Dementia-Capable North Carolina

“Everyone has a home town”

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Every Minutes Counts: PBS

- https://youtu.be/sEDFOOUAt6M
The Face of Alzheimer’s Today

- **Sixth-leading** cause of death
- **5.2 million** Americans have Alzheimer’s disease
- Currently, NC has over **160,000** older adults with Alzheimer's disease or other types of dementia.
- In the US every **67 seconds** someone develops Alzheimer’s
- By **2030**, the total number is projected to rise to over **300,000**
- There is no known cure or preventative for this fatal disease.
North Carolina is Aging

- The number of adults 65 and older will increase dramatically over the next 15 years.
- North Carolina ranks 9th nationally, both in total population and in the number of people 65 and older.
- In 2025, one in five North Carolinians will be 65 and older.
- Our 65 and older population will almost double in the next 20 years from 1.5 to 2.5 million.
Dementia Friendly America

Framing the Plan

- Raising awareness about dementia and transforming attitudes
  - Education, Awareness, Early Detection and Diagnosis

- Having supportive options that foster quality of life
  - Quality of Care, Care Coordination, Health Care System Capacity

- Supporting caregivers and families touched by the disease
  - Access to Treatment, HCBS, Long-Term Care, Caregiver Assistance

- Promoting meaningful participation in community life
  - Public Safety and Safety-Related, Legal Protections

- Reaching those who are underserved
  - Rural Communities, IDD population, African-American elders, Data
Raising awareness about dementia and transforming attitudes

Recommendation 3.3:
Create a collective impact partnership to develop and establish dementia-capable pilot communities.
Health care that promotes early diagnosis and uses dementia care best practices along the care continuum

Residential settings that offer memory loss services and supports

Dementia-aware and responsive legal and financial planning

Welcoming and supportive faith communities

Businesses with dementia-informed services and environments for customers and employee caregivers

Dementia-friendly public environments and accessible transportation

Dementia-aware local government services, planning and emergency responses

Supportive options for independent options for independent living and meaningful community engagement
Dementia Friends USA

- [http://dementiafriendsusa.org/](http://dementiafriendsusa.org/)
Dementia Friendly America

Guiding Principals

- Raising awareness about dementia and transforming attitudes
- Having supportive options that foster quality of life
- Supporting caregivers and families touched by the disease
- Promoting meaningful participation in community life
- Reaching those who are underserved
A Dementia Friendly Community is:

1) Informed
2) Safe and respectful of individuals with dementia and their families
3) Provides supportive options across all community sectors
4) Fosters quality of life

A Dementia Friendly Community connects business, civic, faith-based, government, legal and financial and human services together toward a common agenda.
What is Collective Impact?

Participants have a **common agenda** for change including a shared understanding of the problem and a joint approach to solving it through agreed upon actions.

Collecting data and **measuring results consistently** across all the participants ensures shared measurement for alignment and accountability.

A plan of action that outlines and coordinates **mutually reinforcing activities** for each participant.

Open and **continuous communication** is needed across the many players to build trust, assure mutual objectives, and create common motivation.

A **backbone organization(s)** with staff and specific set of skills to serve the entire initiative and coordinate participating organizations and agencies.
## What is Collective Impact?

### Phases of Collective Impact

<table>
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<tr>
<th>Components for Success</th>
<th>PHASE I Initiate Action</th>
<th>PHASE II Organize for Impact</th>
<th>PHASE III Sustain Action and Impact</th>
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<tbody>
<tr>
<td>Governance and Infrastructure</td>
<td>Identify champions and form cross-sector group</td>
<td>Create infrastructure (backbone and processes)</td>
<td>Facilitate and refine</td>
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<tr>
<td>Strategic Planning</td>
<td>Map the landscape and use data to make case</td>
<td>Create common agenda (goals and strategy)</td>
<td>Support implementation (alignment to goals and strategies)</td>
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<tr>
<td>Community Involvement</td>
<td>Facilitate community outreach</td>
<td>Engage community and build public will</td>
<td>Continue engagement and conduct advocacy</td>
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<tr>
<td>Evaluation and Improvement</td>
<td>Analyze baseline data to identify key issues and gaps</td>
<td>Establish shared metrics (indicators, measurement, and approach)</td>
<td>Collect, track, and report progress (process to learn and improve)</td>
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## Four-Phase Toolkit Process

<table>
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<tr>
<th>Action Phase 1 – Convene</th>
<th>Action Phase 2 - Engage</th>
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<tbody>
<tr>
<td>Step 1: Determine Community Readiness.</td>
<td>Step 1: Form a Community Engagement Team</td>
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<td>Step 2: Generate Awareness.</td>
<td>Step 2: Adapt the engagement process to your community</td>
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<td>Step 3: Build An Action Team.</td>
<td>Step 3: Hold an interview and focus group training and preparation session</td>
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<td><strong>Step 4: Hold a Community Kickoff and Publicize.</strong></td>
<td>Step 4: Develop an organized process flow and timeline</td>
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<td>Step 5: Engage the community through interviews and focus groups</td>
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## Action Phase 3 – Analyze

| Step 1: Compile and interpret the data |
| Step 2: Analyze findings and select priority goals |

## Action Phase 4 – Act

| Step 1: Share the results and involve the community |
| Step 2: Create and implement a Community Action Plan |
Ongoing North Carolina Initiatives

- Orange County Dementia-Friendly OCCARES
- Dementia-Friendly WNC
- SING-Wake Forest NC
- Dementia Inclusive Durham (DID)
- OBX Hospital

- Sylva, Jackson Co, NC
- Wilmington, New Hanover Co, NC
- Charlotte/Mecklenburg Co, NC
The Reality of a Caregiver

- Family
- Career
- Life Balance
- Health
- Friends
Caregiving

- It’s not a question of “if” but “when”
- Caregiving affects all relationships
- It is rarely fair or equal
- Family Caregiving disrupts lives
- Stressful and demanding
- Rewarding and “divine”
- 6-8 years but up to 20 years
Happy Birthday?

you'll get your present if I ever get my checkbook back.
Fear Factor.....

Is Your SHAMPOO Giving You Alzheimer's?
If you use 1 of these 4 shampoos, your brain could already be shutting down.
Do NOT wash your hair until you watch THIS...

Soon they're forgetting the names of people they've known for decades...
Balancing Tip #1: Talk

Communication is a continual balancing act, juggling the conflicting needs for intimacy and independence.

Deborah Tannen
Balancing Tip #2: Be Proactive

- Educate yourself
- Healthy Body = Health Brain
- Nutrition, Exercise, Cognitive Stimulation.
- Advocate, Plan, and Prepare
- Advanced Directives, Power of Attorney, Wills and plans
Balancing Tip #3: Pleasant Events

1. Movie
2. Friends
3. Dinner out
4. Walk
5. Day trip
6. Hobby
7. Family time
8. Shopping
9. Sightsee
10. Create
11. Mani/Pedi
12. Massage
Balancing Tip #4: Ask and Accept Help

- Friends, Faith Community, those you trust
- Support Groups, Caregiver Events, online
- Area Agency on Aging, Dept. of Social Services Senior Center, & Adult Day Care Programs
- NC 2-1-1
- Family Caregiver Support
- Project C.A.R.E.
There are only four kinds of people in the world - those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers.

― Rosalynn Carter ―

Thank you!
For More Information

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