

# Community Resources for People with Dementia and Caregivers

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UW Memory and Brain Wellness Center | The Memory Hub

Project ECHO-Dementia, 4.12.24

# Learning Objectives

Attendees will be able to:

- ▶ Recognize what types of community resources people with dementia and their families may want to access
- ▶ Identify publicly available sources of these community resources throughout Washington state
- ▶ Understand how to refer a person with dementia or caregivers to these resources

# Community Resources - Common Types

- ▶ Memory Loss Information
- ▶ Caregiving Information
- ▶ Support Groups
- ▶ Adult Day Programs
- ▶ In-Home Care
- ▶ Supportive Housing (Assisted Living, Memory Care)
- ▶ Safety Information
- ▶ Legal and Financial Planning
- ▶ Advance Care Planning
- ▶ Social Engagement i.e. Memory Cafes

# Sources

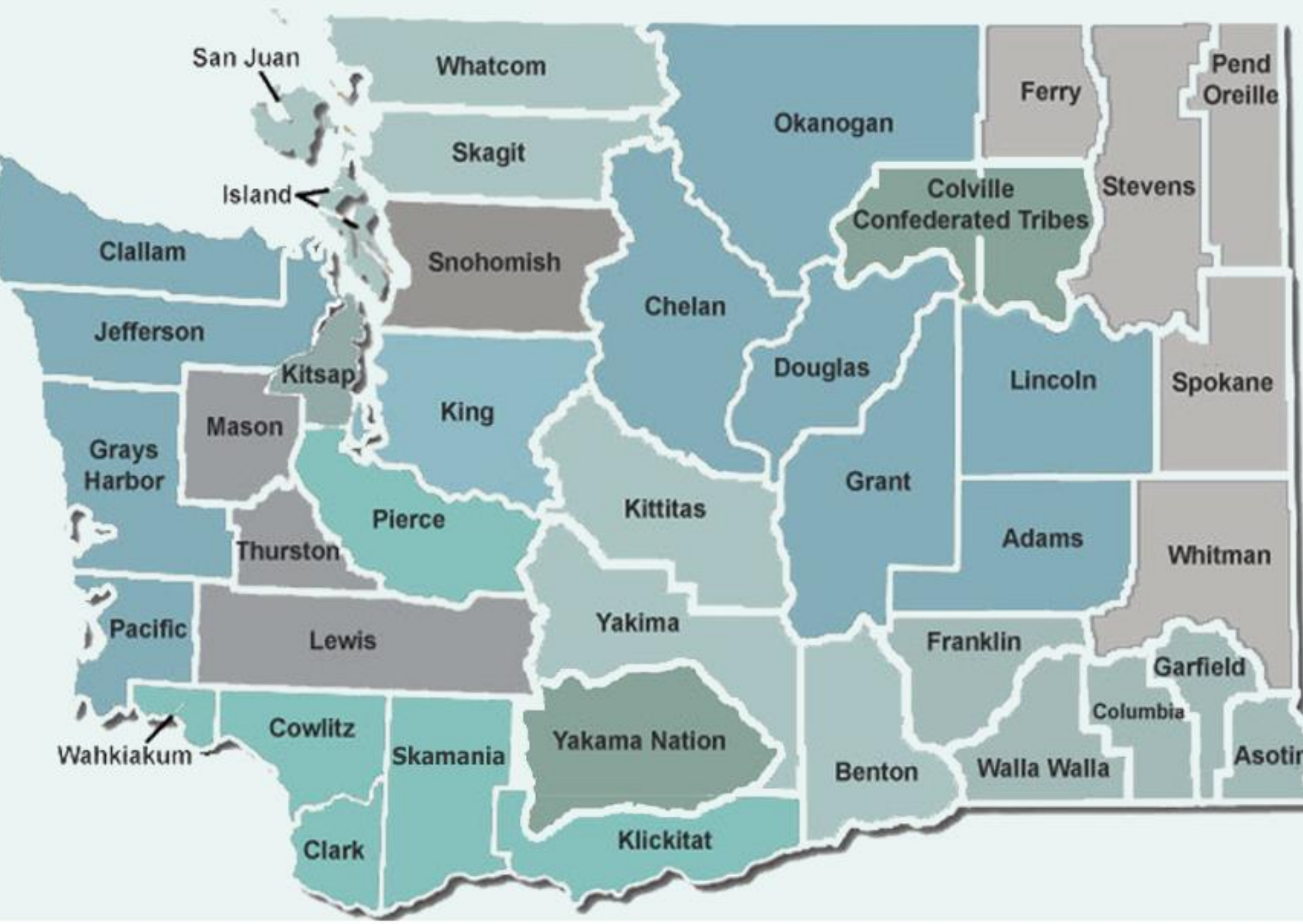
- ▶ Statewide:
  - ▶ Alzheimer's Association, Washington State Chapter
  - ▶ Area Agencies on Aging
  - ▶ Dementia Action Collaborative
  - ▶ Momentia Seattle
  - ▶ The Memory Hub
- ▶ Local: Work with your clinic's social worker (if you have one!) to identify what is available in your community

# Alzheimer's Association

- ▶ Serves people with cognitive impairment of any type - not just people with Alzheimer's
- ▶ Features a free 24/7 Helpline (1-800-272-3900) answered by Masters level social workers
- ▶ Dementia Information
- ▶ Caregiver Support Groups
- ▶ Education Sessions - In Person, Virtual, and in Online Library
- ▶ Online Forum for Caregivers, Persons with Memory Loss
- ▶ How to access: Website [www.alzwa.org](http://www.alzwa.org), or 1-800 number above

# Area Agencies on Aging (Community Living Connections)

- ▶ 13 across Washington, serving one or more counties (see regional map on next slide)
- ▶ Designed to help older adults, persons with disabilities, and their caregivers get the right home and community-based supports and services at the right time
- ▶ Information and Assistance Office to assist in connecting with local resources
- ▶ Options Counseling and Assistance to help people navigate long term services and supports
- ▶ Streamlined eligibility assistance for public programs (funded by Medicaid, Older Americans Act, etc)
- ▶ Care transition support to help coordinate care needs when shifting from one setting of care to another
- ▶ How to access: Call 1-855-567-0252 to be connected to your local office, or search for “Community Living Connections” in Washington



San Juan

Whatcom

Okanogan

Ferry

Pend Oreille

Skagit

Island

Snohomish

Colville

Stevens

Confederated Tribes

Clallam

Chelan

Jefferson

Douglas

Lincoln

Spokane

Kitsap

King

Grays Harbor

Mason

Grant

Adams

Whitman

Pierce

Kittitas

Thurston

Pacific

Lewis

Yakima

Franklin

Garfield

Wahkiakum

Cowlitz

Skamania

Yakama Nation

Columbia

Clark

Klickitat

Benton

Walla Walla

Asotin

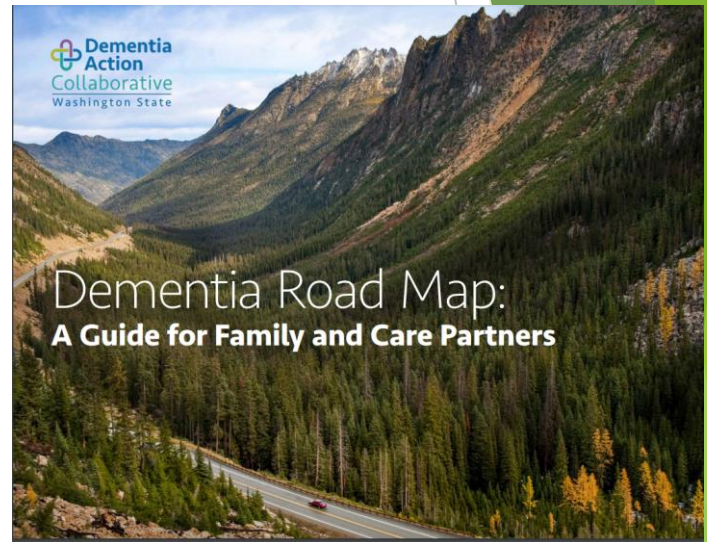
# Dementia Action Collaborative

- ▶ Public/private partnership implementing the Washington State Plan to Address Alzheimer's Disease and Other Dementias (updated 2023-2028)
- ▶ Available resources include:
  - ▶ Dementia Road Map for Caregivers (English, Spanish, Russian)
  - ▶ Dementia Safety Info Kit
  - ▶ Dementia Legal Planning Toolkit
  - ▶ Caregiver Tip Sheets
- ▶ [www.dshs.wa.gov/altsa/dementia-action-collaborative](http://www.dshs.wa.gov/altsa/dementia-action-collaborative)



# Dementia Road Map

- ▶ Basic overview of stages of dementia
  - ▶ What to expect, what can help
  - ▶ Communication tips
  - ▶ Resources
- 
- ▶ Available to order in bulk for your clinic



# Dementia Safety Info Kit

- ▶ Home Safety
  - ▶ Falls Prevention
  - ▶ Driving
  - ▶ Wandering
  - ▶ Emergency Preparedness
  - ▶ Elder Abuse & Financial Exploitation
- 
- ▶ Download free online (6 pages)

# Dementia Legal Planning Toolkit

- ▶ Financial Decisions
    - ▶ Power of Attorney for Finances
    - ▶ Paying for Care
    - ▶ Estate Planning
  - ▶ Health Care Decisions
    - ▶ Power of Attorney for Health Care
    - ▶ Health Care Directive Forms
  - ▶ Resources
- ▶ Available to order in bulk for your clinic (free)



# Caregiver Tip Sheets

- ▶ Available in English, Spanish, Japanese, Chinese
- ▶ Topics such as:
  - ▶ Communication
  - ▶ Bathing
  - ▶ Driving
  - ▶ Getting lost
  - ▶ Repeating
  - ▶ Keeping home safe

# Momentia Seattle

- ▶ A grassroots movement empowering people with memory loss and their families to remain connected and active in the community
- ▶ Across the Puget Sound, and growing
- ▶ Community events tailored to people with memory loss, such as:
  - ▶ Memory Café social meetups in coffee shops, libraries, senior centers
  - ▶ Walking groups in parks, neighborhoods, zoo
  - ▶ Museum gallery tours
  - ▶ Improv workshops in theaters
- ▶ Community calendar can be accessed on the website: [www.momentiasseattle.org](http://www.momentiasseattle.org)

# Sample Program: Memory Cafe

- ▶ Informal social meet-up in a community space such as coffee shop, restaurant, library, faith community, senior center
- ▶ Free
- ▶ Often monthly
- ▶ Includes food, sometimes activities such as singing together or crafts
- ▶ Focus is on social connection
- ▶ Google “Dementia Action Collaborative Alzheimer’s Café Model” to find online toolkit to help start this program in your community



# Memory Cafe at the Federal Way Library

**First Friday of Every Month, 11am**

For those living with dementia and their caregivers.  
A time for social activity and strengthening memory through games, movement, songs and sharing stories.  
The Federal Way Library provides the space and the games—you bring the fun!

**Register online at <https://rb.gy/rbfcqs>.  
In-person event. Safety guidelines and current protocols followed.**

Reasonable accommodation for people with disabilities is available by request.  
Email [access@kcls.org](mailto:access@kcls.org) at least seven days before the event.  
Automated closed captioning is always available for online events.

This event is in partnership with a YMC of the Puget Sound, BICWA, BICWA, Everett, Federal Way, Highline, Issaquah, Kent, Lake Washington, Mercer Island, Northshore, Renton, Shoreline, Snohomish, Snoqualmie Valley, Tacoma or Tukwila School Districts, and these districts assume no responsibility for the conduct or safety during the event/activity/offer. In consideration for the privilege to distribute these materials, the Puget Sound, BICWA, Everett, Federal Way, Highline, Issaquah, Kent, Lake Washington, Mercer Island, Northshore, Renton, Shoreline, Snoqualmie Valley, Tacoma or Tukwila School Districts shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney fees and judgments or awards.



## MEMORY CAFE OAK HARBOR

Memory Cafe is a wonderfully welcoming place for individuals with any form of dementia or memory disorders. The cafe is designed to include the care partner for a shared experience. Additionally, it is helpful for people with mild cognitive impairment (MCI). Come join us for food, fun, conversation and music.



**1st & 3rd Tuesday, 12:30 pm**

- 1st United Methodist Church**  
1050 SE Ireland St  
Oak Harbor, WA 98277
- Volunteer**  
We are inviting entertainers, musicians, educators, dancers, and YOU! - people who might want to volunteer a half-hour of their time to engage our guests by bringing a bit of joy to their lives. ENGAGE is the word, as audience participation is paramount during these sessions.
- Hosted by Whidbey Island Momentia [whidbeymomentia@gmail.com](mailto:whidbeymomentia@gmail.com)



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEMORY CAFE

**Connect in a Supportive Environment**

Join us in the Thorndike Room at McMenamin's Anderson School in Bothell for an afternoon of socializing, eating, and a led sing-along.

In this relaxed setting, persons living with Alzheimer's (or other dementia) and their caregivers or loved ones can enjoy socializing, food and entertainment.

Families meet and connect in an environment that is accepting and nonjudgmental.

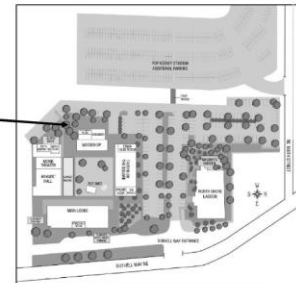
There is no cost to Y members and community members other than for menu items.

**WHEN**  
Third Friday of each month in 2023  
from 12:30-2:30 pm  
June 16  
July 21  
August 18



**WHERE**  
McMenamin's Anderson School  
18607 Bothell Way NE  
Bothell, WA 98011

We meet in the Thorndike Room which is in the Woodshop Restaurant.



**REGISTRATION**  
Please register with Heather Steele at [hsteele@seattleyymca.org](mailto:hsteele@seattleyymca.org) or call 425-318-8007.

20 person limit

**QUESTIONS**  
Heather Steele at [hsteele@seattleyymca.org](mailto:hsteele@seattleyymca.org) or call 425-318-8007.

**NORTHSHORE YMCA**  
11811 NE 155th St, Bothell WA 98011  
P 425 485 9797; F 425 486 7757 [ymcanorthshore.org](mailto:ymcanorthshore.org)

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**

# “Stay active and stay social”

*“At one point, my doctor told me,  
‘Stay active, and stay social.’*

*That’s the best advice I’ve gotten  
anywhere.”*

~Mary F  
Seattle WA



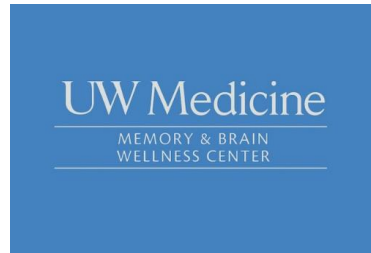


# The Memory Hub

- ▶ Community center helping people with memory loss and their families thrive
- ▶ Operated by UW Memory and Brain Wellness Center, with 5 collaborating organizations on-site
- ▶ Located on Seattle's First Hill
- ▶ In person, virtual and statewide outreach programs
- ▶ Open Tues, Wed, Thurs, 9 a.m. - 3 p.m.



# Collaborators

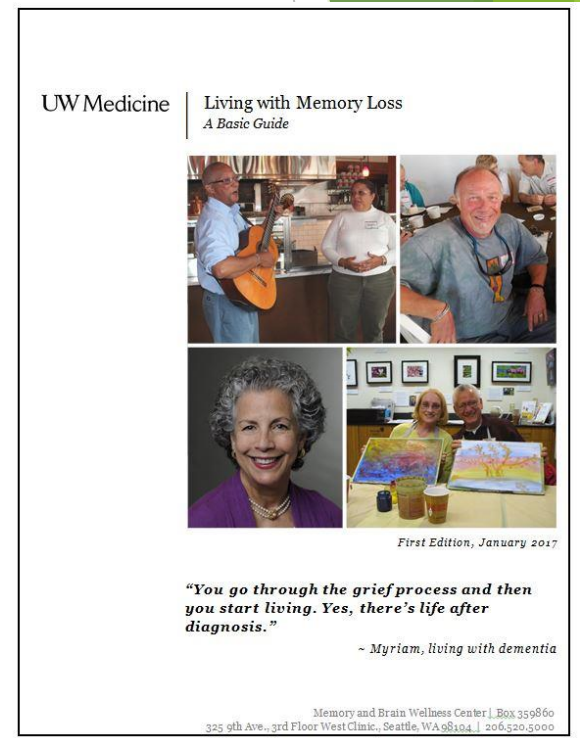


FRYE  
ART MUSEUM



# Sample Programs & Resources

- ▶ **Memory Loss: A Guide to Next Steps** - monthly orientation for people recently diagnosed with memory loss (available online or in person; includes guidebook)
- ▶ **Virtual Coffee Chat** - online weekly social group for people with memory loss
- ▶ **Virtual Caregiver Forum** - online weekly caregiver support group
- ▶ **Memory Navigator** appointments with the Alzheimer's Association
- ▶ **Elderwise** adult day program
- ▶ Library, Art Gallery and Public Memory Garden
- ▶ More info: [www.thememoryhub.org](http://www.thememoryhub.org)



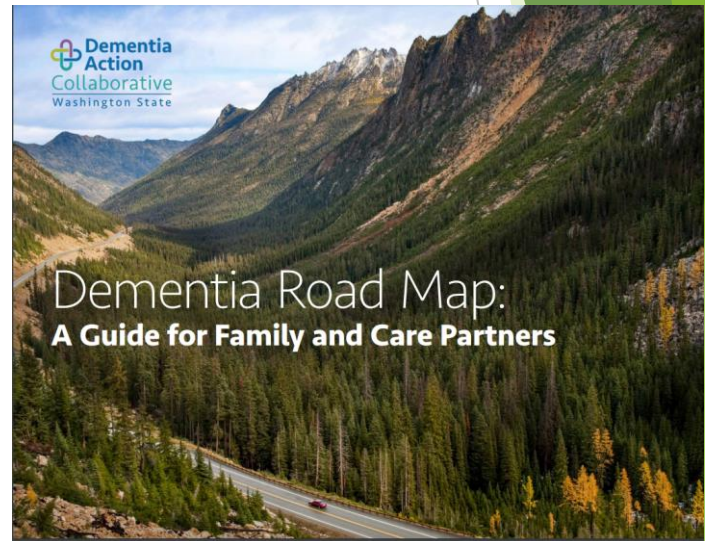
# Dementia Friends Program

- ▶ Global dementia awareness program
- ▶ Currently operating in 24 counties in Washington, led by UW MBWC
- ▶ Community volunteers trained to offer 60-minute dementia information session
- ▶ More info:  
[www.dementiafriendswa.uw.edu](http://www.dementiafriendswa.uw.edu)



# One Next Step?

- ▶ If you want just one resource to hand out, I recommend:
  - ▶ Order a set of the Dementia Road Map publications for your clinic or office!
  - ▶ Go to <http://myprint.wa.gov>
  - ▶ Currently \$0.37/each when you order 100 or more
- ▶ If you want just one organization to mention, I recommend:
  - ▶ Be sure to tell your patients about the Alzheimer's Association website & 1-800 Helpline!



# Questions

- ▶ Marigrace Becker
- ▶ UW Memory and Brain Wellness Center | The Memory Hub
- ▶ 206-543-2440
- ▶ [mbecker1@uw.edu](mailto:mbecker1@uw.edu)