

Integrating Library Services into Providing Dementia-Friendly Communities: Opportunities and Challenges

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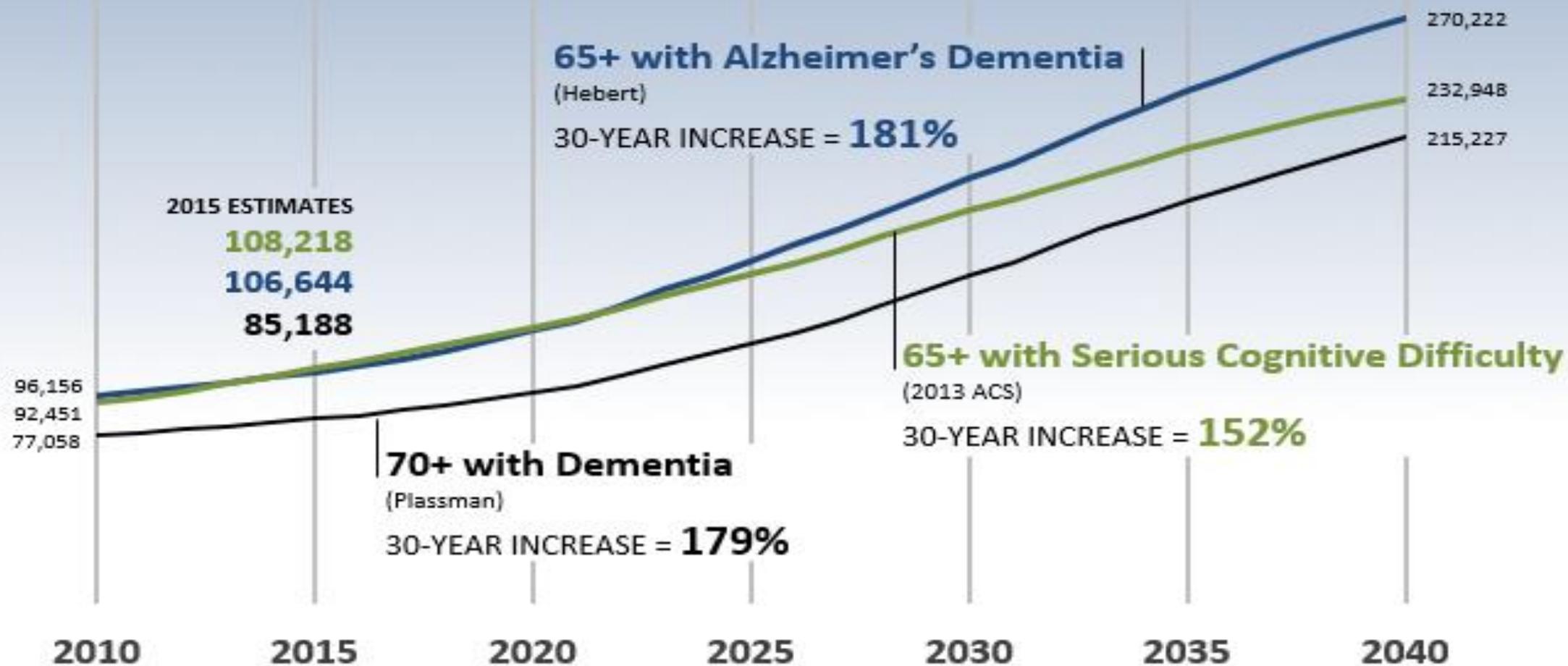
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What is Dementia?

- General term for loss of memory and thinking abilities severe enough to impact everyday life
- Includes many causes: Alzheimer's Disease, Vascular Dementia, Lewy Body Dementia, Pick's Disease and others
- Not a part of "normal" aging!
- Encompasses problems with memory, thinking and behavior

Projections of Alzheimer's Dementia in Washington State

Transforming
Lives



Variations in Dementia

- Each person with dementia and their care partners have unique experiences.
- There are many challenges along the journey of dementia.
- The type of dementia, age at diagnosis, other physical problems, vision/hearing issues, and mental health concerns may affect the illness trajectory.

10 Warning signs of Alzheimer's Disease

1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

Forgetting recently learned materials or important dates/events; asking for the same information repeatedly; increasingly needing to rely on memory aids (e.g., reminder notes) or others for information they previously knew

2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Changing ability to develop/follow a plan for working with numbers; trouble following a familiar recipe or tracking monthly bills; difficulty concentrating, and taking much longer to do things than previously

3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK, OR AT LEISURE

Finding it difficult to complete daily tasks; at times, trouble driving to a familiar location; trouble managing a budget or remembering a favorite game's rules

4. CONFUSION WITH TIME OR PLACE

Losing track of dates, seasons, and times' passage; trouble understanding something if it is not happening at that moment; forgetting where they are or how they got there

5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

For some, having vision problems...difficulty reading, judging distance, and determining color or contrast (may cause problems with driving)

6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

Having trouble following or joining conversations; stopping in the middle of a conversation then not knowing how to continue; repeating oneself; struggling with vocabulary; having problems word finding or calling things by the wrong names (e.g., calling a watch a "hand-clock")

7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

Putting things in unusual places; losing things and being unable to go back over steps to find them again; sometimes accusing others of stealing (may increase in frequency over time)

8. DECREASED OR POOR JUDGMENT

Experiencing changes in judgment or decision-making (e.g. using poor judgment when dealing with money); paying less attention to grooming or keeping clean

9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

Starting to remove oneself from hobbies, social activities, work projects or sports, keeping up with a favorite sports team or remembering how to complete a favorite hobby; avoiding being social because of the changes

10. CHANGES IN MOOD AND PERSONALITY

Changing mood and/or personality, becoming confused, suspicious, depressed, fearful or anxious; becoming easily upset at home, at work, with friends or in places out of comfort zone

What is the Dementia-Action Collaborative?

- A state-wide collaboration of public-private partners convened in April 2016 to begin implementing the *Washington State Plan to Address Alzheimer's Disease and Other Dementias* (evolved from Substitute Senate Bill 6124 in 2014 and was approved in January 2016).
- The DAC includes a range of appointed members: persons with dementia, family carers, advocacy group members, aging network persons, Alzheimer's organizations, long term care providers, health care professionals, legislators and governmental agencies.
- It has developed foundational tools and resources to use in a variety of places.

Dementia Friendly Principles

People with Dementia:

- Are respected community members
- Are able to confidently participate in their communities (including libraries)
- Can stay connected to family, friends and neighbors while having chances to develop new relationships

- Are encouraged to enjoy meaningful lives (access to education, recreation, work or volunteering opportunities, cultural enrichment and more)
- Will have access to early diagnosis and post diagnostic resources for themselves and care partners, including medical care, education and support, financial/legal services and advance care planning

- Will have a voice in their community and leadership roles in anything that impacts them
- Will be able to navigate their neighborhoods and public spaces because the physical environment is supportive and clear
- Will have transportation options that help persons stay involved in their community
- Will have community housing options that provide the level of support wanted, in a setting they desire

- Adapted from Washington State Dementia Action Collaborative 2017

Tips for interacting with people with dementia

- Most important: Demonstrate accepting attitude by kind non-verbal communication and tone of voice!
- Be patient.
- Speak clearly.
- Account for vision and hearing concerns.

- Listen closely to what a person is saying. Do not correct.
- Smiles go a long way in communication.
- If confusion seems present, gently re-direct, and then move on with the conversation.
- Respond gently if a person is distressed.
- Get to know the likes and interests of patrons, and be proactive with suggestions if asked.

Why Dementia Friendly Libraries?

- Are multigenerational spaces
- Exist in many communities
- Serve patrons of all socioeconomic status
- Value inclusion and diversity
- Value respect of everyone
- Are places of kindness
- Are “safe” spaces for all patrons

How Can Libraries Help?

- By being welcoming places with supportive staff. Smiles are universal!
- By utilizing education about dementia and carer issues, which helps to do the following:

- Reduce fear and support people with memory loss and their care partners by presenting clear information.
- Connect people to local resources such as the Alzheimer's Association or Alzheimer's Society of Washington or the local hospital education department.
- Can help to reduce stigma related to dementia.

Libraries can also help by:

- Hosting support groups
- Hosting special activities e.g., AARP Careversations, Memory Cafés (where persons with dementia and carers share a low key “normalized” social situation)

- Providing displays and pamphlets. Displays increase awareness, and show that the library is “seeing them” and is reaching out to include people with memory loss.
- Offering resources such as books, memory kits, DVD’s and other materials
- Programming, especially using creative arts such as music and art
- Using mobile and outreach services to connect with homebound persons and their carers

Tools to support the person with memory loss and their care partners

Highly illustrated books (oversize books are great!), audiobooks, and reminiscence kits such as Bifolkal

Books for reading aloud – short fiction, history, biography

Suggested books for your collection

- *Caresharing: A Reciprocal Approach to Caregiving and Care Receiving in the Complexities of Aging, Illness or Disability* by Marty Richards
- *Creating Moments of Joy* by Jolene Brackey
- *Loving Someone Who has Dementia: How to find Hope While Coping with Stress and Grief* by Pauline Boss
- *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's* by Olivia Hoblitzelle
- *Speaking Dementia* by Frena Gray-Davidson
- *Aging Together: Dementia, Friendship & Flourishing Communities* by Susan and John McFadden

Children's Books

- *Wilfred Gordon McDonald Partridge* by Mem Fox
- *Mile High Apple Pie* by Laura Langston & Lindsay Gardiner
- *Really and Truly* by Emile Revard & Ann Claire Delisle
- *Still my Grandma* by Veronique Van den Abeele

Apps: Fun for All Minds! Brain Games, Puzzles & Fun

Pocket Pond 2 (TriggerWave LLC)

Raise, feed, breed and splash the interactive water and play with your new koi family.

Live Butterflies (Sea Lion Games Inc)

Surround yourself with friendly butterflies indoors or out!

I Love Fireworks Lite (Fireworks Games)

You can create beautiful fireworks display by easy tap operation!

Zoola Animals (INBAL Tal)

ZOOLA is a cute, fun and educational app that teaches animal families and the sounds they make.

Finger Paint Magic (Meritum Soft d.o.o.)

Experience the magic of finger painting in this doodle-style art app and create amazing art!

Finger Paint with Partners (Peter Kramer)

This is a drawing App that lets you draw with your finger on an iPad, iPhone or iPod touch.

Kaleidoscope Drawing Pad (Bejoy Moible)

You can create an incredible beautiful kaleidoscope painting with just a few strokes of your finger.

Coloring Book for Adults: Colorgram – Free Stress Relieving Color Therapy Games (Sunwoong Jang)

Beautiful and unique illustrations of Colorgram will provide you Relaxation. Just tap to color.

Kids Coloring Book Doodle (Bejoy Moible)

Best coloring book to play. Most unique and realistic way to color on iPad and iPhone.

Shape Puzzle HD Free – World Learning Game for Kids (Newness Worlds)

Shape Puzzle is a jigsaw puzzle. Each puzzle contains 5- 10 objects to piece together to create a vivid scene.

Magic Jigsaw Puzzle (ZiMad)

Discover a colorful world of jigsaw puzzles.

Unblock Me Free (Kiragames Co.;Ltd.)

Unblock the red block out of the board by sliding the other blocks out of the way, unblock it with minimal moves.

Wooden Block Puzzle (Pawitra Apsari)

It's a puzzle board game with familiar game play as board game Tetris.

Word Brain (MAG Interactive)

Find the hidden words, slide your finger over the letters to spell the hidden word.

(Many thanks to Erin Buerk and Erin Kelsey of the Worthington, Ohio Public Library for these ideas)

Your suggestions?

Inclusive programming

Meet Me at the Movies – movie clips with guided reminiscence

Creative Arts – live in the moment! (See Art of Alzheimers and Silver Kite Community Arts)

Tales and Travel Memories program – reminiscence via tactile objects and photographs

Your suggestions?

Websites with Dementia Friendly Information

- Act on Alzheimer's

www.ACTonALZ.org

Dementia Friendly Libraries

- The Conversation Project

www.theconversationproject.org

Your Conversation Starter Kit for Families and Loved Ones of People with Alzheimer's Disease or Other Forms of Dementia

Dementia Action Collaborative WA State

www.dshs.wa.gov/altsa/stakeholders/alzheimers-state-plan

Washington State Plan to Address Alzheimer's Disease and Other Dementias

Dementia-Friendly Communities: An Introduction for Washington State

Dementia Road Map: A Guide for Family and Care Partners

Safety Concerns for People with Dementia Info Kit

Community organizations supporting this work

AARP Careversation

Alzheimer's Association

ArtofAlzheimers.net

ChangingAging.org

Dementia Action collaborative

Silver Kite Community Arts

Memory Café

Momentia.org

UW Brain and Wellness Center

Local hospitals

Questions? Comments?

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