Dementia Friendly Cities

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Disclosures

This speaker has indicated there are no relevant financial relationships to be disclosed.
Bio

Nicole completed a Master of Science in Nursing with a concentration in Adult-Geriatric primary care at the University of Indianapolis. She now works for The Center for Healthy Aging caring for patients in long term care and assisted living.

Nicole obtained a Bachelor of Science in Nursing at Indiana State University and spent most of her nursing career with St Vincent Hospital as a medical/surgical nurse.

In her spare time Nicole enjoys taking road trips, reading, practicing yoga, and spending time with friends and family.
Objectives

1. Understand the need for dementia friendly cities
2. Describe characteristics of dementia friendly cities
3. Identify dementia friendly cities across the United States
4. Offer resources for creating dementia friendly cities
Dementia is characterized by a decline in memory, language, problem solving, and other cognitive skills that affect a person’s ability to perform every day activities.

**2016**

- 1 in 9 over age 65 has Alzheimer’s disease
- 5.4 million Americans living with Alzheimer’s
  - ~70% live within their local community
  - ~40% of these live alone
- 110,000 Indiana residents living with Alzheimer’s

**2025**

- 7.1 million Americans living with Alzheimer’s
- 130,000 Indiana residents living with Alzheimer’s

What is a dementia friendly city?

Dementia Friendly America (www.dfamerica.org)

Multi-sector collaborative to foster “dementia friendly” communities
- Memory loss supports and services
- Banks and financial services
- Neighbors and community members
- Legal and advance planning services
- Transportation/Housing/Public spaces
- Healthcare throughout the continuum
- Faith communities
- Businesses

Dementia Friends USA (www.dementiafriendsusa.org)

villages, towns, and cities where more people understand dementia, there is less fear and avoidance, and people living with dementia are included and supported to live independently for longer
What is a dementia friendly city?

- Specialized residential options offering memory loss supports and services
- Dementia-aware and responsive legal and financial planning
- Welcoming and engaging communities of faith
- Dementia-aware and responsive banking practices
- Transportation, housing, and public spaces
- Understanding and supportive neighbors and community members
- Dementia informed local government emergency planning and first response
- Options that maximize independent living and sustain meaningful community engagement
- Businesses that foster customer service and environments that support customers with dementia and employee caregivers
- Health and long term care that promotes early diagnosis and specialized care and support throughout the care continuum

www.dfamerica.org/overview-2
What is a dementia friendly city?

Dementia friendly cities…

- Are also age friendly cities
- Promote awareness and acceptance dementia within the community
- Identify the needs of those living with dementia within the community
- Identify, connect, and integrate community services
- Train community members to recognize and assist residents with dementia
- Identify of local businesses that are dementia friendly
Creating a dementia friendly city

Dementia Friendly America Toolkit (www.dfamerica.org/toolkit)

1. **Convene** key community leaders and members to understand dementia and its implications for your community

2. **Assess** current community strengths and gaps concerning dementia within your community

3. **Analyze** the community assessment findings and determine action priorities for your community

4. **Create** a community action and sustainability plan and take action community-wide to become dementia friendly
Dementia friendly cities across the US

www.dfamerica.org/community-pages
Dementia friendly cities across the US

Alabama (Montgomery County)
Arkansas
California (San Diego County)
California (Ventura County)
Arizona (Tempe)
California (Riverside)
California (Santa Clara County)
Colorado (Denver)
Connecticut (Southington)
Florida (Citrus County)
Florida (Tallahassee area)
Hawaii
Illinois

Indiana (Bloomington)
Community Lead: Amanda Mosier
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Maryland (Montgomery County)
Maryland (Prince George’s County)
Massachusetts

Michigan (Grand Rapids)
Minnesota (43 communities in 4 years)
Montana (Billings)
Maine
Nebraska
Nevada
New York
North Carolina
North Carolina (Wake Forest)
North Carolina (Western)
Ohio (Hancock County)
Oklahoma
Pennsylvania
Texas
Utah
Washington (Seattle)
West Virginia
Wisconsin (Fox Cities Area)
Wisconsin (Middleton)
Wyoming (Sheridan)
Resources for creating a dementia friendly city

Act on Alzheimer’s (www.actonalz.org)
Minnesota has created an evaluation report and is now set to establish the entire state as “Alzheimer’s prepared”

Alzheimer’s Association (www.alz.org)

Dementia Friendly America (www.dfamerica.org)

Dementia Friends (www.dementiafriendsusa.org)

Wisconsin Department of Human Services (https://www.dhs.wisconsin.gov/dementia/communities.htm)
Summary

Why have dementia friendly cities?
Increasing numbers of older adults with dementia, many of whom live in the community alone or with caregivers

What are dementia friendly cities?
Cities with awareness, acceptance, education, and training to identify, assist, and support those with dementia

Where are dementia friendly cities?
More than 80 cities nationwide are now considered dementia friendly, and more to come

Resources for building dementia friendly cities?
Use the Tool Kits and local Alzheimer’s association as a starting point.
Learn from other dementia friendly cities.
“Having dementia is very tough but having a city who excludes dementia — that is really tough.” -- Bart Deltour, Foton Dementia Charity, Bruges

“In creating your dementia friendly society, always remember the answers to these two questions: If your mother developed dementia how would you like her to be treated by society? If you yourself develop dementia at some time in the future, how would you like to be treated by society?” -- James McKillop, Scotland
References


References


Dementia Friends USA: A Dementia Friendly America initiative. (2017). Available at www.dementiafriendsusa.org


