



## Get In Touch



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check updates on our site!)

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## Follow Us



@SnowApproachFoundationInc



@TeepaSnow



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The Snow Approach  
Foundation, Inc. (SAF)  
is here to help you break the  
negative cycle of a \*brain change  
diagnosis, this is NOT the end!

\*brain change =  
dementia (over 120 types),  
ADHD, autism, neurodivergent,  
neurodiverse, neurodegenerative,  
growing, and aging brains



Ready to Break  
Stigma  
Isolation  
Hopelessness  
Related to Brain Change?  
So are we!

## The Problem:

- Early signs are subtle and missed by many
- Early signs are inconsistent and variable
- Even doctors only catch it 20% of the time
- There are many different types and symptoms - currently over 120 types
- It affects many behaviors and abilities, not just memory
- Dementia is very expensive to live with, but very poorly reimbursed
- Stress & fatigue in care providers increases risk in all areas for everyone

## The Numbers:

- Aging is the greatest risk factor for dementia
- 5-10% of under 65 year olds have dementia
- Almost 20-25% of people 70 years old have some form of dementia
- In 2022, there are about 148,000 people in Orange County, NC with 16% over 70 years old
- We are talking about 6000 people and their families
- About 70% of those with moderate dementia live alone (families may be elsewhere or absent)
- Majority of support or care (70-80%) is provided by families, friends, and single-source providers

## The Solution:

Get Engaged and Get Educated!

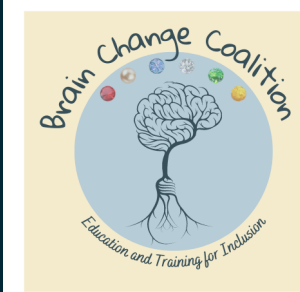
Our offer to this community is to support you, whether you are the person living with brain change, caring for someone who is, or in the professional world, we can help. Learn from our skilled team of volunteers about Snow Approach:

1. What does brain change look like?
  - How should healthy brains work?
  - What are some signals to notice?
  - When should I be concerned?
2. How will dementia, or other neurodegenerative conditions progress?
  - What are the GEMS States?
  - How will skills change over time?
  - What are some of the specific types?
3. What can be done to break the cycle?
  - How can I have a better relationship?
  - What skills and independence remains?
  - How can we build a team of support?

Talk, Listen, and Engage.

Find Meaning, Value, and Connection.

## Our Programs:



**Building Inclusive Community:**  
Education  
Advocacy  
Personal Growth  
Mutual Support

## The Brain Change Coalition

is an SAF program that offers education, training, and support for locals living with brain change AND everyone around them. Volunteers of ALL brain states and skill-sets work together to build a truly inclusive community through:

- Consultations
- Support Groups
- Information Sessions
- Engagement Opportunities
- Safe Respite
- Friendships - Relationships
- And More...

Other programs include Our Gathering Place and the Snow Approach Foundation Award. Learn More on our website!

JOIN OUR VOLUNTEER TEAM AT  
[WWW.SNOWAPPROACH.ORG](http://WWW.SNOWAPPROACH.ORG)

### Step 1:

Engage and Earn



### Step 2:

Build Our Gathering Place



### Step 3:

Grow Inclusive Community



[WWW.SNOWAPPROACH.ORG/DONATE](http://WWW.SNOWAPPROACH.ORG/DONATE)

Donate to  
Help us  
Build the  
Dream!