDLY COMMUNITIES



September 5, 2019

# Learning Objectives

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- Age and Dementia Friendly Communities
- Role of AAAs in Fostering Dementia Friendly Communities and Initiatives
- Additional Services and Supports

# Illinois

## Alzheimer's Disease & Family Caregivers

- Based on pro-rated estimates of data provided by the U.S. Census and the Alzheimer's Association **Over 220,000** people have Alzheimer's disease ONLY
- It is estimated that **more than 590,000** people care for a person with Alzheimer's disease or other related dementia providing **672 million hours of unpaid care**



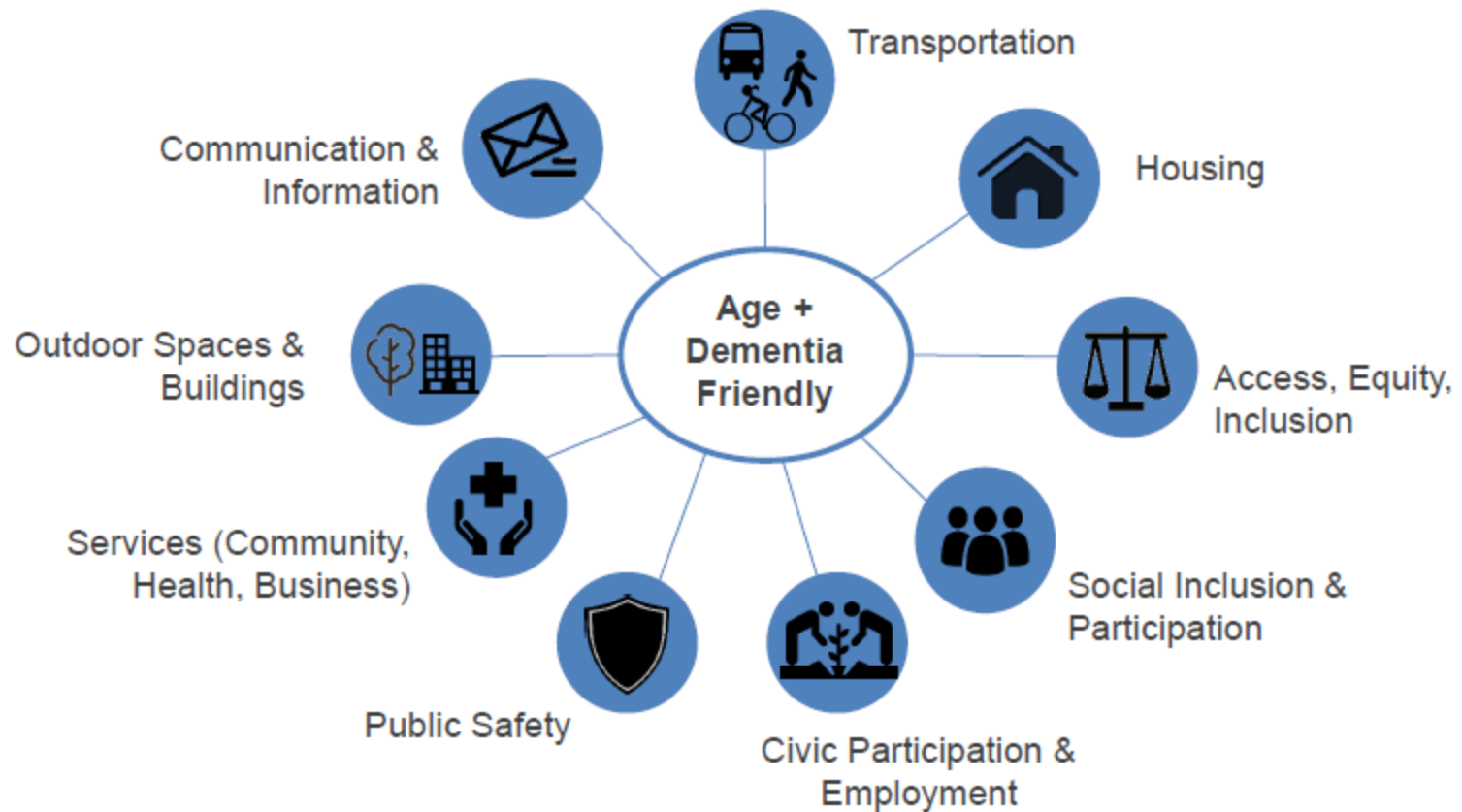


# Age-and Dementia Friendly Communities

- Making communities more inclusive and age-friendly benefits people of all ages
- **Age-friendly communities** promote a high quality of life for persons regardless of age, allowing older people to remain active in the community
- **Dementia-friendly communities** promote awareness of dementia, educate citizens on how to best support people touched by dementia and introduce systematic changes within businesses, government, and neighborhoods
- **Dementia-friendly work** is a critical element of the broader age-friendly framework
- Pursuing both the **age- and dementia-friendly** movements simultaneously, may avoid duplicating work, and save time and money by sharing resources and funding

# Age-and Dementia Friendly Communities

Continuous improvement and collective impact process for communities



# *It all starts with **CONVENING:***

Stakeholders and partners for active Age- and Dementia Friendly communities



# Age-and Dementia Friendly Communities

- Leadership and activities of both efforts can be mutually supportive and overlapping
- DFA communities should convene a cross-sector team across three or more community sectors to advance dementia friendliness.
- A cross-sector team should include at minimum, government, clinical, community-based organizations and most importantly people living in community with dementia and their care partners.

# Role of AAAs in Fostering Dementia Friendly Communities

- Offer Guidance on development of Advisory Committees
- Community Outreach/Education
- Provide Business Sector Trainings

# Formal Declarations

North Chicago: August 4-5,  
2018

Manteno: September 2018



# Business Sector Training



## Dementia-Friendly Financial Services

Financial services professionals may note early symptoms of dementia in clients such as difficulty managing finances. Dementia-friendly practices can help to balance and protect client independence and interests from problems such as unpaid expenses, squandered resources, avoidable guardianship, and financial abuse, neglect, or exploitation.

Dementia-friendly business is good business and will retain existing clients and attract new ones. Access training at Home Instead Business Training.<sup>9</sup>



### Ready to implement dementia-friendly practices? Follow the steps:

1

#### Prepare

- Recognize signs of dementia related to money management and signs of financial abuse or harm.
- Develop proactive procedures and guidelines to address financial challenges related to dementia.

2

#### Learn

- Learn to use dementia-friendly communication skills.
- Know local services that help people with dementia and their caregivers.

3

#### Respond

- Appoint champions at the senior level to sustain overall initiative and within branches and call centers as "go-to resources."
- Provide dementia-friendly products, services, and customer service practices.
- Spread dementia-friendly principles throughout the industry and community.

- Business
- Banks and financial
- Community-based supports
- Faith communities
- Health and long term care
- Legal and advance planning
- Local government (planning, emergency response, law enforcement)



# Role of AAAs in Fostering Dementia Friendly Communities



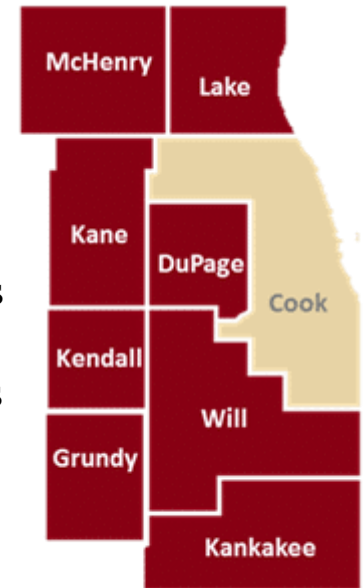
▪ **Training and Education:** Classes to teach caregivers how to meet their loved ones needs

▪ **Support Groups and Counseling:** Resources to improve and protect the well-being of the caregiver

▪ **Supplemental Funds:** Pays for short term caregiver services, adaptive devices and supplies

▪ **Dementia Friendly Events and Memory Cafes:** Programs at local Restaurants, Senior Centers, and Libraries

▪ **Music & Memory at Home:** Intergenerational pilot program offers personalize play lists



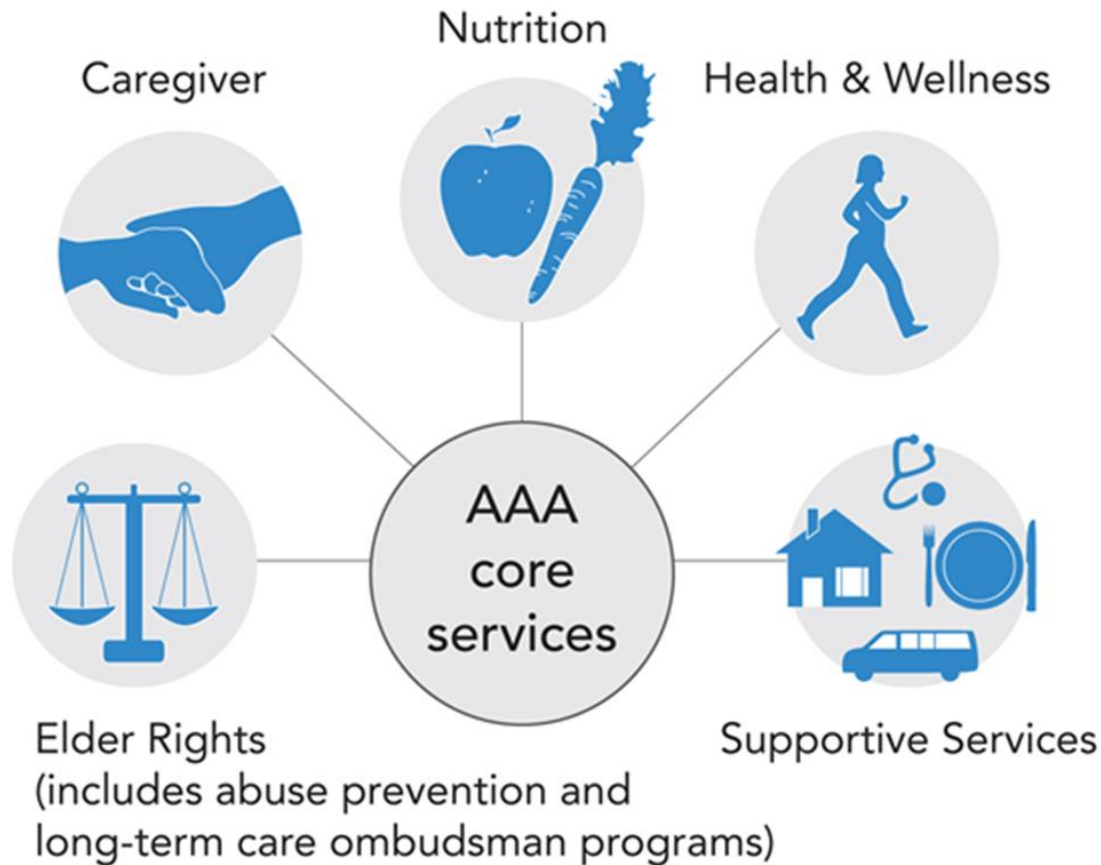
# Manteno/Kankakee County Memory Garden



From our first Memory Café, planting flowers at the Manteno Fire Station, has come this incredible opportunity to build a Memory Garden on the acre lot next to Manteno Fire Station. The community has truly engaged the project, raising money, donating items, volunteering time.



# Additional Services and Supports



# For More Information



**Need help connecting residents to Older Americans Act (OAA) services or guidance on creating Age- and Dementia Friendly Communities?**

**Agency on Aging** (Northeastern Illinois - DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, & Will Counties)

800/528-2000 or 630/293-5990 or [ageguide.org](http://ageguide.org)

**AgeOptions** (Area Agency on Aging – Suburban Cook County)

708/383-0258 or [ageoptions.org](http://ageoptions.org)

Marla Fronczak  
Executive Director  
Agency on Aging Northeastern Illinois  
1910 S. Highland Ave.  
Lombard, IL. 60148  
630-293-5990  
[mfronczak@ageguide.org](mailto:mfronczak@ageguide.org)

# Village of River Forest

## A Dementia Friendly Community

By:

Cathy Adduci, Village President

Respicio Vazquez, Village Trustee



# Approach – What are we doing to be dementia friendly?

## Commitment

- Resolution Supporting Dementia-Friendly Efforts
- Village President's Pledge for Successful Aging
- Comprehensive Plan

## Resources/ Services

- Police Dept's ID bracelet program
- Senior snow removal program
- Bicycle Plan



## Education

- Police, Fire completed “Dementia Live” training
- Raise awareness

# Approach – What are we doing to be dementia friendly?

## Accessibility

- New development for 125 unit Senior Living Facility
- Amended planned development standards

## Collaboration

- Senior programs/events cross-promotion
- DFA Designation
- Coordinate AARP application

## Next Steps...

- Apply for AARP Age-Friendly Community designation
- Purple Ambassadors





September 5, 2019  
Age-Friendly Communities Committee  
Oak Park Village Hall

By Glenna Godinsky, Angela Bouque  
and Debbie Cole

What are we doing to be  
Dementia-Friendly?



# Community Partners

## Non-Profits



Gail Borden Public Library District



Senior Services Associates, Elgin IL



AgeGuide Northeastern IL



Mayor Dave Kaptain



Illinois State Senator Cristina Castro



Centro de Informacion



First Responders

## For-Profits



Law Firms



Banking



Restaurants



Hospitals



Home Health Care



University Staff

23 Senior/Developmental Care Communities

Those living with dementia & their care partners: Author/Library Staff Member/Businessman/Professor/Retirees/Volunteers

# Dementia Friendly Elgin Advisory Council



Needs Assessment Survey



Letters of Support



Application Submitted / July 5, 2019: Designation Earned



Mission & Vision Statements



Conflict of Interest Form

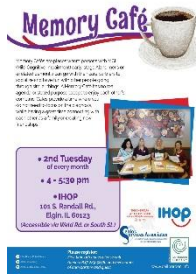


Dementia Training Completed:

3 sessions for Library personnel

75 KCT Credit Union Employees

# Dementia-Friendly Programs Serving Our Community:



Elgin Memory Café



Café de los Recuerdos



Library Programming inside Senior/Developmental Communities



Weekly No Shushing Movie at South Elgin Branch Library

# Short Term Goals

Strategically provide more training throughout the business community.

Produce a comprehensive RESOURCE GUIDE for distribution at:

- \* Doctor's Offices / Health Care Community
- \* Emergency Calls
- \* Memory Cafés
- \*Community Events (Farmer's Markets)

Continue to reduce social isolation by growing volunteer collaboration already in place between library / memory care communities / developmental communities / memory cafés.

# Long Term Goals

- \*Ease Transportation Strain
- \*Stress-Busters Programming for Care Partners
- \*Music & Memories Program
- \*Senior Education Series
- \*Respite Care Coordination
- \*Coordinated Crisis Response Across Community

# Has everyone taken a moment to become a Dementia Friend?



**Join the Movement!  
Become a Dementia Friend.**

A Dementia Friend learns about dementia and then turns that understanding into action. We all have a part to play in creating dementia friendly communities!

[www.dementiafriendsusa.org](http://www.dementiafriendsusa.org)



# Dementia Friendly Glencoe

Presented by: Emily Mysel

# Approach – What are we doing to be dementia friendly?

## Dementia Friendly Glencoe

- Background and Supportive Initiatives
  - Welcoming and Inclusive Community Pledge
  - Glencoe Cares Program
  - Public Safety Programs and Resources
  - Family Service of Glencoe – Senior Services
- Established project team – Family Service of Glencoe, Public Safety, Village Manager's Office
- Dementia Friendly America Application
  - Village Board Resolution – Support for Application (not required)
  - Letters of Support – District 35, Park District, Library, Family Service of Glencoe
- Next Steps and Continued Program Development
  - Dementia Friends Training (Susan Frick, MSW, LSW – Rush Alzheimer's Disease Center, Director of Without Warning)
  - Engage Potential Community Partners – Businesses, Clergy Association, Community Organizations
  - Utilize DFA Program Resources

-insert muni here-

## A Dementia Friendly community

By: Sue Cherco, Chairperson, Age-Friendly  
Evanston Task Force

# Approach – What are we doing to be dementia friendly?

-insert big idea-

- September 2017- group of interested parties meet to discuss efforts to become a Dementia Friendly community
- Developed focus groups in collaboration with NU Communication Sciences and Disorders Department

-insert big idea-

- February 2018 - DFE focus groups begin
- June 2018 – DFE presents at ASA Roundtable
- July 2018 - DFE joins Age-Friendly Evanston Task Force

-insert big idea-

- September 2018 - DFE becomes certified under DFA umbrella
- November 2019 - DFE Launch Event, Evanston Public Library

# Grayslake, IL

## A Dementia Friendly community

By: Mike Steiner,

Owner

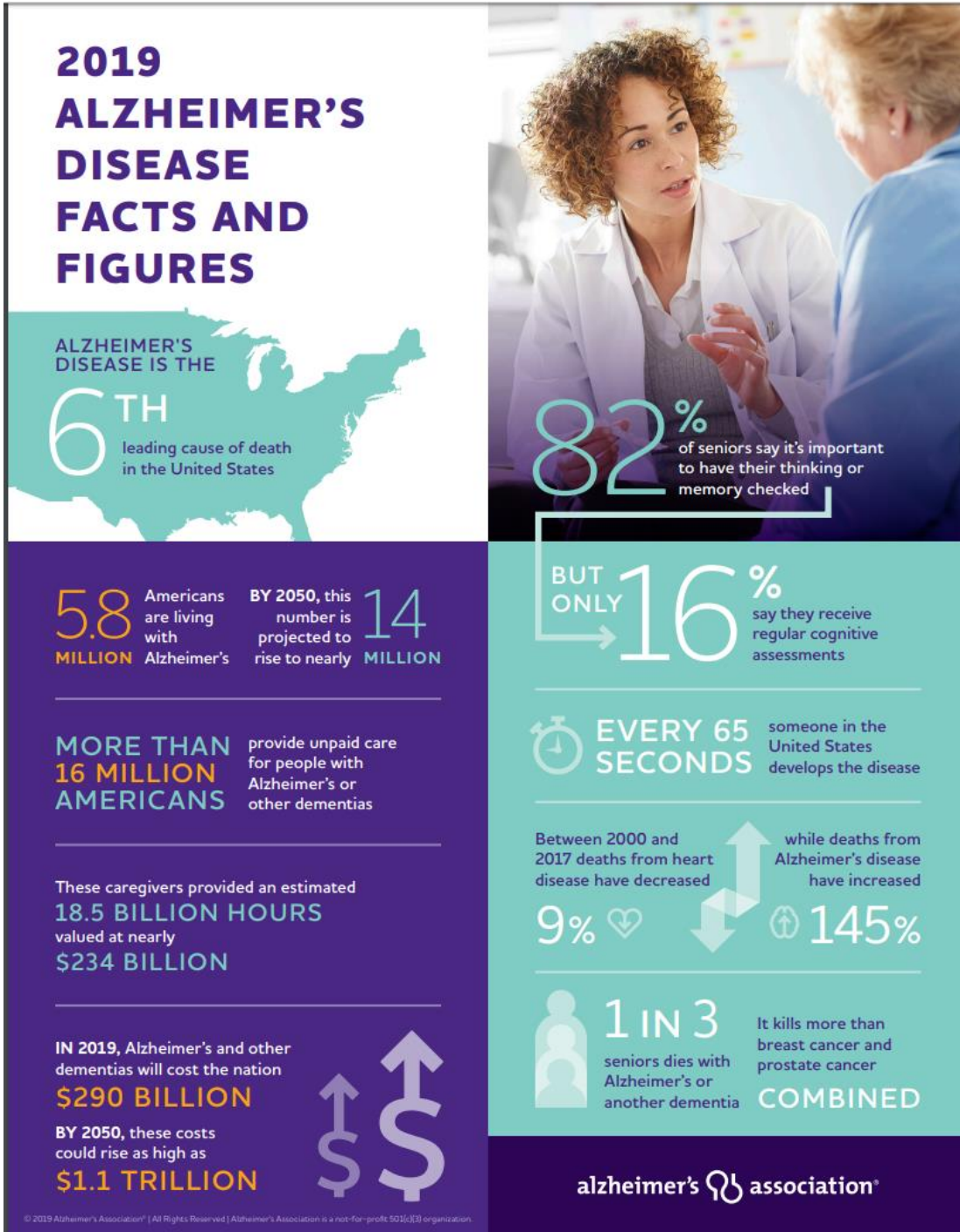
Right at Home

# How Grayslake became the First Dementia Friendly Community in Illinois

- **Identified the need** (some statistics have been updated in 2019)
  - Initially on a personal level – inspired by my clients’ adult children and seeing many are not prepared for this “journey”.
  - 10000 people are turning 65 every day.
  - 5.8 M living with AD in the US. By 2050, projected to rise to ~14 M
    - Every 65 seconds, someone in the US develops the disease.
  - 1 in 3 seniors die with Alz or another dementia.
  - 6<sup>th</sup> leading cause of death in the US (CDC).
  - Kills more than breast cancer AND prostate cancer – COMBINED.
  - Currently costs ~290 Billion and in 2015 projected to rise as high as \$1.1 Trillion.
  - Unpaid care: Working people are having to quit their jobs to care for Mom / Dad.
- **Developed & Implemented a Plan**
  - Offered 1<sup>st</sup> Responders FREE training (along with a hair salon). Conducted 3 sessions.
  - Continued with Library and local Attorneys and other businesses including Assisted Living.
  - Updated Village Board on a regular basis. Constant support received.
  - Worked with Mayor Taylor on Resolution 860.
  - Constant advertising. Local restaurants interested in additional training.
  - Add ***DEMENTIA LIVE EXPERIENCE*** to the training – “Shock and Awe”
- **Continued with other communities including:**
  - Waukegan, North Chicago, Round Lake, Zion and others.

# Infographic:

# Facts and Figures





# Resolution 860

## RESOLUTION 860 DEMENTIA FRIENDLY COMMUNITY

WHEREAS, the Village of Grayslake, in Lake County, is a beautiful, family-oriented community with a great spirit of service and pride; and

WHEREAS, the Village of Grayslake, in Lake County, is friendly community with a rich heritage and strong desire to help others; and

WHEREAS, the Village is desirous of welcoming and supporting its aging population, their families, caregivers, and friends with understanding and awareness of the aging process and inclusion within the community; and

WHEREAS, the FIRST Responders, Grayslake Fire District and Grayslake Police Department have successfully completed training in April 2016 and are the FIRST adopters of a GRASSROOTS movement in making Grayslake a dementia friendly community; and

WHEREAS, Proclaiming Grayslake as the first dementia friendly community in Illinois will promote community pride and engage citizens in a warm and welcoming community movement; and

WHEREAS, this grass roots dementia friendly community effort is receiving the great support of local community businesses; and

WHEREAS, Grayslake restaurants, hair salons, financial institutions, legal institutions and more will be known for their adoption of the dementia friendly community; and

WHEREAS, Grayslake would like to be known as the first dementia friendly community of Illinois; and

WHEREAS, this is a great example of community spirit for other Illinois communities to follow; and

WHEREAS, the people of Illinois and surrounding states are encouraged to visit Grayslake to experience a model community of welcoming and embracing not only those afflicted with dementia but the warm acceptance and encouragement it offers to families, caregivers, community members and friends; and

NOW, THEREFORE, BE IT RESOLVED, by the Village of Grayslake, that Grayslake is a dementia friendly community; and

BE IT FURTHER RESOLVED, that the Village of Grayslake be declared as the first dementia friendly community of Illinois; and be it further RESOLVED, that a suitable copy of this resolution be maintained as a permanent record of the Village of Grayslake to commemorate this momentous occasion.

Approved this 16<sup>th</sup> day of May, 2016

  
Rhett Taylor, Mayor

ATTEST:

  
Deputy Village Clerk



# Village of Oak Park

## A Dementia Friendly community

By: Tammie Grossman, Director Development  
Customer Services

# Approach – What are we doing to be dementia friendly?

Aging In Place  
Commission

- Reviewed Requirements for Designation
- Recommended Village Pursue Designation

Village

- On June 17, 2019, Village Board approved Aging in Place Commission Recommendation
- Created steering committee: Library, Park District and Township

Community  
Meeting

- Tentative Date October 17, 2019