

Dementia
Friends
Pennsylvania



A Dementia Friendly America initiative

Session Workbook

High School

A program of



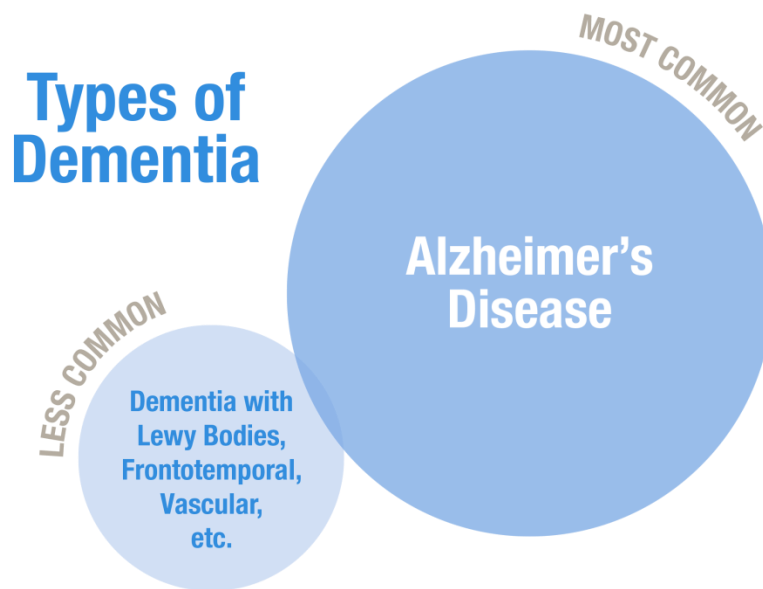
Jewish
Healthcare
Foundation

*Adapted from Dementia Friends Minnesota and with permission of Dementia Friends,
Alzheimer's Society, London UK.*

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Dementia: What You Should Know

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease is the most common type of dementia and accounts for 60 to 80 percent of cases. Other types of dementia include Dementia with Lewy Bodies, Frontotemporal, and Vascular.



What is Dementia Friends?

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

Aging vs. Alzheimer's disease

Aging	10 Early Signs and Symptoms
Sometimes forgetting names or appointments but remembering them later	Memory loss that disrupts daily life
Making occasional errors when balancing a checkbook	Challenges in planning or solving problems
Needing occasional help to use the settings on a microwave or to record a TV show	Difficulty completing familiar tasks at home, at work or at leisure
Confused about the day of the week but recalling it later	Confusion with time or place
Vision changes related to cataracts	Trouble understanding visual images and spatial relationships
Sometimes having trouble finding the right word	New problems with words in speaking or writing
Misplacing things from time to time and retracing steps to find them	Misplacing things and losing the ability to retrace steps
Making a bad decision once in a while	Decreased or poor judgment
Sometimes feeling weary of work, family and social obligations	Withdrawal from work or social activities
Developing very specific ways of doing things and becoming irritable when a routine is disrupted	Changes in mood and personality

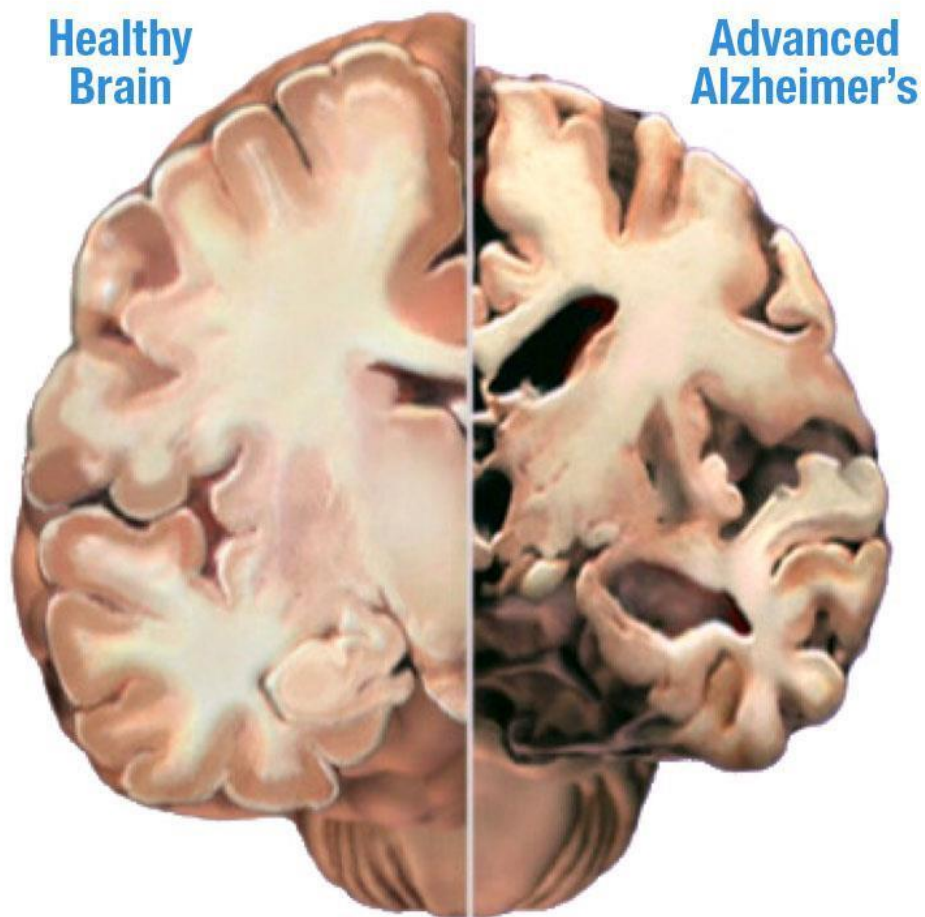
Source: 10 Early Signs and Symptoms of Alzheimer's
www.alz.org/10-signs-symptoms-alzheimers-dementia.asp

Broken Sentences Worksheet

Match the sentences in Column 1 to Column 2 by writing your response in the “Answer” column. You should end up with five sentences that make sense and highlight five key messages about dementia.

Answer	Column 1	Column 2
_____	1. Dementia is not ...	a) ... diseases of the brain. The most common is Alzheimer’s.
_____	2. Dementia is caused by ...	b) ... a normal part of aging. Not everyone who grows old will develop dementia.
_____	3. Dementia is not just ...	c) ... good quality of life with dementia.
_____	4. It is possible to have a ...	d) ... the dementia. People living with dementia are a valuable part of the community.
_____	5. There’s more to the person than ...	e) ... about having memory problems. It can affect thinking, communication and doing everyday tasks.

Brain Changes



5 BRAIN HEALTH HABITS

SLEEP

Sleep allows our bodies and minds to heal and organize themselves in preparation for another day. Quality is just as important as quantity!



NUTRITION

We need to eat well. All our organs including our brains are most easily damaged by poor diet. Consider the MIND diet - Mediterranean-DASH Intervention for Neurodegenerative Delay.



EMOTIONAL WELL-BEING

A short daily practice of mind-body therapy can help us build dementia-resistant brains. Stress is bad for us! Be social. Talk about your feelings with people who will listen without judgement.



PHYSICAL EXERCISE

Exercise is great for your brain! The key to creating and sticking to an exercise plan is finding what works for you. Shoot for 120 minutes of exercise that gets your heart pumping each week.



COGNITIVE FITNESS

Active learning improves memory, creativity, mood, and self-esteem. Incorporating learning into your daily routine, such as reading, taking courses, or trying new hobbies, keeps your brain active and engaged.



 Adapted from Hilarity for Charity's 5 Brain Health Habits
www.wearehfc.org/5-brain-health-habits

Everyday Tasks

Write a step-by-step instruction list to complete a task you do daily or often. Make sure someone reading your list could follow the instructions successfully to complete the task.

Communication

Consider these tips when communicating with a person with dementia.

Treat the person with dignity and respect. Avoid talking past the person as if he or she isn't there.

Be aware of your feelings. Your tone of voice may communicate your attitude. Use positive, friendly facial expressions.

Be patient and supportive. Let the person know that you are listening and trying to understand. Show that you care about what he or she is saying and be careful not to interrupt.

Offer comfort and reassurance. If he or she is having trouble communicating, reassure them that it's okay and encourage the person to continue.

Avoid criticizing or correcting. Don't tell the person what he or she is saying is incorrect. Instead, listen and try to find the meaning in what is being said.

Avoid arguing. If the person says something you don't agree with, let it be. Arguing usually only makes things worse and often increases agitation for the person with dementia.

A guess is not always necessary. If you understand what the person means, finding the right word may not be necessary.

Encourage nonverbal communication. If you don't understand what is being said, ask the person to point or gesture.

Five Key Messages

- 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 living with dementia.
- There's more to the person than the dementia.

Turn Your Understanding into Action

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

- Get in touch and stay in touch with someone I know living with dementia
- Volunteer for an organization that helps people living with dementia
- Talk with my parents about what I learned
- Smile and say hello instead of avoiding a person living with dementia
- Read a children's book on dementia to an elementary class
- Encourage friends to become Dementia Friends
- Become a Dementia Friends Champion
- Participate in your local Alzheimer's Association's "Walk to End Alzheimer's"
- Commit to maintaining the health of your brain
- Other _____

Resources in Your Community

State-wide resources: your Dementia Friends' Champion will provide you with a copy of available resources.

Resources in Your Community	Volunteer	Support	Education
<p>Dementia Friendly Pennsylvania- www.dementiafriendlypa.org</p> <p>Dementia Friendly Pennsylvania promotes collaborative partnerships that raise awareness, increase knowledge, reduce stigma and engage community members in transforming Pennsylvania into an inclusive place for persons living with dementia.</p> <p>Access resources, dementia friendly events calendar, and learn more about Dementia Friendly Communities in Pennsylvania.</p>		•	•
<p>Dementia Society of America- www.dementiasociety.org or 1-800-DEMENTIA (1-800-336-3684)</p> <p>Dementia Society of America is the nation’s leading volunteer-driven all-Dementias awareness organization. DSA provides an information hotline, online resources, and an easy-to-use web-based locator, which can help families and individuals find valuable support near to them.</p> <p>Additional resources and programs include Aware and Share Cards to use when in the community, The Big Umbrella: A guide available to distribute to clients or leave in the waiting room, and Operation KeepSafe. DSA offers no-cost / low-cost basic medical ID kits to anyone living with Mild Cognitive Impairment or Dementia and their carers throughout the US/Canada, regardless of ability to pay.</p>	•	•	•
<p>Dementia Action Alliance- www.daanow.org or 732-212-9036</p> <p>DAA is a non-profit organization that provides hope and help to individuals and families living with dementia and information about how to live proactively with dementia. DAA offers services and peer support including three weekly online discussion groups, two monthly podcasts, an online Resources Center, a national Speakers Bureau and other services. All DAA efforts and activities are shaped and informed by individuals living with dementia.</p> <p>Pathways to Well-being with Dementia: A Manual of Help, Hope, and Inspiration is a how-to manual which provides essential information about living with dementia. The practical, helpful information, grounded in science, is presented in a user-friendly format. Obtain a free virtual copy here: www.daanow.org/pathways-to-well-being-with-dementia</p>	•	•	•

Resources for Youth	Volunteer	Support	Education
<p>HFC- www.wearehfc.org or info@wearehfc.org</p> <p>HFC is a national non-profit on a mission to care for families impacted by Alzheimer's disease, activate the next generation of Alzheimer's advocates, and be a leader in brain health research and education.</p> <p>The HFC In-Home Care Grant Program relieves caregivers, giving them time to rest, recharge and focus on their personal and professional life. Delivered with their partner, Home Instead, HFC's Care Grants provide 3-6 months of free, professional, in-home care. HFC offers support groups and wellness webinars.</p>	•	•	•
<p>Alzheimer's Foundation of America- Teen Division- https://alzfdn.org/ or 1-866-232-8484</p> <p>The Alzheimer's Foundation of America's (AFA) teen division was founded in 2002, by a teenager, to help educate and support teens whose lives have been impacted by Alzheimer's disease, as well as those who are interested in getting involved in the cause. AFA Teens is here to help them navigate the challenges and triumphs that await.</p> <p>Our Mission is to:</p> <ul style="list-style-type: none"> • Raise awareness among teenagers and the general public about Alzheimer's disease. • Provide education, counseling and support to young family members. • Provide a space for teens to share feelings and experiences with other teens and experts who "get it." • Refer teens and their family members to various programs and supportive services. 	•	•	•
<p>Lorenzo's House- www.lorenzoshouse.org or (312) 319-8797</p> <p>With a focus on younger-onset dementia, Lorenzo's House is designed to empower, align and sustain family carepartners and their loved ones. Lorenzo's House offers a carepartner companion match, youth initiatives, respite and healing spaces, that address the social and clinical needs of families living with young-onset dementia.</p>	•	•	•
<p>Alzheimer's Association- www.alz.org/pa or 24-Hour Helpline: 1.800.272.3900</p> <ul style="list-style-type: none"> • Teen/Kid Resources: https://www.alz.org/help-support/resources/kids-teens <p>The Association helps those impacted by Alzheimer's disease and other dementias by providing support groups and educational resources, while advancing crucial research and public policy initiatives. The Alzheimer's Association 24/7 Helpline serves people with memory loss, caregivers, health care professionals and the public, providing reliable information and support to all those who need assistance.</p>	•	•	•

<h2 style="text-align: center;">Resources in Pennsylvania</h2>	Volunteer	Support	Education
<p>Penn Memory Center at the Penn Neuroscience Center- www.pennmemorycenter.org or 215-662-7810</p> <p>The Penn Memory Center is a single, unified Penn Medicine source for those age 65 and older seeking evaluation, diagnosis, treatment, information, and research opportunities related to symptoms of progressive memory loss, and accompanying changes in thinking, communication, and personality.</p> <p>The Penn Memory Center offers state-of-the-science diagnosis, treatment and research, focusing on individuals living with Alzheimer’s disease, mild cognitive impairment (MCI) and other age-related progressive memory disorders. Classes, support and a wide range of information on Alzheimer’s disease and brain-aging related topics are available.</p>	•	•	•
<p>University of Pittsburgh Alzheimer’s Disease Research Center- www.adrc.pitt.edu or 412-692-2700</p> <p>The ADRC is one of the nation’s leading research centers specializing in the diagnosis of Alzheimer’s disease and related disorders. Through outpatient evaluations, participants and their families receive state-of-the-art diagnostic assessments and contribute to the scientific study of Alzheimer’s disease. The Alzheimer’s Outreach Program provides education and counseling for participants and families, referrals to community resources, support groups for caregivers, and opportunities to participate in research studies.</p>	•	•	•
<p>Area Agencies on Aging - www.aging.pa.gov/local-resources</p> <p>Your local Area Agency on Aging (AAA) is the front door for aging services in your community. AAA is staffed with skilled workers who can provide information about services and assist in obtaining access to those services. Pennsylvania has 52 Area Agencies on Aging that cover all 67 counties. Volunteer opportunities exist for people of all ages and levels of physical ability. Your local Area Agency on Aging may have opportunities for you to volunteer in the following programs: Foster Grandparent Program, Ombudsman Program, PEER - Pennsylvania's Empowered Expert Residents, Retired Senior Volunteer Program, Senior Companion Program</p>	•	•	•
<p>Pennsylvania Link to Aging and Disability Resources- www.aging.pa.gov/local-resources/pa-link Toll-Free Helpline: 1-800-753-8827</p> <p>The PA Link to Aging and Disability Resources is PA's effort designed to help persons with disabilities and seniors find information that will connect them to supports and services in their community.</p> <ul style="list-style-type: none"> • Easily connect to local services/supports through any PA Link partner agency. • Explore existing options to ensure a secure plan for independence. • Assist with applications to determine funding eligibility. 		•	•



I'm a Dementia Friend

Friend's Name

Date Presented

#DementiaFriendsPA

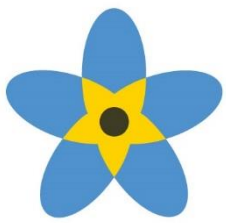
 @DF_Pennsylvania

 @DementiaFriendsPA

 @DementiaFriendsPA

dementiafriendspa.org





Dear Parent or Guardian,

Today your student participated in a 60-minute age-appropriate information session called *Dementia Friends Pennsylvania*. During the session, students engaged in discussion and thought-provoking activities.

Dementia Friends is a global initiative that is changing the way people think, act and talk about dementia. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.

A dementia-friendly community recognizes that people of all ages can have an impact on helping people living with dementia be understood and supported in their communities.

As a result of attending today's Information Session, your student should be able to:

- Describe dementia
- Share five key messages about dementia
- Identify communication tips to use in the community
- Recognize the importance of brain health
- Choose a small dementia-friendly action

During the program, your student received a Session Workbook, Community Resource Packet and a Certificate of Completion. We encourage you to review the materials with your student and allow them to share what they learned.

Please contact us at info@dementiafriendspa.org for any questions about the initiative. Learn more at www.dementiafriendspa.org.

Thank you,

