

### **Washoe County Community Action Group Activities**

The Washoe County CAG is currently in Phase 2 – Phase 3 of the Dementia Friendly development process. Based upon the results of the Community Needs Assessment Survey, the Washoe County Community Action Group continues to advance its mission to create dementia friendly and inclusive communities by collaboratively working towards two strategic priorities:

1. To develop meaningful engagement opportunities for persons living with dementia and family care partners, with an initial focus on the launch of the first Open Door Café. Plans are also underway to develop a new volunteer Open Door Café host training program, utilizing the Dementia Friends program.
2. To deliver sector-specific dementia awareness and education information sessions, with an initial focus on the business and retail sector and two local neighborhoods.

Two sector-specific action teams have developed

- 1) Business and Retail Action Team
  - Aims to help businesses effectively respond to the impact of dementia on both customers and employees, from improving interactions and customer experiences to addressing the needs of employees who are caring for someone living with dementia at home.
- 2) Open Door Café Action Team – to help plan and implement community-driven goals in Washoe County.
  - Aims to improve opportunities for community engagement, up-to-date education and peer support for people living with dementia and care partners

Current Activities:

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 (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

A large community outreach event is being planned and scheduled for January 2019, with hopes to include a famous speaker, possibly partnering with other organizations to help support this effort.

### **Elko Community Action Group Activities:**

The Elko CAG is currently in Phase 2 – Phase 3 of the Dementia Friendly development process. Based upon the results of the Community Needs Assessment Survey, **three aims and two priority goals have been identified:**

1. **Improve and promote opportunities for direct education, meaningful engagement, and peer support for persons living with dementia.**
2. **Improve and promote opportunities for respite support for family care partners.**
3. **Increase public awareness of the warning signs of dementia and existing dementia-related resources, improve general knowledge about dementia, and how to best interact with and support a person who is living with dementia.**

To achieve these aims, Dementia Friendly Elko will advance the following two goals this year:

**Goal 1: Implement and evaluate the *Dementia Friends* program in Elko County, presenting *Dementia Friends* information sessions at least once per month**

**Goal 2: Launch and evaluate a new respite program staffed by RSVP Rural respite volunteers trained in REST, Dementia Friends, and facilitation of Java Music Club, an evidence-based mutual peer support program**

**Current Activities:**

Weekly 2-hour Java Music Club (a mutual peer support program, offered here as a respite opportunity) facilitated by Rural RSVP Respite Volunteers, is being implemented in the community.

A volunteer recruitment event, in partnership with Rural RSVP, is being planned for this fall.

Monthly Dementia Friends information sessions continue

A community outreach event is scheduled 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.

**Winnemucca Community Action Group Activities**

The Winnemucca CAG is currently in Phase 2 – Phase 3 of the Dementia Friendly development process. Based upon the results of the Community Needs Assessment Survey, four focus areas have been developed:

- 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) Offer REST (Respite Education and Resource Tools) training to expand knowledge of respite care and to increase the number of respite providers in Winnemucca and Humboldt County.**
- 3) Provide presentations such as Dementia Friends and education updates of Alzheimer’s and other dementias. Deliver our booklets and brochures that include additional community information and dementia postings.**
- 4) Expand community awareness through community events.**
- 5) Receive training to offer Early Stage Alzheimer’s support groups**

**Current Activities:**

The Dementia Friends Champions will be receiving Dementia Friends master training, which will allow them to train additional champions to deliver the program throughout the community. The CAG plans to pitch Dementia Friends Training at the local Chamber of Commerce and schedule a Dementia Friends presentation.

The CAG is in the process of creating a tri-fold brochure with information about Dementia Friends which includes an insert to gather potential attendee’s contact information. 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” to attract additional participation as well as incorporating The Java Music Club into their existing respite retreat program.

The group is also considering hosting a volunteer recruitment party in conjunction with Rural RSVP. The CAG is also working with the Sanford Center for Aging to request an AmeriCorps Vista volunteer that would be shared with Rural RSVP.

REST trainings continue and are scheduled throughout the end of the year.

**Pyramid Lake Paiute Tribe Community Action Group Activities**

The Pyramid Lake Paiute Tribe Community Action Group was awarded funding in March of 2018. Community Needs Assessment Surveys were completed. The new Community Action Group is currently **developing awareness in Dementia Friendly initiatives with the purpose of:**

- 1) Engaging community in dialogue about Alzheimer's Disease and other Related Dementias**
- 2) Fostering a collaborative multi sector approach toward becoming dementia friendly**
- 3) Developing a community that is informed, safe, respectful, and inclusive of person living with dementia and their care partners**
- 4) Increase awareness of Dementia within the community**

**Current Activities:**

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.

Basic dementia education was conducted by Dr. Jennifer Carson of Sanford Center on Aging in April.

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, (ie: tribal government agencies), who scored lowest on the CNA survey in terms of knowledge and comfort levels with dementia. Dementia Friendly America has recently revised the Dementia Friends training to be more culturally appropriate for tribal communities. This revised training will be delivered throughout the community in the near future.

The CAG is currently working with the SCA to discuss the potential for bringing clinical services to the community. This was identified as a significant need in the community.

The Cag is currently exploring potential partnerships with SCA, Rural RSVP, AHN, and Alzheimer's Association to bring comprehensive community health services to this community through these partnerships.

The CAG held a meeting with the Tribal Council in September to share the CNA survey results and Dementia Friends training program. A 4- hour community education event is scheduled for November 28 and will include topics such as dementia education, communication with PWD's, behaviors/distress, and resources available through the Nevada ToolBox of Services.

In addition to these activities, the CAG is exploring the possibility of beginning an early-stage and/or family care support group by partnering with the Alzheimer's Association and increasing opportunities for respite care and support by partnering with Nevada Rural RSVP.

**Pahrump Community Action Group Activities**

The Pahrump Community Action Group was awarded funding in March of 2018. Based on the results of Community Assessment survey, the CAG Action Group has 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.**

**Current Activities:**

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, 8

community action group members were trained as Dementia Friends. The CAG has begun to introduce Dementia Friends training to the community. A Spanish version of the Dementia Friends program has been identified as a need. The CAG is working with the SCA to obtain a Spanish version of the training. In addition, the Dementia Friends Champions will be receiving Dementia Friends master training, which will allow them to train additional champions to deliver the program throughout the community.

The CAG is working 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.

The CAG is also with the southern Nevada CAG to bring live lunch and learns online to Pahrump.

### **Southern Nevada Community Action Group Activities**

The Southern Nevada CAG is currently in Phase 3 – Phase4 of the Dementia Friendly development process. Based upon the results of the Community Needs Assessment Survey, service priorities were established based on Community Needs Assessment Survey and noted below:

- 1) **Raise awareness of warning signs of dementia**
- 2) **Raise awareness of available resources and services**
- 3) **Increase skills to interact with individuals living with dementia**

Based upon the service priorities above, the Southern Nevada CAG has identified the following goals:

- 1) **Develop & Implement Community Awareness Program**
- 2) **Increase number of Community Awareness Training master trainers and community volunteers**
- 3) **Increase access to dementia awareness presentations**
- 4) **Increase awareness of dementia**
- 5) **Implement Community-Based Memory Screenings**
- 6) **Increase number of individuals receiving memory screenings**
- 7) **Assess individual's willingness to follow-up on memory screening based on results**

#### **Current Activities:**

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 are scheduled to be held at local churches and one memory screening is scheduled to take place at a local senior center in October. Dementia awareness publications will be shared and available at the screening locations. 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. The CAG's goal is to receive more involvement from faith-based communities to hold additional memory screenings.

Community Awareness Training scripts are currently being finalized for presentation to the business sector. This script will serve as a template and modified to specific sectors. A presentation was held at Caesar's Entertainment staff, a very large casino industry in Nevada, One is planned for McCarren airport staff. Recruitment of volunteers to facilitate the training is taking place.

The CAG is also working on developing a more robust presence with Nevada 211. Although Nevada 211 staff received training in screening callers for dementia related needs, additional training may be necessary to accurately identify the caller's needs. The CAG is currently working on effectively categorizing resources available in the newly added dementia tab on the 2-1-1 website, to make it easier for site visitors to locate resources.

The Southern Nevada CAG has also developed and houses the Dementia Friendly Nevada website. The site

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 also includes the Nevada ToolBox of Services and other resources provided by partners. The new website allows for CAG's to post meetings, news, events, allows for RSVP online Social Media sites have been developed for Dementia Friendly Nevada, to include Facebook, Instagram and Twitter. Social Media posts will be scheduled for release utilizing Hootsuite. These posts will contain information about partner programs and resources. The site is already reaching space capacity, the state will provide additional funding to increase memory for additional interactions.

The Southern Nevada CAG also developed the Dementia Friendly Nevada logo and logos specific to each Dementia Friendly CAG.

The First Responder video training has 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. The link will be shared with Dementia Friendly Communities to access the training.