



Dementia
Friendly
Oklahoma





Learning Outcomes

Impact of Alzheimer's

Describe what Dementia is

Learn the 10 warning signs of Alzheimer's disease

What is Communication

Discuss Common Triggers for Behaviors

Describe the Dementia Friendly Oklahoma
Recognition Program



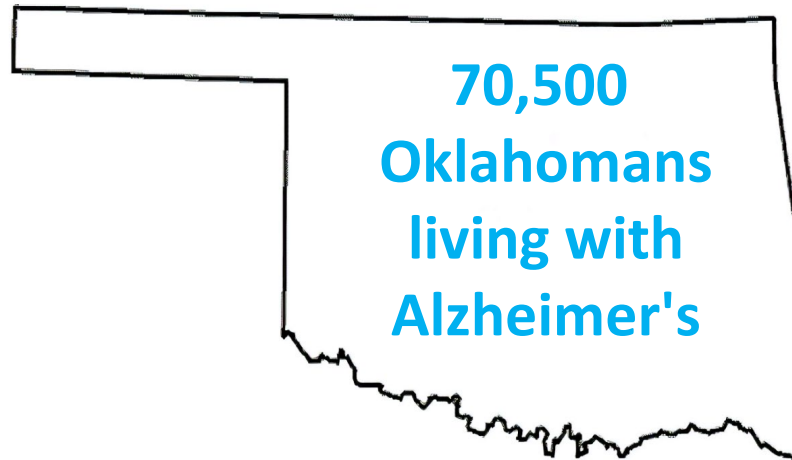
Impact of Alzheimer's

IT KILLS MORE THAN
BREAST CANCER AND
PROSTATE CANCER
— + —
COMBINED

NEARLY
7 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S



Impact of Alzheimer's



226 million
hours of unpaid
care



\$692 million spent

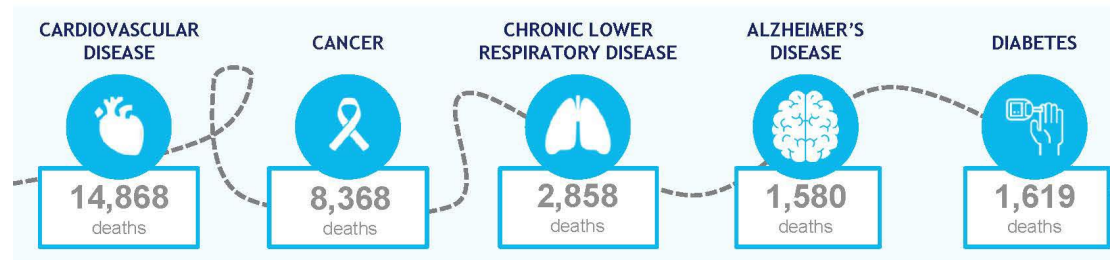


4-5-58 IN OKLAHOMA

4 BEHAVIORS

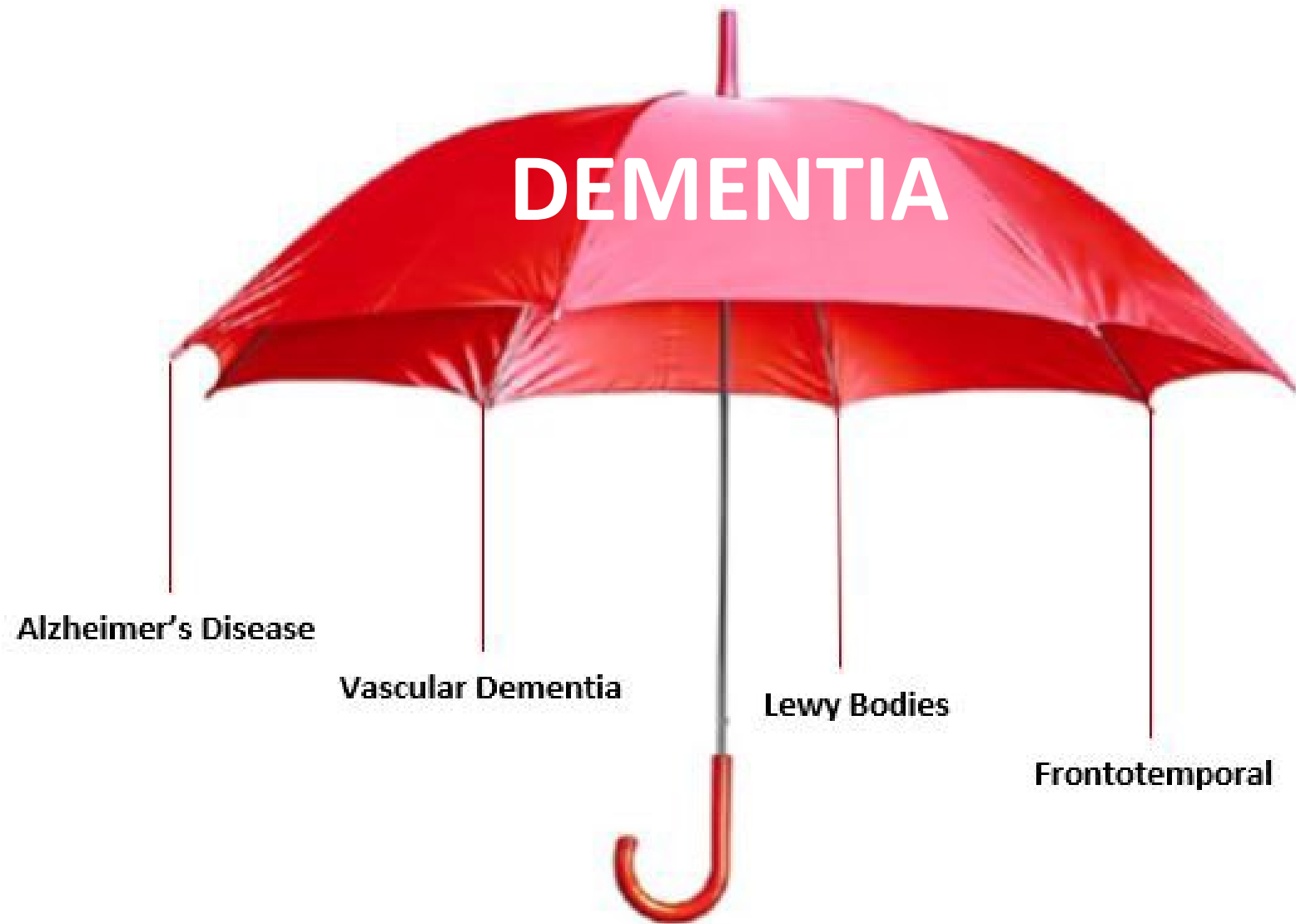


5 CHRONIC DISEASES



58% OF OKLAHOMA DEATHS







Related Dementias



Frontotemporal Dementia

- Typically diagnosed in their 40's and early 60's
- Leads to the loss of function in the frontal or temporal lobes of the brain

Vascular Dementia

- Decline in thinking skills
- Caused by any damage to the blood vessels in the body.

Lewy Body Dementia

- Progressive brain disease that leads to decline in reasoning, thinking and independent function
- Caused by abnormal microscopic deposits that damage brain cells

Mixed Dementia

- When more than one type of dementia is present
- Most common is Alzheimer's and Vascular Dementia/ Lewy Body



Warning Signs



Memory loss that disrupts daily life



Challenges in planning or solving problems



Difficulty completing familiar tasks



Confusion with time or place



Trouble understanding visual images and spatial relationships



Warning Signs Continued



New problems with words in speaking or writing



Misplacing things and losing the ability to retrace steps



Decreased or poor judgment



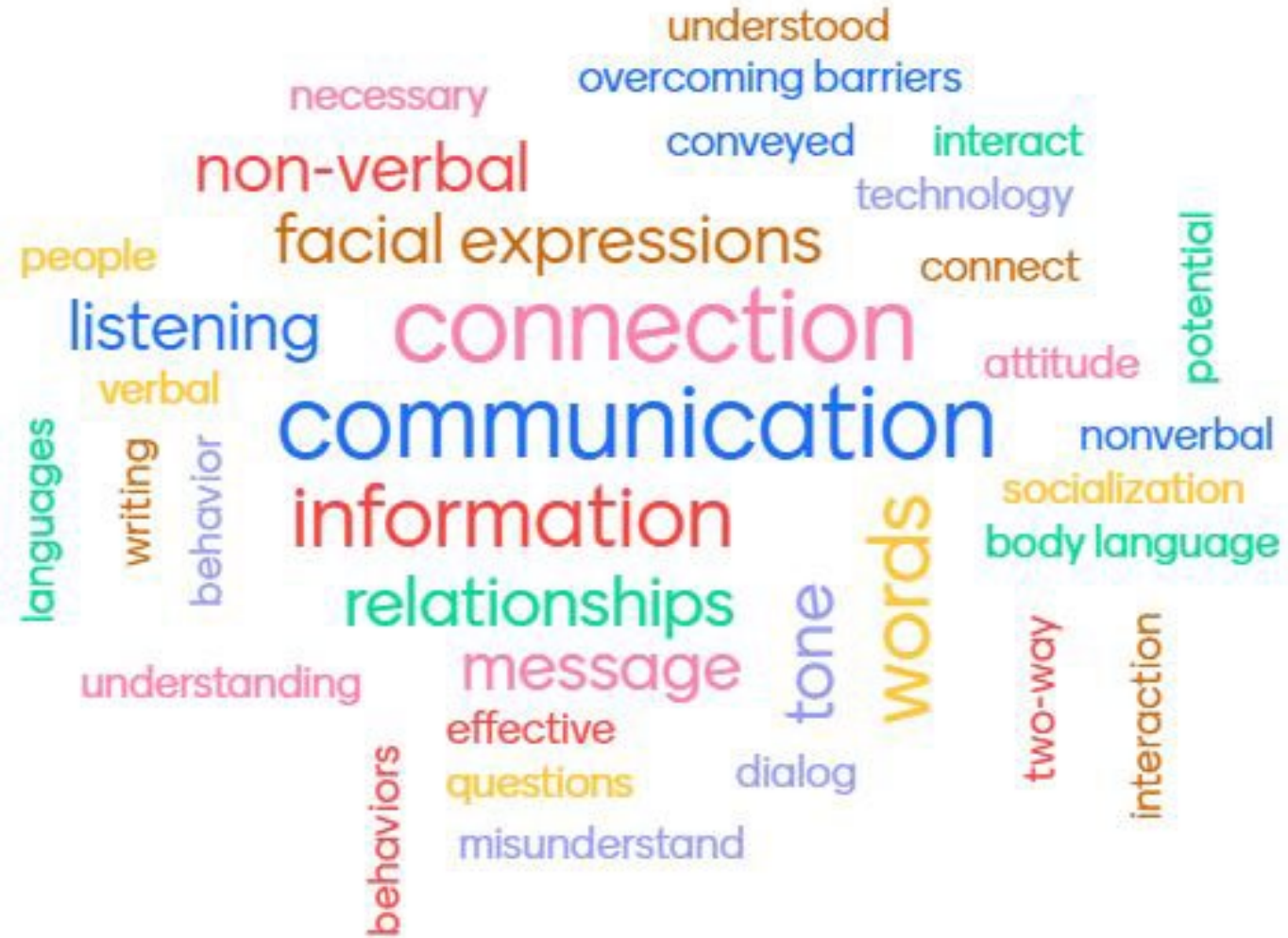
Withdrawal from work or social activities



Changes in mood or personality



What is Communication?





Communication- All Stages

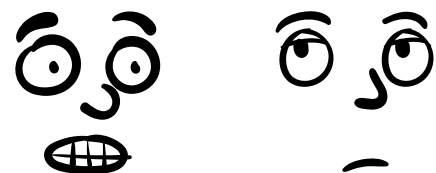
- Make eye contact and call them by name
- Speak slowly and clearly
- Join them in their reality
- Don't quiz, contradict, or argue
- Treat them with respect and connect with their feelings
- Be aware of tone, body language, how loud your speaking, how you are looking at them
- Understand and accept what you can and cannot change



Behaviors- Common Triggers



Pain or Discomfort



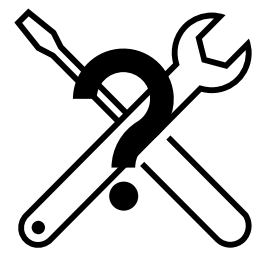
Over-stimulation or
Boredom



Fear or Frustration



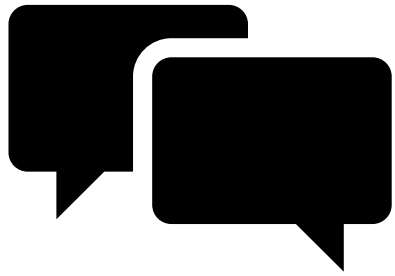
Unfamiliar surroundings



Complicated tasks



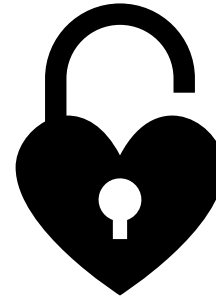
Apply these to any Behavior



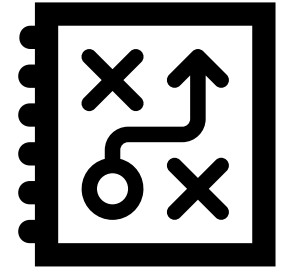
**Detect and
Connect**



**Address
physical needs
first**



**Address
emotional
needs**



**Reassess and
plan for next
time**

What does it mean to be a Dementia Friendly Community?

- A dementia friendly community is where those individuals with the disease, their families and care partners feel supported, respected, and included to foster quality of life.
- Joining DFO means an entity is engaging in a process to become more dementia friendly.
- Every part of the community plays a role and works together to take steps to create a dementia friendly culture.



Who can become a part of the Dementia Friendly Oklahoma efforts?



Businesses /
Organizations



Campuses



Restaurants



Faith
Organizations



Communities
Towns / Cities

How to become a DFO Partner

Sign up to host an educational presentation to learn about how to be more supportive of those facing this disease and their care partners.

Once you have held a presentation, a link will be sent to apply so we can learn about the initiatives and efforts you are taking to become Dementia Friendly.

Each year you will need to reapply to be a Dementia Friendly partner so we can learn of new things you are doing to create a safe and welcoming environment for those facing the disease.

We highly recommend you apply to be Certified Healthy as well and be sure to mark that you are Dementia Friendly (once approved) on their application. You can find more about [Certified Healthy Oklahoma here](#).



Presentations Offered

- Employee Focused (required):
 - Dementia Friendly Work@Health
 - Community Focused (optional):
 - Ten Warning Signs
 - Understanding Alzheimer's and Dementia
 - Effective Communication
- 



Host an Educational Presentation
today to begin your journey to
becoming more **Dementia Friendly!**

Scan the QR code to sign up for a presentation.



Questions?



Oklahoma Healthy Brain Initiative

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