

Successful Public Health Approaches in Dementia Caregiving: *Georgia*

A Virtual Roundtable Series

January 24th, 2024



Welcome from...

Elma Johnson, MPH

Coordinator,

BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC)

Center for Healthy Aging and Innovation (CHAI)

University of Minnesota



Land acknowledgement

The University of Minnesota Twin Cities is located on traditional, ancestral, and contemporary lands of Indigenous people. We acknowledge with gratitude the Land itself and the People. We take to heart and commit through action to learn and honor the traditional cultural Dakota Values: Courage, Wisdom, Respect and Generosity.



The BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC)

Designed to support state, tribal and local public health agencies nationwide in developing their dementia caregiving-focused programs and initiatives, by...

- Improving access to evidence-based programs and best practices.
- Facilitating connections and collaboration among public health agencies and a wide range of service organizations.
- Providing technical assistance for identifying, selecting implementing effective public health interventions and strategies.

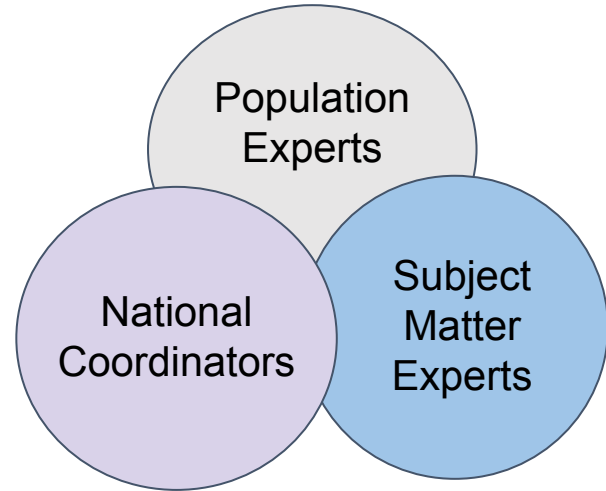
Visit our
website!



HBI Collaborative

Multi-component approach to fully integrate dementia, cognitive health and caregiving into public health practice

HBI Collaborative



Find us online

- About the HBI Collaborative
- Participating Members
- Contact Information

hbicollaborative.org



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**HEALTHYBRAIN
INITIATIVE**
Collaborative

We value your feedback!

Please give us your feedback before you leave today's meeting!

Scan the QR code to open this survey on your phone or click the link in the chat.



Successful Public Health Approaches in Dementia Caregiving: *A Virtual Roundtable Series*

- ✓ **Bi-monthly**, roundtable series for **public health**.
- ✓ We will highlight **the story of one state**.
- ✓ Opportunity for **networking, peer-learning and idea generation**.
- ✓ A **community of practice**, where agencies can share their successes and learnings, and get ideas for action.

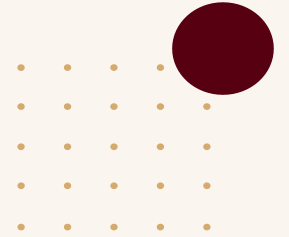
Reminders for the Presentation Session

- Please, **MUTE yourself** and **turn your VIDEO ON** while the panelists are presenting.
- Display **your name and organization in Zoom**.
- **Submit your questions for the speakers into the Q&A feature.** Questions will be addressed at the end of the presentation.
- After the presentation and during the Q&A time, please raise your hand if you wish to speak and **only unmute if you are prompted**.
- Use the **CHAT to share comments, resources, links, and ideas**.
- Feel free to use your reaction buttons!

Poll Question

In what capacity are you attending this event?

- BOLD Public Health Agency
- Non-BOLD Public Health Agency
- Community organization/service provider
- Person living with dementia
- Interested caregiver and/or community member
- Care/clinical professional
- Other



Welcome our presenters!



Elizabeth Head, MPH

Deputy Director, Healthy Aging Manager, Division of Health Protection
Georgia Department of Public Health



Lynn Joyner, BBA

Dementia Care Specialist, Heart of Georgia Altamaha Area Agency on Aging



Sarah Saint Hamilton, PhD, LMSW

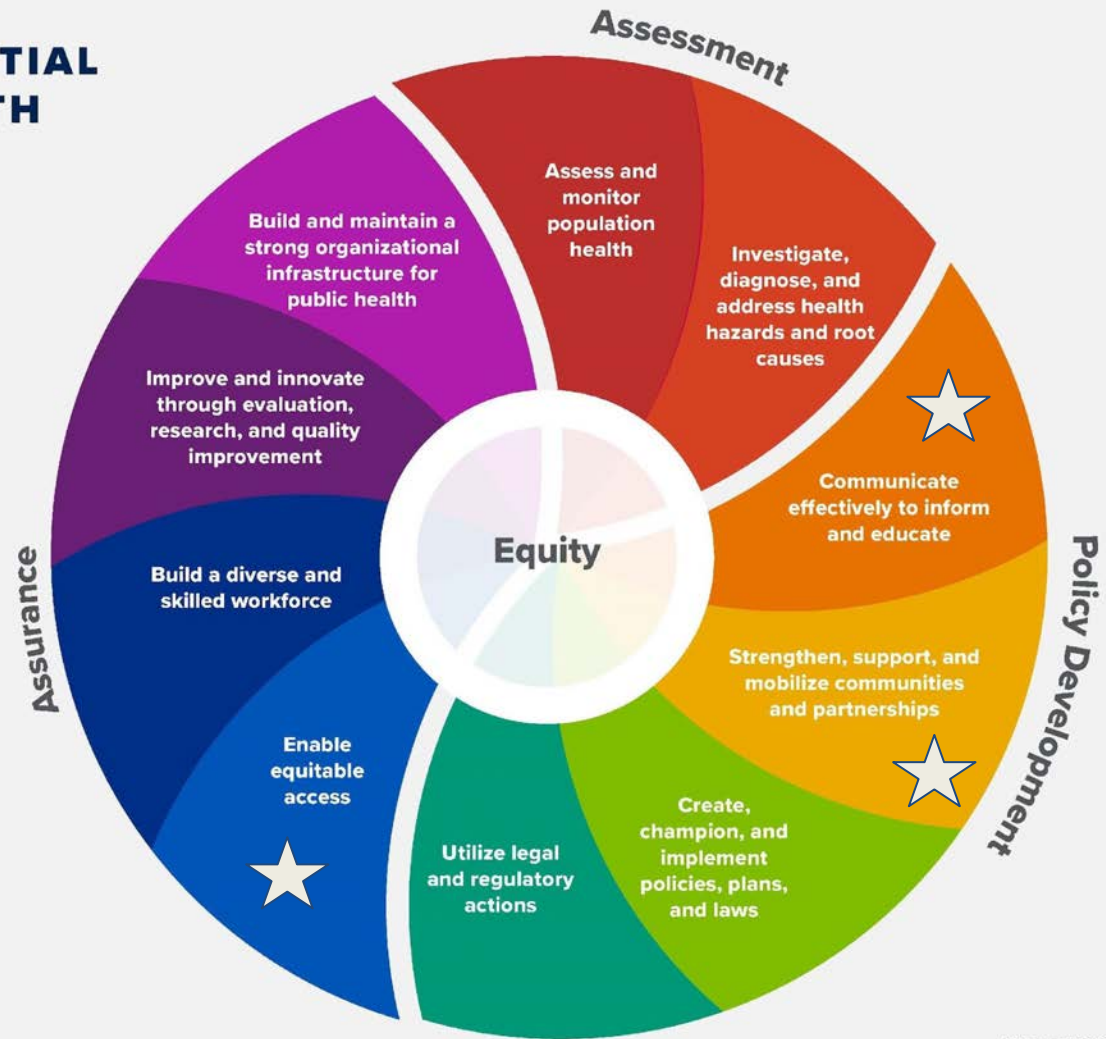
Director of Social Support Services, Cognitive Aging Research
and Education (CARE) Center



THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

To protect and promote the health of all people in all communities

The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve optimal health for all, the Essential Public Health Services actively promote policies, systems, and services that enable good health and seek to remove obstacles and systemic and structural barriers, such as poverty, racism, gender discrimination, and other forms of oppression, that have resulted in health inequities. Everyone should have a fair and just opportunity to achieve good health and well-being.



Created 2020

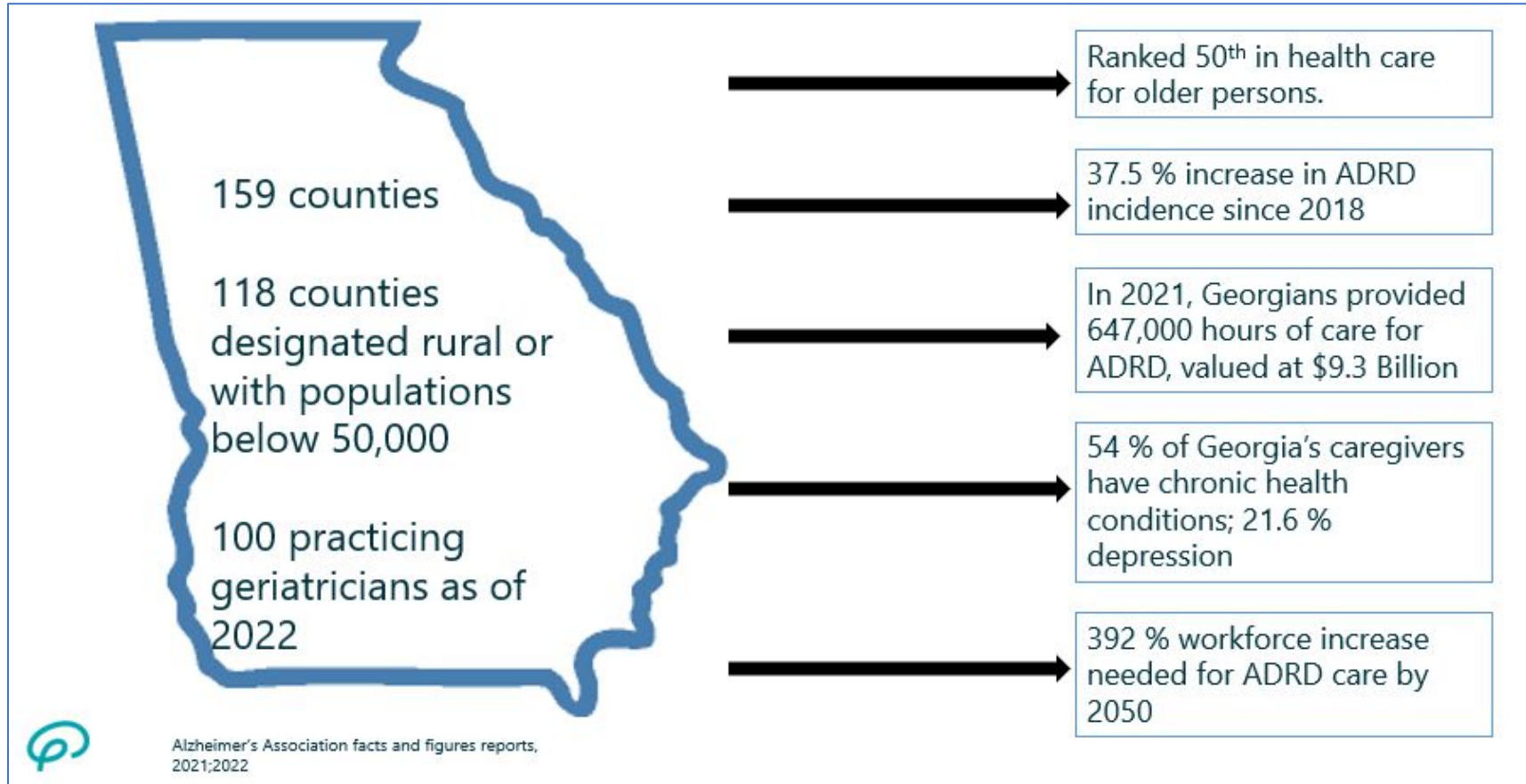


Successful Public Health Approaches in Dementia Caregiving

Georgia

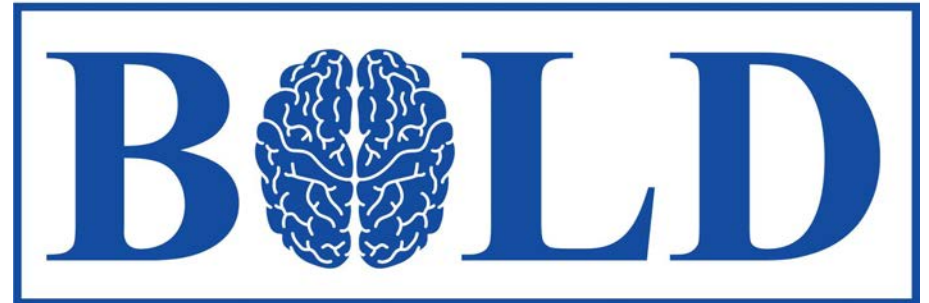
PHCOE Round Table Series/Elizabeth N. Head, Lynn Joyner, Sarah Saint Hamilton/January 2024

Alzheimer's Disease and Related Dementias (ADRD) in Georgia, 2022



BOLD Overview

- BOLD–Building Our Largest Dementia Infrastructure
- 3–year Enhanced grant: September 2020–September 2023
 - 23 letter of support
- 5–year Component II grant: September 2023–September 2028
 - 62 letters of support
- Public health approach to:
 - Dementia risk reduction
 - Early detection
 - Dementia caregiving
 - Educating professionals



Partnerships in Georgia

Academia

Physicians

**State
Agencies**

**Care
Partners**



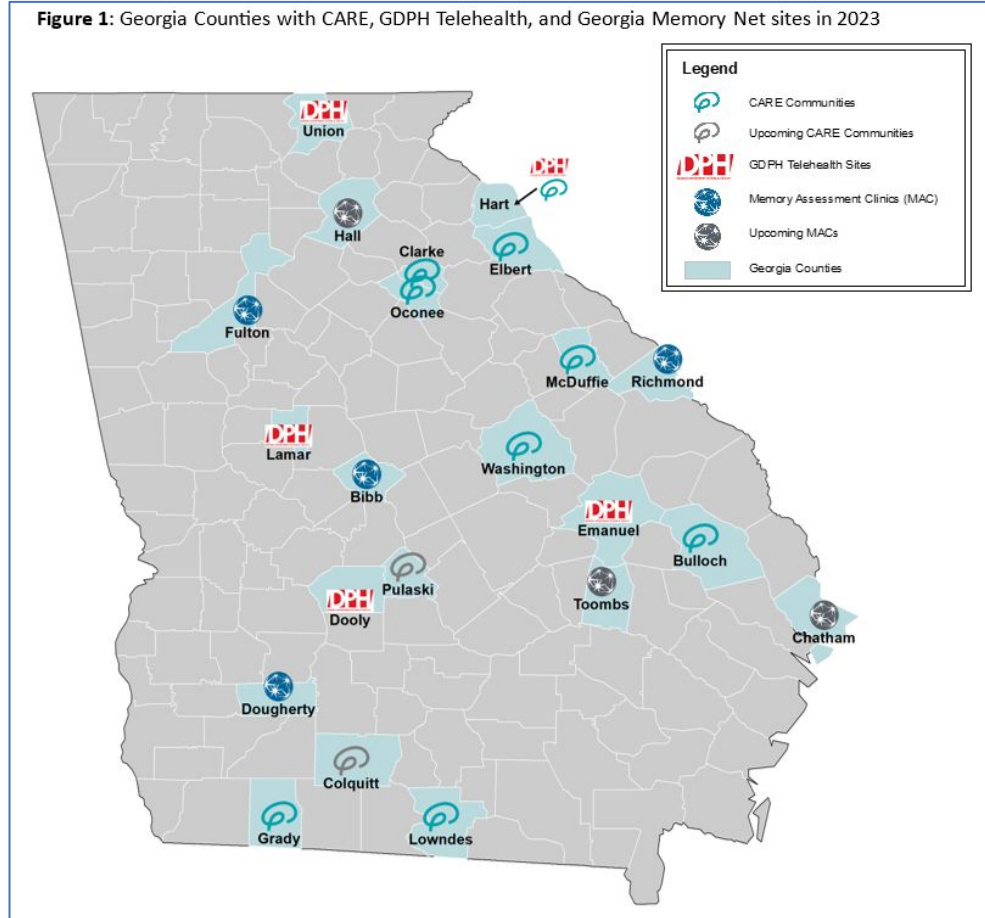
Advocates

**People living
w/
Dementia**

Businesses

Non- Profits

Sampling of Partner Sites in Georgia



Public Health Role

Surveillance/monitoring data

- Develop strategies and interventions
- Inform public policy
- Guide research
- Evaluate programs and policies

Prevention

- Promote risk reduction for Alzheimer's and related dementias
- Promote overall cognitive health
- Promote early detection and diagnosis

Education

- Warning signs of dementia
- Benefits of early detection

Training

- Health care providers
- Newly diagnosed individuals
- Families and caregivers

Partner Support

- GA Alzheimer's Association
- DHS, Division of Aging Services

Care Partner Programs in Georgia

- Second Wind Dreams, Virtual Dementia Tour
 - “A Day in the Life”
 - Support training of leaders/facilitators
 - Used for communities, professionals, and students
- Savvy Caregiver/TeleSavvy
 - Skill building for Caregivers
 - Support training of leaders and program resources
 - Piloted in Extension Offices, Memory Assessment Clinics (MACS)
- Alter
 - Introducing African-American faith-based community to dementia friendly
 - Cultivate culture of care
 - Support expansion of sites and program activities to include risk reduction education

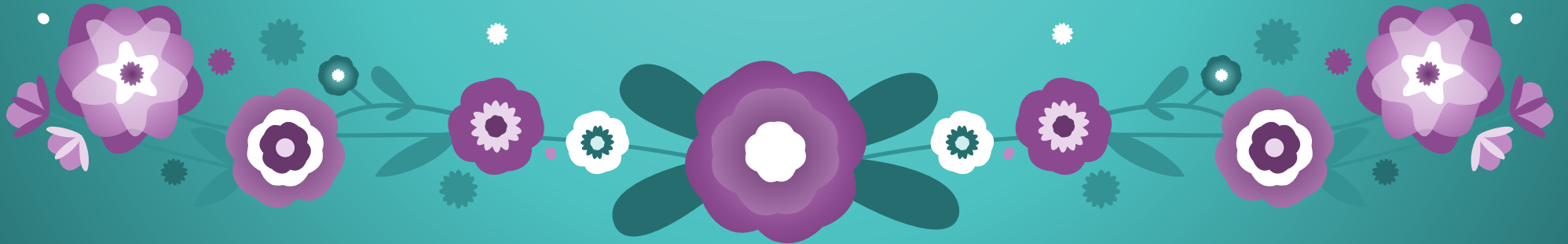
Questions for the audience

1. *Where do you get your local level caregiver data?*
2. *How did you overcome the turnover of volunteers when making sustainable EBI programming when they are largely implemented by volunteers?*

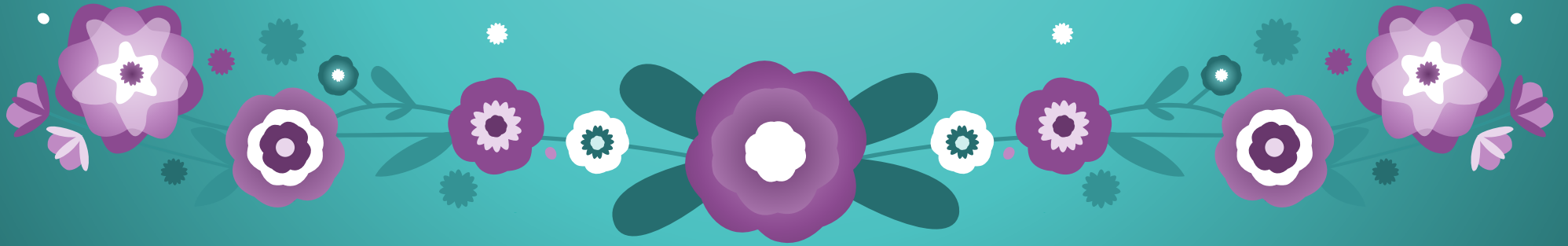
Georgia Dementia Care Specialist (DCS) Program

Lynn Joyner, DCS

Heart of Georgia Altamaha Regional Commission
Area Agency on Aging



The title, Dementia Care Specialist, is interpreted in different ways in different places.





Department of Human Services
Division of Aging Services

Dementia Care Specialist Program

Fostering Dementia-Capable Communities in Georgia

The mission of the Dementia Care Specialist (DCS) Program is to increase dementia education and awareness, build stronger community partnerships, and support care partners to expand skills and resources to support persons living with dementia.

One DCS will be located at each Area Agency on Aging (AAA). The Program Lead at the Division of Aging Services (DAS) is responsible for training, program integrity, and data collection.

To achieve this mission, the DCS Program has **three pillars**:

Creating a Dementia-Capable Aging Network: Training, Education, Awareness, and Collaboration

- Provide dementia-specific training for AAA staff, providers, and partners
- Raise awareness regarding the importance of early detection and screening

Creating Dementia-Capable Communities: Community Outreach and Partnerships

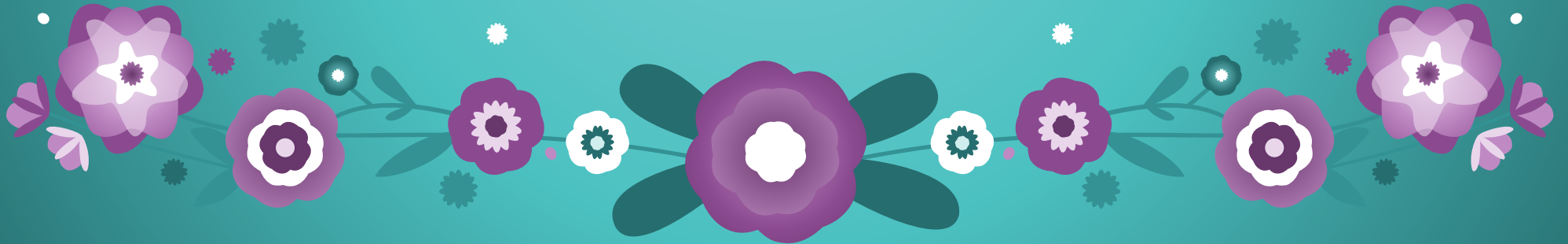
- Provide dementia-specific community education
- Drive collaboration within the community

Supporting People Living with Dementia and Their Families

- Provide education and develop regional capacity to support people with cognitive concerns and their families
- Drive memory screening and increased access to diagnostic evaluation

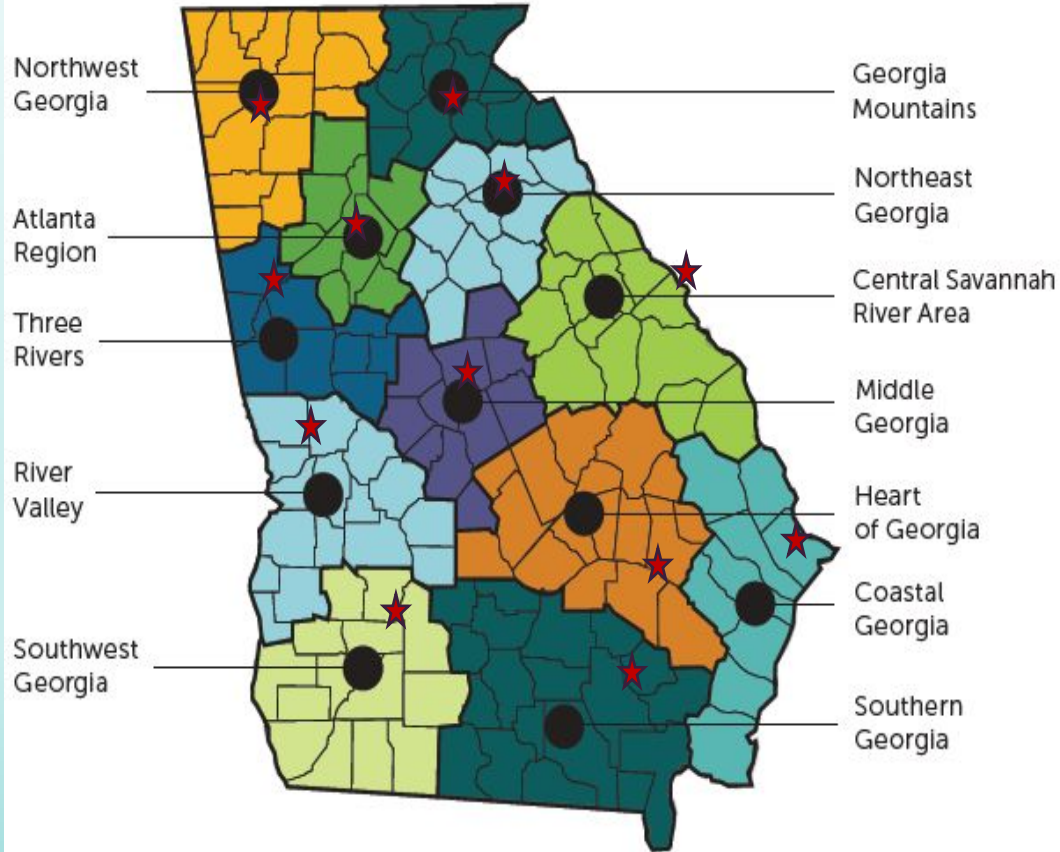
BUILDING THE PLANE AS WE FLY IT

2023



Georgia

Find a DCS in your region



- State Division of Aging Services
- Division of Aging DCS Team Lead
- 159 Counties in Georgia
- 12 Area Agencies on Aging (AAA) – similar and different
- 13 DCS Staff in Georgia
- July 2022 – DCS Positions Funded
- Early 2023 – DCS Staff Hired
- Most DCS Staff have less than a year’s experience in the DCS position;
- Turnover in 3 DCS positions
- Focus for the first six months was to obtain dementia specific certifications to offer Evidence Based / Evidence Informed Education
- DCS Program is being rolled out incrementally.

2023 Fall Project – Emanuel County, Swainsboro, GA

Living with Dementia – It Takes A Community

- Partnership
 - Emanuel County Health Department – GMN Telehealth Site
 - Emanuel County Senior Center
 - Heart of Georgia Altamaha RC AAA – Dementia Care Specialist
- DCS met with the Health Department and the Senior Center individually to discuss partnering together for a fall event
- We all met several times virtually to plan and divide responsibilities
- Invitations were emailed to the County Manager, county department heads, police and sheriff offices, City Mayors, and countless others.
- The Senior Center created the flyer, provided the location, snacks, and decorations.
- The Health Department staff created the registration form, attended the Dementia Friends Information Session and hosted the Second Wind Dreams Virtual Dementia Tour (VDT)
- The Dementia Care Specialist created a resource list for Emanuel County, conducted the Dementia Friends Information Session and assisted with the Virtual Dementia Tour.
- It was a successful event. The Virtual Dementia Tour was very impactful. The County Manager, two law enforcement officers, the Tax Commissioner, the Probate Court Judge, three staff from the local nursing home, and two senior center volunteers completed the VDT. The Sheriff also attended the Dementia Friends Information Session.

2024 – January 30th – Teepa Snow Positive Approach to Care Typical Aging vs. Atypical Aging Workshop

Partnership

- Living Independence for Everyone (LIFE) – Center For Independent Living
- Heart of Georgia Altamaha RC AAA – Dementia Care Specialist
- LIFE is providing the space, hor d’oeuvres, and doing outreach in the county
- DCS created the flyer, created the registration form, and will be conducting the workshop and doing outreach electronically

2024 Spring Project – Laurens County, Dublin, GA In the planning stages:

Partnership

Laurens County Health Department – GMN Telehealth Site

Heart of Georgia Altamaha RC AAA – Dementia Care Specialist

Others - TBD

- DCS will be meeting with the Laurens County Health Department in February 2024 to begin discussing a joint project to be held this spring.

Coalition Building – in the works:

- Georgia Division of Aging brought in a consultant to begin training DCS staff on building a coalition.
- Meeting again on January 22 and bringing someone from our coalition with us to the training.
- Target date for establishing a coalition is March/April 2024.
- Emailing groups throughout the 17 counties to advertise the creation of a dementia specific coalition and seeking participation on the coalition. Thus far, 23 people have said “YES”: Center for Independent Living, Home Care Provider, UGA Extension Office Staff, Senior Centers, Health Departments, Money Follows the Person, a Business Woman, Caregiver, Hospitals, Housing Authority, Community Health Initiative, Family Connection Coordinators, Behavioral Health Developmental Disabilities, Personal Care Home, and a VA Social Worker. There are still more groups on my list to contact. Half of my counties are represented by these who have already said “Yes.”

Engagement with Community:

- Providing educational presentations about the DCS Program and dementia
- Participating in health fairs
- Attending established coalition / council meetings
- Delivering outreach information to key locations in the counties
- Conducting Virtual Dementia Tours
- Posting activities and events on AAA Facebook
- Engaging in one-on-one conversations with Care Partners

Building Equity Into Your Approach

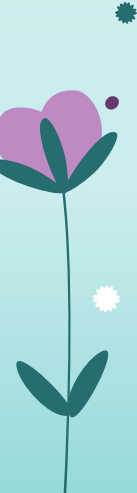
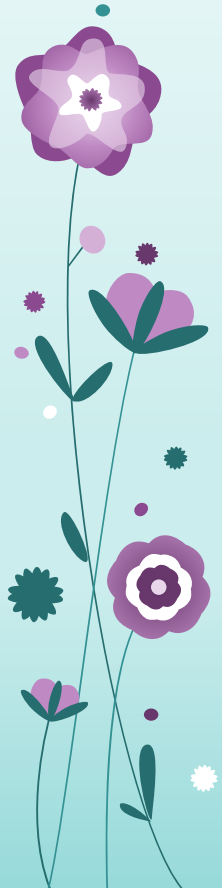
- Reaching out to a wide variety of individuals to offer these programs.
- Presentations at 55+ apartment complexes, senior centers, etc.
- Partnering with county Health Departments to hold a community event.
- Building an email list from prior events to keep contacts up to date on any training offerings or other events happening in the area.
- Posting on AAA Facebook page and sharing posts on personal Facebook page
- Providing education to all areas of a county.
- Letting people know that I am knowledgeable about dementia and that I am available to help them with their questions and concerns. I am building a Coalition with members that will help me extend our reach into every county.

Question for the audience

Advancing equity can be particularly challenging in a decentralized state with 159 counties or 18 health districts or 12 AAAs. In what other ways has your state increased equitable access for priority populations?

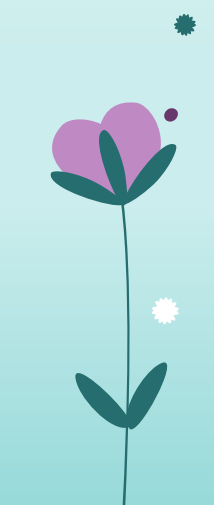
Challenges Experienced:

- Dementia is still a taboo subject. I have a hard time getting Caregivers and Persons Living with Dementia (PWD) to openly talk about their concerns and the future.
- Hard time getting into doctor's offices.
- Speaking engagements are often limited to 10-15 minutes
- Health fair attendees are not interested in having a conversation or taking written material
- I do not always receive interest or a return call.





Caregiver Programs - Evidence Based / Evidence Informed

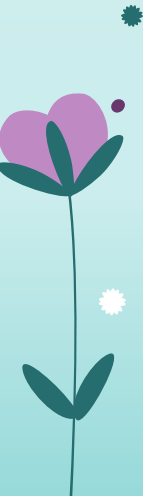
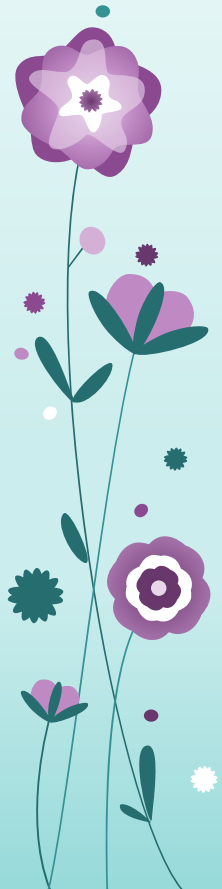
- Dealing with Dementia – Rosalyn Carter Institute for Caregivers
 - Powerful Tools for Caregivers – Iowa State University
 - Second Wind Dreams – Virtual Dementia Tours
 - Dementia Friends Information Sessions
- 

Caregiver Programs – Other

- Dementia Jeopardy – General Overview, Communication, Brain Health, Typical Aging or Dementia, Dementia Resources, 10 Signs and Symptoms, and Statistics on Dementia (how many Americans currently have it, how many have young on-set, etc.)
- Dementia Presentations (example: Dementia = Brain Change)
- Inspired Dementia Care – Leslie Fuller, LMSW, Founder & Owner of Inspired Senior Care – 12-month dementia education curriculum
- Teepa Snow, Positive Approach to Care – Certified Independent Trainers
- Teepa Snow, Positive Approach to Care – Certified Independent Consultants

Question for the audience

Think about the evidence based programs in caregiving available in your state. What barriers and facilitators have there been for implementing these programs?





Cognitive Aging Research
and Education Center

UGA's Cognitive Aging Research and Education (CARE) Center

Sarah Saint Hamilton, PhD, LMSW
Director of Social Support Services



UNIVERSITY OF
GEORGIA
College of Public Health
Institute of Gerontology



24 hours
Valid UGA
disability parking
permit required
→

HUDSON HALL



CARE Center



CARE Center

Hudson Hall

1911

Turning passion into action:
The Cognitive Aging Research and
Education (CARE) Center

Our mission

A new pathway to living with dementias



Education



Diagnosis



Support



Jenay Beer, PhD
Co-Director
College of Public Health



Lisa Renzi-Hammond,
PhD
Co-Director
College of Public Health

Denise Everson, MA
Community Education Lead
Cooperative Extension



Don Scott, MD
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Clinical Audiologist
Mary Frances Early College of Education



Jennifer Denk Stull, MM, LPMT, MT-BC
Music Therapist
Hugh Hodgson School of Music





Cognitive Aging Research
and Education Center

Caregiver Education

CARE AwaRE Curriculum



An ounce (or perhaps a pound) of prevention

General education for all communities



Knowing the signs

General education for all communities



What does diagnosis look like?

Tailored education, based on local resources



Caring for someone with dementia

Tailored education, based on local resources



Virtual Dementia Tours



Savvy Caregiver™ Training

**CARE Center****SAVVY CAREGIVER**
KNOWLEDGE. SKILLS. MASTERY.

FREE SAVVY CAREGIVER TRAINING
A six-week training series for care partners of persons with dementia

Facilitated by the UGA CARE Center's Director of Social Support Services, Sarah Saint Hamilton, PhD, LMSW

The Savvy Caregiver™ program is an evidence-based, 12-hour training provided over a six-week period, resulting in caregivers who possess greater confidence, improved understanding of Alzheimer's disease and related dementias, and practical skills to improve quality of life and support.

Those completing this nationally acclaimed course gain:

- Skills to assess abilities of persons with dementia
- Confidence to set and alter caregiving goals
- Understanding of the disease progression
- Essential abilities to attend to self-care
- Increased ability to work effectively with professionals providing care

Registration is required as space is limited. If you need on-site respite care in order to attend, please contact the ACCA's Adult Day Health Program (706-549-7301) at least one week in advance to complete an assessment and reserve a spot (cost is \$12/hr).

 The six-week series will take place on the following Fridays from 1:00-3:00 PM:
July 21 | July 28 | August 4 | **BREAK** | August 18 | August 25 | September 1

**Athens Community Council on Aging (ACCA)**
135 Hoyt Street
Athens, GA 30601

 For questions and/or to register for this session, call 706-542-2539 or email carecenter@uga.edu

**DEMENTIA RESOURCE CENTER**
A PROGRAM OF ACCA

**ACCA**
ATHENS COMMUNITY COUNCIL ON AGING
Age Well. Live Well.





Cognitive Aging Research
and Education Center

Support Throughout the Diagnostic Process

Support is provided throughout the diagnostic process



Materials created by the CARE Center

University of Georgia
Cognitive Aging Research
and Education Center

Community Resources Guide: Clarke County, Georgia

Last Updated: November 2023
Project Initiated: February 2023

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Please Note: This guide is a list of the resources known to the University of Georgia Cognitive Aging Research & Education (CARE) Center as of the date it was last updated. The UGA CARE Center gives no guarantee whatsoever for the quality of resources listed in this guide or the guide's comprehensiveness. Resources are listed in alphabetical order within subgroups.

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University of Georgia
Cognitive Aging Research
and Education Center

CARE Partner Guide

A new pathway to living with dementias
We exist to provide and improve access
to diagnosis, education, and support for
those at risk for or living with dementia.

UGA Cognitive Aging Research & Education (CARE) Center
102 Spivey Rd., Athens, GA 30602
706-542-2939 (phone) | 706-583-0109 (fax)
carecenter@uga.edu

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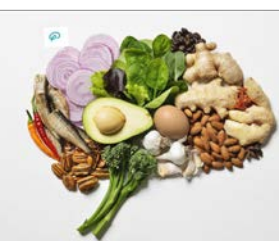
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Nutrition & Brain Health: You are what you eat!



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Holiday Activities for persons with Dementia

COOKING AND BAKING

There are many ways that persons with Dementia can help in the cooking and baking process! Some options include:

- Adding ingredients (measure them out first and have them put them together)
- Mixing ingredients together
- Peeling vegetables
- Shredding bread for dressing
- Shaping cookies or pouring batter into a pan
- Decorating cookies

MAKING CARDS

Everyone loves holiday cards, so your person can help by:

- Drawing a picture and/or writing a message that you can send to loved ones.
- If they're unable to write, you can have them dictate a message and you can write it for them.
- Sealing up envelopes or placing stamps if you're sending cards.

WRAPPING PRESENTS

- Let your person help you wrap presents. If it's not done to your standards you can always redo it (or know that everyone will understand, and if they don't thank their problem).
- If you don't have the time to redo it or they're unable to wrap, you can put them in charge of giving you tape!

ENTERTAINMENT

Watch holiday movies together

Task your person with playing holiday music to play while you cook/bake/etc.

Look at photo albums with visitors

Go on a walk or drive to look at the holiday lights and decorations

TIPS FOR SUCCESS

- Give them one item at a time (i.e., one carrot to peelize/cookie to decorate/present to wrap/put to mail).
- Check their progress frequently to remind them what they are doing or help them identify when they have completed each task.
- Show them an example of what "done" looks like (i.e., a peeled carrot) and have that available on the table.
- Make sure the table where they are working is clear of distractions - only set out what they are supposed to be working on and the items they'll need to do so.
- Try to adapt traditions and activities that you have always done, rather than starting new ones.
- Try to focus more on the experience than the outcome and adjust your expectations to match your person's abilities and limitations

CARE Center

Self Advocacy in Healthcare: Making the most out of your healthcare visits

Self-Advocacy:
"Representing yourself within healthcare interactions"

Self-advocacy is letting your voice be heard and being active inside health interactions.

SELF-ADVOCACY INVOLVES

ASKING QUESTIONS ABOUT:

- Your condition
- Your treatment or medications
- Follow up appointments
- Next Steps

SHARING KEY INFORMATION LIKE:

- Medication side effects
- What you do not understand about your condition
- What you like or dislike about your treatment
- Any other doctor's you see for this

WAYS SELF-ADVOCACY CAN HELP

- Healthcare providers can learn more about you
- You can receive better healthcare
- Practicing self-advocacy can inspire those around you to do the same thing

Cognitive Aging Research and Education Center

TIPS FOR SELF-ADVOCACY

- Get clear on the "Whats" and "Whys" of your appointments.
- Bring questions with you.
- If you can, bring social support.
- Repeat what you hear.
- Ask for more information, such as:
 - Test results, learning materials or instructions from your doctor.
 - Helps you get involved and feel empowered
- Bring key information, such as:
 - Helps you remain present in the moment
 - Prompts your provider to pay close attention
 - Use your own words to repeat back what your healthcare provider says.
 - Helps with understanding and improves communication between you and your doctors
 - Health insurance, medication lists, provider lists, past medical records
 - Helps your provider stay informed and avoid over-prescribing or repeating tests

Cognitive Aging Research and Education Center

Living With Dementia

A resource guide for loved ones and their care partners

Wandering and Getting Lost:

- Make a plan in case something happens if your loved one is alone
- Provide a medical bracelet or necklace engraved with emergency contact information
- Create a list of people in case you need to call for help
- Discuss places your loved one is likely to visit if they do wander

Traveling:

- Travel with family members
- Have a bag of essentials such as medication, travel itinerary, change of clothes, water, and snacks
- Research emergency contact numbers like local hospital or pharmacy at travel destination
- Travel at the time of day that is best for person

Signs of Unsafe Driving:

Forgetting how to locate familiar places, not observing traffic signs, and angry and confused when driving.

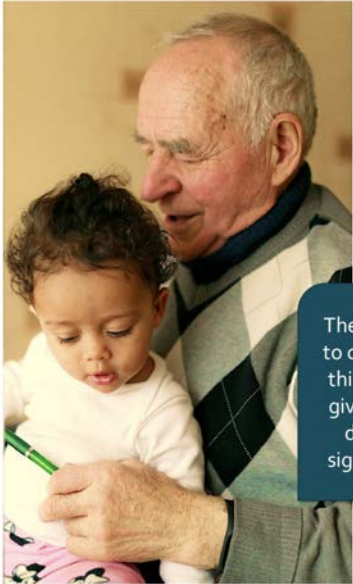
Home Safety:

- Monitor safety hazards in the house such as tools, cleaning supplies, other hazardous items
- Remove prescription drugs from counters
- Make sure carbon monoxide, smoke detectors, and fire extinguishers are available and inspected regularly
- Consider removing guns and other weapons from home, or at a minimum, locking them in a gun safe or cabinet
- Remove excessive clutter to prevent tripping hazards.
- Install grab bars in shower tub and near toilet to provide support, along with textured stickers to prevent slipping

Cognitive Aging Research and Education Center



CARE Partner Guides



The capacity to care is the thing which gives life its deepest significance

Beer, J. M., Renzi-Hammond, L. M., Washington, T., Kim, D., Call, K. M., Alpolo, E. M., Council, S. C., & Leathers, T. A. (2022). CARE Partner Guide: Safety. Version 1.0. Technical Report. Athens, GA: University of Georgia, Cognitive Aging Research and Education Center.
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Checklist item	N/A	Started	Done	Comments
I've talked to my loved one about no longer driving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My loved one has agreed to stop driving our car.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My loved one has also agreed to stop driving other vehicles like trucks, boats, tractors, riding lawnmowers...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My loved one and I have talked about how we'll get around when they stop driving. When we talked, we thought about:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<ul style="list-style-type: none"> The daily activities my loved one wants to continue. The type of transportation my loved one is most comfortable with (bus, taxi, friends/family...). 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Beer, J. M., Renzi-Hammond, L. M., Washington, T., Kim, D., Call, K. M., Alpolo, E. M., Council, S. C., & Leathers, T. A. (2022). CARE Partner Guide: Daily Living, Lifestyle, and Driving. Version 1.0. Technical Report. Athens, GA: University of Georgia, Cognitive Aging Research and Education Center.
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Checklist item	N/A	Started	Done	Comments
I've made a plan to keep my loved one's muscles strong with regular exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My loved one always wears shoes or slippers with good support and heels with good grip.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
All the stairs in our house (inside and outside) have secure handrails.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
At later stages of the disease, my loved one has a help bracelet or necklace that they can use to call for help if they fall.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
We have put flashlights around the house in case the electricity goes out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
We've gotten rid of our rugs or taped them down because they're easy to trip over. If our carpet sticks up a bit, we've taped it down or replaced it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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Example of a Daily Schedule:

Hour	Activity	Meal Plan	Person
6:00am	Get up, let dog out, make sure loved one takes meds		Me
7:00am	Make breakfast Get dressed Clean up	Eggs, toast, coffee	Me & loved one Me
8:00am	Go for walk with loved one		Me
9:00am	Watch TV Do laundry		Loved one Me
10:00am	Play "Life" (board game)		Me & loved one
11:00am	Play Gin Rummy Prepare lunch		Loved one Me
12:00pm	Eat together Make sure loved one takes meds	Sandwiches, salad	Me & loved one Me
1:00pm	Take nap Call friend		Loved one Me
2:00pm	Rake leaves / play with dog Garden		Loved one Me
3:00pm	Rake leaves / play with dog Garden		Loved one Me
4:00pm	Take Nap Rake leaves		Loved one Me
5:00pm	Prepare dinner Eat Make sure loved one takes meds	Fish, spinach, multi-grain bread	Me Me & loved one Me
6:00pm	Wash dishes		Me
7:00pm	Shower loved one		Me & loved one
8:00pm	Watch TV		Me & loved one
9:00pm	Watch TV		Me & loved one
10:00pm	Go to bed Make sure loved one takes meds		Me & loved one Me

Other To-Dos:

- Send thank you cards
- Call daughter
- Ask neighbor to get milk and bread next grocery visit

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Cognitive Aging Research
and Education Center

Ongoing Post-Diagnosis Support

Ongoing CARE Center Support



Caregiver Support Group

- Twice per month
- Guest speakers invited



Music Therapy for Persons with Dementia

- Twice per month



Social Support Consultations/Referrals

- Always available



Creative Support Programming: *Meet me at the garden*



Key Takeaways



Collaboration is vital to success.



Respect and build upon existing relationships and infrastructure.



Be mindful of access barriers when designing programming.





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Q&A

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We appreciate your feedback!

