

Collaborating for a Dementia-Friendly Washington: **Expanding Possibilities**

Session Descriptions

PRE-CONFERENCE HAPPY HOUR Dementia Friends demo

Lynn Crawford, RN, BSN. *Dementia Friends Champion, HOPE Dementia Support*

Julie Donovan. *Dementia Friends Champion, HOPE Dementia Support*

Dementia Friends is a dementia awareness and anti-stigma campaign offered around the world and currently being implemented in Washington State. Community volunteers are trained to offer 1-hour dementia information sessions that provide a basic overview of dementia and how to be supportive, and invite attendees to commit to one small action they can take to make their community more dementia-friendly. In this pre-conference event, experience a Dementia Friends information session for yourself! Gain a basic understanding of dementia and consider how you may be able to use this program to raise dementia awareness in your own community.

KEYNOTE & DISCUSSION Caring for Mom: Stories of Community

Keynote: LueRachelle Brim-Atkins. *Principal Consultant, Brim-Donahoe & Associates; Mother's caregiver*

Discussants:

Flavia Batteau Walton, PhD. *Lead, South County Action Team, Dementia Friendly America Prince George's County, MD*

Jan Dougherty, MS, RN, FAAN. *Author and Speaker on Dementia-Friendly Communities*

Julie Jackson. *Recreation Manager, Richland Parks & Public Facilities Department*

In this presentation, LueRachelle Brim-Atkins will share insightful and touching reflections on her experience as a caregiver out and about in the community with her mother. Her stories about time at the local senior center, church, businesses and more will shed light on what makes a community dementia-friendly, and why a dementia-friendly community is so important in the lives of people with dementia and their families.

SESSION 1A — Dementia Friendly America: Engaging the Entire Community

Meredith Hanley, MSW. *Project Director, Dementia Friendly America*

It takes a village to build a dementia-friendly community! In this session, learn from the lead of Dementia Friendly America about the roles played by various sectors of a community — such as local government, businesses, libraries, faith communities, hospitals and more. Understand how to prioritize your community outreach. Discover the free sector-specific resources available from Dementia Friendly America, and learn how to use them to engage your entire community in becoming more dementia-friendly.

SESSION 1B — Indigenous Perspectives on Dementia and Dementia-Friendly Communities

Moderator: Ka`imi A. Sinclair, PhD, MPH. *Associate Professor, Institute for Research and Education to Advance Community Health (IREACH), College of Nursing, Washington State University*

Becky Bendixen. *Tribal Specialist, Wisdom Warrior T-Trainer, Northwest Regional Council*

Dave Baldrige. *Executive Director, International Association for Indigenous Aging*

Jordan P. Lewis, PhD, MSW. *Associate Director, Memory Keepers Medical Discovery Team; Professor, Department of Family Medicine & Biobehavioral Health, University of Minnesota Medical School, Duluth Campus*

What are Indigenous perspectives of dementia? How does Indigenous culture inform what a dementia-friendly community might look like? What cultural practices or formal programs support and respect the inclusion of elders, including those with memory loss? Explore these themes and more in a panel discussion with experts from Indigenous communities.

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SESSION 1C — Dementia-Friendly Faith Communities and Libraries: Successful Approaches

Flavia Batteau Walton, PhD. *Lead, South County Action Team, Dementia Friendly America Prince George's County, MD*
Mary Beth Riedner, MLS. *Library Services for Dementia/Alzheimer's Interest Group, American Library Association*

As well-trusted sources of support, resources and information, faith communities and libraries can play a vital role in making a community dementia-friendly. In this session, discover tried and true ways to engage these key sectors of your community. Dr. Flavia Batteau Walton of Dementia Friendly Prince George's County, Maryland, will describe specific approaches she's found effective in outreach to Black churches and other faith communities in the region. Mary Beth Riedner, a leader for the American Library Association's dementia interest group, will share practical dementia-related resources and programs that you can bring to your local library. Leave knowing concrete steps to actively involve faith communities and libraries in your dementia-friendly community efforts.

Innovation Showcase: Maude's Awards Reception

During this year's conference, we are pleased to host a reception announcing the 2021 winners of the Maude's Awards for Innovations in Alzheimer's Care. Join us online to meet the eight awardees and learn about their innovative programs and practices of care that are enriching the lives of people living with dementia and their care partners. Maude's Awards was founded in 2020 by philanthropist Richard Ferry in honor of his beloved wife Maude. Learn more at www.maudesawards.org.

SESSION 2A — Dementia Friendly America: Success Stories

Moderator: Meredith Hanley, MSW. *Project Director, Dementia Friendly America*

Mark Haberman. *Planning and Resource Director, Aging & Long Term Care of Eastern Washington*

Joel Loiacono, MPA and Master's Level HCA. *Regional Director for Eastern Washington & North Idaho, Alzheimer's Association, Washington State Chapter*

Britta Willson, MA. *Lead, Dementia Friendly in the Gorge*

Flavia Batteau Walton, PhD. *Lead, South County Action Team, Dementia Friendly America Prince George's County, MD*

Dementia Friendly America provides a structured process for entire cities or regions to become dementia-friendly. In this session, hear a quick review of this model, then enjoy success stories and lessons learned from three communities at different stages in the process. Washington's first dementia-friendly community, Spokane County, will provide an update on their early progress. The Dementia Friendly in the Gorge effort, focused on counties on either side of the Columbia River Gorge, will share about successes in rural areas. Finally, one of the original pilot communities to adopt the Dementia Friendly America model — Prince George's County, Maryland — will offer lessons learned over the past 6 years. Discover the Dementia Friendly America model in action, and be inspired by what is possible in your own community.

SESSION 2B — Reaching Diverse Communities with the Dementia Friends Program

Heather Chun, MSW. *Senior Director of Aging and Caregiver Programs, National Asian Pacific Center on Aging*

Leticia Meza. *Community Education & Outreach Specialist, East Los Angeles Service Center, Alzheimer's Los Angeles*

Nicole Lomay, BIS. *Senior Outreach Program Manager, Banner Alzheimer's Institute*

Dementia Friends, a global initiative underway here in Washington, involves training community volunteers to deliver 1-hour in-person or virtual information sessions that build dementia awareness and inspire practical actions to support people with dementia. Program materials have been translated and culturally adapted for a variety of diverse communities. In this session, hear examples of how the program has been tailored for particular Indigenous, Latinx and AAPI populations. Increase your understanding of culturally appropriate dementia awareness efforts and explore how the Dementia Friends program can help support racial equity in your dementia-friendly communities efforts.

SESSION 2C — Dementia-Friendly Programs Across Generations

Jennifer Kulik, Ph.D. *Founder and CEO of SilverKite Community Arts*

Zaldy S. Tan, MD, MPH, FACP. *Project Director, TimeOut@UCLA*

While dementia-friendly programs in the community are often geared toward older adults, young people can play a vital role. In this session, learn from the leaders of two innovative programs that have both received national recognition from Generations United. Dr. Jen Kulik of SilverKite Community Arts will offer insights into developing successful intergenerational, dementia-friendly activities like folk dance, oral history, theater and more. Dr. Zaldy Tan, project director for TimeOut@UCLA, will share about this student-run program that provides companionship across generations. Leave with specific, inspiring ideas for incorporating youth into your dementia-friendly efforts!