

WHAT IS DEMENTIA?

Dementia is a result of physical changes in the brain that cause a slow and steady decline in thinking and ability. It causes a change in functioning from a prior level of social and daily living skills.



It is not a normal result of aging, nor is it normal age-related memory loss. It can be caused by Alzheimer's disease, strokes, Parkinson's disease, Lewy body disease, frontotemporal disease and other conditions.

There is no cure for these diseases, but people can learn to improve the quality of life for both the person and the family and friends who care for them.

WHAT WE DO

We work with individuals and organizations to:

- Improve the lives for people living with dementia and their caregivers
- Make communities dementia-friendly
- Advocate for policies that improve services for people with dementia
- Provide educational programming as requested

SERVICES OFFERED:

Memory Screens

We offer free, confidential memory screens for those who:

- Are concerned about memory changes
- Are at risk of Alzheimer's disease due to family history
- Want to check their memory now for future comparison.

In general, the earlier the diagnosis, the easier it is to treat memory loss.

P Dementia Friendly Community

A Dementia Friendly Community is one in which local businesses, organizations, first responders, churches and community groups make simple changes that help a person with dementia feel welcome and safe.

Trained volunteers can provide a no-cost 30 minute training about dementia and how to better serve those living with dementia.

Organizations that participate train at least 50% of their members and management education, will receive a purple angel decal signifying them as dementia friendly and are listed on the ADRC website.

P Virtual Dementia Tour™

The ADRC offers the Virtual Dementia Tour to help community members understand what it's like to have dementia. Participants experience altered senses and perform tasks in a controlled setting, which enhances empathy for those living with these conditions.

○ Memory Cafés & Mind in Motion Programs

Memory Cafés, Minds in Motion, SPARK! and other programs have been designed to help people living with early stage dementia to feel connected and supported by their community. The ADRC can help you connect with these programs.

○ Reminiscing Through Music

Caregivers are taught to set up personalized music playlists, delivered on MP3 players for their loved ones. These musical favorites tap deep memories.

○ Boost Your Brain and Memory The Boost our Brain Memory Program is an evidenced based program that takes a holistic approach to improving brain health.

○ Savvy Caregiver

Gain a better understanding of Alzheimer's and related dementias, develop self-care strategies, learn skills and strategies to successfully provide daily activities of 'Contented Involvement' for their family member living with dementia. Identify and engage family and other resources for care-related assistance and support.

○ Crossing Ridges

Crossing Ridges is an educational 8-week program for people who have mild memory loss or the early stages of Alzheimer's disease or dementia, and a primary care partner. Learn coping skills and enhance family communication.