



Are You Dementia-Friendly?

**Dementia Friends Information Session:
Changing the Way People Think, Act and Talk
about Dementia**

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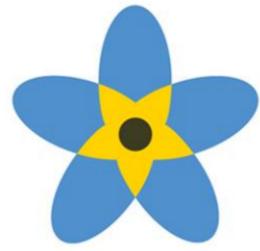
Presentation Courtesy of



Dementia
Friends
Arizona



A Dementia Friendly America initiative



**Dementia
Friends
Arizona**

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Welcome!

We invite you to join the activities and the conversation.

- Get a piece of paper and a pen
- Unmute yourself for the activities, discussions and questions
- Thank you for participating!



What is Dementia Friends



- **Developed by the Alzheimer's Society in the United Kingdom**
- **Now in the United States**
- **Help community members:**
 - **Understand what dementia is**
 - **How dementia affects people**
 - **How we can make a difference in the lives of people with dementia**



Dementia Friendly Arizona



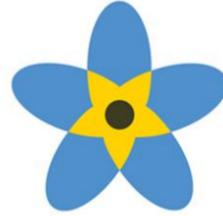
Making Arizona Dementia Friendly

One Community at a Time...

1. Tempe, Arizona
2. Surprise, Arizona
3. Scottsdale, Arizona
4. Phoenix, Arizona
5. Mesa, Arizona
6. Who's Next????

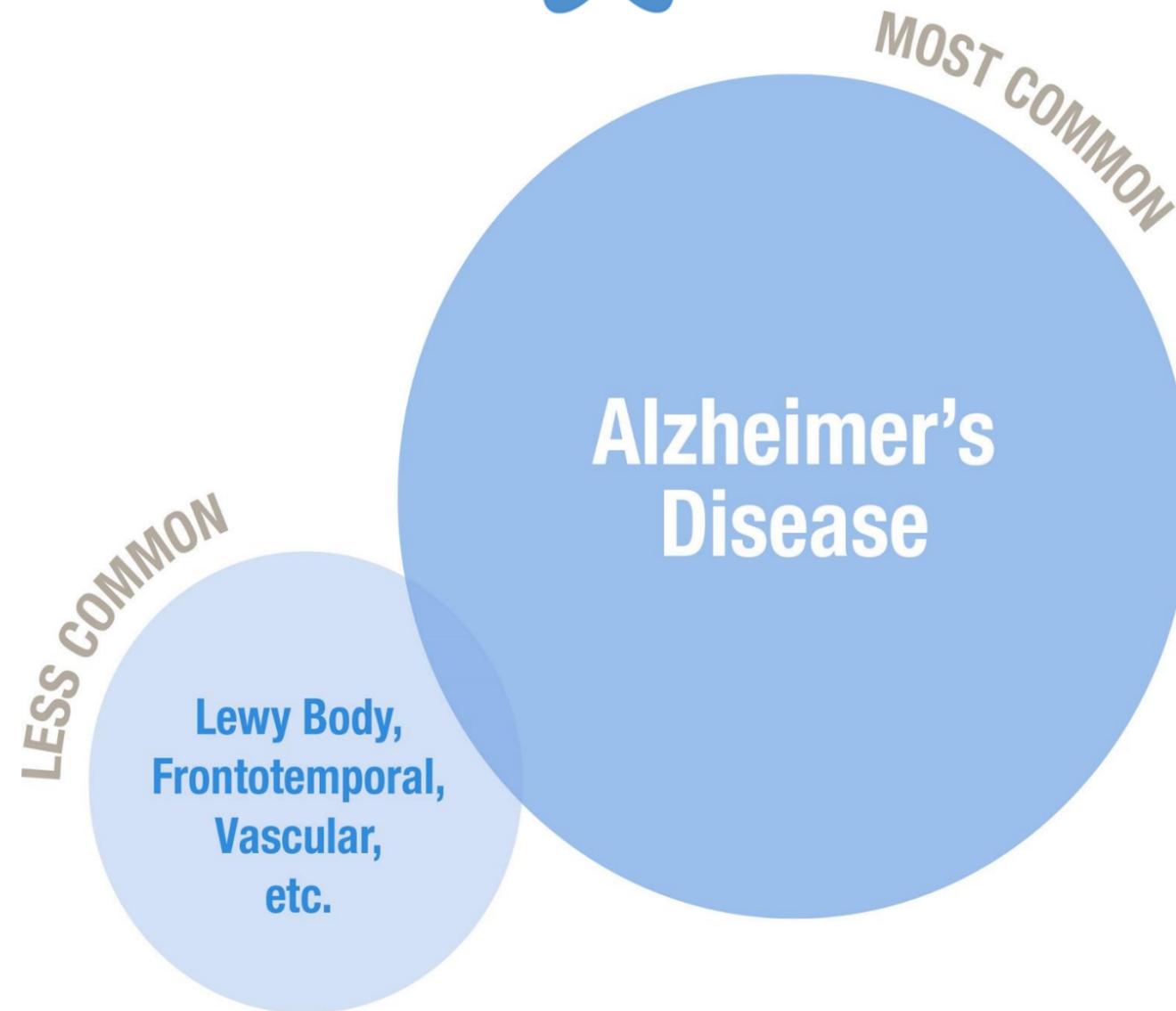
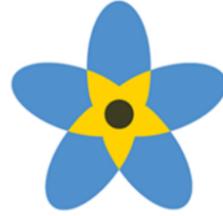
Dementia Friendly America: www.dfamerica.org

Thoughts About Dementia



What is one word that comes
to mind when you hear the
word “dementia”?

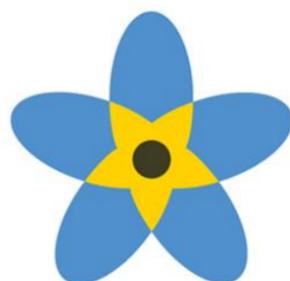
Types of Dementia



Relevant Statistics

- **5.8 million Americans have Alzheimer's Disease**
- **140,000 Arizonans live with the disease**
- **339,000 Family Caregivers are affected**
- **Estimated increase in cases 42.9% by 2025**
 - **Fastest growing state**
- **According to the Alzheimer's Association**
 - **10% of 60+ persons have dementia**
 - **50% of 85+ have dementia**

2019 Alzheimer's Disease Facts & Figures



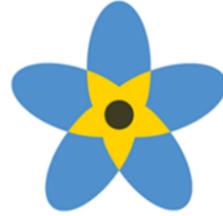
Normal Aging vs. Alzheimer's

Normal Aging	Early Signs & Symptoms
Sometimes forgetting names or appointments but remembering later	Memory loss that disrupts daily life
Making occasional errors when balancing a checkbook	Challenges in planning or solving problems
Occasional help to use the settings on a microwave or to record a TV show	Difficulty completing familiar tasks at home, at work or at leisure
Confused about the day of the week but recalling later	Confusion with time and place
Vision changes (i.e., cataracts)	Trouble understanding visual images and spatial relationships

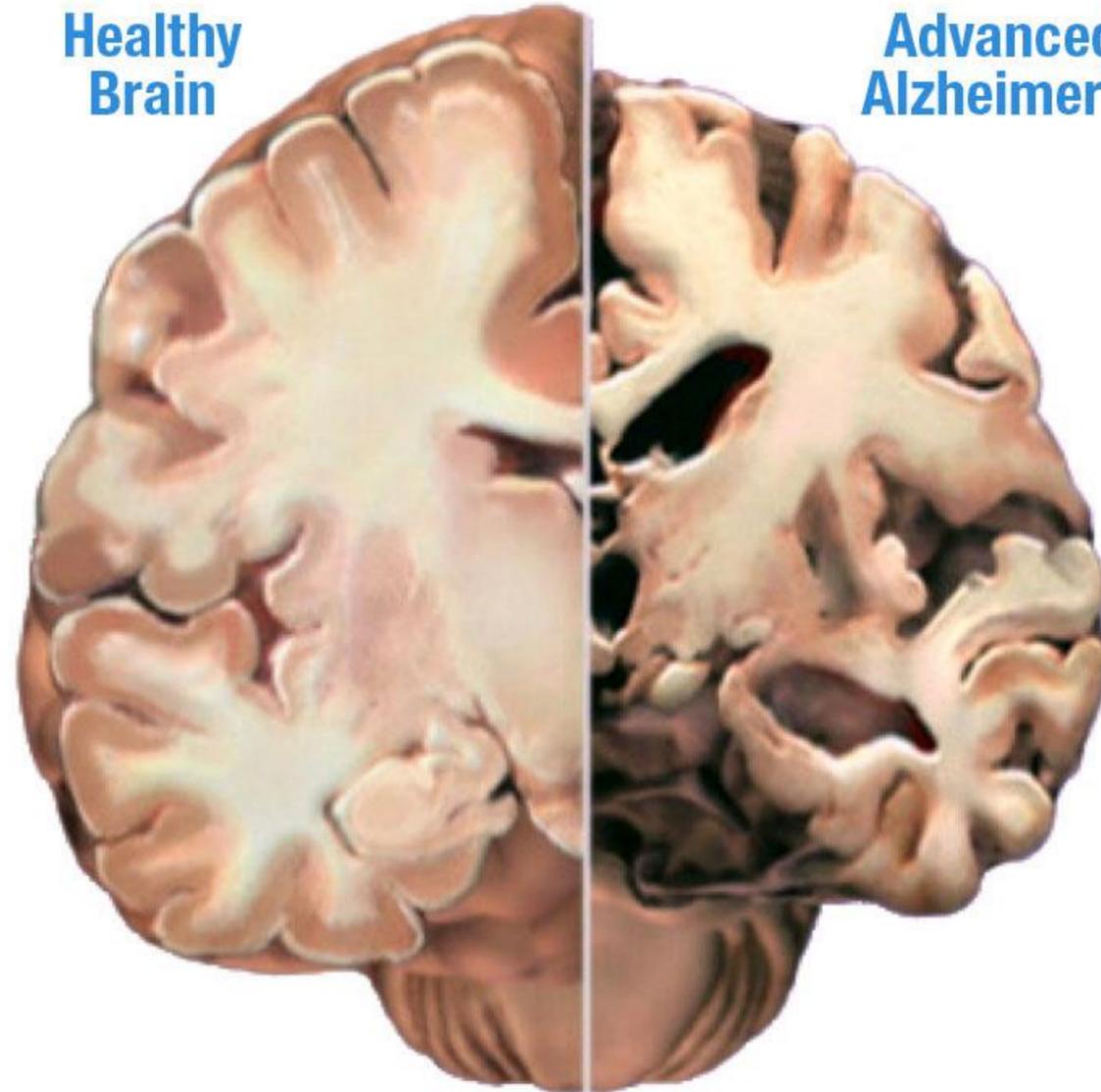
Normal Aging vs. Alzheimer's

Normal Aging	Early Signs & Symptoms
Sometimes having trouble finding the right word	New problems with words in speaking or writing
Misplacing things from time to time and retracing steps to find them	Misplacing things and losing the ability to retrace steps
Making a bad decision once in a while	Decreased or poor judgement
Sometimes feeling weary of work, family and social obligations	Withdrawal from work or social activities
Developing very specific ways of doing things and becoming irritable when a routine is disrupted	Changes in mood and personality

The Brain and Bookcase Story

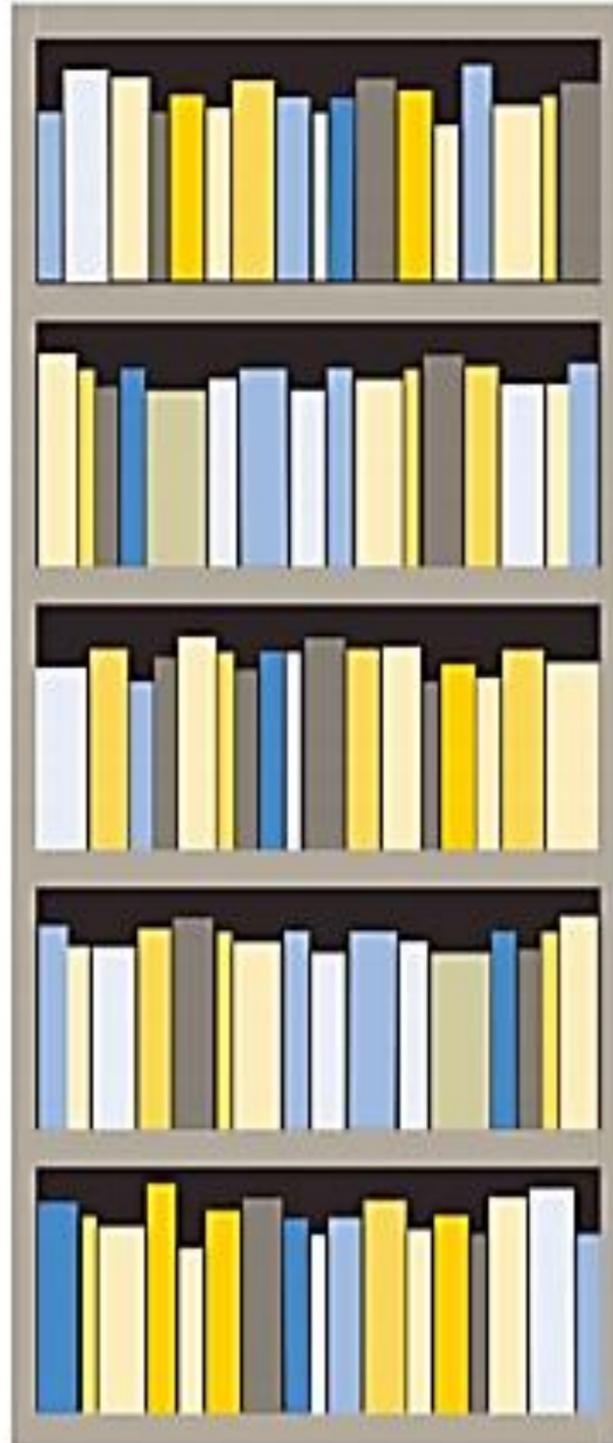


Healthy
Brain



Advanced
Alzheimer's

Healthy Brain



As Dementia Progresses



Top Shelves:
Facts and
complex
thinking

**Bottom
Shelves:**
Emotions,
love,
happiness



Everyday Tasks Activity



Write a step-by-step instruction list to complete a task you do daily:

- Brush Your Teeth – Instruction List
- Make sure that someone reading your list could successfully follow the instructions to complete the task.

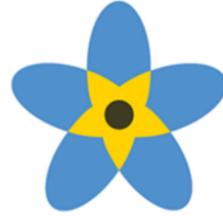


Communication Tips



- 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 word guess
- Encourage nonverbal communication

Five Key Messages



- **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's more to the person than the dementia**



Turn Your Understanding into Action

My name is:



As a Dementia Friend, my action will be to...

My name is:



As a Dementia Friend, I will...

- get in touch and stay in touch with someone I know living with dementia.
- be patient.
- be more understanding.
- carry out a personal action:

Resources



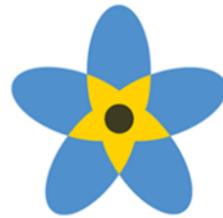
Alzheimer's Association 24/7 Helpline

- 800.272.3900
- alz.org
- Serves people with memory loss, caregivers, health care professionals and concerned friends/family and provides referrals to local community programs and services, dementia-related education, crisis assistance and emotional support.

Area Agency on Aging, 24-Hour Senior HELP LINE

- 602-264-HELP (4357), Toll Free at 888-264-2258
- aaaphx.org
- AAA advocates, plans, coordinates, develops and deliver services for adults aged 60+. Provides information, assistance and connects people with meals, transportation, care and additional resources for residents of Maricopa County, Arizona.

Learn More



Dementia Friendly America: www.dfamerica.org

Dementia Friends USA: dementiafriendsusa.org

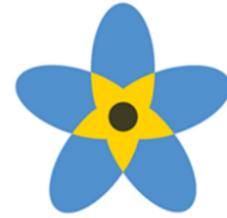
Foundation for Senior Living: www.fsl.org

Banner Alzheimer's Institute: www.banneralz.org/DementiaFriends

Banner Sun Health Research Institute: www.bannershri.org

Barrow Neurological Institute: www.barrowneuro.org/centers-programs/alzheimers-and-memory-disorders/

Reaching Our Community



Dementia Friends Information Sessions:

If you are interested in scheduling sessions: nydia.montijo@fsl.org

Champion Training and Dementia Friendly Communities

If you are interested in becoming a Dementia Friends Champion who presents information sessions like this one, or learning more about Dementia Friendly Communities please email:

Janice.Greeno@bannerhealth.com

FSL Mission

To provide home and community-based services and develop energy-efficient, affordable housing to promote health, independence and dignity for all.



FSL Vision

A caring community that promotes the health and well-being of all.



FSL

Helping you live independently

Thank You!

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Questions