



Washington State  
Plan to Address

# Alzheimer's Disease and Other Dementias

**Appendix C**  
Suggested Actions for Partners

## C: Suggested Actions for Partners

*Suggested Actions for Individuals and Care Partners, Aging Network and Long-Term Supports & Services, Public Health Entities, Health Care Providers*

### Introduction

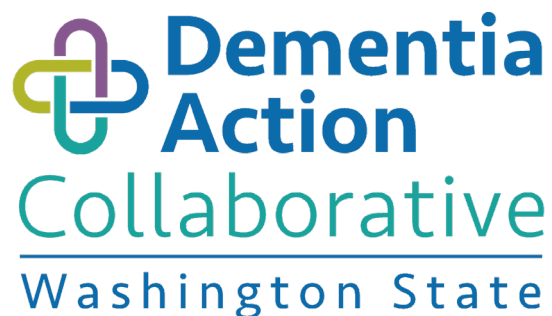
The goals, strategies and recommendations in the Washington State Plan to Address Alzheimer's Disease and Other Dementias cannot be accomplished by the Dementia Action Collaborative (DAC) or state agencies alone. It will require individuals, stakeholders and community partners to take action that align with the goals, strategies and recommendations within the plan.

This section includes suggested action steps for a variety of targeted audiences. The document, intended for use electronically, also provides links to more information or resources related to suggested actions, when possible. Individuals, stakeholders, and community partners are invited to choose one or more action steps to implement that will support the plan implementation. Browse the ideas to learn more.

Working together on common goals and strategies, will allow a more coordinated and amplified response. The Dementia Action Collaborative invites everyone to join us in taking ACTION – be a part of the solution!



View the full Washington State Plan to Address Alzheimer's Disease and Other Dementias at:  
<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>



## Possible Actions for Individuals and Care Partners

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Learn about, and take actions, to keep your brain healthy.	<a href="#">ACL Talking About Brain Health</a>
Learn about the warning signs of dementia – and the value of a timely diagnosis.	<a href="#">Dementia   Washington State Department of Health</a> <a href="#">10 Early Signs and Symptoms of Alzheimer's</a>
If you have warning signs of dementia, talk to your health care provider about them. If you notice warning signs in a family member, have a discussion with them around the importance of getting a medical evaluation.	<a href="#">Dementia   Washington State Department of Health</a> <a href="#">Washington State Chapter; Serving Washington and Northern Idaho</a>
Learn tips and suggestions in working with your health care provider about diagnosis and ongoing care.	<a href="#">Partnering with Your Healthcare Provider   Dementia &amp; Palliative Education Network</a>
If you are living with dementia, it is important to stay active and engaged. Learn about Memory Café social programs, support groups and more in your community.	<a href="#">Find Memory Cafes (National directory)</a> <a href="#">Memory Loss Info Washington</a> <a href="#">Washington State Chapter; Serving Washington and Northern Idaho</a>
Learn ways you can help people you may know that are living with dementia by becoming a <i>Dementia Friend!</i>	<a href="#">Dementia Friends in Washington State - Memory and Brain Wellness Center</a> <a href="#">Dementia Friends USA</a>
Check out <a href="#">Memorylossinfo.org</a> – a website with information about dementia and links users to local service organizations.	<a href="#">Memory Loss Info Washington</a>
If you are a family care partner or friend of a person living with dementia, find help and resources available with the Dementia Road Map: A Guide for Family and Care Partners.	<a href="#">Memory Loss Info Washington</a> <a href="#">Dementia Road Map: A Guide for Family and Care Partners</a>
If you are a family care partner, learn more about dementia, self-care, and other caregiving topics for free through the Washington Caregivers Learning Portal.	<a href="#">Washington Caregivers Learning Portal</a>
If you are a family care partner, contact your local Family Caregiver Support Program for guidance, support and services (or services for the person living with dementia).	<a href="#">Family Caregiver Support Programs</a> OR call 855-567-0252

## Suggested Action Steps

## Learn More

If you, or someone you know, needs financial assistance with long-term services and supports, contact or refer them to a local Community Living Connections or Home and Community Services (HCS) office.

[Community Living Connections](#)  
OR call 1-855-587-0252.  
[Home and Community Services](#)

It's a good idea for all adults to make legal and financial plans in the event you can no longer make such decisions for yourself – see the *Dementia Legal Planning Toolkit* for guidance.

[Washington Law Help](#)  
[Dementia Action Collaborative | DSHS](#)

If a family member or friend is recently diagnosed, encourage early conversations and planning about their wishes for care over time and near the end of life – see the *Dementia Legal Planning Toolkit*.

[Washington Law Help](#)

If you (or someone you care about) need help to complete Powers of Attorney and health care directives, contact the *Dementia Legal Planning Project*.

[Dementia Legal Planning Project](#)

Be an advocate for dementia supports, contact the Alzheimer's Association to participate in their annual Alzheimer's Advocacy Day.

[Washington State Chapter; Serving Washington and Northern Idaho](#)

Start, or participate in, creating a more dementia-friendly community.

[Dementia Friends in Washington State - Memory and Brain Wellness Center](#)

If you or someone you know is living with dementia, learn more about getting involved with research studies.

[Find Clinical Trials](#)  
[Trial Match \(Alzheimer's Association\)](#)

## More information and resources for individuals and families

- Area Agencies on Aging (AAAs)/Community Living Connections (CLCs) are sources of specialized information, supports and service options in local areas. They also offer Family Caregiver Support Programs that assist family and friend care partners. The statewide network for AAAs is referred to as Community Living Connections. Visit [www.waclc.org/connect](http://www.waclc.org/connect) or call 855-567-0252.
- Alzheimer's Association has free literature on all-things dementia available in English and Spanish, 24/7 phone support (in a caller's preferred language through a translation service), the latest information on brain health, available medications for people with dementia, support groups, trainings, and care consultation to help with decision-making. Visit [www.alzwa.org](http://www.alzwa.org) or call 800-272-3900.

## Possible Actions for Aging Network and Long Term Supports & Services Partners

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Promote healthy aging and brain health in communities you serve – provide information that helps people take care of their brain.	<a href="#">ACL Talking About Brain Health</a>
Share information about the warning signs of dementia, and the value of a timely diagnosis.	<a href="#">Dementia   Washington State Department of Health</a> <a href="#">10 Early Signs and Symptoms of Alzheimer's</a>
Help reduce stigma around dementia by becoming a Dementia Friend!	<a href="#">Dementia Friends in Washington State - Memory and Brain Wellness Center</a> <a href="#">Dementia Friends USA</a>
Spread the word about the <a href="#">Memorylossinfo.org</a> web page that links people to dementia supports and services and DAC resources – add a link to it on your webpage.	<a href="#">Memory Loss Info Washington</a>
Help families plan - make the Dementia Road Map: A Guide for Family and Care Partners available through your organization – add a link to it on your webpage or get paper copies to share.	<a href="#">Memory Loss Info Washington</a>
Help individuals and families living with a serious illness or health condition to understand their options - make the Palliative Care Road Map available through your organization – add a link to it on your webpage or get paper copies to share.	<a href="#">Palliative Care Road Map: A Guide for living with serious illness and conditions for patients and those who care for them</a>
Refer or link family care partners to their local Family Caregiver Support Program to get guidance, support and services (or services for the person living with dementia) for themselves.	<a href="#">Family Caregiver Support Programs</a> OR call 855-567-0252
Help answer frequently asked questions about Intellectual/Developmental Disabilities and Dementia.	<a href="#">National Task Group on Intellectual Disabilities and Dementia Practices</a>
Encourage family caregivers to take free trainings and learn more about dementia, self-care, and providing care through the Washington Caregivers Learning Portal.	<a href="#">Washington Caregivers Learning Portal</a>
Make the <i>Dementia Legal Planning Toolkit</i> available through your organization – add a link to it on your webpage or get paper copies to share.	<a href="#">Memory Loss Info Washington</a> <a href="#">Dementia Legal Planning Toolkit</a>

## Suggested Action Steps

## Learn More

Share information about the *Dementia Legal Planning Project* – free legal help in completing Powers of Attorney and health care directives – add a link to it on your webpage or share outreach materials.

[Dementia Legal Planning Project](#)

Help family care partners with challenging aspects of care, such as behavioral symptoms, bathing, sun-downing, and more - share link to *Tips for Family and Care Partners*.

[Tip Sheets for Family and Care Partners](#)

Help family care partners of people living with Down's Syndrome and dementia with guidance in the *Alzheimer's Disease and Down's Syndrome: A Practical Guidebook for Caregivers*.

[Alzheimer's Disease & Down Syndrome: A Practical Guidebook for Caregivers](#)

Be an advocate for dementia supports, contact the Alzheimer's Association to participate in annual Alzheimer's Advocacy Day during the legislative session.

[Alzheimer's Association Advocacy](#)

Learn about resources and efforts to help reduce disparities in dementia.

[DAC African American Action Brief for Organizations](#)

[Barriers to Equity in Alzheimer's and Dementia Care](#)

Refer residents and families with concerns about their nursing home, adult family home, or assisted living facility to the Long-Term Care Ombudsman.

[WA State Long-Term Care Ombudsman Program](#)

If you suspect a vulnerable adult is experiencing abuse, neglect, or exploitation, report your concerns to Adult Protective Services.

[Report Online](#) or Call 1-877-734-6277

If you have concerns about the treatment of a resident in a long-term care setting such as a Nursing Home, Assisted Living, or Adult Family Home contact Residential Care Services.

[Report Online](#) or Call 1-800-562-6078

Inform people with intellectual and developmental disabilities and their families with concerns about their services about the Developmental Disabilities Ombuds office.

[Developmental Disabilities Ombuds](#)

Start, or participate in, creating a more dementia-friendly community in your area.

[Dementia Friends in Washington State - Memory and Brain Wellness Center](#)

Counter ageism by changing how we communicate/talk about aging.

[Reframing Aging](#)

## More information and resources for individuals and families

- Area Agencies on Aging (AAAs)/Community Living Connections (CLCs) are sources of specialized information, supports and service options in local areas. They also offer Family Caregiver Support Programs that assist family and friend care partners. The statewide network for AAAs is referred to as Community Living Connections. Visit [www.waclc.org/connect](http://www.waclc.org/connect) or call 855-567-0252.

- Alzheimer's Association has free literature on all-things dementia available in English and Spanish, 24/7 phone support (in a caller's preferred language through a translation service), the latest information on brain health, available medications for people with dementia, support groups, trainings, and care consultation to help with decision-making. Visit [www.alzwa.org](http://www.alzwa.org) or call 800-272-3900.

## Possible Actions for Public Health Entities and Partners

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

<i>Suggested Action Steps</i>	<i>Learn More</i>
Promote healthy living habits across the life course to reduce risk of dementia – provide information that helps people take care of their brain.	<a href="#">Talking About Brain Health and Aging: The Basics</a> <a href="#">Lancet Commission Infographic: Life-course Model-12 Potentially Modifiable Risk Factors</a> <a href="#">10 Ways to Love Your Brain</a> <a href="#">Dementia prevention, intervention, and care: 2020 report of the Lancet Commission</a>
Share information about the warning signs of dementia, and the value of a timely diagnosis.	<a href="#">Dementia   Washington State Department of Health</a>
Be aware of and participate in efforts to reduce/eliminate disparities in dementia.	<a href="#">DAC African American Action Brief for Organizations</a> <a href="#">Dementia   Washington State Department of Health</a>
Spread the word about the <a href="http://Memorylossinfowa.org">Memorylossinfowa.org</a> web page-links people to dementia supports and services and DAC resources – add a link to it on your organization's website.	<a href="#">Memory Loss Info Washington</a>
Help families plan ahead – make the Dementia Road Map: A Guide for Family and Caregivers available through your organization – add a link to it on your webpage or get paper copies to share if participating in community events. Available in English and Spanish.	<a href="#">Dementia Road Map: A Guide For Family and Care Partners</a>
Make the Dementia Legal Planning Toolkit available through your organization – add a link to it on your webpage or get paper copies to share.	<a href="#">Dementia Legal Planning Toolkit</a>
Share information about the Dementia Legal Planning Project – free legal help in completing Powers of Attorney and health care directives – add a link to it on your webpage or share outreach materials if participating in community events.	<a href="#">Dementia Legal Planning Project</a> <a href="#">Washington Law Help</a>

## Suggested Action Steps

## Learn More

Promote the connection between brain health and chronic disease management through National Health Observances:

- American Heart Health (February)
- World Hearing Day (March)
- National Stroke Awareness Month (May)
- Better Hearing and Speech Month (May)
- Older American's Month (May)
- Alzheimer's & Brain Awareness Month (June)
- Healthy Aging Month (September)
- World Alzheimer's Month (September)
- Falls Prevention Awareness Day (9/23)
- National Alzheimer's Disease Awareness Month (November)
- National Family Caregiver Month (November)
- American Diabetes Month (November)

[2023 Health Observances Calendar | Healthgrades Partner Solutions](#)  
[Talking About Brain Health & Aging: The Basics](#)  
[10 Ways to Love Your Brain](#)  
[Healthy Heart, Healthy Brain | ASTHO](#)

Help family of people living with Down's Syndrome and dementia with guidance in the Alzheimer's Disease and Down's Syndrome: A Practical Guidebook for Caregivers.

[Disease and Down's Syndrome: A Practical Guidebook for Caregivers](#)

When engaged in strategic or project planning, consider the connection between healthy aging, brain health, and the needs of people living with dementia and their caregivers.

[Lancet Commission Infographic: Life-course Model-12 Potentially Modifiable Risk Factors](#)  
[Dementia prevention, intervention, and care: 2020 report of the Lancet Commission](#)  
[CDC Alzheimer's Disease and Healthy Aging Data Portal](#)  
[National Healthy Brain Initiative Road Map Series](#)

Counter ageism by changing how we communicate/talk about aging.

[Reframing Aging](#)

Utilize hearing loops, pocket talkers, or other communication tools when meeting with groups of older adults, or with individuals with hearing loss.

[Get in the Hearing Loop - Hearing Loss Association of America](#)

Through worksite wellness programs, offer information and resources for employees who are also family caregivers.

[Worksite Wellness: How to Create an Environment that Supports Health](#)  
[AARP: Supporting Caregivers in the Workplace: A Practical Guide for Employers](#)

When planning programs, initiatives and activities to support the health of Washingtonians, include the needs of people living with dementia and their caregivers.

[Dementia Action Collaborative | DSHS](#)



### ***Suggested Action Steps***

### ***Learn More***

Become an Age-Friendly Public Health System: State and local public health departments have valuable roles to play to improve and support the health and well-being of our country's adults as we age. Healthy aging should be a core function of health departments.

[Age-Friendly Public Health Systems](#)

This planning guide provides step-by-step actions for public health agencies to assess current work being done to promote healthy aging and to identify opportunities to implement the 25 action items listed in the Healthy Brain Initiative Road Map.

[Implementing the Healthy Brain Initiative Road Map](#)

[Healthy Brain Initiative Road Map Series](#)

## **Possible Actions for Health Care Providers and Health Systems**

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

### ***Suggested Action Steps***

### ***Learn More***

Promote healthy living habits across the lifespan to reduce risk of dementia.

[Optimizing brain health across the life course: WHO position paper](#)

Counter ageism by changing how we communicate/talk about aging.

[Reframing Aging](#)

Incorporate age friendly smart phrases into Electronic Health Records systems.

[IHI Age Friendly Health Systems EPIC Implementation Guide](#)

Utilize hearing loops, pocket talkers, or other communication tools when meeting with groups of older adults or with individuals who have hearing loss.

[Get in the Hearing Loop - Hearing Loss Association of America](#)

Ask and record the patient's preferred care partner's name and contact information at each visit.

[Identify Family Caregivers guide](#)

Take the Cognition in Primary Care training when it is offered. A training program to facilitate detection of cognitive impairment and improve care for people with dementia, intended for primary care teams.

[Cognition in Primary Care](#)

Participate in Project ECHO Dementia, a web-based learning model for primary and allied care providers.

[Project ECHO Dementia](#)

Bookmark and use the Dementia Care Plan and Clinical Tool Beyond Diagnosis & Clinical Provider Practice Tool – These include guidance for identifying and diagnosing dementia and ongoing care. Ongoing care topics include: managing co-occurring chronic conditions, difficult behaviors, medication therapy, safety, advance care planning, and more.

[Dementia Care Plan and Clinical Tool Beyond Diagnosis](#)  
[Clinical Provider Practice Tool](#)

## Suggested Action Steps

## Learn More

Make the Dementia Legal Planning Toolkit available through your organization – add link to your webpage or get paper copies to share.

[Dementia Action Collaborative | DSHS](#)

Tell patients and their care partners about the Dementia Legal Planning Project – free legal help in completing Powers of Attorney and health care directives – add link to your webpage or share outreach materials.

[Dementia Legal Planning Toolkit](#)

Help families plan – make the Dementia Road Map: A Guide for Family and Care Partner available through your organization – add link to your webpage or get paper copies to share.

[Dementia Action Collaborative | DSHS](#)

Make an objective assessment of the caregiver by asking the caregiver about how they are doing, encourage them to take care of their own health, and refer to social worker and/or behavioral health as needed. Include a team approach when assessing the caregiver and providing supports.

[Caregiver Self-Assessment Questionnaire](#)

Get familiar with local dementia resources and caregiver supports by connect with the local Area Agency on Aging then include them in the resources of the Electronic Health Records.

[Agencies That Help | DSHS](#)

[Washington Community Living Connections](#)

Refer unpaid family care partners to their local Family Caregiver Support Program so they can get guidance, support and services themselves (or services for the person living with dementia).

[Family Caregiver Support Programs](#)

Refer a patient at this link -  
[www.waclc.org/connect](http://www.waclc.org/connect)  
OR Call 855.567.0252

Utilize the National Task Group on Intellectual Disabilities and Dementia Practices screening tool for persons with intellectual disabilities.

[NTG-EDSD Screening Tool | Dementia and ID or DD](#)

Help families plan – make the Palliative Care Road Map available through your organization – add a link to it on your webpage or get paper copies to share.

[Palliative Care Road Map: A Guide for living with serious illness and conditions for patients and those who care for them](#)

Through worksite wellness programs, offer information and resources for employees who are also family caregivers.

[Worksite Wellness: How to Create an Environment that Supports Health](#)

