

Dementia
Friends
Iowa 

A Dementia Friendly America initiative

Information Session

What is a Dementia Friend?



Session
Workbook
(virtual copy):



One Word on Dementia

Dementia



Common Perceptions of Dementia



Victim Epidemic Hopeless Loss
Suffer Old Burden Confused Isolated
Wanderer Devastating Terrible Misery
Crazy Child-like Sad Dangerous

= NEGATIVE STIGMA



Types of Dementia

LESS COMMON

Dementia with
Lewy Bodies,
Frontotemporal,
Vascular,
etc.

MOST COMMON

Alzheimer's
Disease

Learn more about the
different types:



Typical Aging vs. Dementia

Dementia ≠ Typical Aging

Typical Aging	Signs of Dementia
Needing occasional help to use the settings on a microwave or to record a TV show	Difficulty completing familiar tasks at home, at work or at leisure
Vision changes related to cataracts	Trouble understanding visual images and spatial relationships
Sometimes forgetting names and appointments, but remembering later	Memory loss disrupting daily life; forgetting they ever made the appointment



Five Key Messages of Dementia Friends

1. Dementia is not a typical part of the **aging** process.
1. Dementia is caused by **diseases of the brain**.
1. Dementia is **not just about memory problems**.
1. It is possible to have a **good quality of life** with dementia.
1. There's **more to the person** than the dementia.





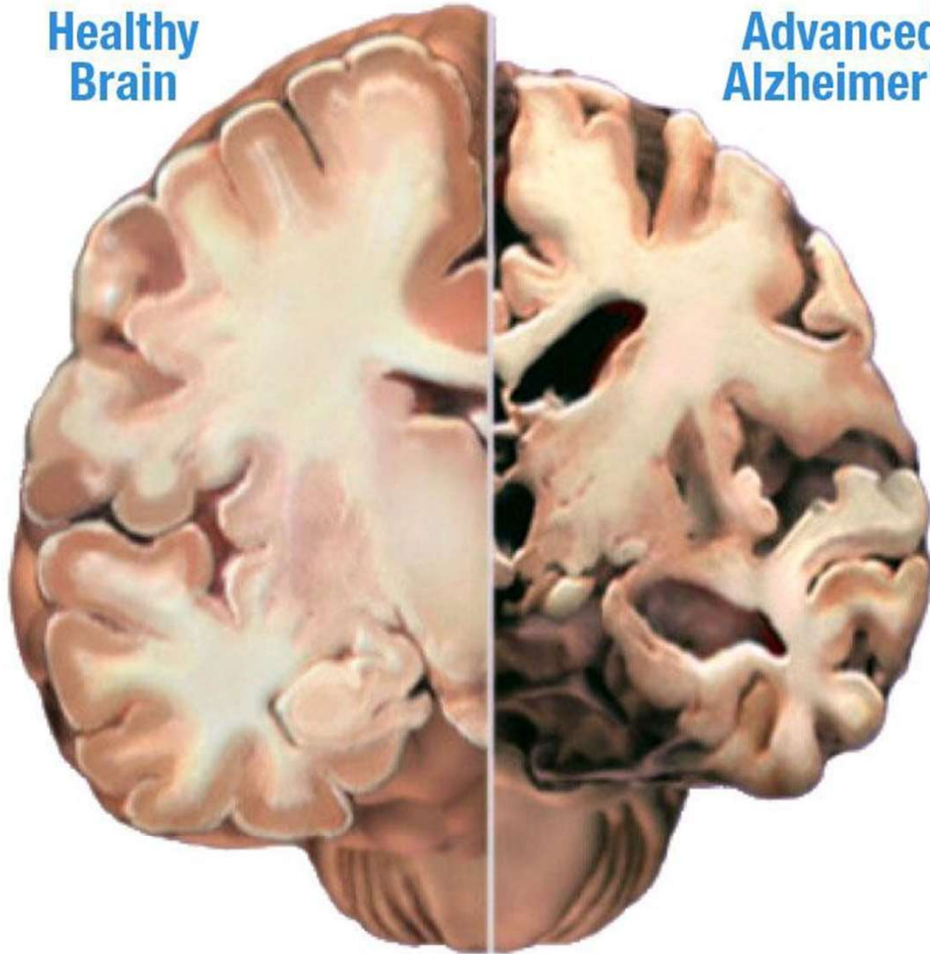
Bookcase Story

Facts, complex thinking, and short-term memories may fall away quickly.

Emotions, feelings, deeply rooted values, and long-term memories may remain longer.



**Healthy
Brain**



**Advanced
Alzheimer's**



**Average brain with
Alzheimer's loses
similar weight as an
orange (140g = $\frac{1}{3}$ lb).**



Tips for Communication



Do's and Don'ts in Conversation

Instead of this...

You could say...

**You need to go through
the checkout now.**

**The checkout is right
over here.**

Come over. It's ready.

**Please come here. Your
coffee is ready.**

Don't go there.

Let's go here.

Do you remember when...?

I remember when...





Turn Your Understanding Into Action

Examples:

- Get in touch and staying in touch with someone I know living with dementia
- Say “living with dementia” instead of “suffering with dementia”
- Carry out a personal action (such as being more patient when out in my community)
- Initiate dementia friendly changes or practices within my business/organization
- Contact a community resource to seek out assistance for myself, someone living with dementia, or a family caregiver I know
- Share the information I learned today with someone who might benefit
- Support or start dementia friendly community initiative in my town
- Become a Dementia Friends Champion or tell others to become Dementia Friends
- Anything else - what can you do?



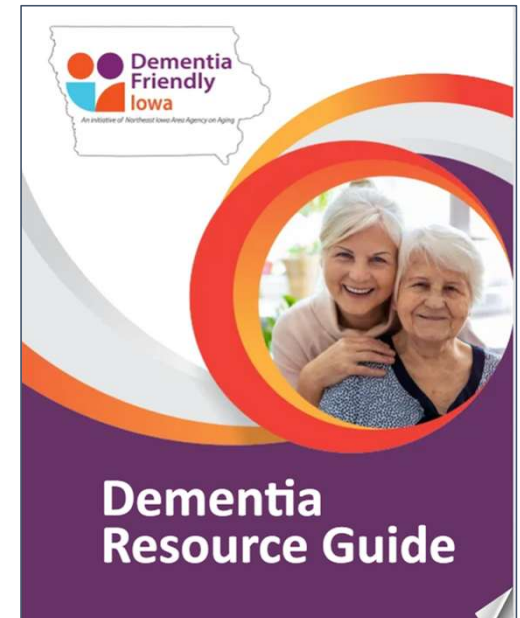
Resources in Iowa - Get Connected!



Geriatric
Education
Center



...and more listed on the back page of the session workbook!



Topic-by-topic guide found at www.DementiaFriendlyIowa.org



Evaluations

**Help us improve the Dementia Friends Sessions!
Take a few minutes to complete the evaluation.**



***Additional follow up survey will be sent in 3 months**





**I'm a
Dementia Friend!**

Thank you!



Questions?



Comments?



Stay connected!

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