

# Tips and Best Practices for Helping People Living with Dementia Stay Socially Engaged and Connected

# Webinar Instructions

## Audio Options

- Use your computer speakers, **OR** dial in using the phone number in your registration email.
- All participants are muted.

## Questions and Answers (Q&A)

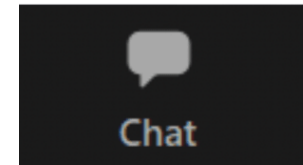
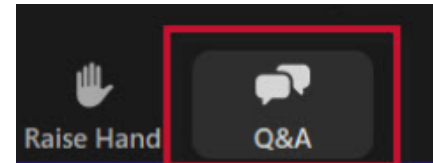
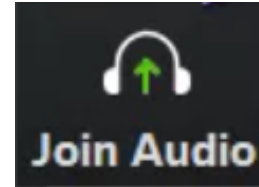
- You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.

## Chat Feature

- The Chat feature allows webinar attendees, the host, co-hosts and panelists to communicate for the duration of the webinar.

## Recording

- The recording will be available on [www.engagingolderadults.org](http://www.engagingolderadults.org).



CLICK HERE TO START CHAT

# Accessibility and Support

- **Screen Reader Users: Reduce unwanted chatter**
  - Request speech on demand: Insert, Spacebar, “S”
- **Webinar participants can view closed caption subtitles, watch a live transcript of the meeting or adjust the size of subtitle text**
  - To control closed captions, click on the CC Live Transcript button in the control bar at the bottom of the Zoom window
- **To get our attention if you need tech assistance:**
  - Raise or Lower Hand: Alt + Y

# USAging

- USAging represents and supports the national network of Area Agencies on Aging and advocates for the Title VI Native American Aging Programs that help older adults and people with disabilities live with optimal health, well-being, independence and dignity in their homes and communities.
- <https://www.usaging.org/>

# Overview of engAGED

- National effort to increase social engagement among older adults, people with disabilities and their caregivers
- Administered by USAging
- Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living
- Broad-based Project Advisory Committee
- [www.engagingolderadults.org](http://www.engagingolderadults.org)

# Connect With Us!

- [www.engagingolderadults.org](http://www.engagingolderadults.org)
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- [info@engagingolderadults.org](mailto:info@engagingolderadults.org)

# Presenters



**Darya Rahbar**  
Program Manager, USAging

**Beth Soltzberg**  
Director of the Alzheimer's/Related Dementias Family Support Program, Jewish Family & Children's Services

**Cheryl Dye, Ph.D**  
Research Professor, Psychology; Professor Emerita, Public Health Science, Clemson University Institute for Engaged Aging



**Caitlin Torrence, Ph.D**  
Research Associate, CU Office for Research and Organizational Development

**Bailey Dull**  
Director, Golden Corner Respite Care Center



# Fostering Social Engagement in DFA Communities

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Mary Ek, Director, USAging

Darya Rahbar, Program Manager, USAging





# The Growing Need



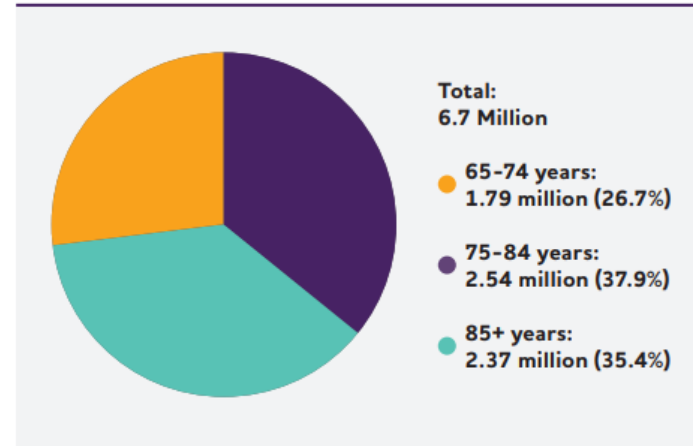
More than  
**6 million Americans**  
are living with Alzheimer's

Over 11 million  
Americans  
provide unpaid care for  
people with Alzheimer's  
or other dementias

These caregivers  
provided more  
than 18 billion  
hours valued  
at nearly

**\$340**  
billion

Number and Ages of People 65 or Older  
with Alzheimer's Dementia, 2023\*



\*Percentages do not total 100 due to rounding.

Created from data from Rajan et al.<sup>A2, 222</sup>

# Dementia & Risk for Social Isolation and Loneliness

## Stigma

- Can lead to lack of confidence
- Hesitance to let people know about diagnosis
- Can lead to loss of friendships or make it difficult to form new ones

## Support networks and interaction

- People struggle to know how to support people living with dementia
- Lack of support can intensify feelings of isolation
- For many people who live alone, support from family and friends is vital

## Activities and engagement

- Many people stop engaging in regular activities, which can contribute to loneliness
- Diminished confidence can lead to a loss of independence

# Dementia Friendly America

- Dementia Friendly America (DFA) launched in 2015.
- Goal is to ensure that communities and individuals across the U.S. are equipped to support people living with dementia and their caregivers.
- Two primary initiatives within DFA:
  - Dementia-friendly communities (community-wide impact)
  - Dementia Friends (individual-focused impact)
- Modeled after Minnesota's ACT on Alzheimer's
- USAging is fiscal agent and program administrator for DFA.
- Guided by a National Council of 35+ national leading organizations
- [www.dfamerica.org](http://www.dfamerica.org) and [www.dementiafriendsusa.org](http://www.dementiafriendsusa.org)



# What is a Dementia Friendly Community

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- A dementia friendly community is informed, safe and respectful of individuals with dementia, their families and care partners and provides supportive options that foster quality of life.
- Joining the DFA network means a community is working to become more dementia friendly
  - Community approach (involving at least 3 sectors of community)
  - Including people with dementia and their care partners in planning
  - Adopting dementia friendly practices and goals

# Social Engagement in DFA Communities

## Nevada

Dementia Conversations



<https://dementiafriendlynevada.org/dementia-conversations/>

## Minnesota

The Remember Project



<https://rememberproject.org/>

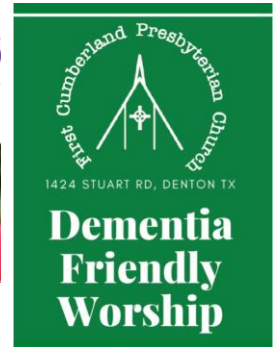
## Denton County, TX

Dementia Friendly Nature  
Walks

Dementia Friendly Worship

**DEMENTIA FRIENDLY  
NATURE WALKS**

Day	Date	Time	Park	Code
Tu	Apr. 4	10 - 11 a.m.	Stone Creek Park, 1400 Fuggus Dr.	15651
Tu	Apr. 11	10 - 11 a.m.	Timber Trails Park, 4401 Morris Rd.	15652
Tu	Apr. 18	10 - 11 a.m.	Westchester Park, 3901 Churchill Dr.	15653
Tu	Apr. 25	10 - 11 a.m.	Heritage Park, 600 Spinks Rd.	15654



<https://dementiafriendlydentoncounty.org/programs>

# Avenues for Creative Engagement

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## **Opening Minds through Art**

<https://scrippsoma.org/>

## **Time Slips**

<https://www.timeslips.org/>

## **Giving Voice Chorus**

<https://givingvoicechorus.org/>

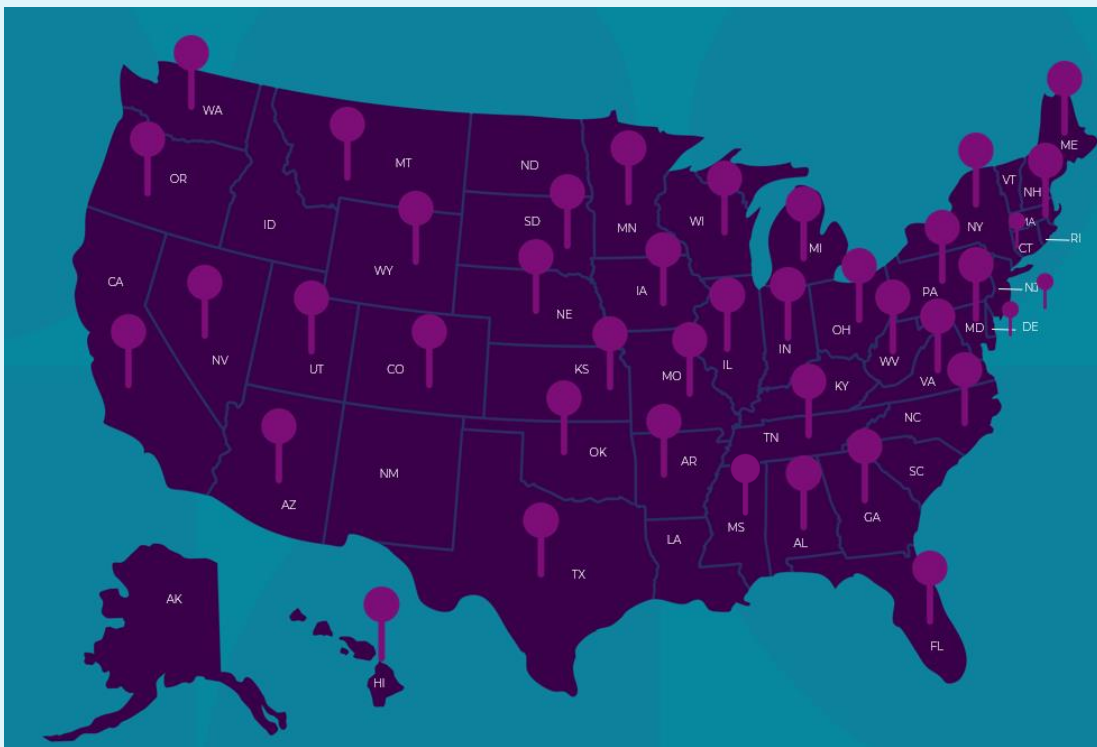
## **Story Corps Memory Loss Initiative**

<https://storycorps.org/discover/memory-loss-initiative/>

# DFA Network Reach

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- **41 States** have communities that are members of the DFA Network
- There are **over 400 DFA Communities** across the country.



- **23 State-led Efforts:** Alabama, Arizona, Arkansas, Delaware, Florida, Georgia, Hawaii, Illinois, Indiana, Iowa, Maine, Massachusetts, Minnesota, Mississippi, Nebraska, Nevada, New Hampshire, New York, North Carolina, Oklahoma, Utah, Virginia, West Virginia, Wisconsin



- Dementia Friends USA is part of a global social awareness movement.
- Participants attend a Dementia Friends champion-led session to learn about what it's like to live with dementia and turns that understanding into action.
- Active in 30 states/territories through sub-license process

The screenshot shows the Dementia Friends USA website. At the top left is the logo. The main heading reads "Join the Movement! Become a Dementia Friend." Below this is a sub-headline: "There Are More Than 139,000 Dementia Friends Across the Country". A map of the United States is displayed with various location pins and icons representing different types of businesses and services like a bus, bank, pharmacy, and grocery store. At the bottom, there is a green banner with the text "Become a Dementia Friend" and a button that says "Become a Dementia Friend Today!".



# 139,000+ Dementia Friends Across the U.S.

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# Contact Information

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**Mary Ek**

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**DFA General** [info@dfamerica.org](mailto:info@dfamerica.org)

[dfamerica.org](http://dfamerica.org)

[dementiafriendlyusa.org](http://dementiafriendlyusa.org)

Follow us on social media:

- @dfamerica\_ on Twitter
- Search for Dementia Friendly America on Facebook





Dementia  
Friendly  
America.®

# Memory Cafés

engAGED webinar: Tips and Best Practices for Helping People  
Living with Dementia Stay Socially Engaged and Connected

June 7, 2023



For more than 150 years, Jewish Family & Children's Service  
has been helping individuals and families build a strong  
foundation for resilience and well-being across the lifespan.

**Beth Soltzberg, LICSW, MBA**  
***Jewish Family & Children's Service,  
Greater Boston***

- Coordinator, JF&CS Memory Café
- Founder/Director, JF&CS Memory Café Percolator
- Lead, Dementia Friends Massachusetts
- Leadership Team, Dementia Friendly Massachusetts



# What we'll cover

- 1-minute intro to memory cafés
- JF&CS Memory Café – why it works
- Percolator and other resources to help you start or sustain your own memory café





# Key principles and aims of memory cafés

- Focus on social connection
- For people living with dementia and care partners
- For people with dementia due to any medical cause, at any stage of disease progression
- No one is asked their diagnosis
- Tailored to language and community, local interests/needs

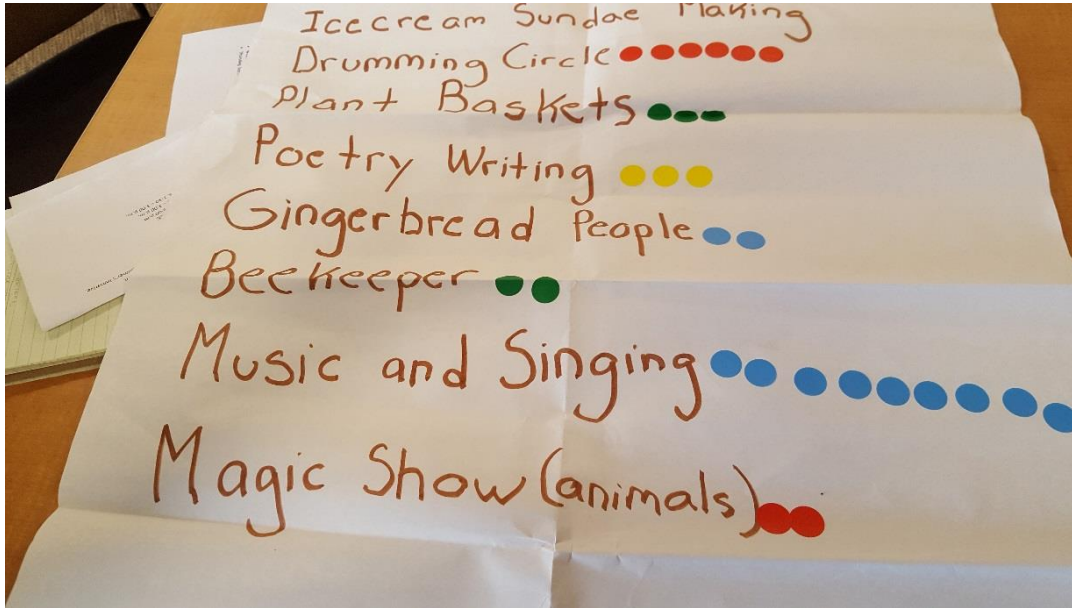




# JF&CS Memory Café



# Assessing Impact: Program Improvement vs. Outcomes



Caring for Generations  
**JF&CS**  
Greater Boston

MEMORY CAFÉ  
Spring 2023

If you already received this survey by email and completed it electronically, then you do not need to complete this paper survey.

Dear JF&CS Memory Café Participant,

Please take a few moments to share your ideas and suggestions about the JF&CS Memory Café. Your responses will help us to improve this program. Your responses are anonymous.

We have learned over the past two years that some participants prefer in-person gatherings and some prefer virtual gatherings. We are exploring ways to meet everyone's needs, including some in-person gatherings, as safety permits. Please let us know what you prefer.

1. How do you prefer to attend the JF&CS Memory Café? Choose the option that fits you best. Note that our in-person location is JF&CS headquarters, 1430 Main Street in Waltham. Please check one response below:

I can only attend if the gathering is held in-person. I cannot attend virtual gatherings.

I can only attend if the gathering is held virtually. I cannot attend in-person gatherings in this location.

I could attend either in-person or virtual gatherings.

Any comments:

\_\_\_\_\_

\_\_\_\_\_

2. Please answer if you responded that you could attend either in-person or virtual (3<sup>rd</sup> choice) above, otherwise skip this question.

Do you have a preference for Memory Café gatherings? Please check one response below:

In-person

Virtually

Neutral: either in-person or virtual is fine with me

# **"We Don't Feel so Alone": A Qualitative Study of Virtual Memory Cafés to Support Social Connectedness Among Individuals Living With Dementia and Care Partners During COVID-19, Masoud et al, 2021.**

Five key themes were identified: (1) Reprieve; (2) What is still possible; (3) Connectedness; (4) Inclusivity; and (5) Value added (cognitive stimulation, education about dementia, learning about resources, helping others)

Full text here:

<https://www.frontiersin.org/articles/10.3389/fpubh.2021.660144/full>

# Impact – participants who are living with dementia

- “It gives me a feeling of home.”
- “I love to know that this is not an end for me but the beginning of a different lifestyle.”
- I’ve made so many friends here. This is what we need – a place where we’re treated like everybody else.”



# Impact – care partners

- “Joe is ready to come back next month. It is the first positive activity I have had in months.”
- “It was so good for me to see Dad having a good time and me being able to relax for a while!!! Thanks for all the pampering, too, I needed that!!!!”
- “For my husband who is living with younger Onset Alz, it truly is a "reset" button for him as no matter how his day starts, once we arrive he becomes calm and engaged. For me, it gives me a wonderful way to fill our hours with meaningful and enriching actives and wonderful social engagement opportunities”



# Impact – volunteers

- Memory café has taught me the beauty and importance of a population that people my age tend to ignore.”
- Caring for people with dementia will be one of the most significant responsibilities of our generation ...I find it both heart-warming and humbling to recognize that we must work at this together, in community...”



# Make new friends – and help keep the old ones



## Memory Cafés: A Place for Friends to Stay Connected

February 25, 2020

Posted by Beth Soltzberg, Director of Alzheimer's/Related Disorders Family Support Program



# Percolator resources: [www.jfcsboston.org/Percolator](http://www.jfcsboston.org/Percolator)

- All resources are FREE!
- Toolkit on starting/running in-person café; virtual/hybrid supplement
- Join our mailing list and Google group!
- Quarterly idea exchanges – **next one is June 14!**
- PSA videos in English, Spanish, Portuguese
- Guest artist directory
- Guide to encourage leadership and participation
- Many how-to videos; TEDx talk





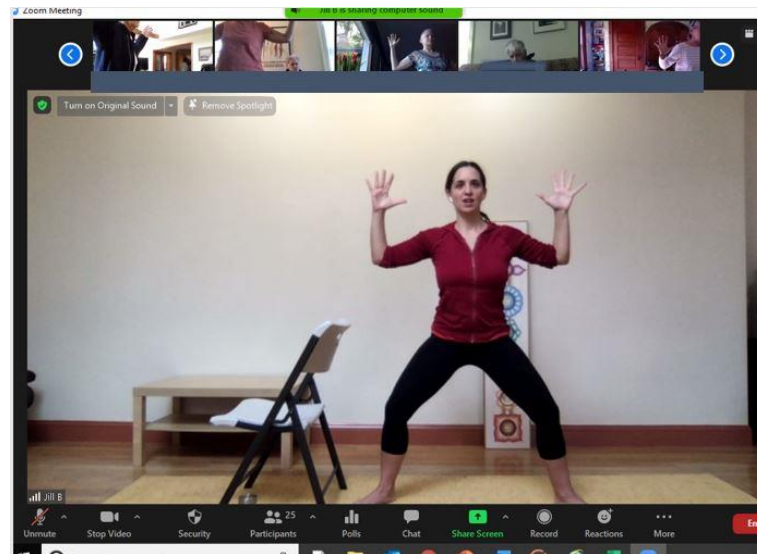
## Additional Resources

- engAGED Innovation Hub and 2023 What Works <https://www.engagingolderadults.org/hub>
- Wisconsin Alzheimer's Institute Best Practice Guide to Memory Cafés <https://wai.wisc.edu/documents/best-practice-guide-for-memory-cafes/>
- Book: *The Alzheimer's and Memory Café: How to start and succeed with your own café*, by Jytte Fogh Lokvig, 2016
- National memory café directory: [www.memorycafedirectory.com](http://www.memorycafedirectory.com) and [www.memorycafedirectory.com/cafe-connect/](http://www.memorycafedirectory.com/cafe-connect/)

### *Individual or Regional Cafés*

- [Massachusetts Memory Café Directory](#)
- [Fox Valley Memory Project Cafés, Wisconsin](#) and [Library Memory Project, Wisconsin](#)
- [Memory Arts Café, NYC](#)

# Contact Beth: [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org)



# Social Engagement of Those with Dementia

The National Resource Center for  
Engaging Older Adults  
Webinar 6-7-2023

Cheryl Dye, PhD. Clemson University, Institute for Engaged Aging  
Caitlin Torrence, PhD., CU Office of Research and Organizational Development  
Bailey Dull, MSML, Golden Corner Respite Care Program Director

# Presentation Outline

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Dementia Friendly America initiative

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Community Assessment

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Asset mapping

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Collaboration, combination of resources

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Brain Health Club

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Golden Corner Respite Care Center

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# Dementia Friendly Communities

EQUITY INCLUSION ACCESS AWARENESS EQUITY INCLUSION ACCESS AWARENESS EQUITY INCLUSION

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# Assessment of Community Interest for Day Program

- Gathering of stakeholders
  - University faculty and students
  - Municipality / Church
  - AAA
  - Alzheimer's Association
  - Community members
- Discussion of need
- Asset mapping & available locations

# Values for Engaging Those with Dementia

- Day program with trained, compassionate staff,
- Respect for participant feelings & emotions, need to feel important and valued
- Social engagement with peers
- Activities - failure-free, variety – music, crafts, incorporation of individual interests

# Solution – Combination of Resources

- University leadership, grant writing, and student contribution
- Graduate assistantship & undergraduate student funding
- Identification of location – church & closed senior center
- Collaboration with the church leadership / AAA site director
- Department on Aging Alzheimer's Resources Coordinating Center funds
- Respite waivers from the Alzheimer's Association



# Establishment of Two Day Programs

- **Golden Corner Respite Care Program, established 2015**
  - Located within church,
  - Leadership by community board
- **Brain Health Club, established 2018**
  - Closed senior center that was renovated and reopened
  - Municipality and county resources
  - AAA services, after-school program, dementia day program
- Both programs originally staffed by CU students and doctoral student, currently part-time directors & community volunteers



# Golden Corner Respite Care

- Arts and crafts
- Music
- Outside guests
- Brain games
- Application for funding to build a sensory garden



# Central Community Center Renovation

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# Participant outcomes

- Cincinnati Observation Checklist
- Cohen-Mansfield Agitation Inventory
- Caregiver check-in

“My husband say today is the day that we go to the club”

# Brain Health Club - Multigenerational programming

- Day program for those with dementia
- AAA services – congregate meal, exercise
- Daily after-school program for elementary students

# Brain Health Club – National Recognition

In 2020, the Brain Health Club received an [Aging Innovations and Achievement \(AIA\)](#) Award from the National Association of Area Agencies on Aging.



# Contact Information

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## **Ms. Bailey Dull**

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# engAGED Resources

- New! 2023 What Works: Social Engagement Innovations and Best Practices
- Updated! A re-launched and updated Other resources:
  - Social Engagement Innovations Hub continues to grow
  - Community Awareness Toolkit
  - Tips for holding virtual events manual
  - Tips for hybrid events manual
  - Videos
  - Consumer brochures
- Monthly newsletter and blog
- [www.engagingolderadults.org](http://www.engagingolderadults.org)



# Upcoming Social Media Campaign

- Taking place June 12-16
- Fill-in-the-blank social media campaign to show how individuals stay engaged
- Open to all! Aging Network and partner org staff, volunteers and consumers

# How to Participate

- [www.engagingolderadults.org/2023-loneliness-awareness-week](http://www.engagingolderadults.org/2023-loneliness-awareness-week)
- Download the sign and add how you stay #SociallyengAGED
- Take a photo or make a video with your sign
- Post on social media with the hashtag #engAGEDandConnected and tag @engAGEDCenter

# Commit to Connect

- Fostering a nationwide network of champions who are committed to addressing social isolation and loneliness
  - Online discussions
  - Communities of Practice
  - Engaging webinars
  - Peer Networking opportunities
  - Newsletter and resources
- Funded by ACL
- USAging serves as the Coordinating Center
- <https://committoconnect.org/>



# Commit to Connect – Upcoming Webinar

- Date: Thursday, June 15
- Join Commit to Connect for a [webinar](#) highlighting state-level leadership in promoting social engagement and addressing social isolation and loneliness.
- Find out more information about the event and how to register on our website: [www.committtoconnect.org](http://www.committtoconnect.org)



COMMIT TO  
**Connect**

# Questions and Discussion

Please submit your questions or comments  
through the Q&A.

# Join Us For More Discussion in the Office Hours!

Follow the Zoom link provided in the chat to join us now for Office Hours!

Thank you!