

New Mexico State Plan for Alzheimer's Disease and Related Dementias 2017 Update



State Plan 2017 Update:
<http://www.nmaging.state.nm.us/uploads/files/Update%20Dementia%20Plan%20LAU-Tracy%20edits.pdf>



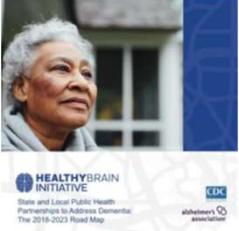
NM State Dementia Plan 2017 Update

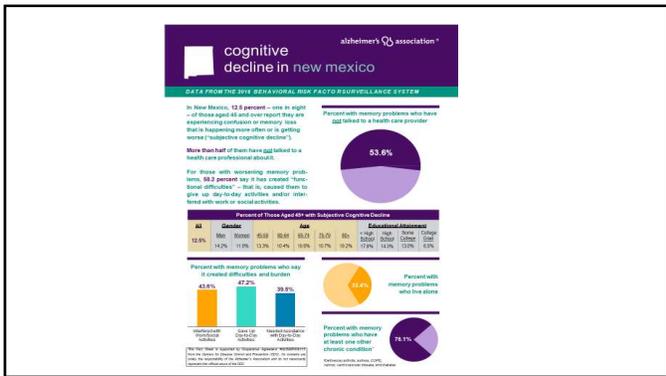
- Goal One: Maintain an Adequate Network Structure
- Goal Two: Raise Public Awareness and Expand Dementia Resource Connections
- Goal Three: Support and Empower Unpaid Caregivers
- Goal Four: Expand Research Opportunities in New Mexico
- Goal Five: Support Education and Training for a Dementia-competent Workforce
- Goal Six: Promote Quality in All Aspects of Alzheimer's Disease Care, Education, Public Awareness, and Research

NM State Dementia Plan 2017 Update

- Goal Two: Raise Public Awareness and Expand Dementia Resource Connections
- Coordination, collaboration, and inter-entity communication is encouraged and developed with public, private, local, state, tribal and federal entities to advance Alzheimer's readiness and dementia capable systems.
- In cooperation with the NM Department of Health and other partners, the benefits of healthy lifestyle choices in the prevention of Alzheimer's disease is emphasized, including the benefits of exercise and healthy eating, and the roper treatment of chronic conditions.

Healthy Brain Initiative



Healthy Brain Initiative



- Educate the public about talking to health professionals about memory problems. (E-1)
- Build public knowledge about brain health across the life span. (E-2)
- Increase public awareness about the role of caregivers and their health needs. (E-3)
- Expand people's use of interventions that enhance health, wellbeing, and independence. (E-7)
- Engage public and private partners in ongoing planning efforts to establish services and policies that promote supportive communities and workplaces for people with dementia and their caregivers. (P-5)

Healthy Brain Initiative



“Brain Health and Aging: The Basics”

- The [PowerPoint presentation \(PPT, 4.3MB\)](#) helps people learn how to reduce the risks related to brain health. This presentation addresses normal aging of the brain, threats to brain health, and healthy aging for the body and brain.
- A [two-page handout \(PDF, 1.7MB\)](#) for the consumer audience covers the basics of brain health.

Healthy Brain Initiative



For More Information

Centers for Disease Control and Prevention (CDC)
Alzheimer’s Disease and Healthy Aging Program

cdc.gov/aging

Healthy Brain Initiative



• For More Information

Alzheimer’s Association Brain Health
https://alz.org/help-support/brain_health
 10 Ways to Love Your Brain
https://alz.org/help-support/brain_health/10_ways_to_love_your_brain

Dementia Friendly America



- Fostering dementia friendly communities across the US
 - Modelled after Minnesota's ACT on Alzheimer's
- Launched in 2015 with eight pilot communities (now 48 states are inquiring, planning or active)

www.dfamerica.org

It Takes a Village....



Community Toolkit Phases



- **Convene** key community leaders and members and form an Action Team.
- **Engage** key leaders to assess **current strengths and gaps** in your community
- **Analyze** your community needs, determine priorities and set community goals.
- **Act** together to implement dementia friendly goals and identify ways to measure progress.

DFA Community Toolkit Resources Include



- Team Meeting Discussion Guide
- Call to Action: Email or Letter Invitation Template
- Meeting Agenda and Minutes template
- Sector-based Questionnaires
- Demographics of Dementia in Your Community
- DFA Sector Based Guides
- Community Engagement Tool Instructions
- Community Engagement Tool
- Community Priority Rating Spreadsheet
- Community Meeting - Prioritizing Goals Process
- Workplan Template

How are Other Communities/ States Doing This?



- Communities decide their approach and aims:
 - Full or partial tool kit approach (some go step by step but not required)
 - Training/ adoption of dementia friendly practices across sectors
- State groups can assist by:
 - Shining a spotlight on the topic
 - Serving as an extra source of assistance and support
 - Attending/speaking at local community events
 - Making tie-in to dementia state plan

Simple Steps to Get Started



- Joining DFA means a community is working to become more dementia friendly
- Define your community. How you define it is up to you. (city, village, region, town, county, stated lead)
- Review Community Toolkit online
 - Some communities do a step by step approach
 - Others pick and choose which resources to use
- Identify a couple (or more!) passionate individuals in your community and have a brainstorming meeting (sample agendas on DFA website)
- Connect with DFA for technical assistance and support

Examples of Dementia Friendly Community Actions



- Offer training to faith communities or establishing dementia friendly choirs or faith services
- Organize memory cafes (great opportunity for partnership with restaurants, , libraries, faith communities and more)
- Organizing a dementia friendly business training and decal
- Collaborate with law enforcement/ first response on training or outreach initiatives
- Raise awareness among general public, including YOUTH
- Partner with parks and recreation department of local museums/cultural venues for dementia friendly experiences
- Raise awareness about dementia for lawyers and front-line bankers
- Work with local physicians/ hospitals to promote early diagnosis and connection to community resources upon diagnosis
- Offer training to local restaurants or disseminate information.

Joining The Dementia Friendly America Network of Communities



- Becoming a member is free and ensures connection to additional supports.
- Joining DFA means community is working to become more dementia friendly:
 - Community approach (involving at least three sectors of community
 - Including people with dementia and care partners in planning
 - Adopting dementia friendly practices and goals
 - Writing a memo to DFA and gathering three letter of support from community partners

How We Support Communities



- Website materials are free, downloadable, customizable
- Webinars for DFA communities
- DFA communities listserv
- Technical assistance with DFA staff team
- DFA logo / branding (not required)
- Ability to connect with other DFA communities
- Opportunities to have your work highlighted

Contact for More Information



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