

Attachment 1 Community Action Group (CAG)

Recent Activities (Meeting Notes)

Urban Communities

Southern Nevada Community Action Group Activities

The Southern Nevada CAG is in Phase 3 – Phase 4 of the Dementia Friendly development process. Based on the results of the Community Needs Assessment Survey, service priorities were established and noted below:

Service Priorities:

- 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 on the service priorities, 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.

The Southern Nevada CAG developed and houses the Dementia Friendly Nevada website (<https://dementiafriendlynevada.org/>). The site includes community specific pages to highlight Dementia Friendly CAG activities. The Southern Nevada CAG hosted a website training for all other CAG's to educate them on how to customize and manage their specific pages. In addition, the webpage also includes the Nevada Dementia Supports Tool Box and other partners resources. The website allows 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 are scheduled for release utilizing Hootsuite. These posts will contain information about partner programs and resources. The site is already reaching space capacity. The Southern Nevada CAG developed the Dementia Friendly Nevada logo and logos specific for other CAGs.

Successes:

- Social media community platform, Facebook page, Dementia Friendly Nevada, has 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 first year. \$12 Fee for 4 hours of CEUs and CMEs will go directly to UNR. There is a check throughout video that 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). Viewing numbers are mixed and varies between viewership and content. NV State College Nursing School Staff and UNLV Nursing School staff indicated that they can use this as 'make up' sessions for their students.

- The preliminary format draft of the Resource Notebook is developed with a final completion date set for May/June 2019. The Resource Notebook provides information on supportive programs and services, where to find help for care planning, common issues and concerns related to dementia and cognitive impairment, and increased awareness of Dementia Friendly Practices. The resource notebook will also address resources and services available for IDD populations. The notebook works in unison with Nevada 2-1-1, Nevada Care Connections, and www.dementiafriendlynevada.org to help familiarize and direct people to the services that they need in every part of the state.
- Community Awareness Training (CAT) Updates: business template completed/ updated based on feedback from test sites and volunteers. Each test sites made revisions. Two (2) test sites out of four (4) made contact for follow up and additional sessions. Five test focus group trainings were completed in business sector end of 2018 and modified template from feedback. 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.
- Dementia Friendly Southern Nevada 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. After the BAS Test, participants were given the opportunity to visit stakeholder information booths: Alzheimer’s Association, Nevada Senior Services, Aging and Disability Services Division, and the Cleveland Clinic Lou Ruvo Center for Brain Health. A 6-Month Follow-Up survey will be conducted to those consenting to a phone call to measure the effectiveness of the community memory screening, dementia awareness campaign.
- 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.
- CCLV is teaming up with the Alzheimer’s. Assoc. Southern NV. Presented EPIC in the last meeting and generated much interest for 2019. Brought a lot of people in the room together—very positive response! Kate assured will continue to build direct service programs.
- Key priority areas for 2019
 - Engagement of PWDs and caregivers.
 - Resource Connections—increase awareness of existing resources. (Getting organizations to connect more of their resource into NV 211 and Nevada Care Connection.)
 - Community Awareness—what is dementia and resources (i.e. memory screenings)
 - i. Help different sector teams develop their own goals.
 - ii. Empower people to carry on activities outside of meeting times and for people to take more of a role/responsibility.

Connections:

Community Partners for Better Health requested doctor to speak on Brain Health to partners in faith-based communities. Will provide Community Awareness Training as well. Significant—this particular group would not know to seek further assistance if had not done memory screening. Teaming up with Office of Minority Health, State of Nevada to discuss going out into the community that have special needs but might not have the awareness. Office of Minority Health is now on the Task Force for Alzheimer’s Disease (TFAD).

Alzheimer’s Association Southern Nevada will take more of a role in DFSN including implementation and planning. Will be Introducing EPIC to the group – volunteer locations.

Products Produced: Memory Screening flyer

Washoe County Community Action Group Activities

The Washoe County CAG is in Phase 2 – Phase 3 of the Dementia Friendly development process. Based on the results of the Community Needs Assessment Survey, the Washoe County CAG 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.

Developed into Dementia Awareness Training and Education Team (DATES)

- Aims to provide and evaluate educational opportunities (e.g., Dementia Friends) to groups who will benefit from and become more inclusive and welcoming towards people living with dementia (and their care partners) as a result of their increased knowledge.
- 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:

Successes: 2 Action Teams:

- 1) Dementia Awareness Training and Education Committee (DATES—Previously Business Retail Action Team)
 - Meet every other Tuesday at the Continuum (outside of CAG meeting)
 - Met with Chamber of Commerce on Dementia Friends opportunities. Dementia Friends Sessions scheduled with business community, Retail, and Health Care sector.
 - Explore Dementia Friends Opportunities in local network of community libraries and standing Dementia Friends OSHA Livelong Learning institute. Dementia Friends Sessions presented to 409 individuals.
 - Multiple Dementia Friends Sessions planned at various Washoe County Libraries with both sessions aimed at the community and sessions for librarians. April 4th, April 17th, April 19th
 - Spring Sessions for Osher Lifelong Learning Institute (OLLI)—comprising 1500 members (4 at Moana Campus and 2 at Redfield Campus)
 - Altogether nine Dementia Friends Information Sessions have been presented since the beginning of 2019, more than doubling their 2019 numbers of individuals trained.
 - Working with Renown Health to offer Dementia Friends Sessions (or some other training) to community members and medical professionals.
- 2) Open Door Café
 - The Open Door Café provides and encourages opportunities to relax, have fun, socialize and develop networks of mutual peer support within a welcoming environment.
 - Meets 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 Cafe. 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.

Community Outreach Events/Trainings/Broadcasts:

- 4 CAG members attended *Live Alone with Dementia Summit* in Reno, on January 18, 2019. They brought back valuable insights and shared the things they learned with the whole group.
- A Washoe County CAG Social Event was held on March 20, 2019 at the home of Neal and Roberta Ferguson, active CAG members. This event aimed to promote Dementia Friendly Washoe County and solicit more interest and involvement. 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 DFNV 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)

Exploring other community outreach/education ideas for the future, including:

- Cracked – Film Screening (Evidence-based film about living with dementia).
- *Walk with Me* Community Awareness Event is planned for June 4, 2019, with a subcommittee being formed to discuss further plans. Community Outreach Event (Similar to Elko's) Introduce Washoe Co. CAG, provide overview of two current goals, share ideas about how people can get involved, have a panel discussion about experience of living with dementia in Washoe Co., and give recognition to CAG members.

Products: DATES Tri-fold brochure, Website, Facebook Page. Open Door Café 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

The Elko CAG is in Phase 3-4 of the Dementia Friendly development process. Based on 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:

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. Event helped community members understand dementia, learn about collaborative and community-based DFNV initiative, and hear from a panel about the experience of living with dementia in Elko County. Findings from the recent dementia community needs survey and overview of Dementia Friendly Elko were provided. Also solicited further involvement from community members.

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 to provide people living with memory loss an opportunity for meaningful engagement and peer support, while offering care partners respite. Volunteers will establish with RSVP and be trained to facilitate the programs. They will also be trained on the REST program, *Dementia Friends*, and Java Music Club, and a group engagement physical activity.

Dementia Friendly Elko website was created by Laura Johnson, graduate assistant to Jennifer. A new AmeriCorps Vista Volunteer, Casey Acklin, will update monthly.

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. The 4-hour format, facilitated by two volunteers, featured:

- 12:00 – 12:45 PM Lunch together
- 12:45 – 1:00 PM Break
- 1:00 – 2:30 PM Java Music Club
- 2:30 – 2:45 PM Break
- 2:45 – 3:30 PM Physical activity
- 3:30 – 4:00 PM Visit and pick up

There were twelve participants in the first session and eight people in the second session. Friends Day Out is being administered in conjunction with RSVP Rural respite volunteer facilitators who also work to help promote the event on the Dementia Friendly Elko Facebook page and other means of outreach. The goal is to provide Friends Day Out on a weekly basis (every Friday afternoon).

Two community action group members and a partner from Nevada Rural RSVP manned a table at the Health and Fitness Fair to share information and resources about Dementia Friendly Elko. Information about Friends Day Out was also provided.

Products: Three-fold Dementia Friends Information Session brochure, invitations, DF Elko banner, Volunteer Recruitment Session handout.

Winnemucca Community Action Group Activities

The Winnemucca CAG is in Phase 3-4 of the Dementia Friendly development process. Based on 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 receive 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.

Respite Retreat--new name: Wellness, Art, and Music Project (WAM) – 1st and 3rd Mondays.

Residents from Harmony Manor and Quail Corner joined from outreach to the retreat.

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. Participants sang newly created Java Jive DF song to the tune of "My favorite things". Community members learned about dementia and resources they can use to navigate the disease, along with ways they can get involved with CAG group and upcoming dementia/Alzheimer's related community events. Subsequently, additional Dementia Friends Sessions have been held in Winnemucca.

November 6, 2018 CAG Meeting – full meeting room. About 20 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”.

CAG member attended Live Alone Summit in Reno and shared insights with the group at the February 2019 meeting.

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.

CAG members manned a table at the Health Fair on March 16 and shared information on ADF.

April 13, 2019 at the Color the Mucca run the Dementia Friendly CAG hosted a table with information about Dementia and Alzheimer’s awareness.

April 16, 2019 CAG facilitator, attend the Alzheimer’s Advocacy Day at the Nevada Legislature and spoke with multiple legislators about current bills being introduced relating to Dementia and Alzheimer’s.

Planning underway to host and promote a sprint triathlon in July in conjunction with Humboldt Volunteer Hospice.

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 **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:

Some of the group's activities includes:

- Community education including the Dementia Friends program and other educational workshops.
- Exploring the opportunity to bring Comprehensive geriatric clinical services to Pyramid Lake in partnership with UNR Medical School's Sanford Center for Aging.

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 group planned a 4-hour community dementia education event on Wednesday, November 28, 2018.

November 28, 2018 Community Dementia Education Event featured:

1. Overview of Alzheimer's Disease and Dementia, Alzheimer's Association. Interactive discussion session took place with questions posed by attendees, especially on physiology of the disease and identifying signs and symptoms.
2. Effective and Empathetic Communication, Alzheimer's Association. Outline strategies for connection in each stage of the disease.
3. Responding to Unmet Needs (So-called 'Behaviors') – Jennifer Carson, Ph.D. Dementia Engagement, Education, and Research Program (D.E.E.R), University of Nevada, Reno
4. Local Resources for Persons Living with Dementia and Family Care Partners – 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.

Upcoming activities and plans:

- Sanford Center for Aging to bring geriatric clinical assessment to the Tribal Clinic. 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.
- 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.

Two speakers confirmed:

1. Dave Baldrige - Cherokee, CEO, International Association for Indigenous Aging (worked on CDC Healthy Brain Initiative's Road Map for Indian County)
2. Mike Splaine, Splaine Consulting (led the development of the Road Map)

Jennifer is scheduled to present at the Nevada Tribal Consultation meeting on Wednesday, April 10, 2019 ADSD. Hope to have a Save-the-Date available for Tribal Dementia Summit.

Products: Post-session evaluation form, Save the Date for Tribal Dementia Summit

Pahrump Community Action Group Activities

The Pahrump CAG 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:

Revised goals as of December 2018:

- 1) To bring geriatric clinical services to Pahrump to improve early detection and treatment.**
- 2) To provide comprehensive dementia education to family care partners in conjunction with respite care identified as a gap in Community Needs Assessment.**

Current Activities:

Recruitment of Community Action Group members continues. Dementia Friendly Pahrump website was launched by a graduate assistant to Jennifer Carson, and will be maintained by new VISTA volunteer who started working with DFNV in March 2019.

Goal 1: Improve geriatric clinical services with an aim to improve early detection and treatment.

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.

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

Goal 2: Provide comprehensive family caregiver education in conjunction with respite care for persons living with dementia.

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. The CAG actively formulated a plan to recruit participants for this direct service program and was successful in their efforts. A total of 9 participants completed CarePRO training. Another session of CarePRO will be held in the Fall 2019.

Nevada Senior Services, to bring Caring for You, Caring for Me to Pahrump.

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 the following three-hour format, facilitated by two RSVP Respite volunteers:

- 11:30-12:15 PM Lunch together
- 12:15-12:30 PM Break
- 12:30-2:00 PM Java Music Club (an evidence-based, peer support program)
- 2:00-2:15 PM Break
- 2:15-3:00 PM Physical activity and visit
- Pick up by 3:00 PM; center closes at 3:00 PM

Goal 3: Provide community education and awareness

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.

Two Pahrump CAG members received scholarships for registration to Living Alone with Alzheimer's Summit on Wednesday, January 16, 2019. The attendees returned and reported to the group.

Upcoming activities/accomplishments

- Wrapping up first offering our CarePRO, taught by DFP CAG members.
- Dementia Friends information session to Search and Rescue in April (about 20 – 30 people).
- Planning a community education event on Wednesday, May 29th from 3:00 – 5:00 PM featuring *Cracked: A New Light on Dementia* and comments from retired state Senator Valerie Wiener. Will hold it at the Valley Conference Center.

Products: CarePRO flyer, Upcoming community event flyer, newspaper clippings