



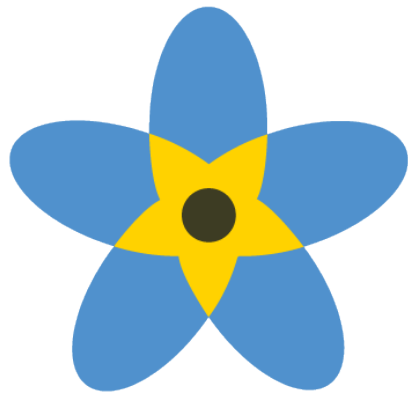
Dementia  
Friends  
California



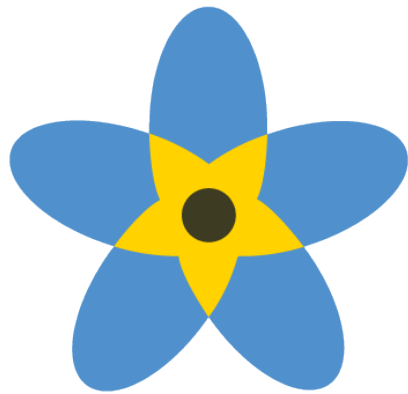
A Dementia Friendly America initiative

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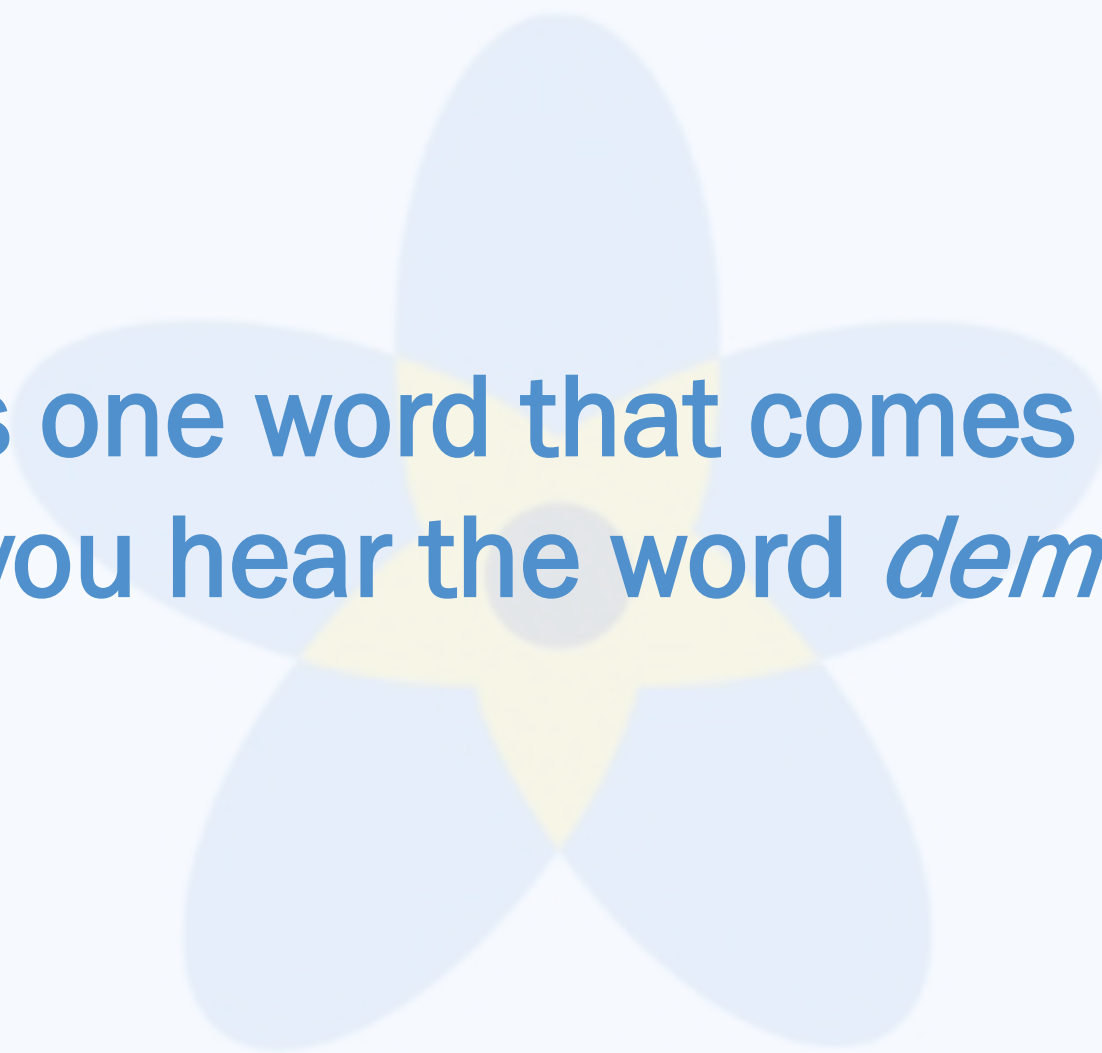
# Dementia Friends Session



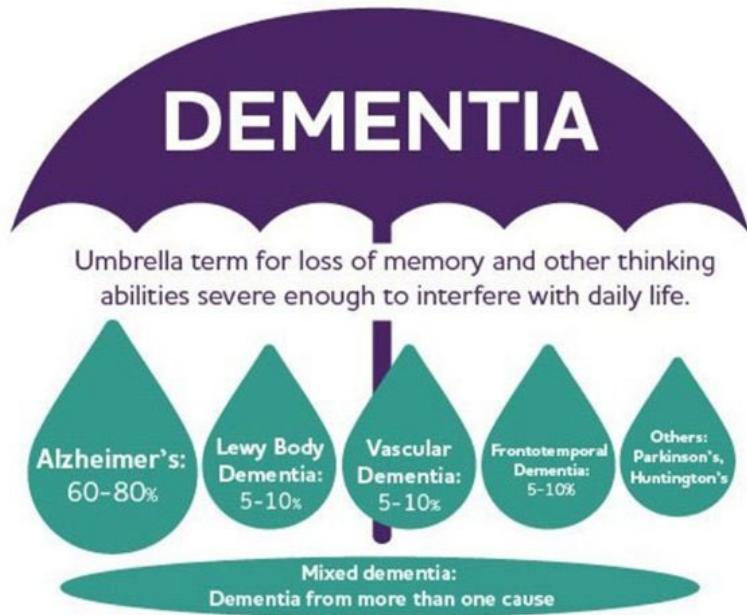
# PART 1: WELCOME



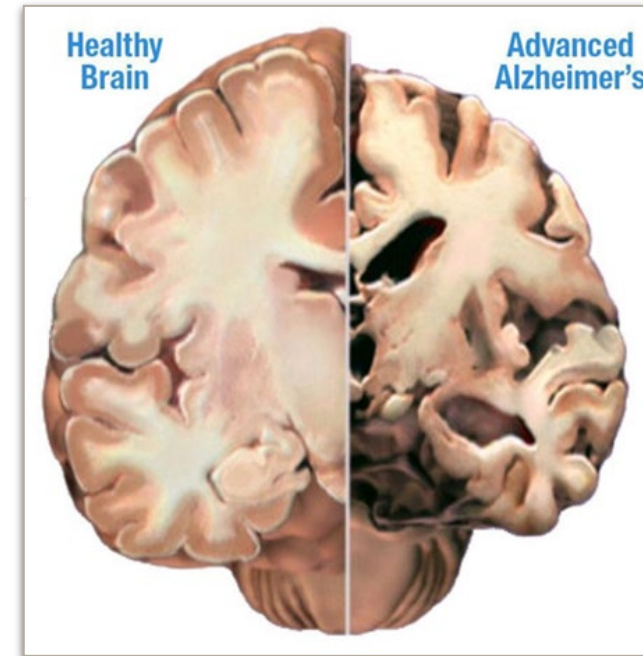
## PART 2: ONE WORD ON DEMENTIA



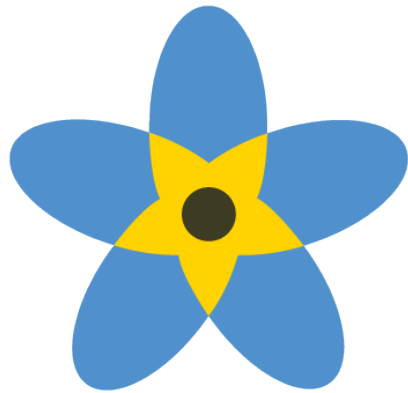
What's one word that comes to mind  
when you hear the word *dementia*?



Alzheimer's Disease is a specific type of dementia and the most common. Alzheimer's is a disease of the brain.



Dementia is an umbrella term used to describe a collection of symptoms such as memory loss, difficulty with thinking skills and language problems.



## PART 3: WHAT IS DEMENTIA FRIENDS?

# BACKGROUND

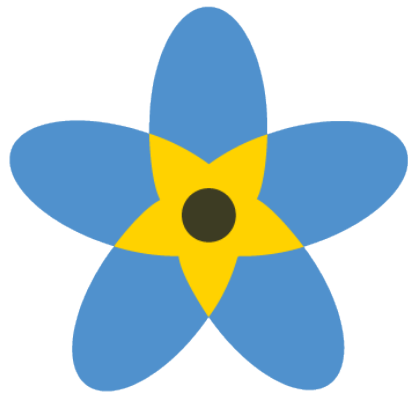
- Global movement started in the UK
- Goal is to help everyone understand 5 key messages about dementia, how it affects people, and how we can make a difference in their lives



# DEMENTIA FRIENDS GLOBALLY

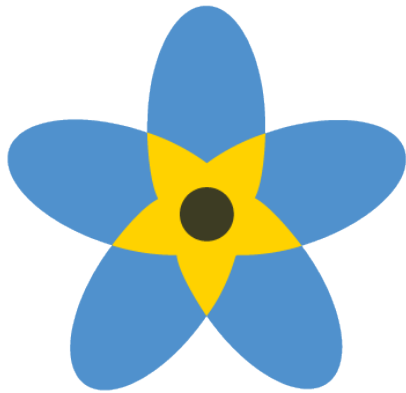






## PART 4: TYPICAL AGING VS. SIGNS OF DEMENTIA

# ANOSOGNOSIA



- Refers to the inability to recognize or acknowledge changes in one's cognitive abilities or thinking
- This is common with dementia

# 1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>• <b>Occasionally</b> forgetting names or appointments, but remembering them later</li></ul>	<ul style="list-style-type: none"><li>• Consistently forgetting important dates, events, appointments</li><li>• Asking for the same information repeatedly</li></ul>

## 2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>• <b>Occasionally</b> forgetting to pay a bill</li></ul>	<ul style="list-style-type: none"><li>• Difficulty keeping track of due dates, how to pay bills</li><li>• Difficulty following a recipe</li></ul>

# 3. DIFFICULTY COMPLETING FAMILIAR TASKS

Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>• Needing help to learn new technology such as a smartphone</li></ul>	<ul style="list-style-type: none"><li>• Forgetting how to use familiar appliances like a microwave</li><li>• Forgetting the rules of your favorite game</li><li>• Getting lost to familiar places</li></ul>

## 4. CONFUSION WITH TIME OR PLACE

Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>• Forgetting or confused about the day of the week, but recalling it later</li></ul>	<ul style="list-style-type: none"><li>• Thinking it is winter in the middle of summer</li><li>• Thinking you're living in another decade</li><li>• Confusion about their home</li></ul>

## 5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>• Vision changes and needing reading glasses</li><li>• Having a harder time driving at night</li></ul>	<ul style="list-style-type: none"><li>• Difficulty identifying food on a plate</li><li>• Difficulty judging the distance in between cars while driving</li><li>• Patterns on the floor may look like holes or other objects</li></ul>

## 6. NEW PROBLEMS WITH WORDS IN SPEAKING AND WRITING

Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>• Sometimes having trouble finding the right word</li></ul>	<ul style="list-style-type: none"><li>• Difficulty following a conversation</li><li>• Calling things by the wrong name (like "hand clock" for watch)</li></ul>



## 7. MISPLACING THINGS AND LOSING ABILITY TO RETRACE STEPS

Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>Misplacing your keys or reading glasses, but able to retrace your steps to find them</li></ul>	<ul style="list-style-type: none"><li>Putting your keys in the fridge</li><li>May accuse others of stealing because unable to recall where you put things</li></ul>

## 8. DECREASED OR POOR JUDGEMENT

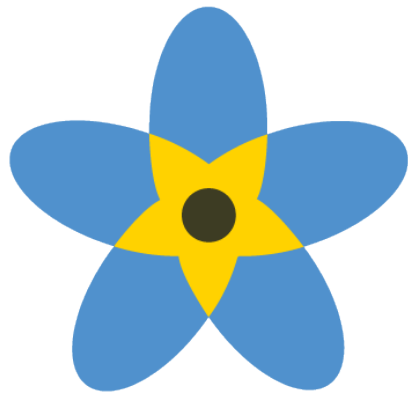
Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>Occasionally making a bad decision</li></ul>	<ul style="list-style-type: none"><li>Giving away money to strangers</li><li>Putting a metal cookie sheet in the microwave</li><li>Stealing from the store</li></ul>

## 9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>• Sometimes feeling weary about work, family, and social obligations</li></ul>	<ul style="list-style-type: none"><li>• Stop attending church regularly attend</li><li>• Stop attending weekly lunch dates with friends</li></ul>

# 10. CHANGES IN MOOD AND PERSONALITY

Typical Aging	Signs of Dementia
<ul style="list-style-type: none"><li>• Developing a very specific way of doing things and becoming irritable when routine is disrupted</li></ul>	<ul style="list-style-type: none"><li>• Becoming suspicious, anxious, depressed, or fearful</li><li>• Introverts become very extroverted</li></ul>



# PART 5: BROKEN SENTENCES AND FIVE KEY MESSAGES

# BROKEN SENTENCES ACTIVITY

## Instructions

- This activity will help you better understand dementia, and these are our five key messages.
- Match sentences in Column 1 to Column 2
- If you don't finish, it's okay– we will review this together.

## COLUMN 1

1. Dementia is not...
2. Dementia is caused by...
3. Dementia is not just...
4. It is possible to have a ...
5. There's more to the person than...

## COLUMN 2

- A. ...diseases of the brain. The most common is Alzheimer's.
- B. ...a typical part of aging. Not everyone who grows old will develop dementia.
- C. ...good quality of life with dementia.
- D. ...the dementia. People with dementia are a valuable part of the community
- E. ...about having memory problems. It can affect thinking, communication, and doing everyday tasks

# BROKEN SENTENCES ACTIVITY

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1. DEMENTIA IS NOT....

B) ...a typical part of aging.



# BROKEN SENTENCES ACTIVITY

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2. DEMENTIA IS CAUSED BY...

A) ...diseases of the brain. The most common is Alzheimer's.

# BROKEN SENTENCES ACTIVITY

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## 3. DEMENTIA IS NOT JUST...

**E)... about having memory loss problems. It can affect thinking, communication, and doing everyday tasks.**

# BROKEN SENTENCES ACTIVITY

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4. IT IS POSSIBLE TO HAVE A....

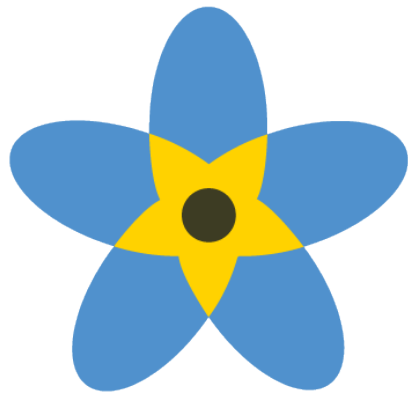
C) ....good quality of life with dementia.

# BROKEN SENTENCES ACTIVITY

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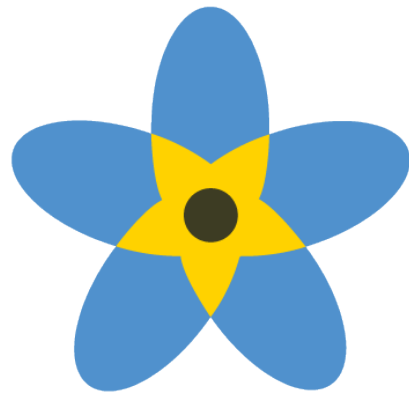
## 5. THERE'S MORE TO THE PERSON THAN...

D) ...the dementia. People with dementia are a valuable part of the community.



## PART 6: THE RIVER STORY

<https://www.youtube.com/watch?v=x5IGTMUGJ9Q>



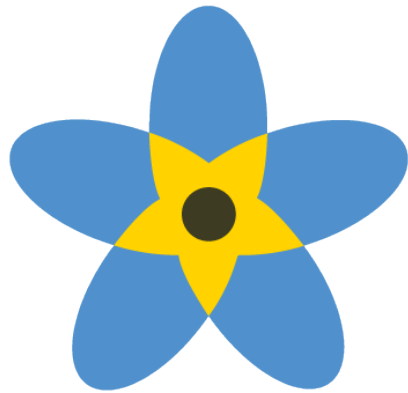
# PART 7: EVERYDAY TASKS

# EVERYDAY TASK

## Instructions

Create a step-by-step process of how you handle the following task:

*Make a cup of tea*



# PART 8: COMMUNICATION



# Communication

## Introduction

- The ability to communicate can be greatly changed by dementia
- Changes may include:
  - Using familiar words repeatedly
  - Inventing new words to describe familiar objects
  - Easily losing train of thought
  - Reverting to a first language
  - Having difficulty organizing words logically

# COMMUNICATION

*Tips when communicating with a person living with dementia*

- Treat the person with dignity and respect
- Be aware of your feelings
- Be patient and supportive
- Offer comfort and reassurance
- Avoid criticizing or correcting
- Avoid arguing
- Offer a guess
- Encourage nonverbal communication

# Communication

*When approaching the person with dementia*

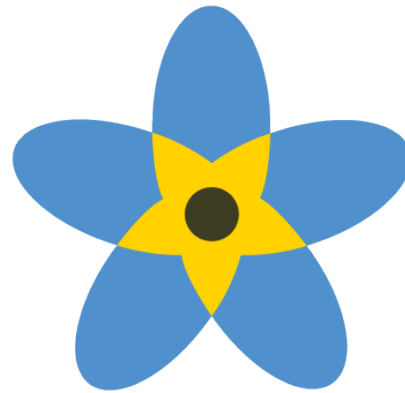
- Approach from the front
- Identify yourself
- Come down to their level if seated
- Use preferred name
- Use short simple phrases
- Speak slowly and clearly
- Use a gentle and relaxed tone
- Patiently wait for a response

# Communication

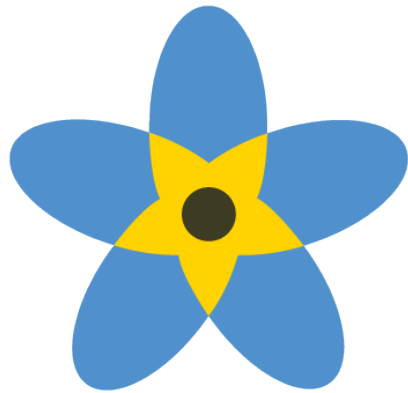
*When communicating during the conversation*

- Provide specific statements
- Avoid confusing/vague statements
- Gives choices “this” or “that”
- Turn negatives into positives
- Give visual cues
- Avoid quizzing
- Use written notes or pictures

# Challenging Behaviors- Teepa Snow



<https://www.youtube.com/watch?v=ZpXeefZ2jAM&t=4s>

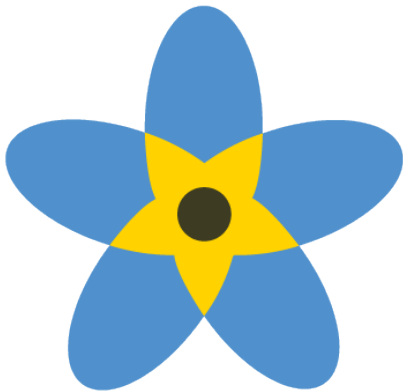


# PART 9: REVIEW FIVE KEY MESSAGES

# Five Key Messages

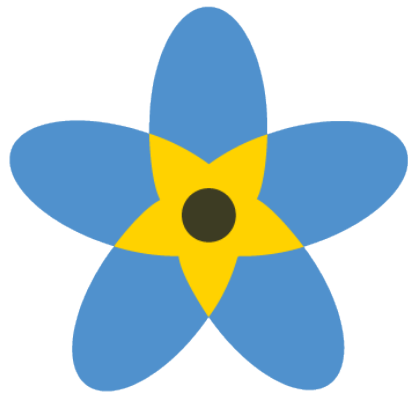
1. Dementia is not a normal part of aging. Not everyone who grows old will develop dementia.
2. Dementia is caused by diseases of the brain. The most common is Alzheimer's.
3. Dementia is not just about having memory problems. It can affect thinking, communication, and doing everyday tasks.
4. It is possible to have a good quality of life with dementia.
5. There's more to the person than the dementia. People with dementia are a valuable part of the community.

# DEMENTIA AND SPIRITUALITY & RELIGION



- Provide comfort and meaning
- Cope with emotional changes
- Foster connection and belonging
- Support identity
- Encourage holistic care





# PART 10: TURN YOUR UNDERSTANDING INTO ACTION

# Turn Your Understanding Into Action

A *Dementia Friend* supports the five key messages and commits to their own dementia friendly action. **What does it mean to you to be a dementia friend?**

Please share what you plan to do as a *Dementia Friend*.

# THANK YOU!

Questions? 

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