

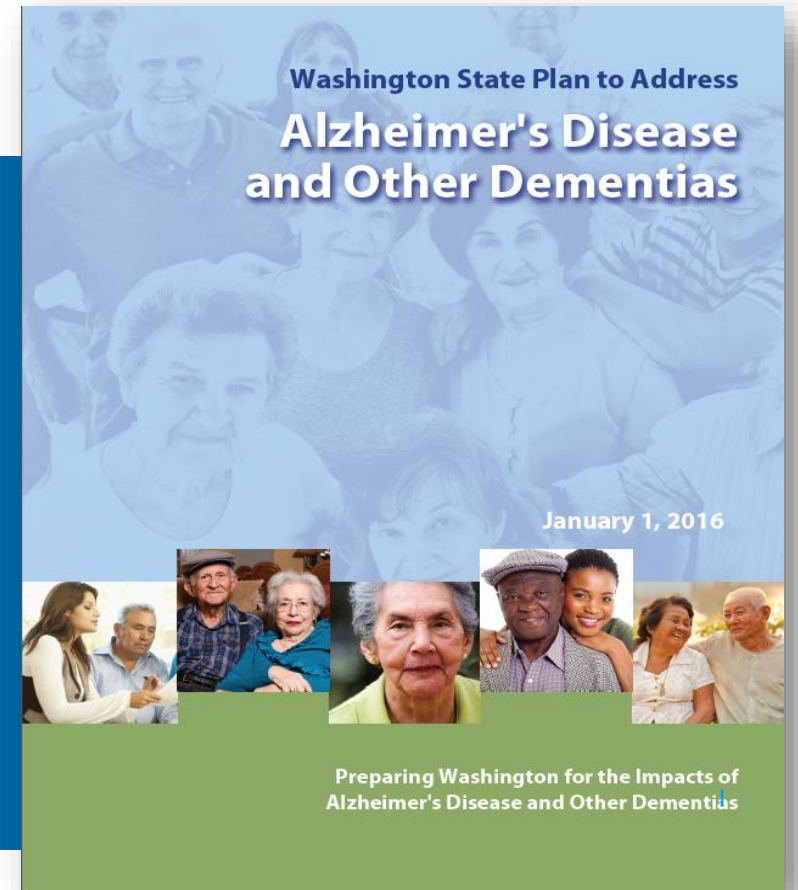


WASHINGTON STATE PLAN TO ADDRESS ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

LYNNE KORTE

AGING AND LONG-TERM SUPPORT ADMINISTRATION

TRIBAL SUMMIT – MARCH 2, 2023



Washington State Plan to Address
**Alzheimer's Disease
and Other Dementias**

January 1, 2016



Preparing Washington for the Impacts of
Alzheimer's Disease and Other Dementias

- 1** Public awareness, engagement and education
- 2** Prepared communities
- 3** Well-being and safety
- 4** Access to family caregiver supports
- 5** Early diagnosis and evidence-based health care
- 6** Long-term services and supports in setting of choice
- 7** Innovation and research related to causes and care

DEMOGRAPHIC TRENDS AND DEMENTIA

Demographic trends

- The American Indian/Alaska Native (AI/AN) population in the U.S. is growing rapidly
- American Indians/Alaska Natives are living longer
- The number of older adults is increasing

Dementia

- Risk of dementia increases with advanced age
- As the AI/AN older adult population grows, so too will the impact of cognitive impairment
- Nationally, between 2014–2060, the number of AI/ANs aged 65 and older living with dementia is projected to grow over five times



RECOMMENDATIONS SPECIFIC TO INDIGENOUS COMMUNITIES

1 Public awareness, engagement and education

2 Prepared communities

3 Well-being and safety

4 Access to family caregiver supports

5 Early diagnosis and evidence-based health care

6 Long-term services and supports in setting of choice

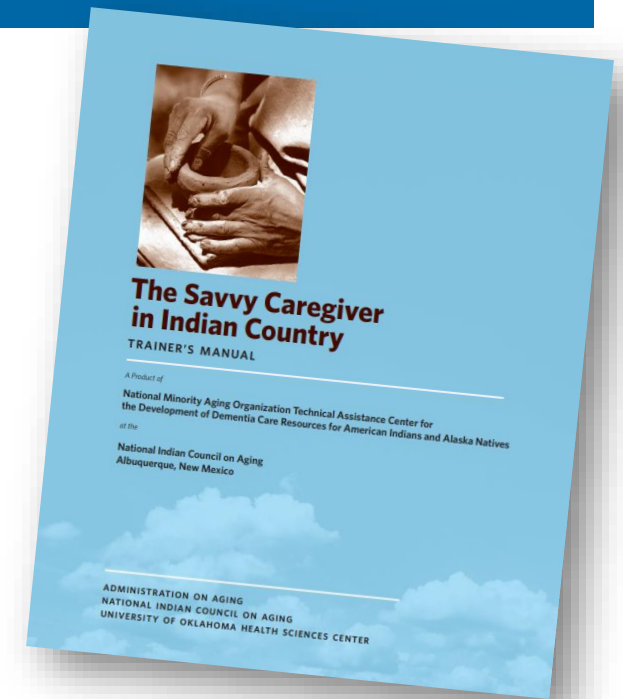
7 Innovation and research related to causes and care

Goal 1

1E5. Promote outreach to Indian Country through health workers, tribal communications and health fairs.

Goal 4

4G1. Engage tribal representatives to explore the needs of tribal families caring for people with dementia to develop culturally relevant supports and services.



2022-2023 - UPDATING THE STATE DEMENTIA PLAN

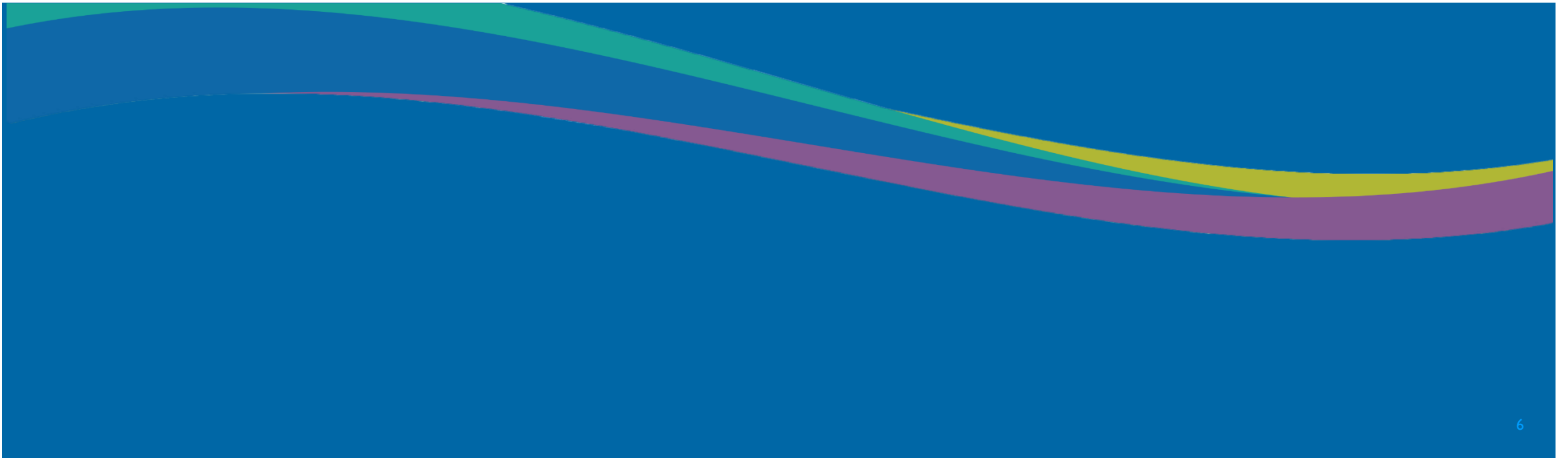
We want to hear about priority needs related to dementia in indigenous communities here in Washington state

We want to hear from you!

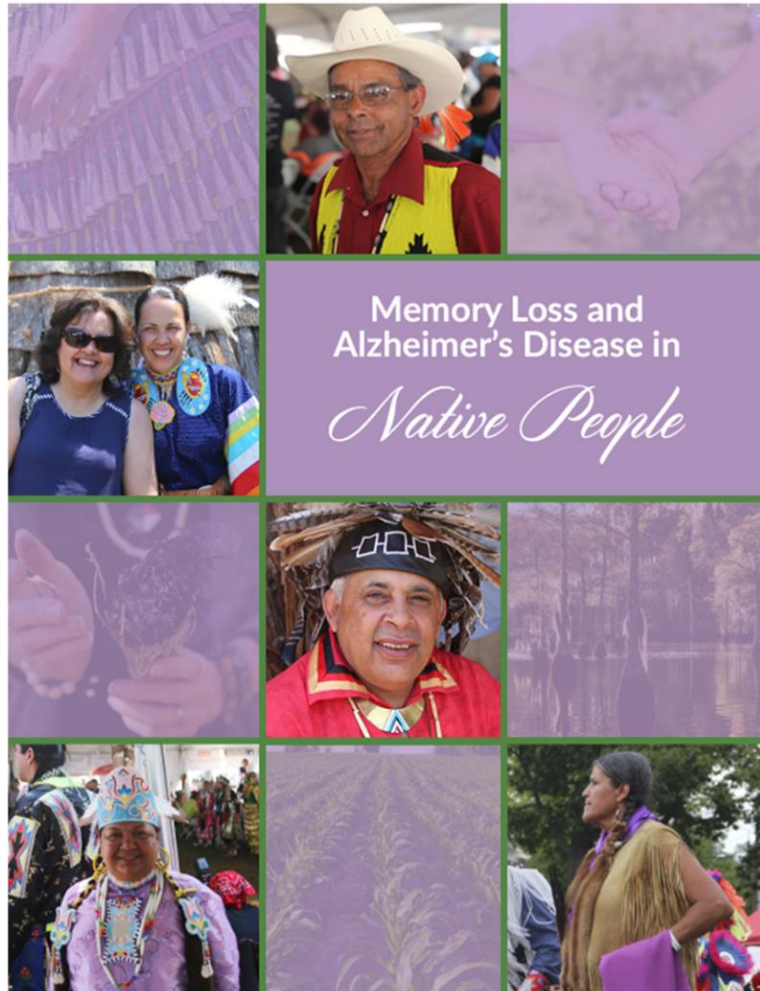
- **Current Online Survey** - [DAC Survey with Tribal Focus](#)
- **Tribal Listening Session** –
 - April 5, 2023
 - 2 – 3:30 pm
 - Register for the Listening Session: [Click here](#)



RESOURCES TO USE NOW



NATIONAL RESOURCES



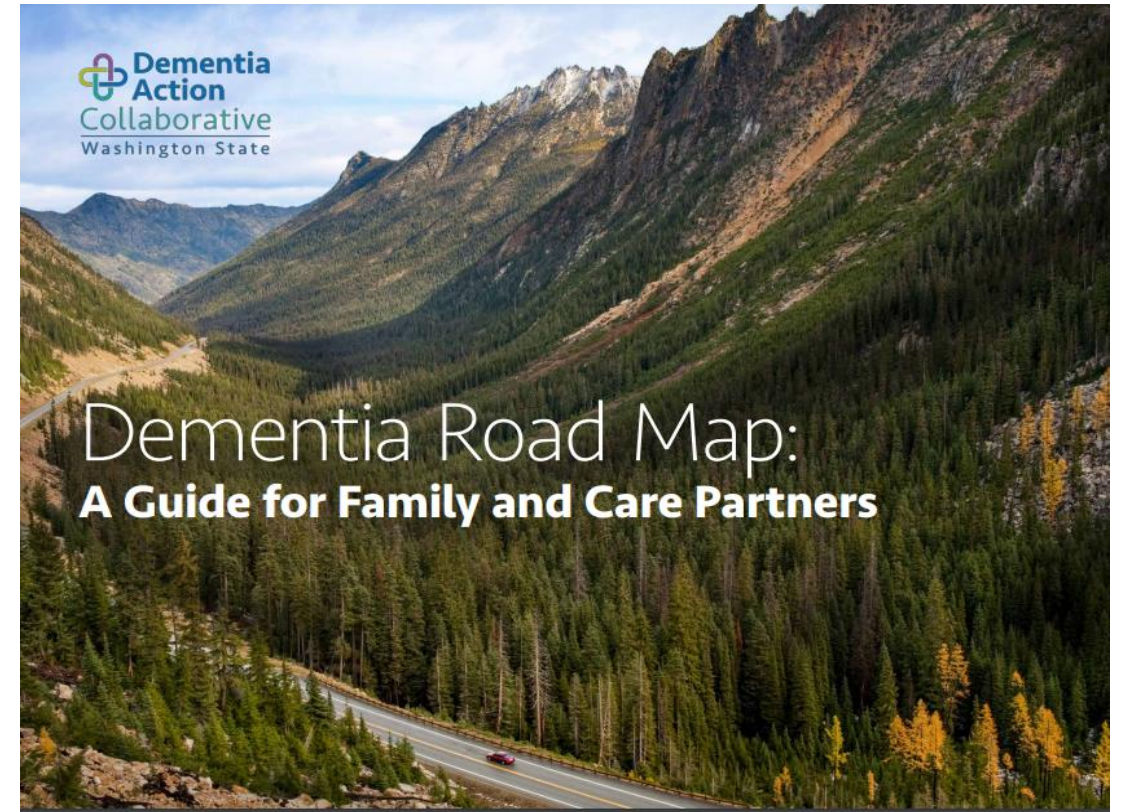
Road Map for Indian Country



WASHINGTON STATE RESOURCES

Dementia Road Map: A Guide for Family and Care Partners

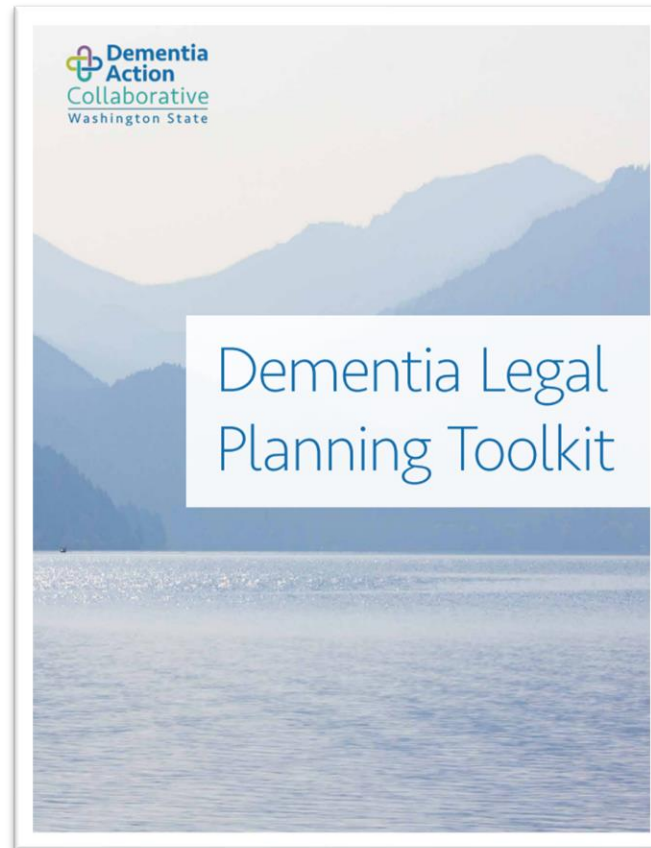
- Comprehensive
- Easy-to-digest
- Action oriented
- Empowers family and care partners



Available in English and Spanish - online or in print: <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

DEMENTIA LEGAL AND ADVANCE CARE PLANNING

- TOOLKIT FOLDER OFFERS INFORMATION, GUIDANCE RESOURCES AND FORMS
- DEMENTIA LEGAL PLANNING PROJECT OFFERS PRO BONO ASSISTANCE IN COMPLETING FORMS

The flyer features a header with a colorful wave graphic and the "Dementia Legal Planning" logo. Below the header, a photograph shows two women, one younger and one older, sitting together and looking at documents. The text on the flyer includes:

DEMENTIA LEGAL PLANNING PROJECT

Unsure about how to navigate legal planning if you or someone you love has dementia?

Get free legal help with the following:

- Powers of Attorney for Finances and Health Care
- Health Care Directives
- Dementia Directives

Who is Eligible?

- People 60 years and older
- People with dementia of any age

FOR MORE INFORMATION:

☎ **425-780-5589**

🌐 **www.dementialegalplanning.org**

This program is funded, on behalf of the Dementia Action Collaborative, by the Aging and Long-Term Support Administration/DSHS.

Dementia Action Collaborative

OTHER RESOURCES

- HOW TO PARTNER WITH YOUR HEALTH CARE PROVIDER FOR BETTER CARE
- DEMENTIA SAFETY INFO-KIT

PARTNERING WITH YOUR HEALTHCARE PROVIDER

A Resource for People Living with Memory Problems and Their Care Partners

WHO WE ARE

The [Dementia Action Collaborative \(DAC\)](#), the [Dementia and Palliative Education Network \(DPEN\)](#), in partnership with the [Alzheimer's Association](#) and the [University of Washington School of Nursing](#)

WHAT'S THE PURPOSE?

- Understand how to form a working partnership with healthcare providers
- Organize, streamline tasks, and communicate about the care needs of the person living with dementia
- Reduce chances of avoidable care transitions

WHAT'S INCLUDED

- Easy-to-navigate narrated presentation
- Video scenario demonstrations
- Care, medication, and appointment log sheets



LEARN MORE



SHARE

with family care partners!

[DPEN.NURSING.UW.EDU/RESOURCES/PARTNERING-WITH-YOUR-HEALTHCARE-PROVIDER/](https://dpn.nursing.uw.edu/resources/partnering-with-your-healthcare-provider/)



Info Kit

Safety Concerns for People with Dementia

Not all memory loss is due to dementia. Memory loss and/or confusion may be a result of many conditions, some of which are reversible. If you or someone you know has memory loss or confusion that's getting worse, it's important to talk with a health care professional about it. If it does turn out to be dementia, there are steps you can take to live well, and plan for a future with it.

Dementia affects each person differently, but symptoms typically include increasing memory loss, confusion, and disorientation. Changes in the brain can also impact how individuals interpret what they see, hear, feel, taste or smell, and their sense of time, place and judgment – each of which can impact safety.

The best environment for a person with memory loss or dementia is one that helps them feel as independent and supported as possible. For people with dementia wanting to stay at home, it's key to find the right balance between independence and safety - and to anticipate changes. With creativity and flexibility, it's possible to make adaptations that make the home safer and less stressful for all.

This "info kit" is a resource for family members and caregivers to assist in evaluating the home and taking steps to promote safety over the course of dementia. Materials highlight information and tips related to the following:

1. Home Safety
2. Falls Prevention
3. Driving
4. Wandering
5. Emergency Preparedness
6. Elder Abuse & Financial Exploitation



You may click on the links provided below each resource to view or print the information yourself. When a computer icon appears, the information is intended to be viewed online, and not in a printable format.

IT'S HELPFUL TO PLAN AHEAD, AND PUT SAFETY MEASURES IN PLACE BEFORE

THEY'RE REALLY NEEDED

DEMENTIA FRIENDS GLOBAL AWARENESS PROGRAM

Statewide initiative –

- Global movement to help people think, act and talk about dementia in encouraging ways
- Focus on ways individuals can connect with and help people living with dementia
- Now seeking faith-based and community-based organizations that want to be involved

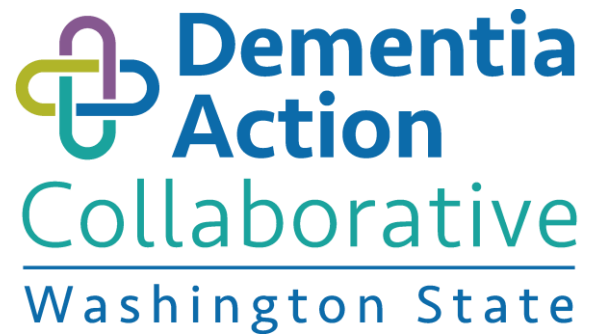


If you want to learn more, contact:
Emily Meeks: emcmeeks@uw.edu

TO FIND RESOURCES OR FOR MORE INFORMATION ON THE DEMENTIA ACTION COLLABORATIVE

Find links to these resources at:

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>



See our:

- [Washington State Alzheimer's Plan](#)

For more information contact:

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 - Lynne.Korte@dshs.wa.gov