

Dementia Friendly Efforts in Illinois

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Why Dementia Friendly Illinois

- More than 6 million Americans are living with Alzheimer's disease.
- More than 230,000 people aged 65 and older living with Alzheimer's in Illinois.



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Living with dementia is a lonely experience



"I try to be a strong person because I am a strong person, but some days you just don't know where you are, not just in the spot, but where you are in the whole world."

Person with Alzheimer's disease

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Why Support Dementia Friendly



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Dementia Friendly Communities and Dementia Friends

Community Effort

Dementia Friendly Communities

"Dementia Friendly America is a multi-sector collaborative on a mission to foster "dementia friendly" communities."

Source: www.dfamerica.org/about-dfa-1

Individual Effort

Dementia Friends

"A Dementia Friend is someone who.. learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts. Anyone of any age can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!"

Source: www.dfamerica.org/dementia-friends-usa/



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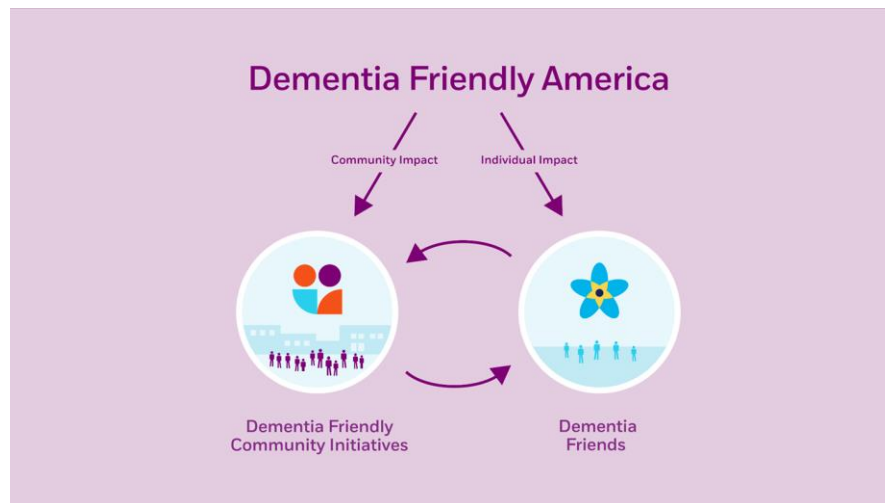
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What is Dementia Friendly



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Welcome to Dementia Friendly

Illinois joined in 2017 with kickoff meeting in Springfield

18 Designated Communities

Elgin	Kankakee County	River Forest
Evanston	Naperville	South Loop
Glencoe	North Chicago/Lake County	Springfield
Grayslake	Oak Park	Tri-Cities (Batavia, Geneva, and St. Charles)
Highland Park	Orland Park	West Deerfield Township
Hyde Park	Oswego	Westmont



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Dementia Friendly Illinois

Our goal

- at least one Dementia Champion and a Dementia Friendly Community in each Planning Service Areas of the state.
- Join the Dementia Friendly Illinois email list to learn of activities in our state.
- Visit www.ilbrainhealth.org for information



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What is Dementia Friends?

A global movement developed by the Alzheimer's Society in the United Kingdom and now underway in the United States.



The goal is to help everyone in a community understand five key messages about dementia, how it affects people, and how we each can make a difference in the lives of people living with the disease.



People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend.



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Dementia Friends



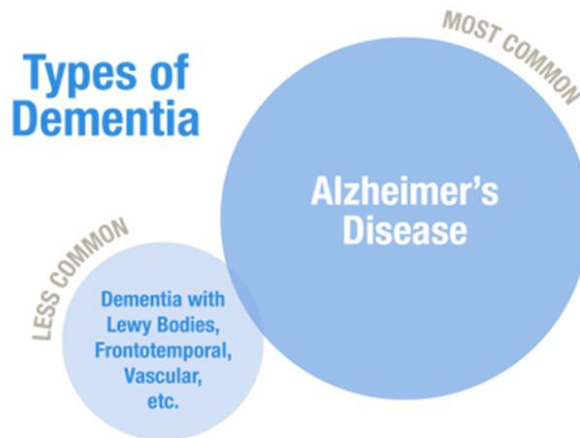
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Dementia: What You Should Know

Dementia is change in cognitive ability

- Memory
- Attention
- Perception
- Communication
- Judgement
- Orientation

Many types of dementia



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Normal Aging vs Alzheimer's Disease

- | | |
|--|---|
| • Memory that disrupts life | • Problems with words |
| • Challenges in planning or problem solving | • Misplacing things and trouble retracing steps |
| • Difficulty completing familiar tasks | • Withdrawal from work or social activities |
| • Confusion with time or place | • Change in mood or personality |
| • Trouble understanding visual images or spatial relations | |
| • Decreased or poor judgement | |

www.alz.org/alzheimers-dementia/10_signs



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Troubles with Communication

Consider these 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 guess
- Encourage nonverbal communication. Come from the front with good eye contact
- Break tasks down into simple parts
- Mood is more important than content
- Speak slowly and clearly
- Use a gentle and relaxed tone
- Use preferred name
- Use short, simple phrases and repeat information as needed
- Ask one question at a time



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Troubles with Everyday Tasks

How Many Steps are Involved in Making a Sandwich?

- So many steps involved in everything we do
- This becomes hard for people with dementia



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Troubles with Everyday Tasks



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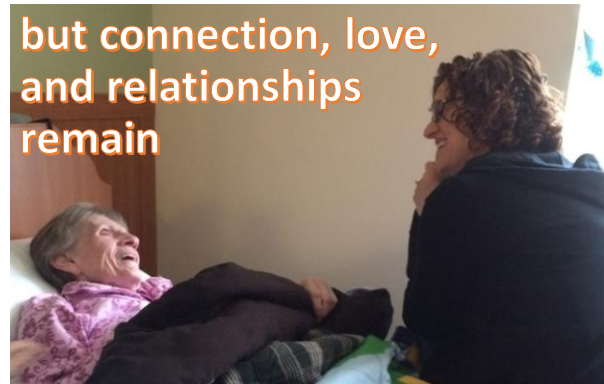
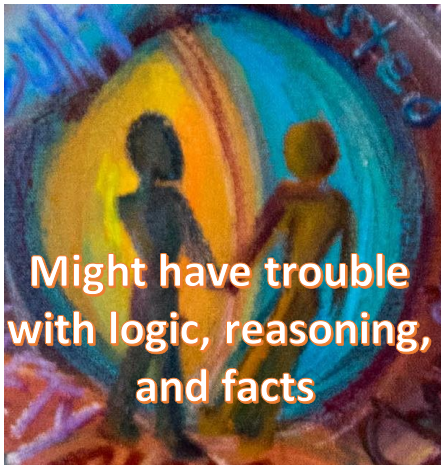
5 Key Messages of Dementia Friends

- 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 is more to the person than the dementia



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Relationship Matter



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Turn Your Understanding into Action

As a Dementia Friend, I will... (select at least one)

- Get in touch and staying in touch with someone I know living with dementia
- Support dementia friendly efforts in my community
- Start a dementia friendly effort in my community
- Volunteer for an organization that helps people with dementia
- Campaign for change, e.g. by participating in local advocacy events
- Encourage friends to become Dementia Friends
- Carry out a personal action e.g. being more patient when out in my community
- Volunteer to participate in a clinical trial
- Adopt 1 or more dementia friendly practices in my personal or professional life
- Ask my doctor for cognitive assessment during my annual physical exam



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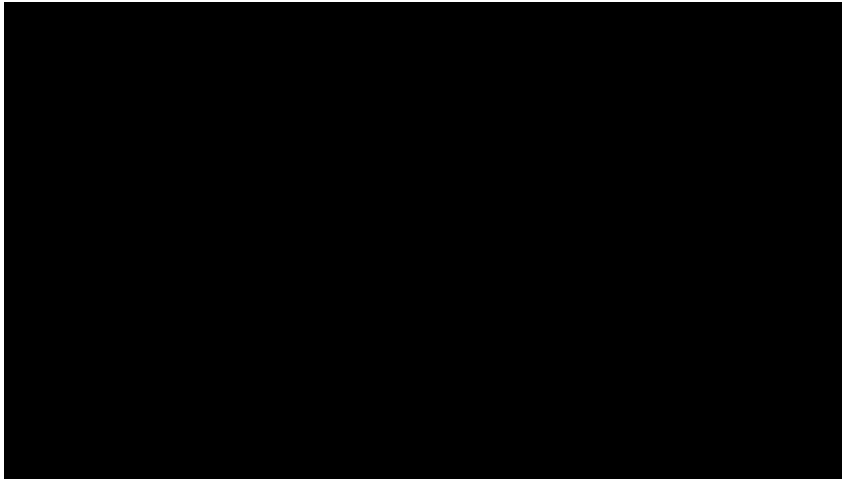
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Importance of Community



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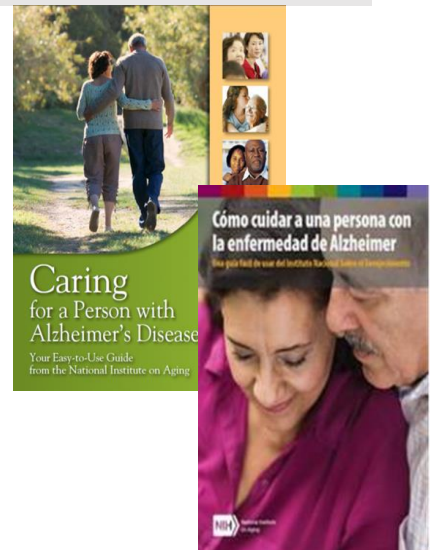


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Resources

- Alzheimer's Association www.alz.org
 - Caregiving and Spanish portals
 - 24/7 Helpline (800) 272-3900
- Alzheimer's Disease Education and Referral Center www.nia.nih.gov/Alzheimers
 - Free publications in English & Spanish
 - Caregiver Manuals
- Alzheimer's Foundation of America www.alzfdn.org
- Family Caregiver Alliance www.caregiver.org
 - Over 25 factsheets in Spanish, Chinese, Korean, and Vietnamese
- Area Agency on Aging www.eldercare.gov
 - Provides national information and resources
- Illinois Cognitive Resource Network <https://ilbrainhealth.org>



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Illinois Cognitive Resource Network

Vision

The ICRN will make Illinois a national leader in the development and implementation of effective community-based models for adults to access research, education, training, and support services to promote cognitive health and quality of life.

Mission

ICRN will leverage strengths of the Alzheimer's Association chapters serving Illinois, Alzheimer's Disease Assistance Centers, and organizations in the Aging, Disability, and Public Health Networks to optimize the cognitive and functional well-being of Illinois residents and their families.



For more information visit:
www.ilbrainhealth.org



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Dementia Friendly Illinois Network

- Monthly Zoom meetings on Dementia Friendly work
- Three sub-committees
 - Library Programming
 - Sector Training
 - Sustainability
- ICRN is a resource for both Dementia Friendly and Dementia Friends
- Partner with other communities on work



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