

Dementia Training for Community Health Workers in Oklahoma

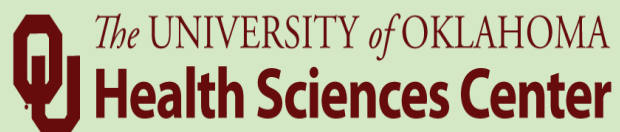
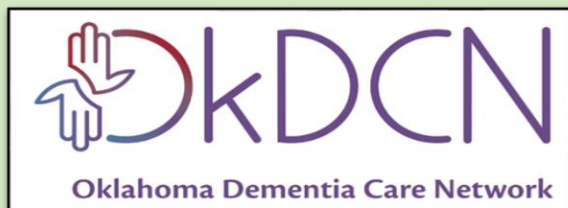
Resources Guide



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Reinschmidt KM, Gipson TD, Isham D, Braxton T, Goree A, Fleeman T, Kleszyski KL, Duvall H, Teasdale TA, Jennings L. (2020). Dementia Training for Community Health Workers in Oklahoma. Oklahoma Dementia Care Network. Section of Geriatric Medicine, Department of Internal Medicine & Department of Health Promotion Sciences, Hudson College of Public Health at Oklahoma University Health Sciences Center (OUHSC). Oklahoma City, Oklahoma.



Community Health Worker Recourses

- Oklahoma Dementia Care Network (OKDCN). Improve the care and health outcomes of older adults living with Alzheimer's disease and other dementias and their family and friend caregivers

<https://www.ouhealth.com/oklahoma-center-for-geroscience/healthy-aging-services/oklahoma-dementia-care-network-okdcn/>

- OKDCN- Dementia Training for Community Health Workers in Oklahoma. Event Details and Registration Web Page.

<https://www.ouhealth.com/events-calendar/?Category=1463>

- Community Health Worker Core Consensus Project (C3 Project).

<https://www.c3project.org/>

- Community Health Workers: Pivotal to Community Health and Well-Being. [https://0d6c00fe-eae1-492b-8e7d-](https://0d6c00fe-eae1-492b-8e7d-80acecb5a3c8.filesusr.com/ugd/7ec423_c7b74700666e4dadb794850c5bdbfb29.pdf)

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- COVID-19 Resources to Help Community Health Workers.

<https://nachw.org/covid-19-resources/>

Advocacy

- Dementia Action Collaborative Washington State. Advocating for Dementia-Friendly Communities.

<https://www.dshs.wa.gov/sites/default/files/ALTSA/stakeholders/documents/AD/DFC-WA%20Fact%20Sheet%20-%20Short%20Version.pdf>

- Looking at the Future of Alzheimer’s Disease Policy. Health Affairs Health Policy Lab.

<https://www.healthaffairs.org/doi/10.1377/hblog20150714.049333/full/>

Aging

- Aging in Place. MPH Salud. <https://mhpsalud.org/portfolio/aging-in-place/>
- Arizona Center on Aging. The University of Arizona. <https://aging.arizona.edu/>
- Brain Health Food Guide: An Evidence-Based Approach to Healthy Eating for the Aging Brain. <https://www.baycrest.org/getattachment/0c3275c8-2419-4f12-ad71-a890d5f70265/Brain-Health-Food-Guide.aspx>
- [Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion. Alzheimer's Disease and Healthy Aging.](#) Page last reviewed: May 2, 2022. <https://www.cdc.gov/aging/index.html>
- National Institute on Aging. <https://www.nia.nih.gov/>
- US. National Library of Medicine. MedlinePlus. Alzheimer’s Disease. <https://medlineplus.gov/alzheimersdisease.html#cat11>
- Administration for Community Living. <https://acl.gov/>
- Centers for Disease Control and Prevention. Memory Loss is Not a Normal Part of Ageing. (40-second animated clip) https://www.youtube.com/watch?v=YhT58SSQrA&deliveryName=FC_P_10_DM10086

Alzheimer's Disease and Related Dementias

- Alzheimer's Association. <https://www.alz.org/>
- Alzheimer's Association. Support Groups. <https://www.alz.org/help-support/community/support-groups>
- Alzheimer's Association. 10 Early Signs and Symptoms of Alzheimer's, 2020. https://www.alz.org/alzheimers-dementia/10_signs
- Alzheimer's Association, Centers for Disease Control and Prevention, Emory Centers for Training and Technical Assistance. A Public Health Approach to Alzheimer's and Other Dementias, 2016. <https://www.cdc.gov/aging/aginginfo/pdfs/A-Public-Health-Approach-To-Alzheimers.pdf>
- Centers for Disease Control and Prevention. What is Dementia? <https://www.cdc.gov/aging/dementia/index.html>
- HRSA Health Workforce. Training Curriculum: Alzheimer's Disease and Related Dementias, 2019. *Date Last Reviewed: December 2020* <https://bhw.hrsa.gov/grants/geriatrics/alzheimers-curriculum>
- Mayo Clinic. Dementia. <https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>
- National Institute on Aging, National Institutes of Health, U.S. Department of Health & Human Services. Alzheimer's & related Dementias Education & Referral Center (ADEAR). <https://www.alzheimers.gov/>

Caregiving

- Alzheimer's Association. Building a Care Team.
https://www.alz.org/help-support/i-have-alz/plan-for-your-future/building_a_care_team
- Alzheimer's Association, Campaign for Quality Care. Dementia Care Practice Recommendations for Professionals Working in a Home Setting (Phase 4), 2009.
https://www.alz.org/national/documents/phase_4_home_care_recs.pdf
- Caring.com
 - Activities for Adults with Dementia.
<https://www.caring.com/caregivers/dementia-caregiving/#activities-for-adults-with-dementia>
 - Creative Techniques for Talking to a Loved One with Dementia.
<https://www.caring.com/caregivers/dementia-caregiving/#creative-techniques-for-talking-to-a-loved-one-with-dementia>
 - Dementia Caregiving: Creating a Dementia Care Plan.
<https://www.caring.com/caregivers/dementia-caregiving/>
 - How to Handle Common Dementia-Related Hygiene Problems
<https://www.caring.com/caregivers/dementia-caregiving/>
 - More Ways to Keep Someone with Dementia Active.
<https://www.caring.com/caregivers/dementia-caregiving/#more-ways-to-keep-someone-with-dementia-active>
- National Institute on Aging
 - Changes in Intimacy and Sexuality in Alzheimer's Disease
<https://www.nia.nih.gov/health/changes-intimacy-and-sexuality-alzheimers-disease>
 - Managing Medicines for a Person with Alzheimer's
<https://www.nia.nih.gov/health/managing-medicines-person-alzheimers>

- Managing Personality and Behavior Changes in Alzheimer's
<https://www.nia.nih.gov/health/managing-personality-and-behavior-changes-alzheimers>
- 6 Tips for Managing Sleep Problems in Alzheimer's
<https://www.nia.nih.gov/health/6-tips-managing-sleep-problems-alzheimers>

CDC Healthy Brain Initiative

- [Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion](#). The Healthy Brain Initiative. Page last reviewed: July 30, 2020.
<https://www.cdc.gov/aging/healthybrain/index.htm>
- [Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion](#). Road Map for State and Local Public Health. Healthy Brain Initiative. Page last reviewed: September 10, 2021.
<https://www.cdc.gov/aging/healthybrain/roadmap.htm>
- National Association of Chronic Disease Directors. Implementing a Community-Based Program for Dementia Caregivers. An Action Guide using Reach Out. University of Michigan Health System.
- https://chronicdisease.org/resource/resmgr/healthy_aging_critical_issues_brief/reachoutactionguide.pdf
- Alzheimer's Association and Centers for Disease Control and Prevention. Healthy Brain Initiative, State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map. Chicago, IL: Alzheimer's Association; 2018. https://alz.org/media/Documents/healthy-brain-initiative-road-map-2018-2023.pdf?utm_source=PHEnews
- Alzheimer's Association and Centers for Disease Control and Prevention. Healthy Brain Initiative, Road Map for Indian Country. Chicago, IL: Alzheimer's Association; 2019. <https://alz.org/media/Documents/healthy-brain-initiative-road-map-for-indian-country.pdf>

- Alzheimer's Association and Centers for Disease Control and Prevention. Healthy Brain Initiative, Road Map for Indian Country. Learn. Plan. Respond to Dementia. https://alz.org/media/Documents/healthy-brain-initiative-indian-country-executive-summary.pdf?utm_source=PHEnews
- Alzheimer's Association and Centers for Disease Control and Prevention. Healthy Brain Initiative, Road Map for Indian Country. Dissemination Guide. https://alz.org/media/Documents/healthy-brain-initiative-indian-road-map-dissemination-guide.pdf?utm_source=PHEnews
- Alzheimer's Association, Centers for Disease Control & Prevention. Healthy Brain Initiative. Planning for Action: Initial Steps for Implementing the Healthy Brain Initiative Road Map. Tool for Implementation: Planning Guide. https://alz.org/media/Documents/healthy-brain-initiative-road-map-implementation-planning-guide.pdf?utm_source=PHEnews

Dementia Friendly Community

- Act on Alzheimer's. Minnesotans Working Together on the Impacts of Alzheimer's, 2019. <http://www.actonalz.org/>
- City of Tulsa. Tulsa is a Dementia Friendly City. Archived on July 28, 2017. <https://www.cityoftulsa.org/press-room/tulsa-is-a-dementia-friendly-city/>
- The Commonwealth Fund. In Focus: Spreading Innovative Approaches to Dementia Care, 2017. <https://www.commonwealthfund.org/publications/newsletter-article/2017/dec/focus-spreading-innovative-approaches-dementia-care>
- Dementia Action Collaborative Washington State.
 - Advocating for Dementia-Friendly Communities. <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/DFC-WA%20Fact%20Sheet%20-%20Short%20Version.pdf>

- Washington State Department of Social and Health Services. Aging and Long-Term Support Administration (AL TSA). Dementia Action Collaborative. <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>
- Dementia-Friendly Walking Groups- A Guide for Community-Based Organizations: <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia-Friendly%20Walking%20Groups%20Guide.pdf>
- Dementia Road Map: A Guide for Family and Care Partners. <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf>
- The Alzheimer's Café Model – Steps to Success <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/The%20Alz%20Cafe%20How%20to%20Guide%20Steps%20to%20Success.pdf>
- Washington State Plan to Address Alzheimer's Disease and Other Dementias. Progress Update: December 2017. January 1, 2016.

Health Systems & Dementia Care

- Age-Friendly Health Systems: Guide to Using the 4Ms in the Care of Older Adults. http://www.ihl.org/Engage/Initiatives/Age-Friendly-Health-Systems/Documents/IHIAgeFriendlyHealthSystems_GuidetoUsing4MsCare.pdf
- Developing Dementia-Capable Health Care Systems: A 12-Step Program <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Borson%20and%20Chodosh%202014.pdf>

- Recognizing the Role of Diversity in Dementia Care. Rhode Island Geriatric Education Center.
<http://events.r20.constantcontact.com/register/event?llr=orqrh6bab&oeidk=a07egp6rhf179f9fe25>

Oklahoma's Resources for Dementia

- Alzheimer's Association. Oklahoma Chapter.
<https://www.alz.org/oklahoma>
- A Place for Mom. Alzheimer's Care in Oklahoma.
<https://www.aplaceformom.com/alzheimers-care/oklahoma>
- Center for Health Sciences, OSU. Alzheimer's Echo. Project Echo.
<https://medicine.okstate.edu/echo/>
- City of Tulsa. Tulsa is a Dementia Friendly City. Archived on July 28, 2017. <https://www.cityoftulsa.org/press-room/tulsa-is-a-dementia-friendly-city/>
- Oklahoma Department of Human Services. Aging Services.
<http://www.okdhs.org/services/aging/Pages/AgingServicesMain.aspx>
- Oklahoma Healthy Aging Initiative (OHAI).
<https://www.ouhealth.com/oklahoma-center-for-geroscience/healthy-aging-services/oklahoma-healthy-aging-initiative-ohai/>
- OKPOLICY.ORG. Oklahoma Advocacy Toolkit. Oklahoma Policy Institute. Updated May 2, 2019. <https://okpolicy.org/oklahoma-advocacy-toolkit/>
- SeniorHousingNet. Assisted Living in Oklahoma.
<https://www.seniorhousingnet.com/seniors/senior-living-us/oklahoma/assisted-living>

Overcoming Stigma

- Dementia Action Collaborative Washington State. Busting Dementia Stigma – One Children's Book at a Time.
https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/DAC_Busting-Dementia-Stigma_HANDOUT%20%28004%29.pdf

- Alzheimer's Association. Overcoming Stigma. <https://www.alz.org/help-support/i-have-alz/overcoming-stigma>
- [National Institute on Aging](https://www.nia.nih.gov/health/helping-family-and-friends-understand-alzheimers-disease). Helping Family and Friends Understand Alzheimer's disease. <https://www.nia.nih.gov/health/helping-family-and-friends-understand-alzheimers-disease>

Resources Specific to CHWs

- Arizona Center on Aging, University of Arizona, Alzheimer's Association, Healthy Brain Research Network. A Training for CHWs. AzCHOW Conference, Tucson, Arizona. June 16, 2016.
- Pathways Model: Connecting Those at Risk to Care. Agency for Healthcare Research and Quality. https://innovations.ahrq.gov/sites/default/files/Guides/CommHub_QuickStart.pdf
- Rosenthal EL, Redondo F, Hirsch G. Together Leaning Toward the Sky. The Community Health Worker Core Consensus (C3) Project - A Report of the C3 Project: Phase 1 and 2, 2018. A National Project to Inform Community Health Worker Practice and Policy. Texas Tech University Health Sciences Center El Paso, Texas. <https://swctahec.org/wp-content/uploads/2019/05/C3-FINAL-REPORT-2-5-19.pdf>
- The C3 Project Team. The Community Health Worker Core Consensus Project. TTUHSC El Paso, 2018. <https://www.c3project.org/>

Safety

- Alzheimer's Association of Manitoba. Reducing Risk of Falls for People with Dementia, 2014. <https://alzheimer.mb.ca/wp-content/uploads/2013/09/2014-Dementia-Fall-Risk-Checklist-template.pdf>
- **Caring.com**. What to Do When Someone With Dementia Lashes Out Physically. <https://www.caring.com/caregivers/dementia-caregiving/#what-to-do-when-someone-with-dementia-lashes-out-physically>

- Being Patient. Driving With Dementia: 6 Dangerous Signs It's Time to Step In, 2020. <https://www.beingpatient.com/driving-with-dementia-caregiver/>
- National Association of Area Agencies on Aging (N4a). Answers on Aging™ Financial Exploitation: Safeguarding Your Money & Property. <https://www.n4a.org/Files/financial-fraud-access508.pdf>
- The Center for Public Health Continuing Education. A. Sex, Guns, and Driving: Considerations in Dementia Care (Vimeo). Jessica Zwerling, MD, MS, Andrea Sullivan, OT/L, speakers. Originally presented on October 17, 2019. https://www.albany.edu/cphce/phl_1019.shtml

Spanish Materials

- [Centros para el Control y la Prevención de Enfermedades. Deterioro Cognitivo Subjetivo Entre Adultos Hispanos.](https://www.cdc.gov/aging/spanish/infographic/hispanic-cognitive-decline.html) Alzheimer's Disease and Healthy Aging. <https://www.cdc.gov/aging/spanish/infographic/hispanic-cognitive-decline.html>
- [Centros para el Control y la Prevención de Enfermedades. Prestación de Cuidados Entre Adultos Hispanos.](https://www.cdc.gov/aging/spanish/infographic/hispanic-adults-caregiving.html) Alzheimer's Disease and Healthy Aging. <https://www.cdc.gov/aging/spanish/infographic/hispanic-adults-caregiving.html>
- [Division of Population Health, Centros para el Control y la Prevención de Enfermedades.](https://www.cdc.gov/aging/spanish/aginginfo/alzheimers.html) Enfermedad de Alzheimer. <https://www.cdc.gov/aging/spanish/aginginfo/alzheimers.html>