



Advisory Council on Aging and Disability Services

Advocating for local, state, and national programs that promote quality of life for older adults and people with disabilities in partnership with Seattle Human Services and King County.

Agenda and Announcement for the Aging and Disability Services Advisory Council Meeting

Friday, June 14, 2024

Virtual Meeting

Join us on Zoom: <https://zoom.us/j/94532440692>

Agenda / Schedule	
10:00 - 11:30 am	Advocacy Committee (see attached agenda)
12:00 – 12:55 pm	Presentation: Kimberly Meck, MRC, CRC, CDMS - Executive Director of Disability Empowerment Center
12:55 - 1:10 pm	Race and Social Justice (RSJ) Moment: How To Stop Artificial Intelligence From Marginalizing Communities? Timnit Gebru TEDxCollegePark
1:10 - 1:50 pm	Advisory Council Business I. Approval of May Minutes II. Reports from Committees and Councils (20 min) <ul style="list-style-type: none"> ○ Advocacy Committee – Diana Thompson ○ Planning & Allocations Committee - Lorna Stone ○ VSHSL Board Seniors Committee - Cindy Snyder ○ NW Universal Design Council - Tom Minty ○ Mayor’s Council on African American Elders – Pamela Williams ○ Age-Friendly Seattle - Dinah Stephens III. Reports / Action Items from AAA Partners (10 min) <ul style="list-style-type: none"> ○ King County, Department of Community and Human Services ○ Public Health Seattle-King County ○ Sound Cities Association IV. AC in the community V. ADS Director’s Report, Mary Mitchell (10 min)
1:50 - 1:55 pm	Other Announcements
1:55 - 2:10 pm	Executive Committee

- Next Advisory Council meeting July 12, 2024 – King County Disability Consortium
- Please contact aginginfo@seattle.gov with questions or to request accommodations or call 206-684-0660

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ADSAdvisoryCouncil.org

In partnership with:



ADS Advisory Council Advocacy Committee Meeting

June 14, 2024

10:00 to 11:30 AM

Virtual Meeting

Join us on Zoom: <https://zoom.us/j/97554577677>

AGENDA

Item	Presenter	Time
1. Welcome and Approval of May Meeting Minutes	Committee Chair	5 min
2. Advisory Council Check-in Share information on recent advocacy and partnership activities and emerging issues. As a result, members will have a better understanding of the committee's collective work and identify connections that support their advocacy priorities.	All	40 min
3. Advocacy Issues Federal, state, and local updates.	ADS Staff	30 min
4. Closing <ul style="list-style-type: none">Review of Action Items	Michael	1 min



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Advisory Council Meeting Minutes

May 10, 2024

Advisory Council Members

X	Alex O'Reilly		Dick Woo	X	Lorna Stone
X	Barb Williams	X	Dolores Wiens (Pending)	X	CM Marli Larimer (Kent)
	CM Cathy Moore (Seattle)	X	Joe Hailey	X	Patricia Schnepf (Pending)
	Cindy Snyder	X	Joel Domingo (Pending)	X	Tom Minty
X	Diana Thompson		CM Kim-Khánh Vãn (Renton)	X	Zelda Foxall

Guests: Lynne Korte, Hannah Kimball, Kari-Mae Miles, Pamela Williams (MCAAE)

AAA Liaisons: Mariel Torres-Mehdipour, PHSKC; Traci Adair, King County DCHS

HSD Staff: Maria Langlais, Irene Stewart, Dinah Stephens, Andrea Yip, Saba Mir, Allison Boll, Mary Mitchell, Naisha Williams,

- The Health and Human Services Committee approved Patricia Schnepf, Dolores Weins and Joel Domingo and they will be approved as formal members at the next full City Council meeting
- Kudos to Maria Langlais for covering as meeting Liaison while Michael Adusah is out.

Presentation

- Dementia Action Plan – Lynne Korte, ALISA Dementia Care Program Manager
Please see [presentation](#) for more details.

Race and Social Justice Momenta

- A video link [The Myth of Race, Debunked in 3-Minutes](#) was distributed prior to the meeting and a discussion was held during the meeting with major takeaways being:
 - .
 - A succinct and powerful description of how race is a social construct. Race is a myth – Racism is not a myth-- the racism that flows from that made-up construct is real.
 -

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- The concept of race has been used to suppress people and has been institutionalized through policy and legislation.
- Any social construct that makes people different is something to be leery of -- good reminder to all of us to think more deeply on the language, “that’s racist”.
- Isabel Wilkerson wrote A Warmth of Other Suns, and the thesis says that Race (as applied to the USA) impacted the Jim Crow South and was the template for racial subjugation in Nazi Germany.
- Race is at the surface, and we lead with it explicitly, but there are other intersecting factors such as race, class, gender, ability, and age that compound racism.

Advisory Council Business

I. Acceptance of Prior Meeting Minutes – Alex O’Reilly

MOTION: A vote was taken to approve minutes from the meeting held April 12, 2024. The minutes were accepted as written with additional comments.

Move to Accept: Lorna Stone

Seconded: Joe Hailey

Vote: All members voted in favor of approval without opposition or abstention.

Outcome: The April 12, 2024, approved minutes will be corrected, finalized, and posted.

II. Reports from Committees and Councils

- Advocacy Committee – Maria Langlais
 - USAgging sent out an Advocacy Alert for OAA Appropriations.
 - The Design Commission recommended that the Skyline Skybridge CCRC project proceed and our support for the project was called out in the meeting.
 - Several council members weighed in on the Seattle Comprehensive Plan.
 - The Legislation Session is over, and the committee will start considering priorities for 2025; staff will support in developing talking points and making appointments for meetings with legislators.
 - Shout out to Diana Thompson, who was recognized by the Bellevue Mayor and the Bellevue Network on Aging for her 18 years of service.
- Planning and Allocations Committee - Lorna Stone
 - Met last Monday and discussed the Client Profile Report, the Area Plan Budget. The Client Profile Report is a demographic summary of clients served by ADS programs. People may not be willing to identify themselves ethnically which presents as “unknown” in the report, which makes it difficult for ADS to assess the impact on addressing disparities. This report comes to the full council later this year.
- VSHSL Board Seniors Committee
 - No Report
- NW Universal Design Council - Tom Minty
 - We are registered for the Seattle Design Festival.

- Attended the Fair Housing Conference last month and spoke to the Tacoma Pierce County Association of Realtors about Accessibility and Universal Design.
- Mayor's Council on African American Elders - Pamela Williams
 - The Fraud Awareness and Prevention Committee presented The Top Scams of 2024 at the April meeting. Scams include Check Clicking, Voice Print, the Delayed Action Sweepstakes the Virtual Celebrity, Multi-Stage Grandparents and Paris Olympics.
 - In partnership with the Age Friendly Team, the sub-committee submitted a letter to the Office of Planning and Community Development on our One Seattle Comprehensive Plan concerns, which included: missing needs of older adults on limited incomes; affordable housing for older adults, people with disabilities, and service works; increasing pressures from migration; and new and future transportation options that will impact neighborhoods.
 - The May meeting will include a presentation about the Age Friendly Anti-Ageism Training. Email [Karen Winston](mailto:Karen.Winston@seattle.gov) for more information.
- Age-Friendly Seattle (AFS) – Dinah Stephens
 - Washington has committed to becoming an Age Friendly and Dementia Friendly state.
 - The public-facing version of [We♥Aging: Anti-Ageism Community Training](#) launched.
 - The public review process for the Comprehensive Plan is underway. An event was held last week to ensure older adults voices are heard, and we worked with MCAAE on a letter to the Office of Community and Human Development and the NWUDC.
 - Public comment on the Comprehensive Plan has been extended to May 20, 2024. Comments will be incorporated, and a draft sent to the City Council. The entire plan must be passed by December 30, 2024, or Seattle risks losing access to funding streams. Plan comments can be directed: OneSeattleCompPlan@seattle.gov
Staff person leading the plans Community Input process: aja.hazelhoff@seattle.gov
 - Launched Social Connectivity Learning Network this year and are arranging seminars, with the first being on Digital Equity.

III. Reports and Action Items from AAA Partners

- King County Department of Community and Human Services (DCHS) – Traci Adair
 - The VSHSL board has been reformed. They met last month and will meet monthly going forward. They have a Senior sub-committee that meets every other month.
 - Want to continue collaboration between VSHSL and the Advisory Board on strategies.
 - Closed procurement and awarded offers to Senior Centers and announcements are going public this week.
 - Held community planning sessions on Caregivers and the Villages procurements, both of which will be opening soon.

- DCHS staffs the King County Women’s Advisory Board, and they are excited to take the community version of the Age Friendly Anti-Agism Trainings.
- We’re reading the Area Plan and may attend the Advisory Council to ask questions.
- Public Health Seattle-King County (PHSKC)– Maria Langlais
 - Close to releasing the Strategic Plan and inviting people to related conversations: <https://kingcounty.gov/en/dept/dph/about-king-county/about-public-health/strategic-planning>
- Sound Cities Association (SCA)
 - No updates were provided this month.

IV. Advisory Council in the Community

- Alex O’Reilly
 - Kimberly Meck (Executive Director of the Disability Empowerment Center King County) will be speaking about their work on advocacy at our June Meeting.
 - Meeting with the Executive Director Seattle Human Services Coalition next week, to find out how they focus on older adults.
 - It would be great to have the King County Women’s Commission attend a future meeting to talk about what their work is and how we may work with them on their focus areas.
- Lorna Stone
 - Attended an activity at the Southeast Seattle Senior Center and had conversation with social worker about needs they are seeing in community.

V. ADS Directors Report - Mary Mitchell

- Attended the City Council presentation of the OAA Proclamation:
 - [Video of Council presentation](#)
 - [Older Americans Month Proclamation](#)
- Congratulations to our three new nominees for being approved by the Seattle City Council’s Housing Human Services Committee: Patricia Schnepf, Dolores Weins and Joel Domingo.
- Met with the Seattle Human Services Coalition’s (SHSC) Seniors Committee last Friday. They extend their thanks and appreciation to Lorna Stone for meeting with Southeast Seattle Senior Center staff. SHSC is working to develop their priorities for City funding for human services, including requesting additional funding for meal delivery and social work support (specifically mental health).
- ADS helping the state raise awareness about WA Cares benefits, and will be participating in a media campaign, which will include Interviews with local media organizations.

ACTION: Mary Mitchell to send out more information on WA Cares.

ACTION: Maria Langlais will inform WA Cares team that we need content that is concise, simple, and easy to digest and repeat.

Other Announcements

- Barb Williams is participating in a demonstration of Tai Chi for Elders tomorrow at Mercedale Park from 4:00-5:30pm, and another will be held at the Seattle Armory next week at 4:00pm. It's an opportunity to be active, learn something to challenge your brain and keep your body going.

Meeting Adjourned

DRAFT



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Advocacy Committee Meeting Minutes

May 10, 2024

Attending

Advocacy Committee Members: Diana Thompson, Zelda Foxall, Barb Williams, Joe Hailey, Alex O'Reilly, Dolores Weins, JJ Wong, Patricia Schnepf

AAA Partners: Pamela Williams, Abigail Brown

HSD Staff: Maria Langlais

1. Acceptance of Prior Meeting Minutes

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Move to Accept: Alex O'Reilly

Seconded: Zelda Foxall

Vote: Members voted in favor of approval without opposition or abstention.

Outcome: The April 12, 2024, approved minutes will be corrected, finalized, and posted.

2. Advisory Council Check-In

- Zelda Foxall
 - Signed Dear Colleague Letter for funding OAA.
 - AARP working on Health Information Technology; will report more next time we meet.
 - AARP raised the issue of the role of Insurance Commissioners and how it affects seniors.
 - SNAP Reform Bill HR35-19 (Hot Foods Act) is a concern as SNAP participants can't buy hot/prepared foods; asking that this outdated rule be done away with.
- Barb Williams
 - The committee signed a letter in support of the Skyline Skybridge in March, and SDOT turned it down, however, the Seattle Design Commission approved it 05/02/24 (8-1 in favor) <https://www.seattle.gov/designcommission/meetings-and-projects/meeting-overviews#2024meetings>. It will now go to the council.
 - Attended meeting on the Seattle Comp Plan.
- Joe Hailey
 - Attended and represented ADS at the presentation of the OAA Proclamation.

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[ADSAdvisoryCouncil.org](https://www.seattle.gov/designcommission/meetings-and-projects/meeting-overviews#2024meetings)

In partnership with:



- Received response from Sen. Patty Murray’s office on appeal we issued concerning the ACP (Affordable Connectivity Program) which is scheduled to sunset at the end of this month. Patty Murrey fully supports this program.
- Responded to an alert by the Low-Income Housing Alliance and sent letters asking for commitment to create permanent dedicated fund source for affordable housing.
- Attended One Seattle Plan (Comp Plan) meeting and asked about getting a formal reference in the plan on how the city will accommodate our homeless neighbors. A section in the plan speaks about homelessness, but it’s generic.
- Attended a Pending Legislation online seminar and a seminar on “New Federal Policy to Prevent Mortgage Closures.”
- Alex O’Reilly
 - Sent a letter to encourage law makers to reauthorize the OAA.
 - Attended the Comp Plan meeting at Pike Place Senior Center and asked why there was not a separate Human Services element in the plan. This time, they decided to spread it throughout the chapters.
 - Attended the OAA Proclamation and appreciated CM Moore’s elevation of the ageism issue to the council.
 - Reached out to the King County Assessor’s Office about the difficulty of using the online application for Property Tax Exemption form and haven’t heard back.
 - Want to set up meetings with legislators this summer and fall; requested bullet points on what we would talk about with our legislators by our next meeting.
 - Wondering if any congressional delegations are working on the Medicare and Social Security solvency (entitlements) for older adults.
 - Diana Thompson had a nice send-off from the Bellevue Network on Aging as she is moved to Seattle. People acknowledged that when she talked about older adult issues, they knew she was providing great information.
- Patricia Schnepf
 - Interested in and concerned about the use of AI technology in the medical profession.
- Abigail Brown
 - Listening in to learn about issues in the greater community, and to make connections for the Bellevue Network on Aging.
- JJ Wong
 - Participated on various AI Research committees in publishing articles.
 - Is compassionate about LGBTQ+ seniors and disabled populations often being left out in modernization and technology issues.
- Pamela Willaims, liaison for MCAAE

- Regional LTC Ombudsman for King County which advocates for vulnerable adults who live in Long Term Care facilities, Assisted Living facilities, Adult Family Homes, and Skilled Nursing Facilities.
- Dolores Wiens
 - Attended the Washington State Aging and Disability Commission and looks forward to assisting communications between the state group (State Council on Aging) and ours.

3. Advocacy Issues

- Federal Updates
 - Medicare/Social Security solvency – lots of media following release of [recent reports](#), which were actually more optimistic than anticipated; want to ensure council is aware of issues and advocacy opportunities.
 - AARP arranged a meeting with Rep. DelBene covering caregiving, social security, and other federal issues impacting older adults.
 - OAA Appropriations and Reauthorization
 - USAgings issued an action alert encouraging individuals or organizations to reach out to congressional delegation requesting increased OAA funding, including increases for specific titles: IIIB, IIIE and VI. Maria forwarded the message to committee members in advance of the meeting.
 - USAgings Policy Conference focused on OAA Reauthorization; last month's meeting notes included links to conference materials (included again here for reference). Priorities include increased flexibility for AAAs
 - Creating a new title may be a new set of rules and limitations, adding layers of bureaucracy which senior centers must navigate. We need more money for resources.

ACTION: Staff will forward a copy of the USAgings Action Alert email to Patricia Schnepf, Dolores Wiens, JJ Wong, and Pamela Williams.

ACTION: ADS staff will research which members from our congressional delegation are on committees related to Medicare and Social Security and identify potential champions to ensure longer solvency.

- State Updates
 - Summer is a time to build relationships with our elected officials. Michael Adusah will be scheduling a meeting with state legislators during the off session.
 - As requested earlier, ADS staff will develop speaking points in advance of meetings.
 - Lorna shared concern at last month's meeting that fears about [estate recovery](#) are impacting access to long-term care services. ALTSA is aware of this issue and working

to provide solutions while staying within compliance of the Medicaid Recovery Act. The committee agreed it would be helpful to have someone speak at a future meeting about this issue. [SB5138](#) was a priority for Advisory Council in 2024 but did not pass; could revisit for 2025 priority list.

- 2025 Legislative Session: W4A develops their priorities and supports priorities for partners organizations. The council can create their agenda for additional issues they may choose to elevate.
- Local Updates – Maria Langlais
 - Seattle Comp Plan- public comment period has closed.
 - Public Health Seattle King County is seeking feedback on their [Strategic Plan](#).
 - King County Executives released a statement to employees indicating they may have found a short-term solution to the 2025 Budget. Closing the gaps means no closure of Community Health Clinics.
- Other business: Meeting and event spaces
 - Diana suggested asking the Bellevue Network on Aging if they will supply a space for us to hold Candidate Forum Meetings. Maria noted these events have been done in coordination with W4A and AARP, and staff will follow up with them.
 - Barb Williams reminded us that Town Hall is looped and suggested using for future meetings.

ACTION: Staff will look into Town Hall as a potential meeting site.

ACTION: Staff will contact AARP and W4A to inquire about plans for candidate forums.

4. Closing

- Congratulations to Patricia Schnepf, Dolores Wiens, and Joel Domingo who were approved as Advisory Council members by Seattle City Council’s Housing and Human Services Committee. The full council will vote to formally approve them at their next meeting.

Meeting Adjourned



Transforming
Lives

WA State Action Plan for Dementia

King ADS Advisory Group

May 10, 2024

Lynne Korte, Dementia Care Program-Policy Analyst

- Aging and Long-Term Support Administration
- Home & Community Services



Transforming lives

What we'll cover:

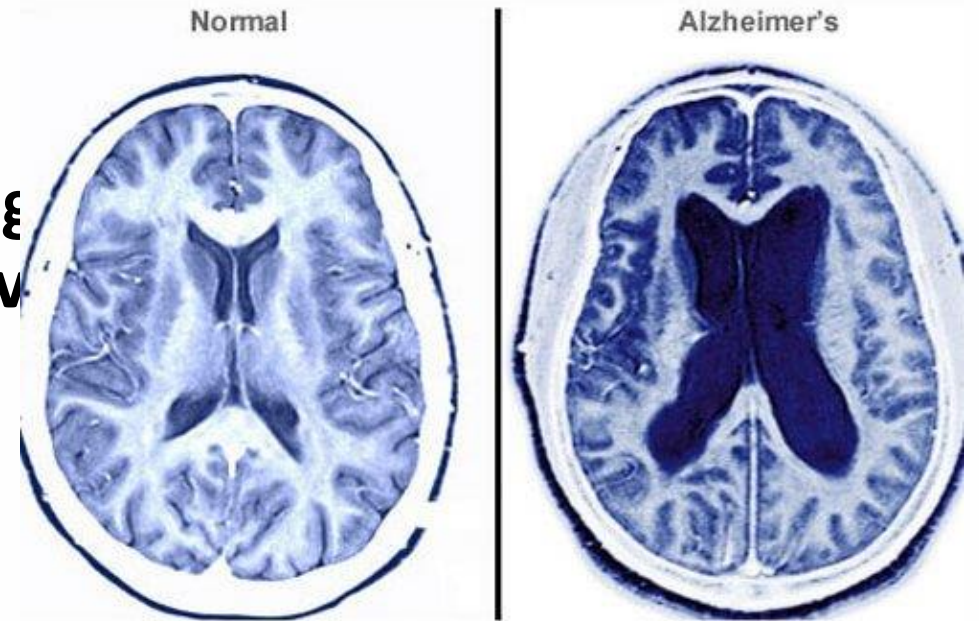
- 1. Brief overview of dementia**
- 2. WA State Plan to Address Alzheimer's Disease and Other Dementia**
- 3. How you can help**



Dementia

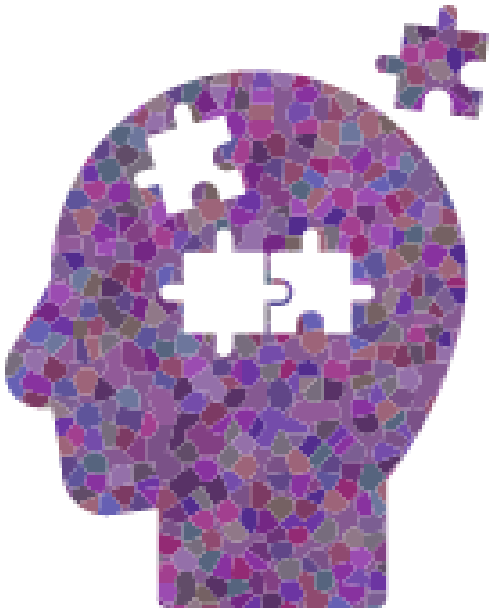
(Major Neurocognitive Disorder)

Dementia is not a “disease” itself – it is a ξ describes a set of symptoms caused by a variety of conditions.



Dementia is caused by damage to the brain that results in a decline in memory and thinking, *severe enough to interfere with daily life.*

Dementia



Dementia effects one or more of the following functions of the brain:

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception

Mild Cognitive Impairment (MCI) – similar changes but NOT severe enough to interfere with daily life

Dementia: An Umbrella Term



Dementia

An umbrella term used to describe a collection of brain diseases and their symptoms, which include: memory loss, impaired judgment, personality changes, and an inability to perform daily activities.



Alzheimer's Disease

Prevalence

60-70% of dementia cases

Characterized by

Amyloid plaques and beta tangles.

Symptoms include

Impairments in memory, language, and visuospatial skills.



Vascular Dementia

Prevalence

10-20% of dementia cases

Characterized by

Disease or injury to the blood vessels leading to the brain.

Symptoms include

Impaired motor skills and judgement.



Frontotemporal Dementia

Prevalence

10% of dementia cases

Characterized by

Deterioration of frontal and temporal lobes of the brain.

Symptoms include

Personality changes and issues with language.



Lewy Body Dementia

Prevalence

5% of dementia cases

Characterized by

Lewy body protein deposits on nerve cells.

Symptoms include

Hallucinations, disordered sleep, impaired thinking and motor skills.



Other Dementias

Prevalence

5% of dementia cases

Dementias related to

- Parkinson's disease
- Huntington's disease
- HIV
- Crutzfeldt-Jakob disease
- Korsakoff syndrome

Warning Signs – Differences between Normal Aging and Possible Dementia

Normal Aging	Dementia
Making a bad decision once in a while	Making poor judgments and decisions a lot of the time
Missing a monthly payment	Problems taking care of monthly bills
Forgetting which day it is and remembering it later	Losing track of the date or time of year
Sometimes forgetting which word to use	Trouble having a conversation
Losing things from time to time	Misplacing things often and being unable to find them

[Learn more - 10 Warning Signs - Alzheimer's Association](#)

Why is early detection important?

Less than
50%
Receive a formal
diagnosis

With early diagnosis, comes opportunities:

- Can identify causes of cognitive decline that may be reversible
- Can plan to better manage any comorbid conditions before they lead to an acute hospitalization
- Can enable the time/opportunities for -
 - treatment of symptoms
 - best possible health
 - legal & advance care planning
 - education and support of family and other caregivers



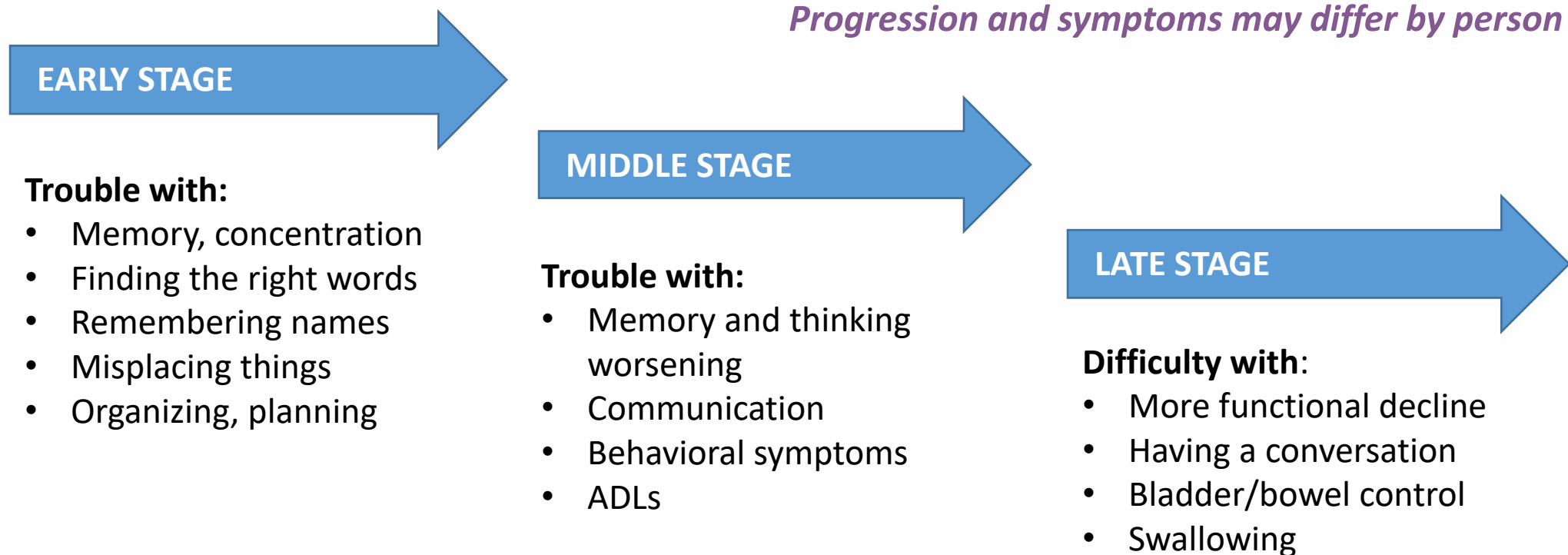
Let's Talk Dementia Mini-Videos

[No Regrets - Bob's Story - YouTube](#)

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

Alzheimer's Disease Progression

Duration of 4-20 years, average of 8 years



Different types of dementia, and their symptoms may progress differently



What are we doing about
dementia here in Washington?

Washington State Plan to Address Alzheimer's Disease and Other Dementias

2023-2028

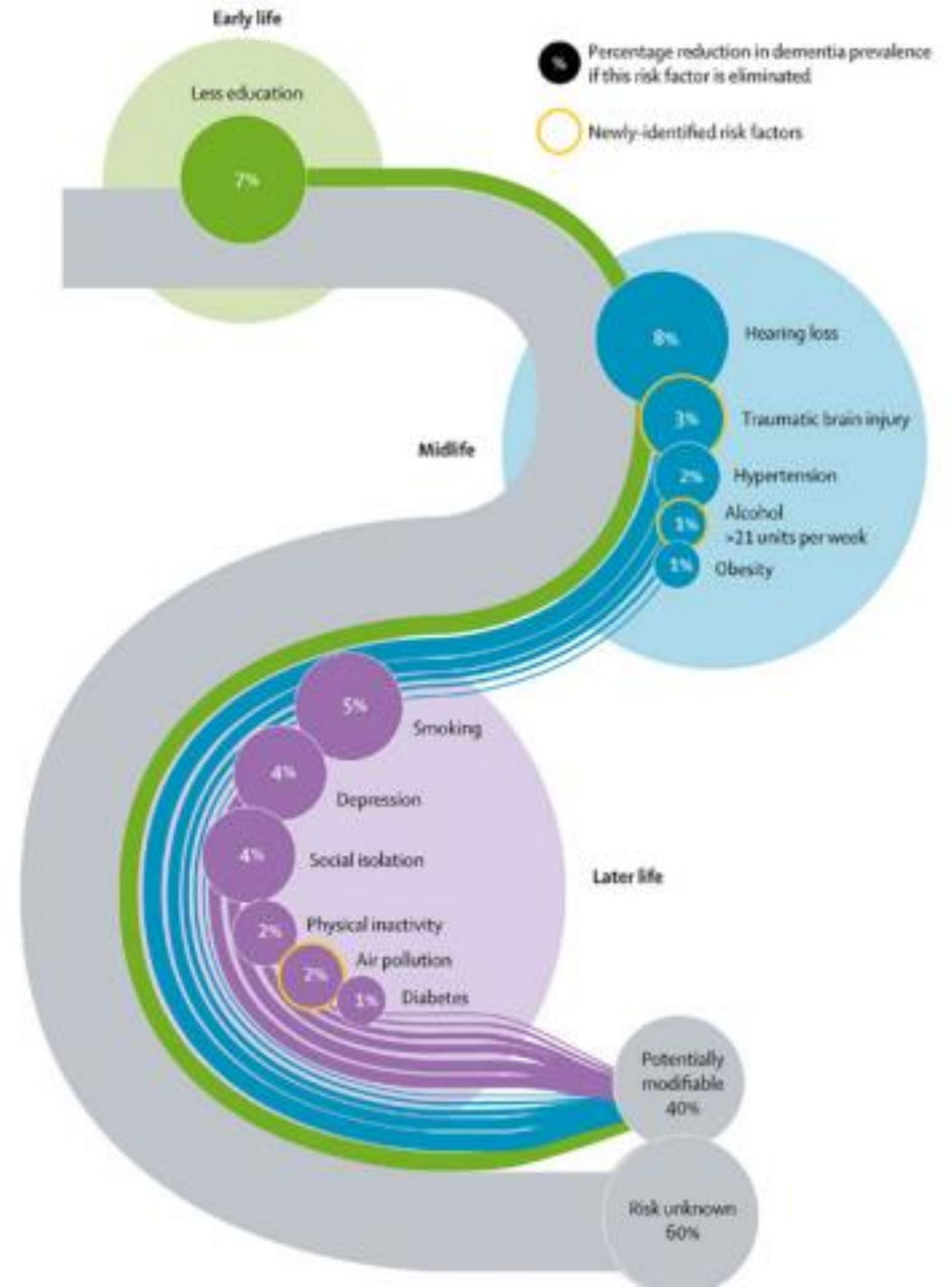


Opportunities to build on

Potentially modifiable risk factors

- Alcohol Use
- Depression
- Diabetes
- Hearing Loss
- Hypertension
- Physical Inactivity
- Poor Diet Quality and Obesity
- Poor Sleep Quality and Sleep Disorders
- Tobacco Use
- Traumatic Brain Injury

Risks accrue over the life course



Seven High Level Goals – Focus Areas

1. Public awareness, engagement and education
2. Prepare communities
3. Well-being and safety
4. Family caregiver supports
5. Promote risk reduction, early diagnosis and evidence-based health care
6. Long-term services and support in setting of choice
7. Innovation and research related to causes and care

***GUIDING
PRINCIPLES***

**Person- and
family-
centered**

**Health
Equity**

**Life course
approach**

**Build upon
other work**

**Public-private
framework**

Actions Currently or Soon Underway



Increasing knowledge of primary care practitioners around dementia diagnosis and care



Age-Friendly and Dementia-Friendly state and communities, reduce stigma



Increasing public awareness of brain health and dementia



Increasing awareness of trainings and supports for family care partners



Increasing actions to reach, inform, and support populations at increased risk of dementia

Take action!

Working together on common goals and strategies, will create a more coordinated and amplified response in Washington.

The Dementia Action Collaborative invites everyone to join us in taking ACTION.

Be a part of the solution....

[Appendix C - Suggested Actions for Partners](#)



Washington State
Plan to Address

**Alzheimer's
Disease and
Other
Dementias**

Appendix C
Suggested Actions for Partners

Take action!

[Appendix C - Suggested Actions for Partners](#)

Possible Actions for Individuals and Care Partners

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Learn about, and take actions, to keep your brain healthy.	ACL Talking About Brain Health
Learn about the warning signs of dementia – and the value of a timely diagnosis.	Dementia Washington State Department of Health

If you have warning signs of dementia, talk to your health care provider about them. If you notice warning signs in a family member, have a conversation with them around the importance of getting an evaluation.

Learn tips and suggestions in working with your health care provider about diagnosis and care.

If you are living with dementia, it is important to stay active and engaged. Learn about Memory Loss programs, support groups and more.

Learn ways you can help people who are living with dementia by becoming a Care Partner!

Check out [Memorylossinfo.org](#) – information about dementia and links to resources.

Possible Actions for Aging Network and Long Term Supports & Services Partners

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Promote healthy aging and brain health in communities you serve – provide information that helps people take care of their brain.	ACL Talking About Brain Health
Share information about the warning signs of dementia, and the value of a timely diagnosis.	Dementia Washington State Department of Health 10 Early Signs and Symptoms of Alzheimer's
Help reduce stigma around dementia by becoming a Dementia Friend!	Dementia Friends in Washington State - Memory and Brain Wellness Center Dementia Friends USA
Spread the word about the Memorylossinfo.org web page that links people to dementia supports and services and DAC resources – add a link to it on your webpage.	Memory Loss Info Washington
Help families plan - make the Dementia Road Map: A Guide for Family and Care Partners available through your organization – add a link to it on your webpage or get paper copies to share.	Memory Loss Info Washington

Help individuals and families living with a serious illness or health condition to understand their options and make the Palliative Care Road Map available through your organization.

[Palliative Care Road Map: A Guide for living with serious illness and conditions for patients and those who care for them](#)

Possible Actions for Public Health Entities and Partners

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Promote healthy living habits across the life course to reduce risk of dementia – provide information that helps people take care of their brain.	Talking About Brain Health and Aging: The Basics Lancet Commission Infographic: Life-course Model-12 Potentially Modifiable Risk Factors 10 Ways to Love Your Brain

Share information about the warning signs of dementia, and the value of a timely diagnosis.

Be aware of and participate in efforts to reduce disparities in dementia.

Spread the word about the [Memorylossinfo.org](#) web page – links people to dementia support services and DAC resources – add a link to organization's website.

Help families plan ahead – make the Dementia Road Map: A Guide for Family and Care Partners available through your organization – add a link to webpage or get paper copies to share if possible in community events. Available in English.

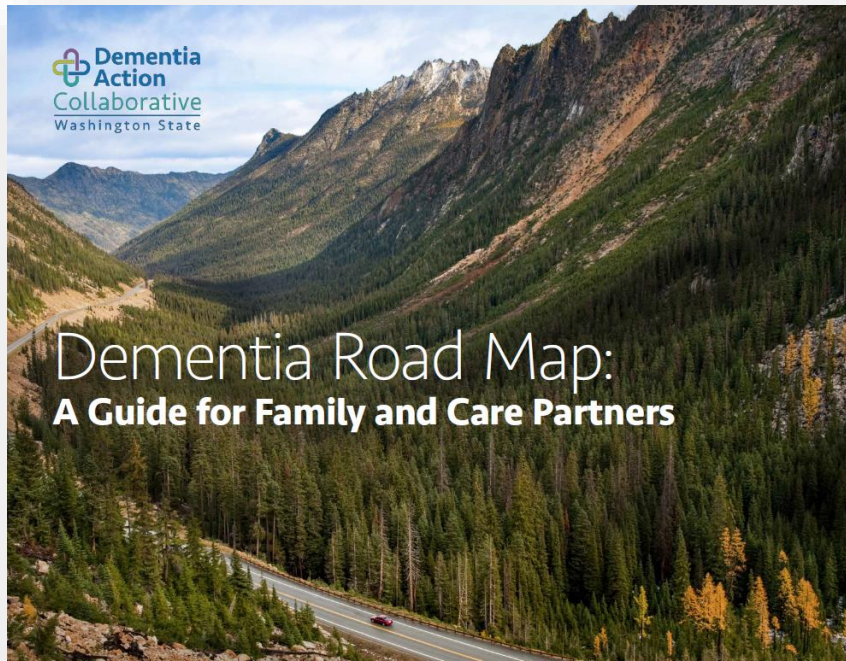
Make the Dementia Legal Planning Toolkit available through your organization – add a link to

Possible Actions for Health Care Providers and Health Systems

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Promote healthy living habits across the lifespan to reduce risk of dementia.	Optimizing brain health across the life course: WHO position paper
Counter ageism by changing how we communicate/talk about aging.	Reframing Aging
Incorporate age friendly smart phrases into Electronic Health Records systems.	IHI Age Friendly Health Systems EPIC Implementation Guide
Utilize hearing loops, pocket talkers, or other communication tools when meeting with groups of older adults or with individuals who have hearing loss.	Get in the Hearing Loop - Hearing Loss Association of America
Ask and record the patient's preferred care partner's name and contact information at each visit.	Identify Family Caregivers guide
Take the Cognition in Primary Care training when it is offered. A training program to facilitate detection of cognitive impairment and improve care for people with dementia, intended for primary care teams.	Cognition in Primary Care
Participate in Project ECHO Dementia, a web-based learning model for primary and allied care providers.	Project ECHO Dementia
Bookmark and use the Dementia Care Plan and Clinical Tool Beyond Diagnosis & Clinical Provider Practice Tool – These include guidance for identifying and	Dementia Care Plan and Clinical Tool Beyond Diagnosis

INFORM, EDUCATE AND PREPARE FAMILIES



Available in English, Spanish and Russian

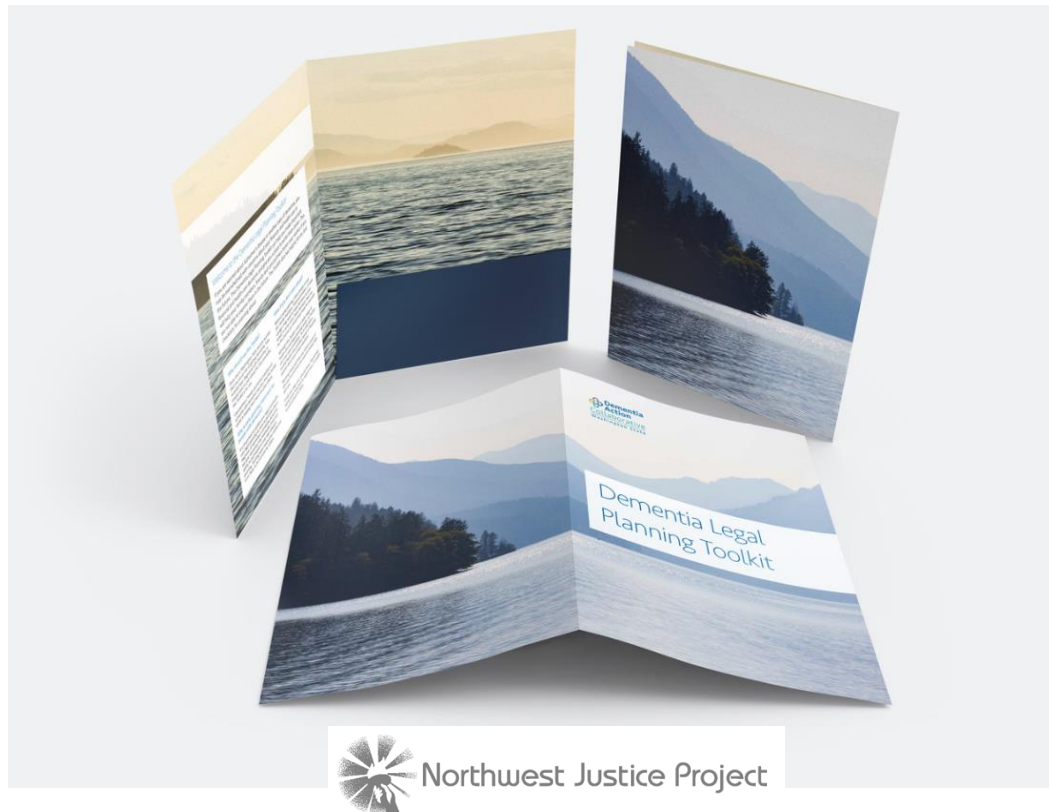
ONLINE VERSION & BULK ORDERS:

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

1-5 PAPER COPIES:

Dementiaroadmap@dshs.wa.gov

PROMOTE EARLY LEGAL & ADVANCE CARE PLANNING



Dementia Legal Planning Toolkit*

- Dementia and capacity
- Financial decisions
- Health care decisions
- Resources
- Forms and Instructions

* [View online at Washingtonlawhelp.org](https://www.washingtonlawhelp.org)



Google Forms

Order free paper copies:

<https://forms.gle/FEmTG3gGwXdjHRaA7>

DEMENTIA LEGAL PLANNING PROJECT

Dementia Legal Planning
DEMENTIA LEGAL PLANNING PROJECT

HOW DOES IT WORK?

- Connect with us – by phone or online
- We match you with a volunteer attorney to guide you
- You complete essential paperwork
- No cost to you

READY TO GET STARTED?

☎ 425-780-5589

🌐 www.dementialegalplanning.org

Dementia Action Collaborative Washington State This program is funded, on behalf of the Dementia Action Collaborative, by the Aging and Long-Term Support Administration/DSHS.

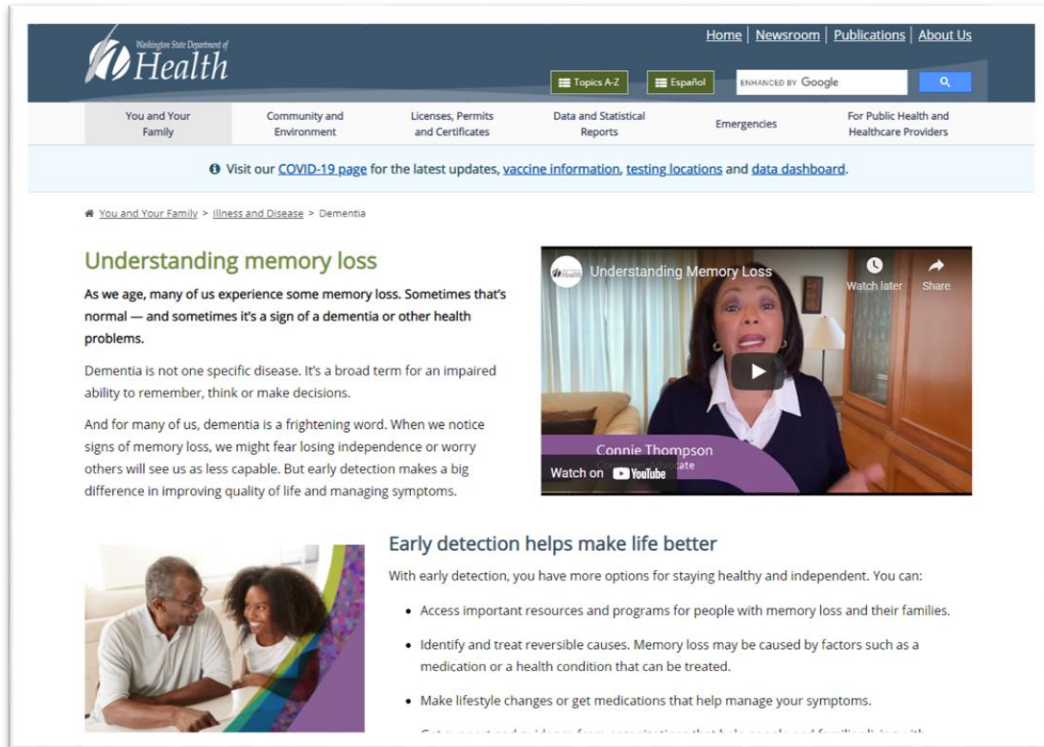
Free help in completing forms:

- Power of attorney for finances
- Power of attorney for health care
- Health care directives
- Dementia directive

Learn more and find flyers to share with clients:

- <https://www.probonocouncil.org/dementia-legal-planning>

PUBLIC AWARENESS CAMPAIGNS & DEMENTIA FRIENDS



The screenshot shows the Washington State Department of Health website. The header includes the department's logo and navigation links for Home, Newsroom, Publications, and About Us. A search bar is present with the text 'ENHANCED BY Google'. Below the header, there are several menu items: 'You and Your Family', 'Community and Environment', 'Licenses, Permits and Certificates', 'Data and Statistical Reports', 'Emergencies', and 'For Public Health and Healthcare Providers'. A blue banner below the menu reads: 'Visit our COVID-19 page for the latest updates, vaccine information, testing locations and data dashboard.'

The main content area is titled 'Understanding memory loss' and is part of a breadcrumb trail: 'You and Your Family > Illness and Disease > Dementia'. The text explains that as we age, many experience some memory loss, which can be normal or a sign of dementia. It states that dementia is a broad term for an impaired ability to remember, think, or make decisions. It also notes that for many, dementia is a frightening word, and early detection can make a big difference in improving quality of life and managing symptoms.

A video player is embedded in the article, showing a woman named Connie Thompson speaking. The video title is 'Understanding Memory Loss'. Below the video, there is a 'Watch on YouTube' button.

Below the video, there is a section titled 'Early detection helps make life better'. It states: 'With early detection, you have more options for staying healthy and independent. You can:'

- Access important resources and programs for people with memory loss and their families.
- Identify and treat reversible causes. Memory loss may be caused by factors such as a medication or a health condition that can be treated.
- Make lifestyle changes or get medications that help manage your symptoms.

At the bottom left of the article, there is a small image of an elderly man and woman sitting together and looking at a document.

Find materials: doh.wa.gov/memory



Learn more: [Dementia Friends WA](https://dementiafriendswa.org)

PROJECT ECHO DEMENTIA



Training and mentoring for primary care clinicians

- Tele-health model
- Free, 2x month
- CMEs

Learn more:

[Project ECHO® Dementia - Memory and Brain Wellness Center \(washington.edu\)](http://www.washington.edu/projectecho)



Questions?



Thank you!

Dementia Action Collaborative

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

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