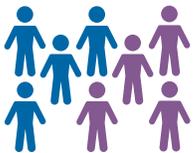


Washington State Dementia Action Collaborative: An Introduction



A CLEAR NEED FOR ACTION

We have around **125,000 people** living with Alzheimer's or other dementia in Washington state.



By 2040, the number of people 65 and older with dementia will **more than double**.

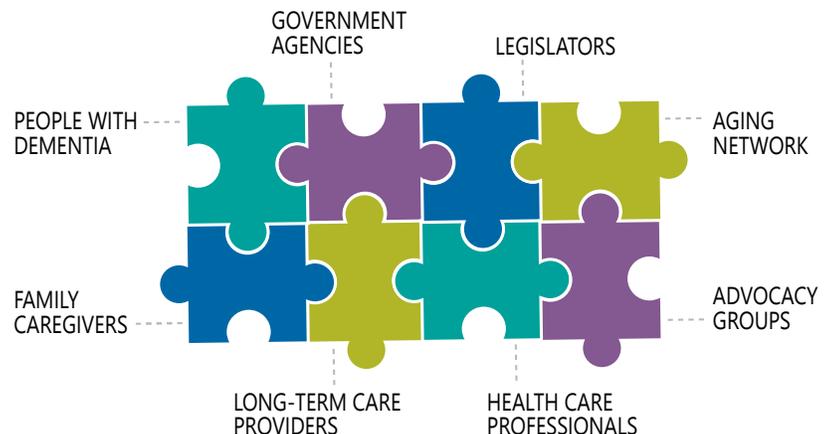
There is no known cure or prevention for Alzheimer's, but **lifestyle changes** like managing blood pressure, exercising and eating well may **reduce your risk**.



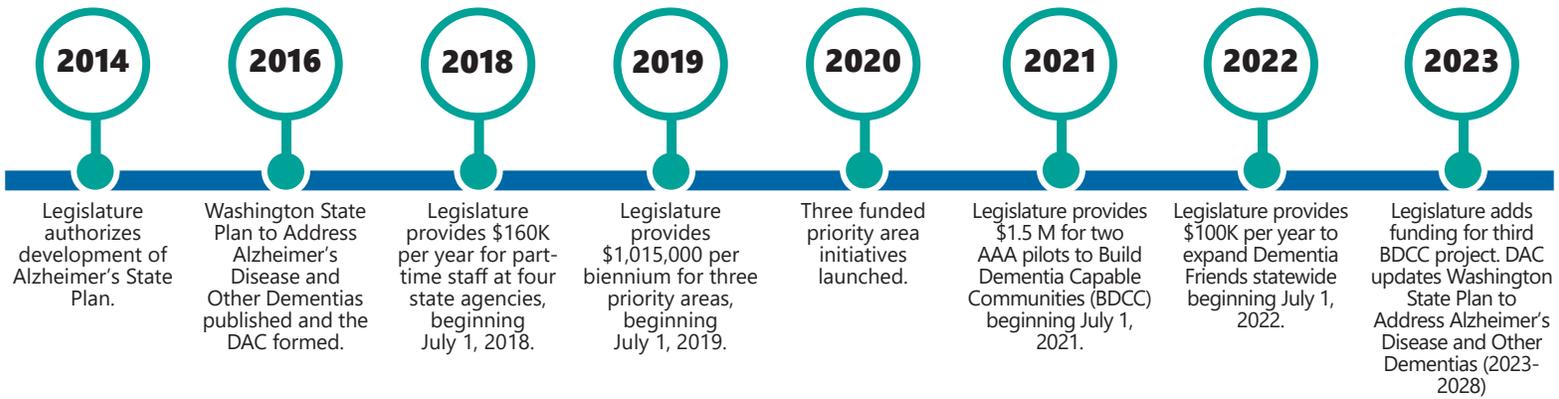
Early detection has medical, financial, and emotional benefits. Yet, **more than half** of Washingtonians with worsening memory loss have not talked to a health care professional about it.

COLLABORATION: THE HEART OF THE DAC

It takes all of us working together to help people with dementia and their families live their best lives. The Dementia Action Collaborative (DAC) engages a variety of stakeholders to foster a more dementia-friendly Washington.



LEGISLATIVE FUNDING FOR DAC PRIORITIES



THE DAC'S SEVEN AREAS OF FOCUS

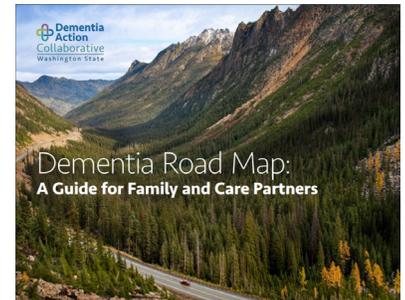
- 1 Public awareness, engagement and education
- 2 Prepared communities
- 3 Well-being and safety
- 4 Access to family caregiver supports
- 5 Early diagnosis and evidence-based health care
- 6 Long-term services and supports in setting of choice
- 7 Innovation and research related to causes and care

MAKING PROGRESS TOGETHER

The DAC works together to implement the [2023-28 Washington State Plan to Address Alzheimer's Disease and Other Dementias](#). Key progress to date includes:

Raising public awareness

Developing resources on safety and for families on "how to help", such as the Dementia Road Map in [English](#) and [Spanish](#), and [creating digital awareness campaign materials](#) on the value of timely diagnosis.



Fostering dementia-friendly communities

Promoting dementia-friendly attitudes and programming through toolkits, videos, webinars, statewide conferences and a [Dementia Friendly Washington Learning Collaborative](#).

Promoting early legal and advance care planning

Publishing the [Dementia Legal Planning Toolkit](#), and initiating the [Dementia Legal Planning](#) program to educate and recruit attorneys and provide pro bono support with legal and advance care planning.

Improving primary care

Sharing best practices for primary care providers through new resources and tools, and supporting [Project ECHO Dementia](#) to offer tele-mentoring for primary care providers.

The updated dementia plan recognizes the stronger evidence base for reducing potentially modifiable risk factors for dementia, new knowledge about brain health, and emphasizes health equity for all Washingtonians.

Find more DAC resources and tools at dshs.wa.gov/altsa/dementia-action-collaborative.