

Dementia Friendly Communities Toolkit

Phase 4: Potential Options for Action Plan Development

INSTRUCTIONS

Identify the key element areas for action from the Engagement Priority Rating Spreadsheet. Use the following suggestions by category to identify possible goals and actions for use during Action Plan development. Review the Potential Activities for all areas since some activities apply to more than one Key Element Area. Remember to refer to the Dementia Friendly Sector Guides for more ideas.

The goals listed in this tool are general. As you develop your action plan, it is important to quantify goals, including specific timelines and dates, action items, and assignments of specific people to get the work done.

As you develop your action plan, remember to:

- Include people living with dementia and their care partners from the community to increase impact and effectiveness of activities.
- Keep core values of equity, awareness, access, and inclusion at the forefront of activities.
- Keep in mind the individuality of each person with dementia, their care partners, and each community.

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KEY ELEMENT ACTION AREA: AWARENESS

Goals

- C Develop or improve community awareness of dementia and capability within the community to:
 - o Identify resources that can support people with dementia and their care partners,
 - Recognize warning signs of dementia, and
 - Effectively interact and communicate with people with dementia (e.g. knowing when to repeat information, suggesting a family member participate in conversations).
- C Develop or improve dementia resources tailored to, available and accessible to diverse and underserved populations (e.g. geographic location, cultural background, socioeconomic status, etc.).
- Engage all sectors of community through dementia education and training.

Develop welcoming, unintimidating physical environments designed for access with

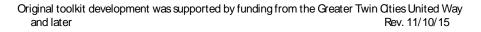
- Familiar and easily understood features,
- < Well-defined restrooms,
- Seating with arm and back rests,
- Sgns with large graphics, realistic symbols and color contrast (dark on light background),

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Establish a referral system to dementia guides or single point of reference on dementia for community.

KEY ELEMENT ACTION AREA: WELLNESS

Goal

< Develop or improve

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Mini Cog, MoCA, SLUMS, provision of dementia workup according to guidelines (AAN, ACT practice tool), and supporting family caregivers.

Potential Activities

Provide in-person dementia training and provider tools to health care providers / professional caregivers.

- Support ongoing dementia education for all staff that includes topics such as: explaining a diagnosis, disease process, possible treatments, what to expect with memory loss and behavior changes, and ideas for staying active and engaged.
- Support person centered care planning that maximizes abilities, function, and quality of life; manages medications and chronic disease, provides referrals to services and support, supports care partner needs (e.g. recognizing and responding to signs of burnout), addresses home and personal safety and independence (e.g. fall risk mobility/sensory needs, driving), facilitates advance care, financial and legal planning, and promotes positive behavioral health.
- In-person dementia best practices trainers and speakers can support your dementia practice adoption efforts on a consultation basis. Inquire about this support by conta <u>info@ACTonALZorg</u> or see a list of training opportunities at <u>http://www.actonalz.org/dementia-in-person-training</u>

Identify leadership level champions to sustain the dementia friendly initiative in the health care setting, and on the ground

REFERENCES

Dementia Friendly America Sector Guides http://www.dfamerica.org/sector-guides-1/

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