

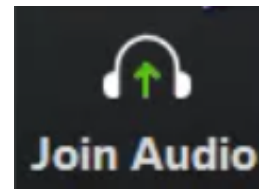
Partners In Social Engagement: Collaborating With Faith Communities

March 17, 2022

Webinar Instructions

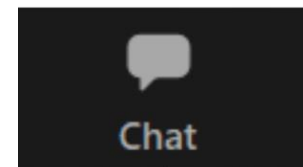
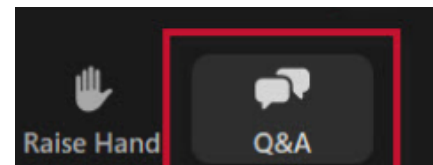
Audio Options

- 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.



CLICK HERE TO START CHAT

Accessibility

- **Screen Reader Users: Reduce unwanted chatter**
 - Request speech on demand: Insert, Spacebar, “S”
- **To get our attention if you need tech assistance:**
 - Raise or Lower Hand: Alt + Y

engAGED

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

Presenters



Virginia Biggar
Executive Director of Communities,
USAgainstAlzheimer's

Wendy De Leon
Caregiver and Dementia Program
Specialist, AgeOptions



Sonja Mickelson
Senior Companion Program,
Western ND Program Coordinator,
Lutheran Social Service of Minnesota

*Us*Against Alzheimer's

Virginia Biggar
Executive Director of Communities

Dementia Overview

- More than **6 million** Americans are living with Alzheimer's disease
- Women and African Americans are **2x** and Latinos **1.5x** more likely to develop Alzheimer's
- More than **11 million** people provide unpaid care for someone with dementia
- Dementia caregivers more often say they **feel alone**, and that caregiving has made it **difficult to take care of own health**
- Dementia caregivers of color report feeling **stressed, lonely or isolated, and uncertain about the future**
- Social isolation is a **risk factor** for dementia

Impact of the Pandemic

- **78%** of current caregivers report that their **stress** levels were either higher or significantly higher since coronavirus restrictions were put in place (3/21)
- **81%** of caregivers felt more **isolated** than before coronavirus restrictions (3/21)
- **57%** of caregivers felt **lonelier** than before coronavirus restrictions (3/21)

“I hope I have a better chance of being able to visit my elderly mum who is withering from loneliness.” - A-LIST Caregiver

“I crave conversation with someone who is able to have a conversation. We are alone, the two of us, and my husband can't hold a conversation. The loneliness scares me sometimes.” - A-LIST Caregiver



Role of Faith Communities



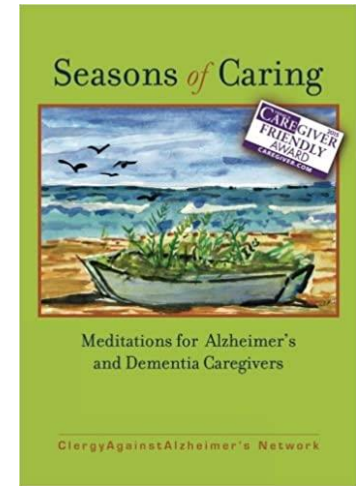
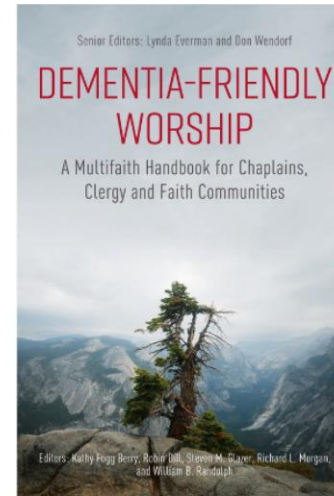
- **70%** of respondents say their faith sustains them on their journey with dementia
- **72%** of respondents indicated they wanted more support from their faith communities

“Faith-related activities, whether communal or individual, can greatly help those living with dementia [and Alzheimer’s] to promote a sense of belonging in a group and to develop their spiritual life, thus contributing to better physical and mental wellbeing—by enhancing feelings of self-worth, by piercing sentiments of loneliness, and by creating hope.”

- Rabbi Israel de la Piedra, Miami Jewish Health (ret.)

Faith United Against Alzheimer's Coalition

A diverse, interfaith national coalition of clergy, faith leaders, laity and faith-based organizations advocating for dementia friendly faith communities across the country and demanding action to stop Alzheimer's.



UsAgainstAlzheimer's

CREATING DEMENTIA FRIENDLY FAITH COMMUNITIES

Fostering spiritual connection and meaningful engagement for those living with dementia and support for families, as we work together to stop Alzheimer's disease.

Know your congregation members

Keep track and keep in touch. Taking note of attendance is a critically important basic step in developing connections to families who may be facing dementia.

Educate congregation members and your community about dementia

Education empowers and prepares community members to serve the needs of those living with dementia and their care partners, reduces stigma and increases awareness about cognitive health.

- Invite a person living with dementia to speak about his or her personal experience.
- Speak and share materials about Alzheimer's disease and other forms of dementia.
- Share *BrainGuide* by UsAgainstAlzheimer's, a first-of-its-kind platform offering private memory questionnaires, tailored brain health resources and education in English and Spanish.
- Become a Dementia Friend at dementiafriendsusa.org.

Wear name tags.

- Provide a quiet area where the person with dementia may go during the service as needed.
- Adapt worship services to be welcoming and supportive of people living with dementia. For guidance on designing and delivering services refer to *Dementia-Friendly Worship: A Multifaith Handbook for Chaplains, Clergy and Faith Communities*.
- Arrange worship at home or in care facilities if a member can no longer attend in person.

Encourage members with dementia to participate within your faith community

Enable members living with dementia to continue engaging in roles allowing them to serve God and others. As their dementia progresses, consider new ways to engage and involve them in the life or ministry of your community.

Encourage participation in community service projects or faith-based opportunities

Leader's Guide for Seasons of Caring Meditations for Alzheimer's and Dementia Caregivers



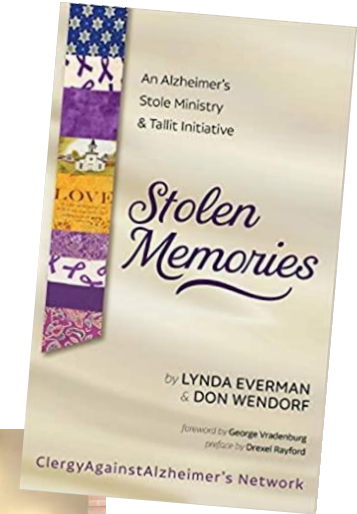
Dr. Richard L. Morgan

ClergyAgainstAlzheimer's Network

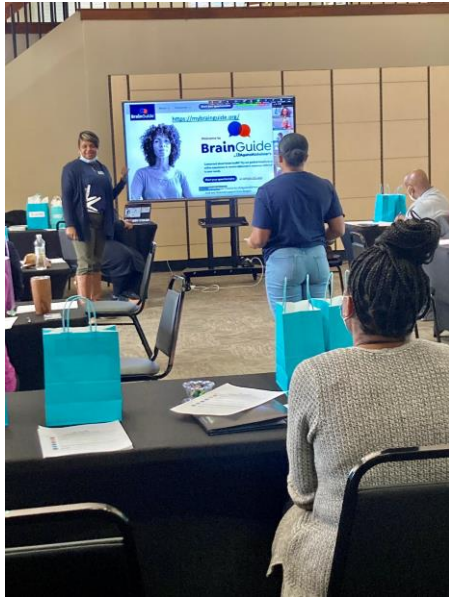
Faith in Action: Alabama



Lynda Everman & Don Wendorf



Faith In Action: Meeting Community Needs



Atlanta, GA



Montgomery, AL

Building Partnerships with Faith Communities

- Identify key community faith leaders and organizations
- Identify key individuals within the organization
- Identify best messenger in your organization
- Learn about needs and capacity of faith community
- Offer tailored resources or events
- Consider donation or event sponsorship
- Allow time to build relationships



CARING TOGETHER LIVING BETTER

***Wendy De Leon, Caregiver & Dementia Program
Specialist***

Quick overview:

- Background and introduction of AgeOptions
- Overview of the Caring Together, Living Better (CTLB) Program and Team
- Takeaways and lessons learned from the CTLB program



Connecting, Innovating, Advocating.

Empowering people
to thrive as they age.

01. Our Mission

AgeOptions innovates, partners, and advocates to improve systems and services in order to strengthen communities so people thrive as they age.

02. Our Vision

People thriving as they age

03. Our Values

Commitment
Integrity
Connectedness

AgeOptions: Area Agency on Aging for Suburban Cook County

- AgeOptions is designated under the federal Older Americans Act as the Area Agency on Aging (AAA) for the suburban Cook County Planning Aging and Service Area (PSA), one of 13 Area Agencies in Illinois.
- The older adult population (60+) in suburban Cook County is rapidly growing and becoming increasingly diverse.
 - **568,743** older adults and **275,830** caregivers residing in suburban Cook County in 130 communities (ACS, 2019)
 - **83,899** (14.8%) of 60+ are Limited English Speaking

AgeOptions Team for CTLB

- Wendy De Leon, *Caregiver & Dementia Program Specialist*
- Cristina Diaz, *Countywide Caregiver Programs Coordinator*
- Katie Zahm, *Community Programs Manager*
- Rob Mapes, *Director of Program and Community Support*

Caring Together, Living Better (CTLB)

- CTLB is a grassroots program that was created to support African American and Latinx family caregivers.
- CTLB's mission is to **support** and **empower** caregivers by partnering with faith and community-based organizations to provide resources, education and community.





Why we
started
Caring
Together,
Living
Better
(CTLB)

We knew that people were not self-identifying as family caregivers

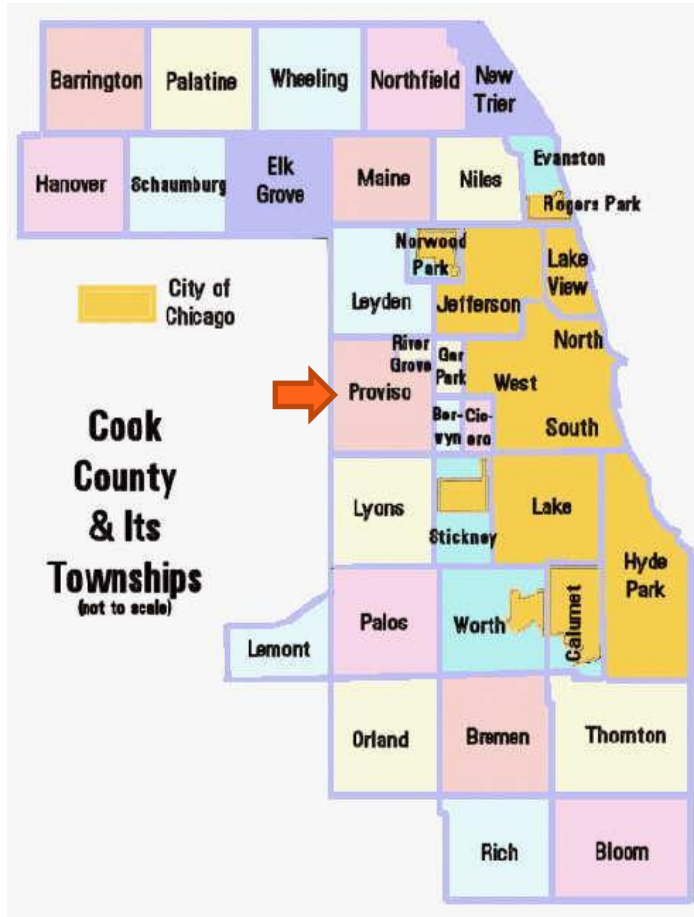
The need for respite was very high in south suburbs

We understood the importance of faith institutions for many African Americans

Transition of CTLB to West Suburban Cook County

- Belief that a version of the CTLB South model would work in other communities
- Recognition of caregiver needs in the west suburbs
- Importance of faith to many in west suburbs
- Lack of Spanish language caregiver support

South and West Suburban Cook County CTLB



CTLB Belief Statements

- CTLB sites know what their caregivers need and how to best serve them in a culturally appropriate way
- Each community and CTLB partner has existing assets that can address key caregiver needs
 - Top asset = volunteer leaders

CTLB Belief Statements cont.

- Caregivers are best served when:
 - CTLB sites are connected with the Caregiver Resource Center (CRC)
 - CTLB sites collaborate to support each other and their caregivers
- CTLB should be owned and led by the community where it operates



Our CTLB partners

- [Rock of Ages Baptist Church](#)
- [Community Development Corporation of Bellwood](#)
- [Neighborhood United Methodist Church](#)
- [Quinn Center of St. Eulalia](#)
- [Cicero Area Project](#)
- [New partner soon](#)

CTLB fiscal year process

- CTLB partners submit an application with a workplan (menu of options provided).
- Meet with CTLB partners to go over the contract and answer questions.
- Monthly meeting with partners for technical assistance and quarterly calls to collect report.



Menu of options:

1. Host or Co-Host and Recruit for an Evidenced-Based Workshop (Required for All Partners)
2. Start a Volunteer Friendly Visitor Phone Program
3. Create a Technology Lending Program
4. Organize a Nutrition Program
5. Coordinate an Economic Security Program
6. Host a Book Nook Club
7. COVID Testing
8. Coordinate a Fun Club for older adults
9. Address Mental Health
10. Organize a community based sing-a-long

Our interactions

- Caregiver Programs Specialist interacts with CTLB partners most often.
- It is necessary to talk to partners and get their input on events, projects etc.



Leadership Council Meetings

- The goals of these monthly meetings are:
 - Shared ownership
 - Increase collaboration between sites
 - Connections with CRC
 - Best practices and challenges
 - Community investment

Impact of CTLB in the community

- Many individuals do not self-identify as caregivers.
- Individuals are not aware of the programs available to them.
- Individuals are unaware of the Aging Network.
- Individuals learn that they are unpaid family caregivers.
- Individuals are referred to programs and to CRCs.
- Individuals become aware of the Aging Network.



Who do they reach & how?

Our partners reach caregivers, older adults, and family members in their communities and congregations by providing:

- Outlets for social & emotional support and connection
- Connection to vital resources (i.e., food, PPE, etc.)
- Referrals to other aging network organizations (i.e., Caregiver Resource Centers, Aging and Disability Resource Centers)



Senior Virtual Programming by Quinn Center



SENIORS VIRTUAL PROGRAMS

February Weekly Class Schedule

Thursday, February 3, 5:00 - 6:00 PM

Creative Conversations

Thursday, February 10, 5:00 - 6:00 PM

Zumba with LaToya

Thursday, February 17, 5:00 - 6:00 PM

Gentle Yoga and Meditation with Sarah

Thursday, February 24, 5:00 - 6:00 PM

Chair Fitness with Lisette

Join by calling: (312) 626-6799 Meeting ID: 835 1322 3421

or visit web.zoom.us/j/83513223421



Have questions? contact us at 708-397-6951 or seniors@quinncenter.org

A network diagram background consisting of a dark blue triangle on the right side and a white area on the left. The network is composed of nodes (circles) and connecting lines. Some nodes are highlighted with a double-circle effect. The nodes are distributed across the blue area, with a higher density in the lower right.

Tips and Strategies

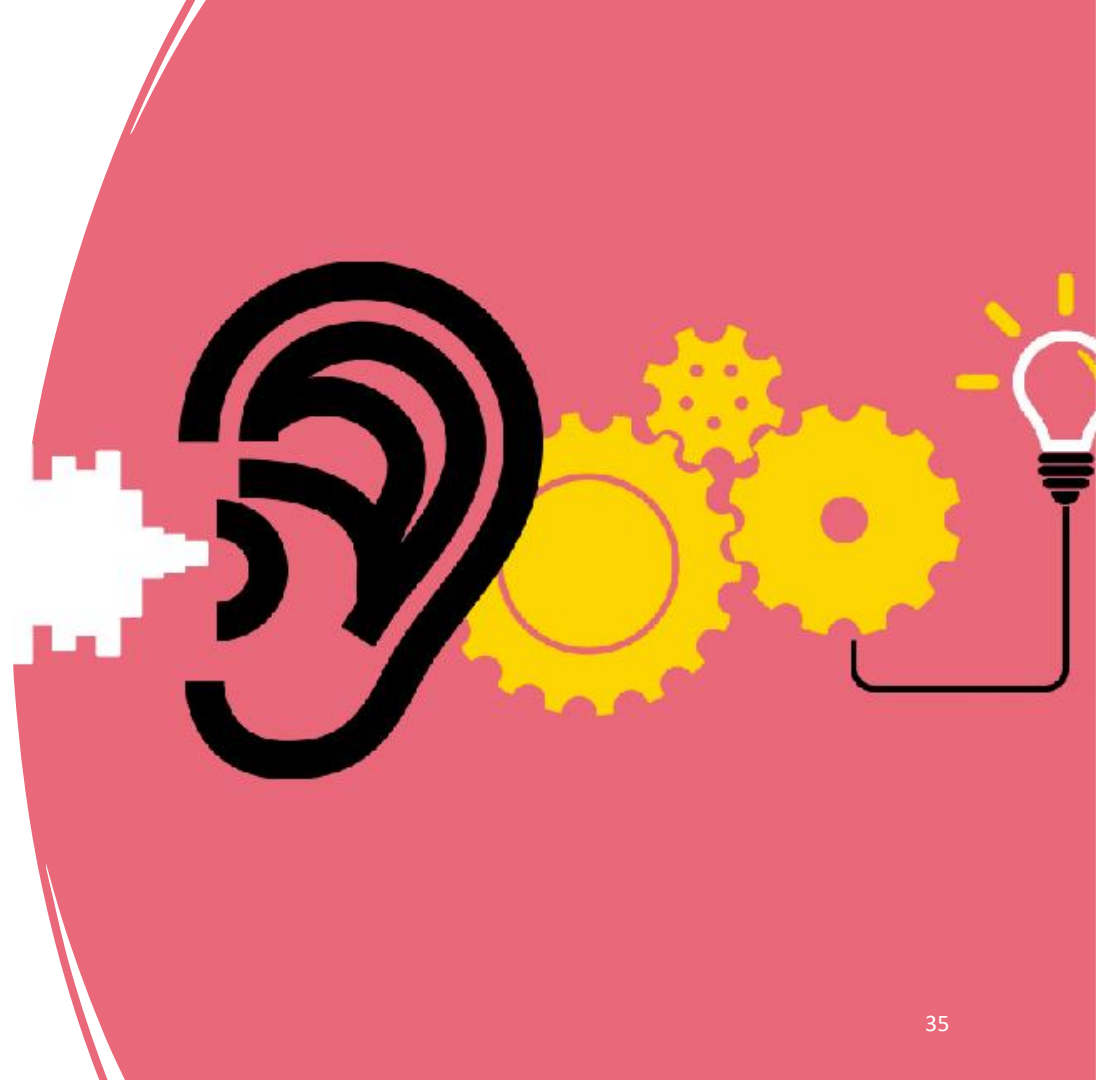


Tips and Strategies

- When working with African American and Latinx communities it is important to collaborate with community partners.
- They know the needs of the caregivers and community.
- Building partner trust and buy-in is crucial!
- Always listen to the partners feedback and make changes accordingly.

How to maintain the collaboration

- Be patient
- Share resources
- Plan to engage for the long-haul
- Build on success



**Thank you
and stay in
touch!**

**Questions about this presentation can
be directed to**

Wendy.DeLeon@AgeOptions.org

Visit our NEW website:

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

Follow us on:

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- [Instagram](#)
- [Twitter](#)
- [Facebook](#)



engAGED

The National Resource Center
for Engaging Older Adults

Senior Companion Program



**Lutheran
Social Service**
of Minnesota



**AmeriCorps
Seniors**

engAGED Resources

- Innovations Hub
- Toolkits and template materials
- Videos
- Consumer brochures
- Newsletter and blog
- Resources and research links
- Information on upcoming events

Connect With Us!

- www.engagingolderadults.org
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- info@engagingolderadults.org

Commit to Connect

- ACL campaign working to combat social isolation through:
 - Network of champions
 - Connection to resources
 - Establishment of partnerships
 - Sharing of successful initiatives



COMMIT TO
Connect

<https://committtoconnect.org/>

Questions and Discussion

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

Thank You!

- Please complete the survey which will be displayed in your browser after Zoom closes. There is also a brief 3-month survey.
- The recording will be available on www.engagingolderadults.org.
- Thank you for attending today's webinar!