Response to the Need: Dementia Friendly Community

- Memory loss supports and services
- Legal and Financial Planning services
- Care throughout the continuum
- Communities of faith
- Banking Institutions
- Transportation, housing, and public spaces
- Neighbors and community members
- Independent living and community engagement
- Emergency planning and first response
- Businesses and employers
Organizing to Meet the Goal: Web-based Tools and Resources

Communities where all people can live, age and thrive

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.

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

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.
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

- Diverse & underserved populations
- Local businesses and retail
- Faith communities
- Educational institutions
- Service clubs
- Youth groups

- Wellness programs (nutrition, physical activity)
- Engagement activities (creative arts, group programs)
- Community-based services (chores, meal delivery, home safety)
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.
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
Contact: info@ilbrainhealth.org

@DFA_IL
ROLE OF AREA AGENCIES ON AGING IN FOSTERING DEMENTIA FRIENDLY COMMUNITIES

September 5, 2019
Learning Objectives

• Age and Dementia Friendly Communities

• Role of AAAs in Fostering Dementia Friendly Communities and Initiatives

• Additional Services and Supports
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**

Alzheimer’s Association, 2018; U.S. Census, 2017
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

- Age + Dementia Friendly
- Transportation
- Housing
- Access, Equity, Inclusion
- Social Inclusion & Participation
- Civic Participation & Employment
- Public Safety
- Services (Community, Health, Business)
- Outdoor Spaces & Buildings
- Communication & Information
It all starts with CONVENING:

Stakeholders and partners for active 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

- 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

- Caregiver
- Nutrition
- Health & Wellness
- Elder Rights (includes abuse prevention and long-term care ombudsman programs)
- Supportive Services

AAA core services
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)
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
What are we doing to be Dementia-Friendly?

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

By Glenna Godinsky, Angela Bouque and Debbie Cole
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

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
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)

- 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
A Dementia Friendly community

By: Sue Cherco, Chairperson, Age-Friendly Evanston Task Force
Approach – What are we doing to be dementia friendly?

- 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

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

- 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.
  - 6th 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 1st 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

**2019 ALZHEIMER’S DISEASE FACTS AND FIGURES**

ALZHEIMER’S DISEASE IS THE 6TH leading cause of death in the United States.

- **5.8 MILLION** Americans are living with Alzheimer’s.
- **14 MILLION** BY 2050, this number is projected to rise to nearly.

MORE THAN 16 MILLION AMERICANS provide unpaid care for people with Alzheimer’s or other dementias.

These caregivers provided an estimated 18.5 BILLION HOURS valued at nearly $234 BILLION.

IN 2019, Alzheimer’s and other dementias will cost the nation $290 BILLION.
BY 2050, these costs could rise as high as $1.1 TRILLION.

82% of seniors say it’s important to have their thinking or memory checked.

**BUT ONLY 16%** say they receive regular cognitive assessments.

EVERY 65 SECONDS, someone in the United States develops the disease.

Between 2000 and 2017, deaths from heart disease have decreased 145%, while deaths from Alzheimer’s disease have increased 9%.

1 IN 3 seniors dies with Alzheimer’s or another dementia.

It kills more than breast cancer and prostate cancer combined.
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 16th 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