

Appendix 1

Title: CAG activities through grant periods 2-5

Description: A snapshot of CAG activities and accomplishments

Urban Communities

Southern Nevada Community Action Group Activities

Grant Period #2 (4/01/17-9/30/17)

- DFSN project began May 11, 2016 and was previously affiliated with the Dementia Friendly America (DFA).
- DFSN adapted the DFA Toolkit to fit their community and started utilizing the sector-questionnaires.
- DFSN members met with Nevada 211 representatives to discuss how public access to dementia-related services can be improved.
- DFSN explored ideas and models from other states to help develop a training program for volunteers to go out and raise awareness among community partners.

Grant Period #3 (10/01/17-3/31/18)

- The community needs assessment survey distribution and analysis of results was finalized in winter 2017. Based on the preliminary results, implementation of twelve focus groups were held.
- Focus group responses were analyzed revealing the top three areas of concern within the Southern Nevada community: 1) Caregiver counseling, support groups, and other supportive service availability, 2) Education and training for caregivers, and 3) Dementia awareness.
- The resource task force was developed to identify and collaborate with local resources, such as Nevada 2-1-1. This relationship led to integration of dementia screening for 2-1-1 information seekers and implementation of a Dementia Support Services resource tab on Nevada 2-1-1's main web page.
- The Southern Nevada CAG created a Memory Screening Task Force to create awareness of dementia by holding memory screenings throughout the community. Eight nursing students were trained on memory screenings on February 13, 2018.
- A Community Awareness Training Task Force was developed. The Nevada Toolbox of Services was incorporated into the training to develop awareness of available services. Faith-based organizations will receive training initially, then training will be delivered to other sector-specific organizations, with a goal of 500 organizations to be trained by January 2019.
- A preliminary format draft of the Resource Notebook has been developed with a final completion date set for May - June 2018.
- Based on the growth of CAG's and the need to create a larger space for dementia friendly initiatives, a domain was purchased to host a new .org Dementia Friendly Nevada website, <https://dementiafriendlynevada.org/>.

Grant Period #4 (4/01/18-9/29/18)

- Action teams were developed to address service priority areas and focused on increasing engagement of three specific sectors: 1) PWD's and Care Partners 2) Businesses 3) Faith-Based communities.

- Two memory screenings were scheduled to be held at local churches and one memory screening at a local senior center during the next reporting period. Follow up surveys will be conducted 6 months following the initial screenings to measure resources used and follow up with physicians for those whose screening results determined possibility of dementia. Local nursing students were trained in September to conduct the screenings.
- Community Awareness Training scripts are being finalized for presentation to the business sector. A presentation was held at Caesar's Entertainment staff and one is planned for McCarren airport staff.
- The Dementia Friendly Nevada website includes CAG specific pages to highlight Dementia Friendly Community Action Group activities. The CAG hosted a website training for all CAG's to customize and manage their CAG specific pages. In addition, the website also included the Nevada Toolbox of Services and other resources provided by partners. Social Media sites have been developed for Dementia Friendly Nevada, to include Facebook, Instagram and Twitter. Social Media posts are scheduled for release utilizing Hootsuite.
- The Southern Nevada CAG developed the Dementia Friendly Nevada logo and logos specific to each Dementia Friendly CAG.
- The First Responder video training received accreditation and will be housed on the Dementia Friendly Nevada website. It is anticipated that 4 CEUs will be offered to physicians, social workers, and EMTs.

Grant Period #5 (9/30/18-3/31/19)

- Social media community platform, Facebook page, Dementia Friendly Nevada, achieved over 240 followers, up 100 followers, since October 2019. This online presence demonstrates public sharing of caregiver resources, services, and events. Meeting events and education opportunities generate over 1000 impressions, up over 900 views from an average of 40 views per post at the start of October 2019.
- Launched the training video for first responders. No viewing cost for the first year. \$12 Fee for 4 hours of CEUs and CMEs will go directly to UNR. There is a check throughout video to ensure that the viewer remains engaged in order to complete CEUs. Shared link and access on ADSD Facebook and Twitter account, POST (Police), and DFNV website. First responder training is also posted in the Resources tab of the Dementia Friendly website. Link to Dementia Training for First Responders Video can be found at <https://showrunnerinc.com/e/5baa8d81ce92576ea43d886a/A10048>. The total number of views (as of March 2019) is 275 (does not mean all segments watched).
- NV State College Nursing School Staff and UNLV Nursing School staff indicated that they can use First Responder training as 'make up' sessions for their students.
- Community Awareness Training (CAT) Updates: business template completed/ updated based on feedback from test sites and volunteers. Five test focus group trainings were completed in business sector end of 2018. Caesar's Entertainment requested another training in 2019. Marketing will begin in 2019. Faith-based community module being developed. New Song Lutheran church requested training for faith-based community.
- DFSN conducted two memory screenings: Doolittle Senior Center (10/16/2018) and Christ Church Episcopal (11/13/2018). Cleveland Clinic Lou Ruvo Center for Brain Health Psychologist, Dr. Donna Munic-Miller, trained 32 second-year nursing students from the College of Southern Nevada to perform the Brief Alzheimer's Screen (BAS) Test. The nursing students screened 72 people and identified 7 people meeting the criteria for further cognitive testing recommended with a healthcare professional.
- Registration is underway for an upcoming Educational Conference entitled "Dementia 2019: Managing a Public Health Crisis". The conference is scheduled for May 31 to June 1 and will offer Continuing Education credits for physicians and other healthcare practitioners as well as social workers and psychologists.

- Developed key priority areas for 2019: 1) Engagement of PWDs and caregivers 2) Resource Connection (Getting organizations to connect more of their resource into NV 211 and Nevada Care Connection) 3) Community Awareness (i.e. memory screenings).

Products Produced

- Dementia resource tab added to Nevada 2-1-1 website, Community Awareness Training material developed specifically for sector specific organizations, Resource notebook, First Responder Training, new Dementia Friendly Nevada Website, flyers to promote the Dementia 2018 & 2019 conferences, evaluation of the conferences, CAT participation guide & presentation, flyers for DF sessions, flyer to promote memory screening,

Washoe County Community Action Group Activities

Grant Period #2 (4/01/17-9/30/17)

- Dementia Friendly Washoe County Community Action Group (CAG) convened for the first time on August 10, 2017 in Reno. There were 23 participants present.
- Jennifer Carson, Ph.D., Research Assistant Professor, Community Health Sciences, University of Nevada, Reno, and Anakaren Lamas, Outreach Specialist, Alzheimer's Association, Northern Nevada acted as co-facilitators.
- Participants completed a brief survey regarding Nevada Dementia Supports Toolbox, compiled by SCA. The group discussed the overview of the Dementia Friendly Nevada initiative, with focus on the three major objectives.
- Participants also reviewed the Community Needs Assessment Survey, which was put together by the Sanford Center for Aging.

Grant Period #3 (10/01/17-3/31/18)

- The Dementia Friends training was provided to the Washoe County CAG in May.
- In January of 2018, the CAG implemented Sector-Specific Action Team (SAT) Process and established three action teams: 1) The Business and Retail Action Team 2) The Community Members/Neighbors Action Team and 3) The People Living with Dementia and Family Care Partners Action Team.
- In February 2018, Washoe County's SAT's completed steps one through four of the SAT processes, determined goals, began creating individual work plans, and discussed preliminary budgets. SAT teams presented goals, action plans, and budgetary information in March 2018. As a result, the Open Door Café was developed.

Grant Period #4 (4/01/18-9/29/18)

- The Washoe County CAG has hosted four Open Door Café's this reporting period with attendance ranging from 18 participants – 22 participants. A VISTA volunteer will support the Open-Door Café in Washoe County, in addition to supporting Dementia Friendly Nevada in other ways
- A fiscal agent for the grant has been secured at The Continuum; and budgets are being submitted for both action teams.

- Dementia Friends training has been implemented throughout the community. A new PhD graduate assistant will support the Dementia Friends program in Washoe County.

Grant Period #5 (9/30/18-3/31/19)

- DATES (Dementia Awareness Training and Education Committee) met with Chamber of Commerce on Dementia Friends opportunities.
- DATES explored Dementia Friends opportunities in local network of Washoe County Libraries and standing Dementia Friends OSHA Lifelong Learning institute. Dementia Friends Sessions presented to 409 individuals.
- DATES scheduled Spring Sessions for Osher Lifelong Learning Institute (OLLI)—comprising 1500 members (4 at Moana Campus and 2 at Redfield Campus)
- Open Door Café met monthly (outside of CAG) at the Sanford Center for Aging to discuss, plan, and reflect on all Open Door Café activities. Held 6th café meeting in November 2018. Offered once a month, every third Thursday of the month at the Lake Mansion in Reno. Attendance ranges between 20-25 participants.
- SCA did first evaluation in December 2018, involving a focus group with Open Door Café participants who provided feedback about experience at Open Door Café. Participants desired a more structured peer support opportunity. Based on feedback, DFWC purchase Java Music Program. Java Music Program will launch in the summer of 2019. Repeat Focus group every fourth Open Door Café as part of evaluation plan.
- A Washoe County CAG Social Event was held on March 20, 2019 at the home of Neal and Roberta Ferguson, active CAG members. CAG members strategically invited guests from various community sectors. The event was successful, with 20 members and 15 guests in attendance.
- KTVN Channel 2 News came to last CAG meeting and featured DFWC in two news segments the following day. The broadcasts can be found at:
 1. <http://www.ktvn.com/story/40133588/dementia-friendly-nevada-educates-community-on-disease>
 2. <http://www.ktvn.com/clip/14782474/dementia-friendly-nevada>
- Dr. Jennifer Carson provided two conference sessions at ADSD's Annual Caregiver Conference in which the activities of Dementia Friendly Washoe County were highlighted (Feb. 7th, 2019 & Feb. 19, 2019)
- Showed the film Cracked – Film Screening (Evidence-based film about living with dementia).
- *Walk with Me* Community Awareness Event was planned for June 4, 2019.

Products Produced

- Authentic Partnership Questions, Oxbow health walk flyer, DATES Tri-fold brochure, Website, Facebook Page, Open Door Café Flyer, Java Music Flyer, Dance With Me Flyer, Social Event Invitation, Dementia Friendly Foods Flyer, DFWC Business Tri-fold brochure, DFWC general handout about Dementia, Walk With Me Flyer, and DFWC Ways to Engage handout.

Rural Communities

Elko Community Action Group Activities

Grant Period #2 (4/01/17-9/30/17)

- Elko held its first CAG meeting on June 28, 2017 with Dr. Jennifer Carson and Dr. Peter Reed giving an overview of the dementia friendly initiative.
- Discussed strategies to optimize the distribution of the Community Needs Awareness Survey both online, on paper, and by doing in-person interviews with locals at various community sites.

Grant Period #3 (10/01/17-3/31/18)

- The Elko CAG developed a trifold brochure to assist with outreach efforts and includes the 10 signs of Alzheimer's, information and referral information, as well as local resources.
- In January of 2018, the Elko CAG began establishing Sector-Specific Action Teams. The Community Members and Neighbors Action Team is planning to train a team of twenty (20) Dementia Friends Champions in May 2018. The Respite Action Team is working in partnership with the Nevada RSVP Rural Respite program to develop goals and action plan to support respite volunteer recruitment, training and placement in the Elko community.

Grant Period #4 (4/01/18-9/29/18)

- Weekly 2-hour Java Music Club (a mutual peer support program, offered as a respite opportunity) facilitated by Rural RSVP Respite Volunteers, was implemented in the community.
- A community outreach event was planned for October 2018. The event will include a message from Senator Cortez Masto, an overview of Dementia Friendly Elko, including acknowledgement of community action group members and announcement of two goals, a facilitated panel discussion about living with dementia in Elko, and a Q&A session.

Grant Period #5 9/30/18-3/31/19

- Monthly CAG meeting held at the Terrace at Ruby View with a consistent core group which includes a person living with dementia.
- October 25, 2018—Dementia Friendly Elko Community Outreach Event held at Western Folklife Center. Approximately 18 people were in attendance.
- December 6, 2018 and January 3, 2019—Volunteer Recruitment Information Sessions held at the Terrace at Ruby View to provide information on how volunteers can co-host Friends Day Out, a new weekly respite program. Volunteers will establish with RSVP and be trained to facilitate the programs.
- Dementia Friendly Elko website was created.
- Dementia Friendly CAGs promoted a family care partner training called SAVVY Caregiver that was offered by the Alzheimer's Association. Seven individuals completed this training.
- First Friends Day Out was launched Friday, March 8, 2019 from 12:00 p.m.-4:00 p.m. and will be held weekly.

Products Produced

- Flyer for Friends Day Out, flyer to advertise Dementia Friends sessions, three-fold Dementia Friends Information Session brochure, invitations, DF Elko banner, Volunteer Recruitment Session handout.

Winnemucca Community Action Group Activities

Grant Period #2 (4/01/17-9/30/17)

- Dementia-friendly discussions initiated in the CAG meeting on August 28, 2017.
- The group administered the Community Needs Assessment Survey, developed by the SCA.

Grant Period #3 (10/01/17-3/31/18)

- The Winnemucca CAG continued their efforts in creating Age-Friendly SMART Goals in conjunction with Dementia Friendly goals.
- The CAG reviewed and analyzed the results of the Community Needs Assessment Survey and proposed next steps within their four focus areas identified through the results of the community needs assessment results. The four focus areas for this group include: 1) Education and information for business owners, employees, and the public about Alzheimer's disease and other dementias including signs and symptoms, progression, and how to best help the caregiver and the individual with dementia. 2) Provide REST (Respite Education and Resource Tools) training to expand knowledge of respite care and to increase the number of respite providers in Winnemucca. 3) Provide presentations such as Dementia Friends and education updates that include Alzheimer's and other dementias, delivery of booklets and brochures that include additional community information and dementia postings.
- The CAG continued promotion of resources and initiatives located on the CAG's website: <https://www.adf-winnemucca.com/>
- The Winnemucca CAG implemented Education Awareness Campaigns that were held in the fall of 2017 and included: Attendance at community health fairs, dementia awareness seminars held at the local senior center, an Age-and Dementia-Friendly presentation at the Chamber of Commerce Luncheon, a "Turkey Trot" fundraising event held Thanksgiving day, a "Tie One On" fundraising event held at the local high school, the Lions Club Health and Wellness Fair, and the "Longest Day" walk.
- Winnemucca's CAG partnered with newly funded grant partner, Rural RSVP, to explore expansion of respite programs and services in Winnemucca.
- In January of 2018, the Washoe County CAG implemented Sector-Specific Action Team (SAT) Process and established three action teams. 1) The Business and Retail Action Team. 2) The Good Neighbor Action Team. 3) The People Living with Dementia and Family Care Partners Action Team.
- The Winnemucca CAG developed a "Let's Talk About It" group forum designed for those who are concerned about cognitive decline in themselves or a loved one.

Grant Period #4 (4/01/18-9/29/18)

- The Dementia Friends training was presented to the Winnemucca Community Action Group on May 4th, 2018.
- The CAG is in the process of creating a tri-fold brochure with information about Dementia Friends. The CAG will distribute the trifold at various planned community meetings in October to generate interest for a November training.
- The CAG has been running a respite retreat for several months with low participation. The CAG changed the name of the program to “Wellness, Art, and Music” (WAM) to attract additional participation as well as incorporating The Java Music Club into their existing respite retreat program.
- The CAG made plans to host a volunteer recruitment party in conjunction with Rural RSVP.
- The CAG worked with the Sanford Center for Aging to request an AmeriCorps Vista volunteer that would be shared with Rural RSVP.

Grant Period #5 (9/30/18-3/31/19)

- The Dementia Friends Champions received Dementia Friends master training.
- Respite Retreat--new name: Wellness, Art, and Music Project (WAM) – 1st and 3rd Mondays.
- REST Training offered on October 29, 2018 included 3 people trained.
- Dementia Friends presentation at Chamber of Commerce Office, Convention Center. About 30+ people were in attendance.
- November 6, 2018 CAG meeting. About 20 people in attendance, including PWDs and care partners. Homa Woodrum, ADSD Elder Advocate Attorney, gave Legal Issues presentation. Jeff Doucet, ADSD, presented updates on DFNV grant. Further discussion of future plans for WAM.
- Java Music – CAG purchased Java Music and have agreed to share it with RSVP for their program called “Friends Day Out”.
- Community screenings of “Cracked: A New Light on Dementia” were held on February 12, 2019 (at Humboldt Community Hospital), February 25 and March 25, 2019 (at Chamber Convention Center), and April 8th, 2019 (at Winner’s Inn).
- SAVVY Caregiver Training was held on March 12, 2019. There were two participants who completed the training.
- On April 13, 2019 at the Color the Mucca run the Dementia Friendly CAG plans to host a table with information about Dementia and Alzheimer’s awareness.
- April 16, 2019, CAG facilitator, plans to attend the Alzheimer’s Advocacy Day at the Nevada Legislature and speak with multiple legislators about current bills being introduced relating to Dementia and Alzheimer’s.

Products Produced

- An Age-and Dementia-Friendly Power Point Presentation developed for the Chamber of Commerce Luncheon, Signs with Alzheimer's/Dementia Fact Sheet, Educational Brochures, Winnemucca/Humboldt Resource Directory, website: adf-winnemucca.com, new logo design for Age-and Dementia-Friendly Winnemucca, dementia awareness mugs, booklets and brochures, a sticker for businesses and individuals who complete the dementia awareness training, monthly local newspaper placement ad that includes an article on Alzheimer's Disease, ADRD resources material, Flyer for Triathlon, and newspaper articles.

Pyramid Lake Paiute Tribe Community Action Group Activities

Grant Period #3 (10/01/17-3/31/18)

- The Pyramid Lake Paiute Tribe Community Action Group was awarded funding in March of 2018.

Grant Period #4 (4/01/18-9/29/18)

- A Dementia Friendly Nevada education session was completed at the Pyramid Lake Piute Tribes health clinic on April 18, 2018.
- The CAG changed their name from Dementia Friendly Pyramid Lake Paiute Tribe to Pesa Sooname (meaning good – think), in order to reduce the focus and stigma of dementia.
- Twelve community members attended a Dementia Friends information session in June and four Dementia Friends champions were trained in June to help raise awareness.
- A Dementia Friends training is scheduled for tribal departments, (i.e.: tribal government agencies), who scored lowest on the CNA survey in terms of knowledge and comfort levels with dementia. Training topics include dementia education, communication with PWD, behaviors/distress, and resources available through the Nevada Toolbox of Services. Dementia Friendly America has recently revised the Dementia Friends training to be more culturally appropriate for tribal communities.
- The CAG explored potential partnerships with SCA, Rural RSVP, AHN, and Alzheimer's Association to bring comprehensive community health services to this community through these partnerships.

Grant Period #5 (9/30/18-3/31/19)

- Community education provided including the Dementia Friends program and other educational workshops.
- Explored the opportunity to bring comprehensive geriatric clinical services to Pyramid Lake in partnership with UNR Medical School's Sanford Center for Aging. The comprehensive geriatric assessment will be conducted via telemedicine or in person over approximately 2 hours by a geriatric physician, social worker, and a geriatric pharmacist.
- October 23, 2018 CAG Meeting – Explored potential goal areas by hearing presentations from: 1) Alzheimer's Association N. NV – Support groups for family care partners. 2) Nevada Rural RSVP – Improve respite care and support opportunities at Pyramid Lake 3) Sanford Center for Aging- Enhance geriatric clinical services at Pyramid Lake.

- The CAG planned a 4-hour community dementia education event on Wednesday, November 28, 2018 which featured: 1) Overview of Alzheimer’s Disease and Dementia by the Alzheimer’s Association. 2) Effective and Empathetic Communication by the Alzheimer’s Association. 3) Responding to Unmet Needs (So-called ‘Behaviors’) – by Jennifer Carson. 4) Local Resources for Persons Living with Dementia and Family Care Partners – by Peter Reed, Ph.D., Sanford Center for Aging, School of Medicine, University of Nevada, Reno. About 15 people were in attendance, including 10 tribal members.
- Worked on planning the inaugural Tribal Dementia Summit on August 22, 2019 from 9:00 AM-4:00 PM (inviting all NV tribes and Dementia Friendly Nevada network) in Nixon, Nevada.
Three speakers confirmed:
 - Dave Baldrige - Cherokee, CEO, International Association for Indigenous Aging (worked on CDC Healthy Brain Initiative’s Road Map for Indian County)
 - Mike Splaine - Splaine Consulting (led the development of the Road Map)
 - Peter Reed, Ph.D., Sanford Center for Aging, School of Medicine, University of Nevada, Reno
- Jennifer scheduled to present at the Nevada Tribal Consultation meeting on Wednesday, April 10, 2019 at ADSD.

Products Produced

- Post-session evaluation form, Save the Date for Tribal Dementia Summit, Tribal Summit information packet.

Pahrump Community Action Group Activities

Grant Period # 3 (10/01/17-3/31/18)

- The Pahrump Community Action Group was awarded funding in March of 2018.

Grant Period #4 (4/01/18-9/29/18)

- Based on the results of the Community Assessment survey, the CAG identified the following priority goal areas: 1) To raise awareness and provide education about dementia through the delivery of Dementia Friends information sessions once per month. 2) To bring geriatric clinical services to Pahrump to improve early detection and treatment. 3) To provide comprehensive dementia education to family care partners in conjunction with respite care identified as a gap in Community Needs Assessment.
- The CAG held its fourth meeting in August and reviewed findings from the Dementia Community Needs survey. Recruitment of Community Action Group members continues.
- The Pahrump Community Action Group received *Dementia Friends* training during its June Meeting. Eight community action group members were trained as Dementia Friends. A Spanish version of the Dementia Friends program has been identified as a need.
- The CAG worked closely with the SCA and the Southern Nevada CAG to explore free or billable telemedicine options (actual healthcare visit with a physician) due to the significant lack of clinical services in this area.

Grant Period #5 (9/30/18-3/31/19)

- Dementia Friendly Pahrump website was launched by a graduate assistant to Jennifer Carson and will be maintained by a new VISTA volunteer who started working with DFNV in March 2019.

- As of March 2019, the Sanford Center for Aging has applied for a grant to work in partnership with Dementia Friendly Pahrump to provide a comprehensive geriatric assessment clinic via telehealth. Awardees will be notified by July 1, 2019.
- The Alzheimer's Association Desert Southwest Chapter offered the CarePRO: Care Partners Reaching Out training, beginning on January 30th, facilitated by DFP members, with telephone coaching. A total of 9 participants completed CarePRO training. Another session of CarePRO will be held in the Fall 2019.
- RSVP's new respite program, Friends' Day Out, in conjunction with Rural RSVP, was launched at the Pahrump Senior Center early 2019. The weekly program is held every Friday from 11:30-3:00 PM using a three-hour format, facilitated by two RSVP Respite volunteers:
- Implementation of the Dementia Friends program with goal to present at least one information session per month. Pahrump has welcomed 73 new Dementia Friends to the movement and co-facilitator, is scheduled to provide a Dementia Friends information session to the Search and Rescue Unit for Nye County in April.
- Planning has begun for a community outreach and education event on May 29, 2019 from 2:00-5:00 PM featuring the film *Cracked: New Light on Dementia* and a presentation from Senator Valerie Wiener (ret.) about the Nevada Task Force on Alzheimer's Disease and the 2019 State Plan.

Products Produced

- CarePRO flyer, Upcoming community event flyer, newspaper clippings

End Summary: This information can also be found in the attachment of previous reports.

Appendix 2

Title: Definition of Dementia Capability for Nevada

Description: ADSD developed the Definition of Dementia Capability and what it means to Nevada.

Dementia Capability - DFNV Foundation



What is Dementia Capability

Dementia capability is the ability of a state, locality, system or organization to assist people living with dementia and their care providers.

Dementia Capability Definition (What it means for Nevada)

The State of Nevada has identified the following broad goals for its dementia capability. Nevada's goals for Dementia Capability priorities in Nevada include the 2011 National Alzheimer's Project Act 5 goals:

1. Prevent and effectively treat Alzheimer's disease.
2. Optimize care quality and efficiency.
3. Expand supports for people with Alzheimer's disease and their families.
4. Enhance public awareness and engagement.
5. Track progress and drive improvement.

1. **Diagnosis and Planning:** Ability to recommend that the at-risk and identified population with cognitive concerns see a physician for an accurate and timely diagnosis, rule out reversible causes, and develop an individualized care plan for their

future. Ability to identify and recognize signs and symptoms when they occur, but to have physician and system supports in place before the first symptoms manifest.

2. ***Service Integration:*** Utilize programs available from both public and private agencies, including Aging and Disability Resource Centers. Ensure that program eligibility and prioritization criteria take into account cognitive considerations. Ability for service providers to assess cognitive decline and connect to additional available services. Integrate medical and social service paradigms for the duration of the disease progression to work closely together with the individual and the family. Ensure service providers are educated on Dementia Capability Goals, language usage, and service connection points.
3. ***Development of Dementia Friendly Communities:*** Dementia Friendly communities offer awareness about dementia through education opportunities. These opportunities include recognizing the signs of early dementia, how to interact with persons living with dementia, and what resources might be available. Dementia friendly communities also recognize the important role of caregivers by hosting caregiver trainings and education, respite programs, and socialization opportunities. These communities strive to recognize and accommodate different cultures and ethnic and racial groups in caring for dementia.
4. ***Education and Stigma:*** Expand education on brain health, cognitive decline and risk factors. Education should include warning signs of cognitive decline, importance of annual memory screenings, opportunities to participate in research, and reducing the stigma associated with cognitive disorders. Ensuring the population has, at a minimum, a basic understanding of first steps and available supports relating to cognitive concerns, and guidance on how to interact with individuals with cognitive impairment. Including education about using person centered language and appropriate communication at all stages and progressions of the disorder. As well as, ensuring people are treated with human dignity and respect at all stages of the disorder, regardless of care setting.
5. ***Population Assessment:*** Ability to assess and identify the population and risks associated with dementia/ cognitive impairment/ cognitive decline at a state and local level. Develop estimates and methodology for:
 - a. number of individuals living with cognitive decline;
 - b. number of individuals diagnosed with dementia or related disorders;
 - c. number of care networks, including family care providers for individuals living with cognitive issues;
 - d. location of population;
 - e. number of at-risk population; risk criteria (age, demographics, decline, history, co-morbidity, etc.)

Source: <https://acl.gov/sites/default/files/triage/BH-Brief-Dementia-Capable-Basics.pdf>

End Summary: This definition was developed as a template for the community action groups and grant partners. They were encouraged to individualize and develop what the definition of dementia capability would look like in their communities.

Appendix 3


Title: Dementia Friendly Nevada Request for Proposal

Description: ADSD used this document to advertise for community action groups to receive grant funding.

link: <http://adsd.nv.gov/uploadedFiles/adsdnvgov/content/Programs/Grant/Applications/Dementia-FriendlyNevadaRFP2017.pdf>

Sample below

Dementia Friendly Nevada
ADSD-Sponsored Community Action Groups



Request for Proposals

Introduction

The statewide Dementia Friendly Nevada initiative is requesting proposals to launch seven (7) community action groups funded through a federal grant that was recently awarded to the Nevada Aging and Disability Services Division (ADSD). The purpose of the initiative is to: 1) engage Nevada communities, including persons living with dementia, family care partners, healthcare professionals and the broader community, in dialogue about Alzheimer's disease and other forms of dementia; 2) foster a collaborative, multi-sector approach toward becoming a dementia friendly and inclusive community using the Dementia Friendly America model; and 3) expand the reach of the Nevada Dementia Supports Toolbox. As a result, this initiative aims to develop and promote communities that are **informed, safe, respectful and inclusive** of persons living with dementia and their care partners.

Objective 1: Initiate community action groups in seven (7) targeted areas across the state aimed at transforming the culture of dementia in those communities, enabling conversation and participation by all citizens, especially persons living with dementia.

- Develop three (3) community action groups in 2017 and four (4) community action groups in 2018, with support from the following ADSD grant partners through September 2019:
 - Capacity-building (co-)facilitation support from Jennifer Carson, PhD, Research Assistant Professor, Community Health Sciences, UNR
 - Evaluation support from the Sanford Center for Aging, UNR
 - Program and technical assistance from a Resource Development Analyst, ADSD

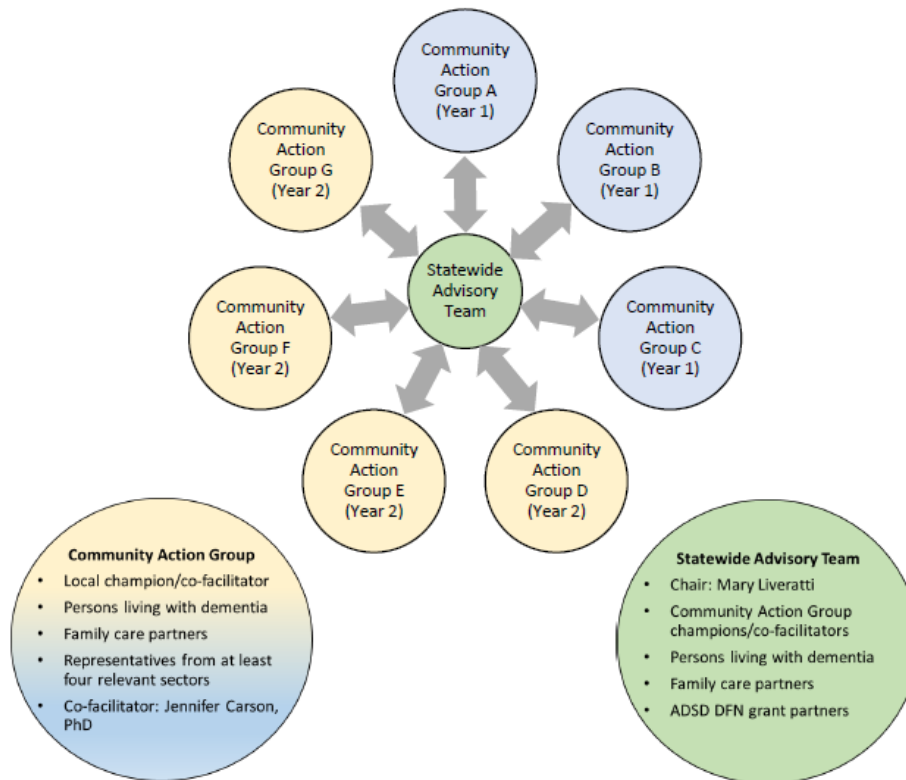
Objective 2: Facilitate and mobilize community-driven change utilizing the Dementia-Friendly America model.

- Each community action group will identify and launch at least two (2) community goals to promote a dementia friendly and inclusive community using the Dementia Friendly American toolkit, available online (<http://www.dfamerica.org/>), which guides communities through four (4) phases of engagement, planning, goal-setting, and implementation:
 - **Phase 1: Convene** a community action group comprised of key community leaders and members to better understand Alzheimer's disease and other forms of dementia and their implications for the community.
 - **Phase 2: Assess** current strengths and gaps in meeting the needs that result from Alzheimer's disease and other forms of dementia, using a comprehensive community assessment.
 - **Phase 3: Analyze** community needs and determine which issues stakeholders are motivated to act on; then set at least two (2) community goals.
 - **Phase 4: Act** together to establish implementation plans for your goals and identify ways to

Objective 3: Enhance the reach of programs within the Nevada Dementia Supports Toolbox.

- Each community action group will refer community members to evidence-based programs within the Nevada Dementia Supports Toolbox, which include:
 - **Benjamin Rose Institute on Aging Care Consultation (BRI/CC):** offers assistance and support to individuals with chronic conditions and their care partners by telephone and email
 - **Care Partners Reaching Out (CarePRO):** a series of skill-building workshops for family care partners that focus on stress management and communication
 - **Early-Stage Partners in Care (EPIC):** a workshop for people living with early-stage memory loss and their care partners to reduce stress, enhance well-being, and manage challenges
- Community action groups will also identify three (3) to four (4) gap areas in existing programs and services, and the Lou Ruvo Cleveland Clinic for Brain Health will work to identify or develop new programs and services to address these gaps.

Dementia Friendly Nevada Statewide Coordination and Collaboration



Application Instructions

Funding (Amount, Use and Period)

- Award range: up to \$10,000 per year for one (1) or two (2) years
- Grants will be awarded to participating community action groups to support priority goal implementation and other approved Dementia Friendly Nevada activities.
- The ADSD grant also covers the costs associated with (co-)facilitation support, evaluation support, and program and technical assistance.
- Funding awards are intended for use by the selected applicants to initiate and implement their process. The first round of funding will be awarded to successful applicants beginning July 1, 2017. The second round of funding will be awarded sometime in early 2018.

Eligible Applicants

Funding awards can be made to non-profit organizations with 501c (3) status or their fiscal agents and to governmental units. It is expected that one organization will apply on behalf of a community action group. 'Communities' can be defined as geographic, such as a city or cities, or as one of affinity, such as a faith community. While for-profit organizations are not eligible to receive funding, they should be represented and participate in community action groups. Community action groups will be selected from both urban and rural areas. *Applicants must demonstrate the following to be considered for funding:*

- Demonstrated community interest in becoming dementia friendly and inclusive
- Identified champion/co-facilitator who will also report to the Statewide Advisory Team
- Commitment to include persons with dementia and family care partners in the community action group
- Participation from representatives from at least four (4) relevant sectors, including:
 - Memory Loss Supports and Services
 - Community Based Services and Supports
 - Banks and Financial Services
 - Neighbors and Community Members
 - Hospitals
 - Communities of Faith
 - Health Care Throughout the Continuum
 - Libraries
 - Businesses
 - Government, Community and Mobility Planning
 - Emergency Planning and First Response
 - Legal and Advanced Planning Services

Commitment to Evaluation

In order to demonstrate to ourselves, ADSD and our federal sponsor that the use of these funds helped communities achieve their proposed measures of dementia friendliness and inclusivity, the following activities and reporting will be required of selected communities:

- Participation in a quarterly information exchange process among communities involved in the initiative. This will be an opportunity for communities to learn best practices from each other as well as ways to deal with obstacles and challenges. The information exchange will also be open to communities not selected for funding. Most often, the information exchange will take place during Statewide Advisory Team meetings.
- Quarterly reports on progress being made toward achieving goals (a template will be provided)

- Participation in other evaluation activities as identified by the Sanford Center for Aging

Application Process and Timeline

Applications will be accepted via email on or before 5:00 PM on Monday, May 1, 2017.

- The Dementia Friendly Nevada Statewide Advisory Team will review, score, and announce the successful proposals for funding by Wednesday, May 31, 2017.
- ADSD will work with each grantee to develop a Memorandum of Understanding (MOU) by Friday, June 23, 2017.
- Project implementation may begin once the MOU has been executed.
- Funds must be spent by September 1, 2019.

Application Scoring Criteria

- Each of the questions in Section B (1 – 4) are worth 10 points for a maximum total of 40 points.
- Awarding the maximum number of points is based on:
 - Clarity of the narrative
 - Involvement and support from any identified partners, including persons living with dementia and their family care partners
 - Strengths and assets that will enable the community to move toward dementia friendliness and inclusivity
- Consideration will be given to geographic diversity.

FUNDING APPLICATION

The instructions and application form (in Word) can be downloaded from the Nevada State Task Force on Alzheimer's Disease website (<http://adsd.nv.gov/Boards/TaskForceAlz/TFAD/>), or through ADSD's grant opportunities webpage (http://adsd.nv.gov/layouts/Page_Style_1.aspx?id=62310). If you would like the instructions and application emailed to you, please contact: Jeff Doucet, ADSD, at jsdoucet@adsd.nv.gov

Complete applications will be accepted on or before 5:00 PM on Monday, May 1, 2017.

Please submit the Funding Application Form, which begins on the following page, in Word format using a minimum of 12 point font. Relevant attachments are acceptable but not required.

Email submissions are preferred. Please send your completed application to: Jeff Doucet, ADSD, at jsdoucet@adsd.nv.gov

Other options include mailing to:
Jeff Doucet, MBA, CPM
Management Analyst 3
Nevada Department of Health and Human Services
Aging and Disability Services Division, Resource Development
1860 E. Sahara Ave | Las Vegas, NV 89104
T: (702) 486-3367

End Summary: A total of 6 community action groups were formed and received grant funding.

Appendix 4

Title: Sample of two pages of the Community Needs Assessment Survey

Description: In order to provide information that facilitates group discussion and planning, the Sanford Center developed an online Community Needs Assessment in the context of dementia.

The Sanford Center for Aging used two tools, one a basic demographics question and the other a Dementia Attitude Scale (O'Connor & McFadden, 2010), a scale designed to measure attitudes towards people living with dementia.



Dementia Friendly Nevada Initiative – Washoe

This survey is part of an evaluation of Dementia Friendly Nevada, funded by the NV Aging and Disabilities Services Division

Thank you for taking the time to complete this survey. It is designed to measure community attitudes and awareness about dementia and dementia services. Your responses will be used to help guide conversations and planning for our community's new dementia friendly initiative.

Please answer each question as honestly as possible. All responses will be kept anonymous, and responses will be reported only as a percentage of total responses. Again, thank you for your time and input during this process.

Please mark only one response per question unless otherwise noted – if you feel there are multiple answers that you feel complete a question, please mark only the ONE answer that BEST describes your feelings.

1. What is your gender?

- Male Female I prefer not to identify

2. What is your age? _____

3. What is your five digit zip code? _____

4. What sector do you primarily work / volunteer in? **(Please mark ONLY ONE)**

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Legal Services | <input type="checkbox"/> Banks / Financial Services | <input type="checkbox"/> Neighbors / Community Member | <input type="checkbox"/> Government Agencies |
| <input type="checkbox"/> Emergency Planning / First Responder | <input type="checkbox"/> Libraries | <input type="checkbox"/> Communities of Faith | <input type="checkbox"/> Business / Retail |
| <input type="checkbox"/> Transportation Services | <input type="checkbox"/> Hospitals / Acute Care Settings | <input type="checkbox"/> Residential Care | |
| <input type="checkbox"/> Other
(Please Specify) _____ | | | |

(Continued on Back)

This survey is part of an evaluation of Dementia Friendly Nevada, funded by the NV Aging and Disabilities Services Division

5. What is your race / ethnicity? **(Please check all that apply).**

Non-Hispanic White / Caucasian African American / Black Native American
 Pacific Islander

Hispanic Asian American I prefer not to identify.

Other (Please Specify) _____

Please rate your level of agreement with each of the following statements, **marking only the ONE response that most closely matches your agreement, from 1 (Strongly Disagree) to 7 (Strongly Agree).** If you feel there are multiple answers that you feel complete a question, please mark only the ONE answer that BEST describes your feelings.

6. It is rewarding to work with people with dementia.

Strongly Disagree Strongly Agree
 1 2 3 4 5 6 7

7. I am afraid of people with dementia.

Strongly Disagree Strongly Agree
 1 2 3 4 5 6 7

8. People with dementia can be creative.

Strongly Disagree Strongly Agree
 1 2 3 4 5 6 7

Appendix 5

Title: Dementia Friendly Nevada Statement of Purpose

Description: A description of the work and purpose of the Dementia Friendly Nevada movement.

Dementia Friendly Nevada Statement of Purpose

Nevada is among the states leading the nation in the growth rate of people age 65 or older. Thus, Nevada is leading the nation in the growth rate of people living with dementia. According to the Alzheimer's Association's 2018 *Facts and Figures*, there are approximately 45,000 individuals living with dementia in Nevada. By the year 2025, that number is projected to increase by 42% to 64,000 people. These numbers alone present significant challenges to Nevada's dementia service capability, and to the lives of elders, families and communities.

Responding to these challenges, the Dementia Friendly Nevada initiative aims to cultivate and strengthen communities in becoming more **respectful, educated, supportive** and **inclusive** of people living with dementia and their care partners. The vision of Dementia Friendly Nevada is a state where people living with dementia and their family care partners can live and thrive in communities that enable and encourage opportunities for engagement, independence, relationships and well-being.

Action toward this vision, which serves to benefit *all* citizens, is mobilized through a collaborative, multi-sector approach to **community-driven change** using the Dementia Friendly America process. Adopting an 'authentic partnerships' approach, the direct engagement of people living with dementia and their care partners is central to Dementia Friendly Nevada's values and process. Across Nevada, people living with dementia are calling for a 'nothing about us without us' approach in matters that affect their lives, including community improvements and policy change.

A second aim of Dementia Friendly Nevada is to promote and expand the reach of the **Nevada Dementia Supports Toolbox**, a collection of evidence-based programs and other services that are currently available within the state to educate and support people living with dementia and their care partners.

Beginning in 2016 with the development of a statewide workgroup, the Dementia Friendly Nevada initiative has since launched **six community action groups** with support from a three-year federal grant (2017 – 2019) from the Administration on Community Living awarded to the Nevada Aging and Disability Services Division. Dementia Friendly community action groups are active in the following communities: Elko County, Winnemucca, Pahump, Pyramid Lake Paiute Tribe, Southern Nevada (Urban) and Washoe County. These community action groups receive co-facilitation support from Dr. Jennifer Carson, Research Assistant Professor, Community Health Sciences, University of Nevada, Reno; evaluation support from Drs. Peter Reed and Zebbedia Gibb, Sanford Center for Aging, University of Nevada, Reno School of Medicine; and program and technical assistance from the Nevada Aging and Disability Services

Division. In addition, each community action group is provided with one-time seed funding to support progress toward community-identified goals.

End Summary: This statement was used by all community action groups and partners to focus their work and goals around. It explained the purpose behind the dementia friendly work.

Appendix 6

Title: Dementia Friendly Nevada's Mobilizing Beliefs

Description: See below

Dementia Friendly Nevada is guided by a deep belief that each person living with dementia remains, and will always remain, a full human being and his or her rights as a citizen are, and shall always be, intact. To guide dementia-friendly and inclusive efforts, we offer a set of **mobilizing beliefs**, which can help serve as a type of ethical roadmap for restoring and ensuring fundamental rights and opportunities to people living with dementia who have been disenfranchised by a prevalent view that discounts and diminishes their value and potential contributions to our communities and state.

Dementia Friendly Nevada's Mobilizing Beliefs:

1. People are *living* with dementia. In order to support each person in living with dementia, we must destigmatize dementia and see beyond the common tragedy narrative. People can live well with dementia when they are afforded with opportunities for meaning, purpose and growth.
2. People living with dementia are not their diagnosis. Person-first language should replace labels such as 'dementia sufferer' or 'Alzheimer's patient'. Such labels perpetuate an 'us versus them' mentality. In truth, *all* human beings are forgetful; some are just more forgetful than others.
3. If you know one person living with dementia, you only know one person living with dementia. Generalizations based on notions of 'age' or 'stage' are limiting and often wrong. Understanding the experience of living with dementia requires understanding each person as a unique human being.
4. People living with dementia are the genuine experts in the experience of dementia. Their perspectives, wishes and preferences should always be sought and respected in the decisions that affect their lives. Truly engaging each person living with dementia as a legitimate contributor to his or her own experience opens a world of possibilities.
5. People living with dementia can and do communicate and express themselves meaningfully across the entire continuum of the disease experience. It is important that care partners and community members develop the ability to listen with more than their ears and to speak with more than their words.
6. Contrary to the increased use of the term, there is no such thing as "behavioral and psychosocial symptoms of dementia" (BPSDs). So-called "behaviors" are actually a form of communication; communicating identity, preferences and/or unmet needs. Instead of pathologizing behaviors, care partners and professionals should seek to understand and validate personal expressions, actions and reactions.
7. Sometimes, what makes care partners feel safe and secure makes people living with dementia feel trapped and anxious.
8. "Redirection" is a code-word for distracting, manipulating or charming someone living with dementia into doing what *you* want them to do. Instead, care partners and community members should respond supportively and seek to understand the world from another person's perspective.
9. Just as the Americans with Disabilities Act ensures ramps for people living with physical disabilities, it should also ensure that communities provide adaptations and supports (i.e., cognitive ramps) for people living with dementia and other cognitive disabilities.
10. Communities and service agencies need to offer affordable, accessible and proactive community-based supports and services. The more energy and resources devoted to community-based supports

and services, the less need there is for expensive and reactive interventions and institutional care settings.

11. People living with dementia should never be segregated, like convicted criminals. Each citizen has the right to live freely and safely in the community of their choosing. Even in circumstances where a person requires additional support due to cognitive impairment, the living environments offered should be normalized, inclusive and not merely 'homelike' but an actual home, without restrictions or restraints on one's freedom. There are many ways to guarantee safety besides locked doors.
12. Persons living with dementia should have access to affordable person- and relationship-centered residential care and support that nurtures each person's well-being and upholds their right to autonomous decision making to the fullest extent possible. This requires an appropriate care partner to resident ratio.
13. Though most forms of dementia are degenerative, people living with dementia can continue to grow and thrive when care partners and organizations avoid the tendency to medicalize, sterilize and surveil all aspects of everyday life.
14. Supporting engagement, autonomy and partnership with people living with dementia will promote improvements to their quality of life and well-being, and strengthen the social fabric of communities. Elders need communities and communities need elders.

While each of these mobilizing beliefs are represented in various ways by Dementia Friendly Nevada, the responsibility to ensure that all people living with dementia are respected and valued as active citizens and important members of our communities resides with all community members and leaders. We encourage this committee to reflect on and use these mobilizing beliefs as a lens through which to shape any future policy decisions regarding the lives of elder Nevadans experiencing cognitive changes. Furthermore, it is our hope that this committee will also adopt and 'authentic partnerships' approach by directly engaging elder Nevadans, including those living with dementia, in any decisions that will impact their everyday lives.

Sincerely,

Kerry Aguirre, Executive Director, The Terrace at Ruby View, and Facilitator, Dementia Friendly Elko County

Jennifer Carson, Research Assistant Professor, University of Nevada, Reno, and Lead Facilitator, Dementia Friendly Nevada

Susan Haas, Executive Director and CEO, Nevada Rural Counties RSVP Program, and Partner, Dementia Friendly Nevada

LeeAnn Mandarino, Program Manager III, Cleveland Clinic Lou Ruvo Center for Brain Health, and Facilitator, Dementia Friendly Southern Nevada (Urban)

Peter Reed, Director, Sanford Center for Aging, and Evaluation Partner, Dementia Friendly Nevada

Susan Stewart, Community Volunteer, Person Living with Dementia, and Member, Dementia Friendly Washoe County

End Summary: CAGs and partners used these mobilizing beliefs to guide them in their work.

Appendix 7

Title: Dementia Friendly CAG Meeting Log

Description: UNR-SCA developed a reporting template to capture the activities of each Community Action Group and ensure groups were moving forward with specific gap area(s) of focus.



Please select which of the four focus areas were addressed in your area.

- Persons living alone with ADRD in the community
- Persons living with moderate/severe impairment from ADRD and their caregivers
- Individuals aging with intellectual and developmental disabilities with ADRD or those at high risk of developing ADRD
- Behavioral symptom management training and expert consultation for family caregivers

Additional space (Please identify what question is continued)

End Summary: The Community Action Groups used this tool to help them develop goals for the different individuals living within their communities.

Appendix 7

Title: Dementia Friendly Sector Specific Action Team Process

Description: The Dementia Friendly Sector-Specific Action Team (SAT) worksheet was developed to provide a step by step process to assist Community Action Groups in creating sector-specific action teams that address priority areas, goals, actions, and budgets.

Dementia-Friendly Sector-Specific Action Team (SAT) Process

Step:		Action:
Recommended	1	Identify two (2) co-chairs to guide your process and activities.
	2	Decide on the frequency as well as a time and place to meet outside of the larger community action group (CAG) meetings.
	3	Consider inviting new members from the broader community to join your SAT. This is a great way for us to broaden our direct engagement with community members while limiting the size of our CAG and keeping its membership consistent.
	4	In addition to the Dementia Community Needs Assessment, discuss what additional information would help your SAT explore and develop a draft goal and action plan. <ul style="list-style-type: none"> • Consider interviews and/or focus groups with key stakeholders from your chosen sector. • Consider best practices and lessons-learned from other dementia-friendly communities. Gather additional information, as desired.
Required	5	Draft a dementia-friendly goal, action plan and budget.
	6	Present your SAT's goal, action plan and budget to the larger CAG to gain feedback.
	7	Possibly revise your goal, action plan and budget in light of the CAG's feedback.
	8	Meet with the Sanford Center for Aging's evaluation team (Dr. Peter Reed and/or Dr. Zeb Gibb) to develop an evaluation plan for your dementia-friendly goal.
	9	Present your final goal, action plan, evaluation plan and budget to the larger CAG and take action!
	10	Provide periodic updates regarding your progress at CAG meetings; collect any necessary data as outlined in the evaluation plan for your goal; and celebrate your success!

End Summary: The Community Action Groups used this tool to help them move from the beginning discussions and formation processes to the action and development process.

Appendix 8

Title: Dementia Friends Sessions Pre & Post Survey

Description: This survey was distributed prior to listening to a dementia friends session and immediately afterwards.

Dementia Friends Pre-Session Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

Please take your time and complete the entire survey. Your responses will be kept confidential and will not be shared with anyone. All responses will be shared in group form only, and then only with relevant agencies to help inform programming and community resources.

Name _____ Date _____

Zip Code _____ Age _____

Are you a veteran? Yes No

What is your gender? Male Female I prefer not to identify

Do you currently provide care for someone living with dementia? Yes No I am living with dementia

What is your care partner's gender if you receive / provide care for someone? Male Female I prefer not to identify someone?

What is your relationship to the person who provides your care / you provide care for? (Circle One)

Spouse Significant Other Parent Child Sibling

Other (Please specify) _____

Are you Hispanic / Latino? Yes No

What is your race / ethnicity? (Please select all that apply)

White (Non-Hispanic) American Indian / Alaskan Native Asian Black / African American

Native Hawaiian / Other Pacific Islander Other

Dementia Friends Pre-Session Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

Please answer the following True/False questions based on your beliefs about each statement.

- Dementia makes it impossible to have a good quality of life. True False
- Dementia is caused by diseases of the brain, and Alzheimer's disease is the most common cause. True False
- There is more to the person than the dementia. People with dementia are a valuable part of the community. True False
- Dementia affects most people as they grow old and can be expected as someone ages. True False
- Dementia is a disease that only affects a person's memory, causing significant memory loss. True False
- People living with dementia can no longer contribute to society in a meaningful way. True False
- People living with dementia may communicate their needs through non-verbal (or behavioral) expressions. True False

For the next few items, please circle the response(s) you think best answers the question.

8) Which one of the following is NOT a tip to help communicate with someone living with dementia?

- Treat the person with dignity and respect
- Attempt to orient the person to the current situation (e.g., time, date, location)
- Encourage non-verbal communication where appropriate
- Avoid criticizing or correcting, instead, try to figure out the meaning of what is being said

Dementia Friends Pre-Session Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

9) Which of the following are potential impacts of dementia?

- Ability to complete everyday tasks
- Speech / language ability
- Memory
- All of the above

10) Please circle ALL of the following that are potential warning signs of dementia.

- Memory loss that disrupt daily life
- Confusion about the day of week that is resolved later
- Misplacing items, but not being able to retrace steps in order to locate them
- Sometimes feeling weary of work, family, and/or social obligations
- Displaying frustration when a routine is disrupted by something
- Difficulty understanding visual images / relationships between objects in space
- Difficulty completing routine tasks at home, work or leisure
- Making occasional mistakes when completing daily activities
- Frequently having difficulty remembering a word
- Changes in mood and personality

Dementia Friends Post Seminar Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

Please take your time and complete the entire survey. Your responses will be kept confidential and will not be shared with anyone. All responses will be shared in group form only, and then only with relevant agencies to help inform programming and community resources.

Name _____

My awareness has increased about Alzheimer's and other related dementias

1 Strongly Agree 2 Somewhat Agree 3 Somewhat Disagree 4 Strongly Disagree

I feel more confident/equipped as a community member to recognize the signs and offer support to the needs of a person living with dementia trying to navigate the community.

1 Strongly Agree 2 Somewhat Agree 3 Somewhat Disagree 4 Strongly Disagree

I am inspired to offer support and be a friend to people living with dementia in my community.

1 Strongly Agree 2 Somewhat Agree 3 Somewhat Disagree 4 Strongly Disagree

I am likely to adopt dementia friendly practices in my personal or professional life.

1 Strongly Agree 2 Somewhat Agree 3 Somewhat Disagree 4 Strongly Disagree

Dementia Friends Post Seminar Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

Please tell us how you are going to turn your understanding of dementia and what it means to be a Dementia Friend into a practical action. Every action counts.

As a dementia friend I am committing to: (Choose three or more actions)

- Getting in touch and staying in touch with someone I know living with dementia
- Supporting dementia friendly efforts in my community
- Starting a dementia friendly effort in my community
- Volunteering for an organization that helps people with dementia
- Campaigning for change, e.g. by participating in local advocacy events
- Encouraging friends to become Dementia Friends
- Carrying out a personal action e.g. being more patient when out in my community
- Volunteering to participate in a clinical trial
- Adopting 1 or more dementia friendly practices in my personal or professional life
- Asking my doctor for cognitive assessment during my annual physical exam

Please answer the following True/False questions based on your beliefs about each statement.

- Dementia makes it impossible to have a good quality of life. True False
- Dementia is caused by diseases of the brain, and Alzheimer's disease is the most common cause. True False
- There is more to the person than the dementia. People with dementia are a valuable part of the community. True False
- Dementia affects most people as they grow old and can be expected as someone ages. True False

Dementia Friends Post Seminar Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

5) Dementia is a disease that only affects a person's memory, causing significant memory loss. True False

6) People living with dementia can no longer contribute to society in a meaningful way. True False

7) People living with dementia may communicate their needs through non-verbal (or behavioral) expressions. True False

For the next few items, please circle the response you think best answers the question.

8) Which one of the following is NOT a tip to help communicate with someone living with dementia?

- Treat the person with dignity and respect
- Attempt to orient the person to the current situation (e.g., time, date, location)
- Encourage non-verbal communication where appropriate
- Avoid criticizing or correcting, instead, try to figure out the meaning of what is being said

9) Which of the following are potential impacts of dementia?

- Ability to complete everyday tasks
- Speech / language ability
- Memory
- All of the above

10) Please circle ALL of the following that are potential warning signs of dementia.

- Memory loss that disrupt daily life
- Confusion about the day of week that is resolved later
- Misplacing items, but not being able to retrace steps in order to locate them
- Sometimes feeling weary of work, family, and/or social obligations
- Displaying frustration when a routine is disrupted by something
- Difficulty understanding visual images / relationships between objects in space
- Difficulty completing routine tasks at home, work or leisure
- Making occasional mistakes when completing daily activities
- Frequently having difficulty remembering a word
- Changes in mood and personality

End Summary: This information was collected and submitted to UNR for data collection and evaluation. Significant increases in dementia awareness after attending a dementia friends session were noted.

Appendix 9

Title: Dementia Friendly Washoe County Open Door Café flyer

Description: The Open Door Café provides and encourages opportunities to relax, have fun, socialize and develop networks of mutual peer support within a welcoming environment.

The Open Door Café is held on the **third Thursday of every month** at:

Lake Mansion
250 Court St.
Reno, NV 89501

2:00 - 3:30 PM

Light refreshments provided!



Upcoming 2019 Café dates:

July 18
August 15
September 19



The Open Door Café is part of:
Dementia Friendly Washoe County.
DementiaFriendlyNevada.org

For more information, contact:

Casey Acklin
cacklin@unr.edu
(775) 682-6699

Participants who require support with personal care must bring a care partner to assist them during the café. Volunteers are not trained to assist with personal care.

This project was supported in part, by grant number 90ALGG0011, from the U.S. Department of Health and Human Services, Administration for Community Living, Administration on Aging, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Welcome!



The Open Door Café provides and encourages opportunities to relax, have fun, socialize and develop networks of mutual peer support within a welcoming environment.

End Summary: This is a highly successful program that has a committed group of attendees. The program has served 35 individuals overall and will continue post grant funding.

Appendix 9

Title: Dementia Friendly Washoe County DATES flyer

Description: This flyer was used to recruit and educate people in the community about when and where to attend Dementia Friends sessions. Several different DATES flyers were used throughout the grant.



Let's Make Washoe County Dementia Friendly!

You're invited to become a Dementia Friend!

At this information session, you'll learn five key messages about dementia, what it's like to live with dementia, and how to translate this new understanding into practical actions that can help people with dementia who are living in our community.

Consider Our Community

By 2030, 27% of Washoe County (161,000 individuals) will be 55 and older. For those 65+, one in nine have dementia. For 85+, one in three have dementia.

**All sessions are free and open to the public.
For full list of sessions, visit: tinyurl.com/DF-Washoe**

March 14 th	1:30pm	Northwest Reno Library (2325 Robb Drive Reno, NV)
April 4 th	10:30am	Sparks Library (1125 12th Street, Sparks, NV)
April 17 th	9:00am	Incline Village Library (845 Alder Ave, Incline Village, NV)
April 19 th	10:30am	North Valleys Library (1075 N Hills Blvd, Reno, NV)
May 3 rd	12:30pm	Northwest Reno Library (2325 Robb Drive Reno, NV)
May 8 th	5:30pm	South Valleys Library (15650 Wedge Pkwy, Reno, NV)
May 16 th	4:30pm	Sparks Library (1125 12th Street, Sparks, NV)
May 24 th	10:30am	North Valleys Library (1075 N Hills Blvd, Reno, NV)
May 31 st	10:30am	Incline Village Library (845 Alder Ave, Incline Village, NV)

*Don't see a date/time that works for you?
Let us schedule a session for your group!*

**Want to learn more about
Dementia Friendly Washoe County?**

Web: dementiafriendlynevada.org
Call: 775-682-9444
Email: DementiaFriendlyWashoeCounty@gmail.com



DEMENTIA FRIENDLY WASHOE COUNTY IS FUNDED BY NEVADA'S AGING AND DISABILITY SERVICES DIVISION

End Summary: The DATES program was highly successful with 352 people attending the different dementia friends sessions. The library system in Washoe County was critical in helping to facilitate many of these sessions.

Appendix 10

Title: Dementia Friendly Washoe County Java Music flyer

Description: DF Washoe County has instituted the Java Music Program as a new way to provide respite to caregivers. It provides music, conversation, and social interaction for people living with dementia.

End Summary: This program is just beginning. The test sessions went very well and facilitators for this program have been identified.

Appendix 10

Title: Dementia Friendly Washoe County Dance With Me flyer

Description: The Ballroom of Reno launched Dance With Me, a dementia-friendly partners ballroom dance class. This is a low impact class that uses music and physically appropriate dance movement to stimulate the brain and provide enjoyment for all participants.

Dancing is good for the soul...
...and the brain!

Dance With Me

a dementia-friendly partner class



A safe environment meant to cultivate learning, relationships, and positivity through music, light activity, and socialization.

Come to relax and have fun within a welcoming community.

We offer lessons on various types of partner dancing, as well as partner dancing techniques.

Beginning this September!

For more information, contact:

DementiaWashoe@gmail.com
(775) 682-9444

End Summary: This class has been immensely successful in providing a safe place for people living with dementia and their care partner to interact and enjoy being together. The class will be expanding the number of sessions offered and increasing the days the sessions will run.

Appendix 10

Title: Dementia Friendly Nature Walks

Description: The Dementia Friendly Nature Walks are a combination of effort between the Truckee Meadows Parks Foundation, DF Washoe County, the Sanford Center on Aging, and volunteers. Volunteers assist people living with dementia as they travel along a path outside to enjoy learning about various plants and interesting landmarks.

SANFORD CENTER FOR AGING

DEMENTIA-FRIENDLY NATURE WALKS



Did you know walking can help improve symptoms of dementia?

Join the Sanford Center for Aging and Truckee Meadows Parks Foundation in Idlewild Park for a weekly nature-based walk with a supportive group of friends. It's specifically designed for people living with dementia and their care partners.

NATURE WALK SCHEDULE:

WHEN: Every Tuesday at 10 a.m.

WHERE: Meet in Idlewild Park at the Truckee Meadows Parks Foundation office, 50 Cowan Drive, Reno

COST: Free | **INFORMATION:** (775) 784-1583



DEMENTIA-FRIENDLY
NATURE WALKS

An Idlewild Park Walking Series

Dementia-Friendly Nature Walks are funded by a partnership between:



End Summary: The Dementia Friendly Nature Walks have offered many an outlet to enjoy the outdoors in an environment that is dementia inclusive. This program will continue post grant funding.

Appendix 11

Title: Dementia Friendly Washoe County Walk With Me flyer

Description: This flyer was used to advertise and educate the public about this event.

WALK WITH ME

A Celebration of Strength, Resilience,
and Community While Living with Dementia

June 4th 2019 2pm-5pm
Idlewild Park, California Building

FREE AND OPEN TO THE PUBLIC
RSVP ENCOURAGED

DementiaFriendlyNevada.org/WalkWithMe
(775) 682-6699

2:00 Walk through Idlewild park with people in our community who are living with dementia during this special offering of *Idlewild Health Walks*.


3:00 Listen as we share successes from the past year and hear stories of resilience and strength from individuals in our community who are living with dementia and their care partners.


3:30 Engage in dynamic discussions as we consider a multi-sector approach to inclusivity.

4:15 Explore interactive booths and displays that detail our various initiatives around our community.

4:45 Celebrate - Mix, mingle, and enter the door prize raffle as we consider what's next for Dementia Friendly Washoe County!

A Community Outreach Event hosted by
Dementia Friendly Washoe County

 **Dementia Friendly America**
NEVADA
WASHOE COUNTY

 **IDLEWILD HEALTH WALKS**
A Dementia-Friendly Walking Series

Co-sponsored by the Idlewild Health Walks

The **Dementia Friendly Washoe County** community action group aims to develop and promote a community that is respectful, educated, supportive and inclusive of people living with dementia and their care partners.

The **Idlewild Health Walks** is a free, weekly series of interpretive walks specifically-designed for individuals living with dementia and their care partners.


End Summary: There was a good turnout for this event. There were representatives from Senator Cortez Masto office, people living with dementia and their care partners, members of DFWC, and volunteers. Art work and personal stories gathered for this event were displayed along the health walk.

Appendix 12

Title: Dementia Friends Information Session trifold

Description: Washoe County developed a trifold teaching the 10 early signs and symptoms of dementia and information about Dementia Friends Sessions.

Outside of trifold:



Dementia Friends Information Session

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

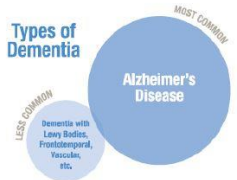
Visit
dementiafriendlynevada.org/communities/washoe
 to learn more!

With permission of Dementia Friends, Alzheimer's Society, London UK

What is Dementia?

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.



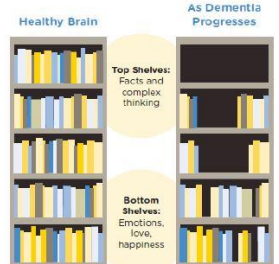
Five Key Messages

1. Dementia is not a normal part of aging.
2. Dementia is caused by diseases of the brain.
3. Dementia is not just about having memory problems.
4. It is possible to have a good quality of life with dementia.
5. There's more to the person than the dementia.



10 Early Signs & Symptoms

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

Source: www.alz.org/10-early-signs-symptoms-dementia.asp



Inside of trifold:

Communication Practices	Conversation Tips	Understanding into Action
<p>Treat the person with dignity and respect. Avoid talking past the person as if he or she isn't there.</p> <p>Be aware of your feelings. Your tone of voice may communicate your attitude. Use positive, friendly facial expressions.</p> <p>Be patient and supportive. Let the person know that you are listening and trying to understand.</p> <p>Offer comfort and reassurance. If he or she is having trouble communicating, reassure them that it's okay.</p> <p>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.</p> <p>Avoid arguing. If the person says something you don't agree with, let it be.</p> <p>Offer a guess. If the person uses the wrong word or cannot find a word, try guessing the right word.</p> <p>Encourage nonverbal communication by pointing or using gestures.</p> 	<p>When approaching the person with dementia and starting a conversation:</p> <ul style="list-style-type: none"> • Come from the front, identify yourself, and keep good eye contact. If seated, go down to that level. • Call the person by their preferred name to get his/her attention • Use short, simple phrases and repeat information as needed. Ask one question at a time • Speak slowly and clearly. Use a gentle and relaxed tone. • Patiently wait for a response while the person takes time to process what you said. • Provide a statement rather than ask a question. • Avoid confusing and vague statements. • Turn negatives into positives. • Give visual cues. • Avoid quizzing. • Try using written notes or pictures 	<p>As a Dementia Friend, I will...</p> <p>_____ get in touch and stay in touch with someone I know living with dementia.</p> <p>_____ be patient.</p> <p>_____ be more understanding.</p> <p>_____ carry out this personal action:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Resources</p>  <p>dementiafriendsusa.org dementiafriendlynevada.org</p> <p>775-682-9444 DementiaFriendlyWashoeCounty@gmail.com</p>

End Summary: This was a great resource to use in recruiting participants.

Appendix 13

Title: Dementia Friendly Washoe County Business Trifold

Description: This trifold was handed out to businesses in Washoe County to interest them in hosting a dementia friends session!

Outside of trifold:

A Business Case for Inclusivity

A 2017 Dementia Community Needs Assessment in Washoe County found that the business and retail sector had lower levels of awareness and were less comfortable around people living with dementia. How can your business address this gap?

DEMENTIA PASSIVE
Do nothing and risk a missed market opportunity

DEMENTIA ACTIVE
Future-proof your business against changing demographics

DEMENTIA INCLUSIVE
Create a welcoming environment and market to the growing number of elders

Consider the opportunity for growth

By 2030, 27% of Washoe County (161,000 individuals) will be 55 and older. For those 65+, one in nine have dementia. For 85+, one in three have dementia.



The Dementia Friendly Nevada initiative aims to cultivate and strengthen communities in becoming more respectful, educated, supportive and inclusive of people living with dementia and their care partners.

dementiafriendsusa.org
dementiafriendlynevada.org
tinyurl.com/DFWC-Business

775-682-9444

DementiaFriendlyWashoeCounty@gmail.com



IS YOUR BUSINESS DEMENTIA FRIENDLY?

Inside of trifold:

I'M READY TO LEARN MORE

Fill out this card and Dementia Friendly Washoe County will follow-up with you to understand your business's needs.

Select all that apply

- I'd like to receive information about Dementia Friendly Washoe County.
- I'd like to receive resources on becoming a Dementia Friendly business.
- I'd like to host a Dementia Friends Information Session at my business.
- Other: _____

TELL US A LITTLE ABOUT YOURSELF

NAME: _____
EMAIL: _____
PHONE: _____
BUSINESS: _____

What specific information or resources would be helpful to your business?

tinyurl.com/DFWC-Business

I'M READY TO LEARN MORE

Fill out this card and Dementia Friendly Washoe County will follow-up with you to understand your business's needs.

Select all that apply

- I'd like to receive information about Dementia Friendly Washoe County.
- I'd like to receive resources on becoming a Dementia Friendly business.
- I'd like to host a Dementia Friends Information Session at my business.
- Other: _____

TELL US A LITTLE ABOUT YOURSELF

NAME: _____
EMAIL: _____
PHONE: _____
BUSINESS: _____

What specific information or resources would be helpful to your business?

tinyurl.com/DFWC-Business

I'M READY TO LEARN MORE

Fill out this card and Dementia Friendly Washoe County will follow-up with you to understand your business's needs.

Select all that apply

- I'd like to receive information about Dementia Friendly Washoe County.
- I'd like to receive resources on becoming a Dementia Friendly business.
- I'd like to host a Dementia Friends Information Session at my business.
- Other: _____

TELL US A LITTLE ABOUT YOURSELF

NAME: _____
EMAIL: _____
PHONE: _____
BUSINESS: _____

What specific information or resources would be helpful to your business?

tinyurl.com/DFWC-Business

End Summary: Only a few businesses showed interest in hosting or participating in a dementia friends session.

Appendix 14

Title: SAVVY Caregiver flyer

Description: The SAVVY Caregiver program highlighted in Elko is described as "professional-level training for the non-professional" and educates caregivers to assess the functioning of the care recipient and adjust the caregiving approach to the level assessed in the care recipient.



SAVVY CAREGIVER TRAINING
An education program presented by the Alzheimer's Association®



Based on research by experts, this one day six hour course will provide clinical-level training for family caregivers. Improve your knowledge, approach, skills and outlook. Gain the confidence to set and achieve caregiving goals. Learn strategies to manage stress, make decisions, and manage activities of daily living. The Savvy Caregiver Training Program provides face to face training with dementia experts and a caregiver's manual.

Tuesday, March 5, 2019
9 a.m. to 3 p.m.

The Terrace at Ruby View
Technology RM
1795 Ruby View Dr.
Elko, NV 89801

Registration Required by:

- Tuesday, Feb. 5, 2019, if respite funding will be requested
- Monday, Feb. 25, 2019 if no respite funding will be requested

Contact Heidi Slater
at 775.786.8061
or heslater@alz.org

Lunch provided

This class is offered with support from the Nevada Aging and Disability Services Division.



alzheimer's association®

End Summary: AlzNNV was able to provide SAVVY to 66 individuals, including some sessions in Spanish. The results were very positive and feedback 6 months later indicated that the caregivers are still utilizing the coping mechanisms taught in class.

Appendix 14

Title: Dementia Friendly Elko Friends Day Out flyer

Description: The Java Music Club featured in Elko's Friends Day Out flyer utilizes a unique combination of researched based themes, photography, music, and readings to address the critical rates of depression and loneliness common among people living with dementia.



You are invited to attend:

“Friends Day Out”

Featuring Java Music Club

For Caregivers and their Loved Ones

The weekly events will be on Tuesday's at The Terrace at Ruby View
Active Lifestyle Center 1795 Ruby View Drive, Elko

For Details call: RSVP (775) 687-4680 x 123 visit www.nevadaruralrsvp.org

Space is limited please register today!

- Caregivers need regular breaks and loved ones being cared for need a day out to have fun and interact with other people.
- “Friends Day Out” provides this opportunity each week.
- Registration is required, Volunteers Needed. Class is Free with a suggested donation of \$3 for lunch. Afternoon refreshments included.

11:30am -12pm – arrive at Terrace at Ruby View and enjoy lunch (suggested donation \$3.00)

1:00 pm - 1:15 pm – break

1:15 pm – 2:45 pm – Java Music Club

Sing songs, enjoy photographs and participate in group conversations on exciting topics, pass Aboriginal “talking stick” which stimulates the mind and encourages people to share their thoughts and feelings.

2:45 pm – 3:00 pm break with refreshments

3 pm – 4 pm – Activities

Activity may include exercise such as chair yoga, resistance exercise training, walking etc. based upon individuals abilities and preferences.

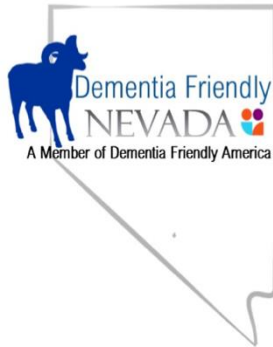
Coffee, tea, water and cookies provide at no charge.

End Summary: This program provides a much needed respite to caregivers and stimulates the person living with dementia as they enjoy music, conversation, and socialization.

Appendix 15

Title: Dementia Friendly Winnemucca Event

Description: This was a flyer used to promote a dementia friends session and a showing of the movie *Cracked*.



An Evening of Triple Delight

**Winner's Inn former Steak House/Grandma's
5-8pm**

Monday, April 8, 2019

Tasty Salad Bar Included

Program includes:

Becoming a Dementia Friend

With ADSD Guest Presenters

Sunadda Woodbury and Bridget Peterson

Followed by Dinner

Then the movie:



***An inspiring movie/play that gets to the heart of individuals,
both those with dementia as well as their family members,
facing dementia, loss, change, and confusion to gain knowledge and understanding.***

Education matters:

Let's crack the dementia stigma together.

Sponsored by:

www.adf-winnemucca.com

**Age- and Dementia-Friendly Winnemucca and Humboldt
County**

Please RSVP:

gini.cunningham@sbcglobal.net



End Summary: This event had a good turnout with attendees that included the Mayor.

Appendix 16

Title: Dementia Friendly Pahrump Community Education Event

Description: An educational event that featured the movie Cracked and an opportunity to learn about the Nevada Task Force on Alzheimer's Disease and the 2019 State Plan by Senator Valerie Wiener.

Dementia Friendly Pahrump Community Education Event

Wednesday, May 29, 2019

2:00 - 5:00 PM

Valley Conference Center, 800 E. Highway 372, Pahrump, NV



- Learn about Dementia Friendly Pahrump and national, state and local community resources
- Learn about the Nevada Task Force on Alzheimer's Disease and the 2019 State Plan, presented by Senator Valerie Wiener (Ret.)
- Watch "Cracked: New Light on Dementia," a research-based film about family and professional care partnering
- Engage in a facilitated audience discussion
- Identify actions you can take to help create a more dementia-friendly and inclusive Pahrump

For more information, please contact:

Jan Lindsay, Field Representative
Nevada Rural Counties RSVP Inc.

Telephone: (775) 253-5791

Email: dementiafriendlypahrump@gmail.com



This project was supported in part, by grant number 90ALGG0011, from the U.S. Department of Health and Human Services, Administration for Community Living, Administration on Aging, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

End Summary: Participants were able to learn about dementia through video and discussion.

Appendix 16

Title: CarePRO flyer – Caring for You Caring for Me

Description: This is a 10 week training for caregivers offered in Pahrump.



Developing the Skills Needed to Care for Someone with Dementia or Memory Loss

- Are you a family caregiver residing in Nevada that helps care for someone with dementia or memory loss?
- Do you find caring for your loved one increasingly demanding of your time and energy?

If so, CarePRO may be able to help you. Through our five week workshop, you will learn:

- About dementia and its impact.
- How to manage your frustration, and stress
- How to communicate with your loved one
- How to take better care of your own health

Time: 1-4 p.m.
Date: Wednesdays
10 Week Series
Beginning January 30, 2019
*Please RSVP by January 10

Registration is **MANDATORY** for attending this 10 session workshop series.

Location: Pahrump Community Library
701 East Street
Pahrump, NV 89048

> For more information please call
Anna Hodges, 702.248.2770
or email: anhodges@alz.org.

800.272.3900 | alz.org*

End Summary: This training was put on by members of the Dementia Friendly Pahrump CAG that were trained by the Alzheimer's Association Desert South West. It helped many caregivers develop the coping skills to better care for their loved ones.

Appendix: 17

Title: Pesa Sooname/Pyramid Lake Tribal Summit flyer

Description: The Pesa Sooname Pyramid Lake community action group hosted a Tribal Summit for all the tribes in Nevada.

SAVE THE DATE!

The Nevada Tribal Summit on Brain Health & Dementia

Thursday, August 22, 2019
9:00 AM - 4:00 PM
Nixon Tribal Gymnasium, 301 Highway 447, Nixon, NV 89424

Hosted by the Pyramid Lake Paiute Tribe's
Pesa Sooname Advisory Group:
A member of Dementia Friendly Nevada



For more information, please visit:
DementiaFriendlyNevada.org/TribalSummit
or contact:

**Carla Eben, Pyramid Lake Paiute Tribe,
Numaga Senior Services Director** Telephone: (775) 574-1064
Email: ceben@plpt.nsn.us or
**Jennifer Carson, Co-Facilitator,
Pesa Sooname Advisory Group** Telephone: (775) 682-7072
Email: jennifercarson@unr.edu

This project was supported in part, by grant number 90ALGG0011, from the U.S. Department of Health and Human Services, Administration for Community Living, Administration on Aging, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

2019 Nevada Tribal Summit on Brain Health and Dementia Conference Proceedings Thursday, August 22, 2019



9:00 - 9:30 AM	Cultural opening and remarks
9:30 - 10:30 AM	Mike Splaine: Overview and development of the Road Map for Indian Country
10:30 - 10:45 AM	Break
10:45 - 11:45 AM	Dave Baldrige (Cherokee): Customization and implementation of the Road Map for Indian Country
11:45 AM - 12:00 PM	Opportunity for reflections and comments
12:00 - 1:00 PM	Lunch
1:00 - 1:45 PM	Wisdom circles regarding brain health and dementia
1:45 - 2:00 PM	Break
2:00 - 2:15 PM	Gentle yoga and movement
2:15 - 2:45 PM	Dr. Peter Reed: The Sanford Center for Aging's Comprehensive Geriatric Assessment Clinic
2:45 - 3:45 PM	Dr. J. Neil Henderson (Oklahoma Choctaw): Dementia and Diabetes among Native people
3:45 - 4:00 PM	Cultural closing and remarks

Register at DementiaFriendlyNevada.org/TribalSummit



End Summary: The Tribal Summit was a huge success. Thirteen (13) tribes across the state of Nevada were in attendance. Much needed discussion and exchange of resources occurred.

Appendix 17

Title: The Pyramid Lake Piute tribe is featured in the CDC Roadmap for Indian Country.

Description: The Road Map for Indian Country is a breakthrough document for Native Americans that are navigating the dementia process.



COMMUNITIES IN ACTION



Many programs are currently underway to address dementia in Indian Country. A few examples are featured here as both inspiration and models on which to build.

Many other examples and relevant resources can be found at alz.org/publichealth and cdc.gov/aging.

Outreach and education

- » Banner Alzheimer's Institute: Native American Outreach Program
- » I-CAARE: Culturally-Grounded Dementia Educational Materials for Indigenous Community-Based Care
- » Pyramid Lake Paiute Tribe: Creating a Dementia-Capable Community

Caregiving

- » St. Regis Mohawk Nation: Community Support for Dementia
- » Wisconsin: Dementia Care Specialist Program
- » Caregivers: Education and Support in Indian Country

PYRAMID LAKE PAIUTE TRIBE: Creating a Dementia-Capable Community

Increasing basic awareness of dementia and community understanding of people affected by the condition has been a major public health initiative recently. By creating **dementia-capable communities**, these endeavors develop and promote a community that is respectful, educated, supportive, and inclusive of people living with dementia and their caregivers.

Nevada is one of the fastest aging states in the United States. In response, an innovative model is working to ensure the community in and around the **Pyramid Lake Paiute Tribe** becomes dementia-capable. This Northern Nevada tribe received a small grant from the Administration for Community Living Alzheimer's program and additional facilitation support from the Community Health Sciences division and Sanford Center for Aging within the University of Nevada-Reno. An AmeriCorps volunteer also donated time.

Program objectives have been developed through collaborative multi-sector approaches, using the Dementia Friendly America process. This ensured that values central to the Pyramid Lake Paiute Tribe were incorporated throughout the program. Members living with dementia as well as their caregivers were included in the development process.

In and around the Tribe, the goals of the program help encourage and implement tribal action to:

- » Improve and promote opportunities for education, engagement, and peer support among persons living with dementia and family caregivers;
- » Increase community awareness about the warning signs of dementia, promote dementia-related resources, improve general knowledge about dementia, and educate the community about ways to support a member living with dementia; and
- » Expand respite supports and services for caregivers so they can take a break from caregiving. •

End Summary: Featured in the Tribal Summit as a topic of discussion.

Appendix 18

Title: Memory Screening flyer

Description: Cleveland Clinic facilitates memory screenings to provide a simple and safe healthy brain checkup.



MEMORY CONCERNS? YOU'RE NOT ALONE.

National Memory Screening Program
ALZHEIMER'S FOUNDATION OF AMERICA

Dementia Friendly America™
SOUTHERN NEVADA

Welcome Doolittle Senior Center

FREE CONFIDENTIAL MEMORY SCREENINGS
A MEMORY SCREENING IS A SIMPLE AND SAFE "HEALTHY BRAIN CHECK-UP" THAT TESTS MEMORY AND OTHER THINKING SKILLS.

Location: Doolittle Senior Center, 1930 J Street
Las Vegas, NV 89106

Date: Tuesday, October 16, 2018

Time: RSVP for available times

Phone: (702)229-6125

****Each memory screening takes approximately 10-15 minutes and while the result is not a diagnosis, it can suggest if someone should see a physician for a full evaluation.****

National Memory Screening Program is an initiative of:
Alzheimer's Foundation of America
www.alzfdn.org | 866-232-8484

AFA's National Memory Screening Program is made possible with a grant from Edward N. and Della L. Thome Memorial Foundation, Bank of America, N.S. Trustee

End Summary: The Cleveland Clinic of Southern Nevada completed 395 memory screenings.

Appendix 18

Title: Southern Nevada Community Action Group newspaper article

Description: Dementia Friendly Southern Nevada is featured in a newspaper article that explains their work and acts as a recruiting tool.

ON THE SCENE

Dementia Friendly Southern Nevada

The Dementia Friendly Southern Nevada (DfSN) advocacy group is making strides in reaching out and educating the community about available resources for individuals dealing with the challenges of dementia. Cleveland Clinic Lou Ruvo Center for Brain Health is leading the charge.

Over the past several months, our dedicated group of DfSN volunteers have held more than a dozen caregiver focus groups throughout the valley — spanning Las Vegas, North Las Vegas, Henderson, Boulder City, Pahrump and Mesquite — with a focus on Spanish-speaking only communities, to understand the obstacles that patients and caregivers confront when trying to deal with a dementia diagnosis, or even getting a diagnosis at all.

The goal of DfSN is to learn directly from patients and their caregivers what the challenges and needs are so we can inform the community on available resources they could actually use.

Statements we have heard in these focus groups have been both eye-opening and heart-wrenching:

"My father was very secretive about medical issues. I personally believe these issues need to be on the table and discussed. We need a judgment-free zone."

"Some people are in denial, and won't pursue help. Alzheimer's is still a stigma ... people need to be educated. We have a group at our church, but we are on hold because it's hard to reach people."

43 **New Thinking** About Thinking Fall 2017



Isaac Santa Ana and LeoAnn Mandarinino

"Are services easy to locate? Are these services affordable?"

"I'm still grieving. I started out thinking that my mom is gone, but as the disease progressed... I progressed. There's the mom who raised me and then the mom who has Alzheimer's disease. She stopped reading, swimming, riding ... it's not easy... but if you focus solely on love ... it's an amazing journey."

Join this community effort

Dementia Friendly Southern Nevada, which is spearheaded by the Lou Ruvo Center for Brain Health, has been chosen by the Nevada Aging and Disability Services Division as one of four community partners in the state to take a leadership role in making Southern Nevada a more navigable and accommodating place to live for individuals with dementia and their care partners. This goal represents a fundamental shift from simply focusing on meeting the core physical and health needs of the person with dementia.

Everyone is welcome. To get involved in DfSN, contact Isaac Santa Ana at 702.685.7072 or santai@ccf.org.



End Summary: The Cleveland Clinic and the Alzheimer's Association Desert Southwest Chapter took turns hosting the Southern Nevada Community Action Group.

Appendix 19

Title: Article by Senator Catherine Cortez Masto

Description: Support for the Alzheimer's work being done in Nevada.

CARE FOR ALZHEIMER'S PATIENTS

APRIL 2, 2019

IN LIFESTYLE, HEALTH, ADDING LIFE TO YEARS

BY CATHERINE CORTEZ MASTO

Last month, the Alzheimer's Association released their 2019 Alzheimer's Disease Facts and Figures report, which came with some alarming news for Nevada residents. The report showed that Nevada has the third largest growth rate for Alzheimer's diagnoses in the country.[1] Forty-five thousand Nevadans are currently living with Alzheimer's, with that number expected to grow by 42 percent over the next six years.[2] This disease touches the lives of so many in our state, including the nearly 51,000 Nevadans who provide care to a relative, friend or loved one with dementia.

My grandmother, Katherine, was one of the most important people in my life. She was smart, tough, and loving, and she instilled in me the work ethic and values that guide my work to this day. When she was diagnosed with Alzheimer's, my entire family was affected. My grandfather, mom, aunt, sister, cousins and I had to become her caregivers and her advocates. We were lucky to have that strong support system, yet it was still difficult for us to watch her health decline and feel as though there was so little we could do to help.

That is why as a Senator, I've fought to find new ways to tackle Alzheimer's Disease. There actually is much we can do to support new treatment options, improve public awareness of the disease, and support patients and caregivers across the country. I'm so proud that my legislation, the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act, passed into law. This legislation strengthens our fight against Alzheimer's by designating the disease as a public health crisis, making it a national priority for funding and research.

The BOLD Act takes groundbreaking steps to address the Alzheimer's epidemic by creating Alzheimer's Centers of Excellence – the first centers of their kind – to promote innovation in dementia education and intervention. These centers will partner health care professionals and public health officials with the Centers for Disease Control and Prevention (CDC) to create and implement interventions, increase early Alzheimer's detection and diagnosis, and reduce health disparities. They will also provide support for unpaid caregivers and train health care practitioners on the latest care techniques for people with dementia. In addition, the law will help state, local and tribal health departments accommodate the growing number of diagnoses by providing grants to fund research on cognitive decline and caregiving techniques as well as implement interventions identified by the Centers of Excellence.

Through increased awareness, the BOLD Act also hopes to reverse a concerning new trend; according to the 2019 Alzheimer's Disease Facts and Figures report, only 16 percent of seniors get regular cognitive assessments, even though Medicare's annual wellness visits are supposed

to include a check for warning signs of dementia. Primary care doctors are often hesitant to perform these regular assessments on seniors unless patients raise concerns. Joanne Pike, chief program officer of the Alzheimer's Association, says that patients rarely broach the subject with their doctors because of fear, stigma or the misconception that early detection won't make a difference. That means many seniors are diagnosed too late for them to enter clinical trials or plan for the future, limiting their treatment options. A cornerstone of the BOLD Act is educating both physicians and the public about the importance of rigorous, early detection programs that can help patients receive holistic treatment along with the support they need.

Alzheimer's is currently the most expensive disease in America, costing a quarter of a trillion dollars per year, and the costs are expected to continue growing. Twenty percent of Medicaid funding is already spent on people with dementias.[3] That's why I'm also fighting any attempt to gut Medicaid and Medicare funding, including the Trump administration's newly proposed budget that takes over \$1 trillion away from vital health programs over the next decade.[4] I'll continue to fight to protect Medicaid and Medicare programs so Alzheimer's patients and their caregivers have access to professional medical advice, mental health evaluations, and new clinical trials and treatments.

Fighting Alzheimer's takes a village, and I'm grateful for the work Nevadans are doing to ensure Alzheimer's patients have the care and support they deserve. From Washoe County's Daybreak Center to the Sanford Center for Aging at the University of Nevada Reno, Northern Nevada is emerging as a leader in addressing the needs of people with dementia. These care centers excel in creating robust networks of support groups, adult care centers and online resources for Alzheimer's patients and their families. The Dementia Friendly Nevada also does incredible work across the state to support people living with dementia and their care partners through a multi-sector approach that bolsters education, community, and care. I'm also proud of the state-of-the-art care offered to patients with brain diseases by the Lou Ruvo Center for Brain Health in Las Vegas. Some innovative new programs are also emerging, like the Savvy Caregiver Training program offered by the Alzheimer's Association of Northern California and Northern Nevada. This six-week course provides clinical-level training for family members caring for loved ones with dementia in Reno and Carson. Arbors Memory Care in Sparks takes a creative approach to care through programs like Moments of Memory, a program that gives dementia patients an artistic avenue to exercise their cognitive skills.[5]

I'm so grateful for caregivers, doctors, and advocates in Nevada who provide countless hours of support for Alzheimer's patients, and I'm proud to have passed legislation that empowers and advances their work. It's the dedication of advocates in Nevada and the legacy of my grandmother that continue to inspire my work in the Senate. Fighting for federal funding and health infrastructure that creates first-class research, treatment, and support for Alzheimer's patients and their families will always be one of my top priorities. Together, we'll continue to strive for a cure.

End Summary: Informational article about the Alzheimer's work being done in Nevada.





Appendix 20

Title: Dementia Friendly Support Services Toolbox

Description: Nevada ADSD Alzheimer's Team developed a flyer for its Dementia Friendly Outreach Toolbox, entitled "Nevada Dementia Friendly Support Services". This toolbox changed throughout the grant to provide a more detailed list of services in each community, as well as, keeping broad state-wide resource information.

NEVADA

DEMENTIA FRIENDLY - SUPPORT SERVICES

<div style="text-align: center;"> <p>ALZHEIMER'S ASSOCIATION OF NORTHERN AND SOUTHERN NEVADA</p>  <p>24/7 Helpline 1-800-272-3900 www.alz.org</p> <p>Person Living With Dementia Support Services</p> <ul style="list-style-type: none"> • Early-Stage Engagement Activities <p>Person Living With Dementia & Caregiver Support Services</p> <ul style="list-style-type: none"> • EPIC (Early-Stage Partners In Care) • Care Consultations • Education Workshops • Support Groups: Person Living With Dementia, Early Stage <p>Caregiver Support Services</p> <ul style="list-style-type: none"> • CarePRO (Care Partners Reaching Out) • Respite Voucher Services • Support Groups: Caregiver <p>Other Support Services</p> <ul style="list-style-type: none"> • Safety Net: Medic Alert/Safe Return, First Responder Trainings </div>	<div style="text-align: center;"> <p>CLEVELAND CLINIC LOU RUVO CENTER FOR BRAIN HEALTH</p>  <p>www.keepmemoryalive.org/socialservices www.healthybrains.org</p> <p>Person Living With Dementia & Caregiver Support Services</p> <ul style="list-style-type: none"> • Lunch and Learn—Phone: 702-778-6702, email: louruvosocialserv@ccf.org • Frontotemporal Disorders—email: familyservicesNV@ccf.org • Huntington's Disease—Contact Donna, phone: 702-483-6035, email: municd@ccf.org • Memory Loss for Caregivers—Contact Donna, phone: 702-483-6035, email: municd@ccf.org • Parkinson's Disease—Contact Samuel, phone: 702-701-7929, email: hicksos@ccf.org • Counseling Services—email: familyservicesNV@ccf.org • Lynne Ruffin-Smith Library—Phone: 702-483-6033, email: louruvoliblibrary@ccf.org • Art & Education Offerings—Phone: 702-778-6702, email: louruvosocialserv@ccf.org <ul style="list-style-type: none"> -Art Explorations-Art Therapy -Conversations to Remember -The Learning Arts -Music Therapy-Respite -Healthier Living -Powerful Tools for Caregivers </div>
<div style="text-align: center;"> <p>NEVADA SENIOR SERVICES</p>  <p>www.nevadaseniorservices.org</p> <p>Person Living With Dementia & Caregiver Support Services</p> <ul style="list-style-type: none"> • Adult Day Care: Las Vegas 702-648-3425, Henderson 702-368-2273 • Nevada Care Connection Resource Center: 702-364-2273 or 844-850-5113 • New Pathways Café (Early Memory Loss Program): 702-333-1538 • Connections (Moderate Memory Loss Program): 702-333-1538 • Respite Care & Support Program: 702-333-1599 <p>Caregiver Support Services</p> <ul style="list-style-type: none"> • Caregiver Support Groups: Las Vegas 702-648-3425, Henderson 702-368-2273 • BRI (Benjamin Rose Institute on Aging) Care Consultation: 702-364-2273 or 844-850-5113 • RCI (Rosalynn Carter Institute for Caregiving) REACH (Resources Enhancing Alzheimer's Caregiver Health): 702-364-2273 or 844-850-5113 • Skills2Care: 702-364-2273 or 844-850-5113 • Caring for You, Caring for Me: 702-364-2273 or 844-850-5113 </div>	<div style="text-align: center;"> <p>NEVADA AGING AND DISABILITY SERVICES DIVISION</p>  <p>http://adsd.nv.gov/</p> <p>Regional Centers provide Federal—Home & Community Based Waivers, Counseling, Employment Services, Family & Residential Support, & Service Coordination for individuals throughout the lifespan.</p> <p>Provides support and services to children and adults with intellectual disabilities or related conditions.</p> <ul style="list-style-type: none"> • Desert Regional Center: 1391 S. Jones Blvd., Las Vegas 702-486-6200 or 702-486-7850 • Rural Regional Center: 1665 Old Hot Springs Rd., Ste. 157, Carson City 775-687-5162 • Sierra Regional Center: 605 S. 21st St., Sparks 775-688-1930 • Elko: 1825 Pinion Rd, Ste. A 775-753-4236 • Fallon: 131 N. Maine St. 775-423-0347 • Silver Springs: 3595 Highway 50 West, Ste. 3 775-577-4077 • Winnemucca: 475 W. Haskell, Ste. 3 775-623-6593 </div>

End Summary: This toolbox of services was posted on the Dementiafriendlynevada.org website until it was updated.

Appendix 20

Title: Nevada Dementia Supports Toolbox

Description: This updated toolbox went through a developmental process between ADSD, grant partners, and the community action groups. The individual communities wanted the toolbox to list services from their areas, as well as, state-wide resources.

Different pages of the trifold:

PARTNERS & RESOURCES

alzheimer's association®

The Alzheimer's Association provides care and support services to those with memory loss, their caregivers and their healthcare providers. Contact us 24/7 at 1-800-272-3900 www.alz.org

Nevada Senior Services is a nonprofit organization providing services to adults and their care partners facing challenges of chronic disease, disabilities, and aging to remain in the community with dignity. 702-648-3425 www.nevadaseniorservices.org



Nevada Aging and Disability Services Division – Regional Centers provide Federal Home & Community Based Waivers, counseling, employment services, family & residential support, & service coordination for individuals throughout the lifespan.

Southern Nevada:
702-486-6200

Carson City: 775-687-5162

Sparks: 775-688-1930

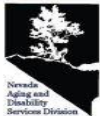
Elko: 775-753-4236

Fallon & Fernley: 775-423-0347

Gardnerville: 775-782-3671

Winnemucca: 775-623-6593

www.adsd.nv.gov



PARTNERS & RESOURCES



Nevada Rural Counties Retired and Senior Volunteer Program (RSVP) provides lifesaving volunteer programs that help seniors maintain their dignity, self-respect & independence.

775-687-4680 x 123

www.nevadaruralrsvp.org

Cleveland Clinic

Lou Ruvo Center for Brain Health
Cleveland Clinic Nevada is a multi-specialty outpatient clinic featuring clinical care, clinical trials, and caregiver and educational programs for individuals and their families who are living with neurodegenerative brain disease.

702-483-6000 (Las Vegas)

775-738-0100 (Elko)

www.ccf.org/Nevada



University of Nevada, Reno
School of Medicine
Sanford Center for Aging

The Sanford Center offers comprehensive geriatric assessments, chronic care management, medication therapy management, clinical services via telemedicine for rural communities and other services. 775-784-4774

www.med.unr.edu/aging

DEMENTIA FRIENDLY NEVADA SUPPORTS TOOLBOX

LOOKING FOR RESOURCES?

DIAL 2-1-1 or 1-866-535-5654

Or look online at:

www.nevada211.org



Or contact a local Resource Center

- Nevada Senior Services: 844-850-5113 (Clark, Esmeralda, Lincoln, & Nye)
- Access to Healthcare Network: 877-861-1893 (Carson City, Douglas, Elko, Eureka, Humboldt, Lander, Mineral, Pershing, Storey, Washoe, White Pine)
- William N. Pennington Life Center: 775-423-7096 (Churchill)
- Lyon County Human Services: 775-577-5009 (Lyon)



www.accesstohealthcare.org

Dementia Friendly Nevada Community Services *for additional information call 2-1-1	Southern Nevada	Washoe County	Eldorado County	Winnemucca	Pahrump	Pyramid Lake
BRI Care Consultations –Telephone Counseling	X	X	X	X	X	X
Rural RSVP - Rural Respite Services		X	X	X	X	
Education Workshops: Evidence-Based						
• SAVVY — clinical level training for caregivers		X	X	X		
• EPIC — 6 week workshop for early stage impairment	X					
• CarePRO — Caregiver Education Workshop	X	X				
• Resources Enhancing Alzheimer’s Caregiver Health	X				X	
• Powerful Tools for Caregivers	X					
• Skills2Care	X					
• Caring for You, Caring for Me	X				X	
In-Home Services:						
• Meal Preparation & Delivery	X	X	X	X	X	X
• Bathing & other Activities of Daily Living	X	X	X	X	X	X
• Shopping	X	X	X	X	X	X
• Home Safety Modification & Repair	X	X			X	
Support Services:						
• Adult Day Care	X	X				
• Transportation	X	X	X	X	X	
• Caregiver Support	X	X	X	X	X	
• Respite Services	X	X	X	X	X	X
• Support Groups	X	X	X	X	X	X
• Safety & Housing	X	X				
• Long-Term Care	X		X			
• Legal Assistance	X	X	X	X	X	X
Health Care:						
• Diagnosis & Treatment	X	X	X			
• Medication Management	X	X	X	X	X	X
• Counseling	X					



The Dementia Friendly Nevada initiative aims to cultivate and strengthen communities in becoming more respectful, educated, supportive, and inclusive of people living with dementia and their care partners. This work is achieved through community action groups. For information regarding this chart or Dementia Friends, look online at:

www.dementiafriendlynevada.org

This project was supported in part, by grant number 90ALCC0011, from the U.S. Department of Health and Human Services, Administration for Community Living, Administration on Aging, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

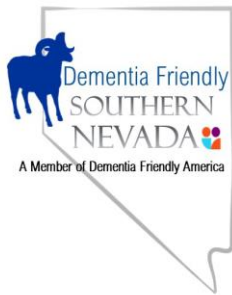
Date: 10/1/2019

End Summary: The most updated version was also printed and handed out to partners and community action groups. These are used throughout the state as a resource guide.

Appendix 21

Title: Dementia Friendly grant partners and logos.

Description: Each community action groups developed their own logo.



Dementia Friendly Project Partners



Service Delivery: Rural outreach, Support Dementia Friendly Communities, recruitment and expansion of existing "Tool Box" programs.



Aging and Disability Resource Centers (ADRCs) Deliver BRI Care Consultation in Northern Nevada.



Coordinate and Provide Training / Support for Dementia Friendly Communities and Community Action Groups (CAGs) statewide.



Aging and Disability Resource Centers (ADRCs). Deliver BRI Care Consultation in Southern Nevada



UNR Nevada Reno, School of Community Health Science : Facilitate and Support Community Action Groups, documenting process. Guide action groups envisioning their community goals, developing localized activities, and reflecting on progress and impacts, and integrating with the Evaluation Team.

UNR - Sanford Center for Aging: Program Evaluation and implementation of Nevada's dementia-capable system efforts.



Expand Rural Respite to in Community Action Groups and other rural areas using Volunteer Service Partnership with Rural and Senior Volunteer Program (RSVP).



Advocate for legislative action and expanding awareness in government sector. In the 2017 State Plan to Address Alzheimer's Disease, the TFAD included in its recommendation, support for the State's Dementia Friendly Champion Groups in Northern and Southern Nevada, as well as support for the establishment of a key partners' network, which would create a system of referrals to appropriate services.



Technical Assistance and Licensing for the delivery of BRI/ RCI Care Consultation.



Regional centers provide federal home & community-based waivers, counseling, employment services, family & residential support, & service coordination for individuals throughout the lifespan

End Summary: These logos were used to identify the different community action groups on outreach materials.