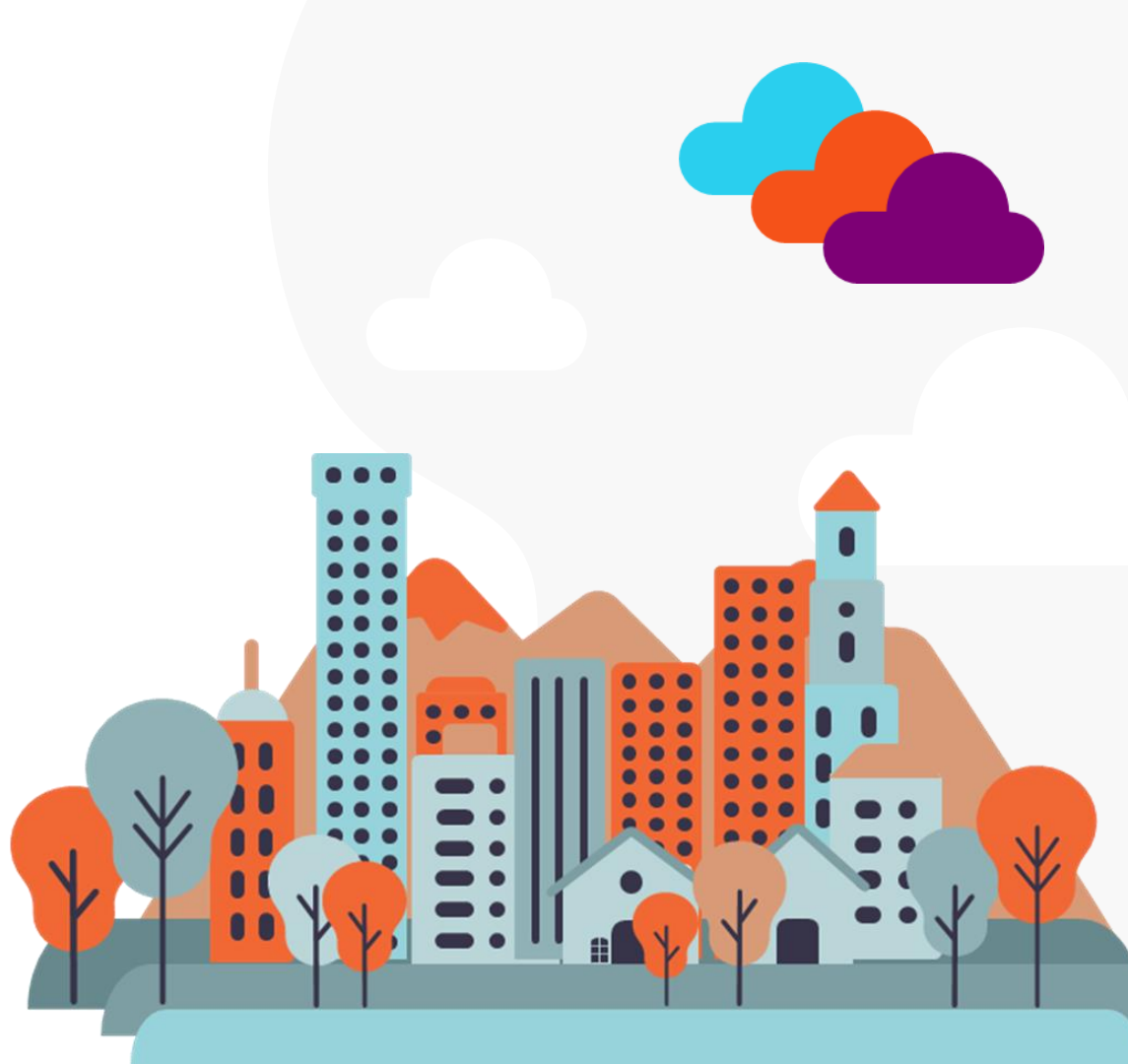


Building a

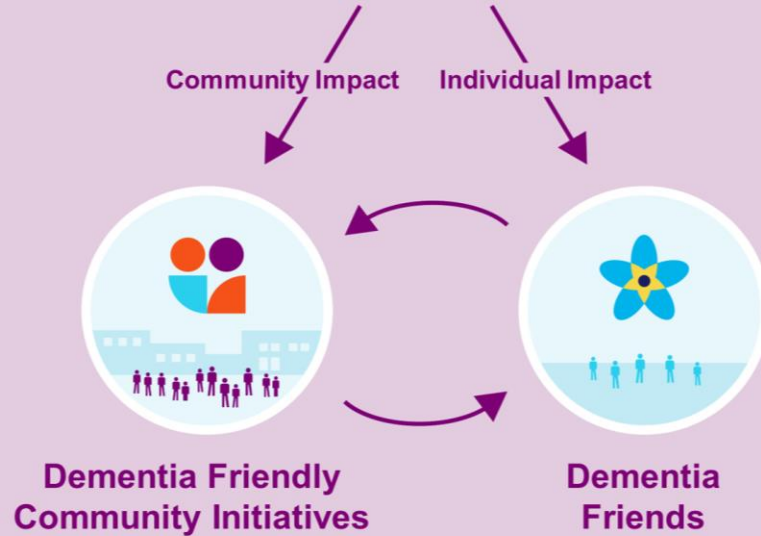


**Dementia
Friendly** 
Pennsylvania



The Dementia Friendly Movement

Dementia Friendly America





Dementia Friends Pennsylvania



A Dementia Friendly America initiative



Becoming a Dementia Friend





- Goal is to help community members:
 - Understand five key messages
 - How dementia affects people
 - Learn communication tips
 - How we each can make a difference



Dementia Friends Pennsylvania Updates

Dementia Friends Pennsylvania Updates

DEMENTIA FRIENDS



15,000

Dementia Friends Pennsylvania Updates

DEMENTIA FRIENDS



15,000

CHAMPIONS



292

Dementia Friends Pennsylvania Updates

DEMENTIA FRIENDS



15,000

CHAMPIONS



292

RESOURCES



- **Curriculum Updates**
- **Five Key Messages**

Dementia Friends Pennsylvania Updates

DEMENTIA FRIENDS



15,000

CHAMPIONS



292

RESOURCES



- **Curriculum Updates**
- **Five Key Messages**

SUPPORT



- **Quarterly Champion Calls**
- **Monthly Newsletter**
- **Refreshers**

Counties in need of a Dementia Friends PA Champion

- ★ Bedford
- ★ Blair
- ★ Cameron
- ★ Carbon
- ★ Elk
- ★ Forest
- ★ Fulton
- ★ Juniata
- ★ Mifflin
- ★ Northumberland
- ★ Potter
- ★ Snyder
- ★ Sullivan
- ★ Susquehanna
- ★ Tioga
- ★ Union





How can you get involved?



[Log In As A Champion](#)

[Champion Training](#)

[Find a Session](#)



Welcome to Dementia Friends Pennsylvania

Make a positive difference
in the lives of people
living with dementia.





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Dementia Friendly Pennsylvania



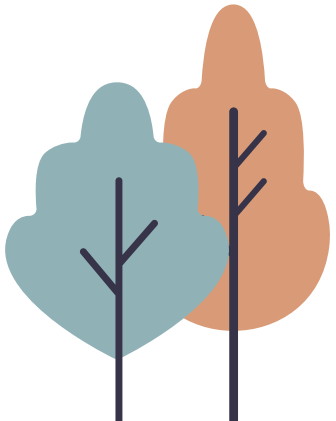
Becoming Dementia Friendly



Two light blue circles of varying sizes are positioned to the left of the orange header bar.

Mission

Dementia Friendly Pennsylvania promotes collaborative partnerships that raise awareness, increase knowledge, reduce stigma and engage community members in transforming Pennsylvania into an inclusive place for persons living with dementia.



Mission

Dementia Friendly Pennsylvania promotes collaborative partnerships that raise awareness, increase knowledge, reduce stigma and engage community members in transforming Pennsylvania into an inclusive place for persons living with dementia.



This
could be
you!

- 
- 1 Bucks County
 - 2 Cumberland County
 - 3 Greater Pittsburgh
 - 4 Lancaster County
 - 5 Lehigh Valley
 - 6 Newtown
 - 7 Susquehanna Valley
 - 8 York/Adams County

Dementia Friendly Updates

Established Advisory Committee

40 members from across Pennsylvania



Host a Dementia Friendly Webinar Series

Bi-monthly – various topics of interest



Guide New Communities

Step by step guide to apply to join DFA



Established Supportive Network for Existing Communities

Meet quarterly to network and share efforts



Expanded Website

Robust resources
Calendar of events



Established Community Advisory Committee



The Community Advisory Committee (CAC) members champion the vision of Dementia Friendly Pennsylvania by sharing their expertise, experiences, and diverse knowledge. CAC members promote dementia friendly communities in Pennsylvania, provide resources, connections, and identify areas of opportunity to better support people living with dementia across the commonwealth. Our CAC is made up of various sectors from across Pennsylvania. For example...

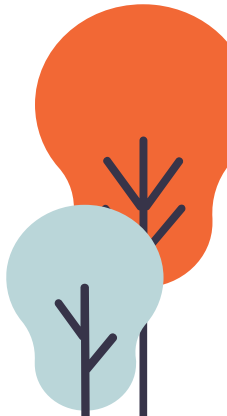




Dementia Friendly Pennsylvania Aims 2023 - 2024

Immediate Aims – to be completed by 12/31/23

Long-term Aims – to be completed by 7/31/24





Dementia Friendly Pennsylvania Aims 2023 - 2024

Immediate Aims – to be completed by 12/31/23

01

MEMORY CAFÉ GUIDE

Standard guide adapted for Pennsylvania

02

AWARENESS CAMPAIGN

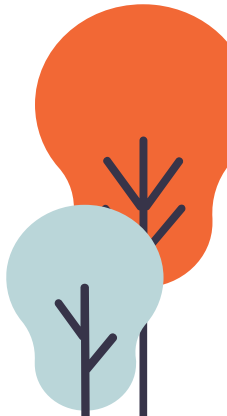
Utilizing the CAC to help spread awareness

03

SPEAKERS BUREAU

Establish list of volunteers

Long-term Aims – to be completed by 7/31/24



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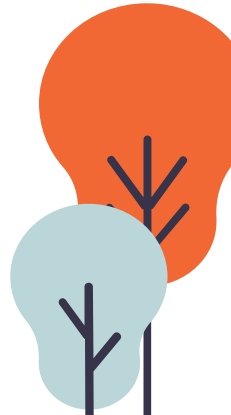
HEALTHCARE COMMITTEE

Access to early diagnosis and supports

05

MENTORSHIP PROGRAM

Peer to peer support for care partners and PLWD

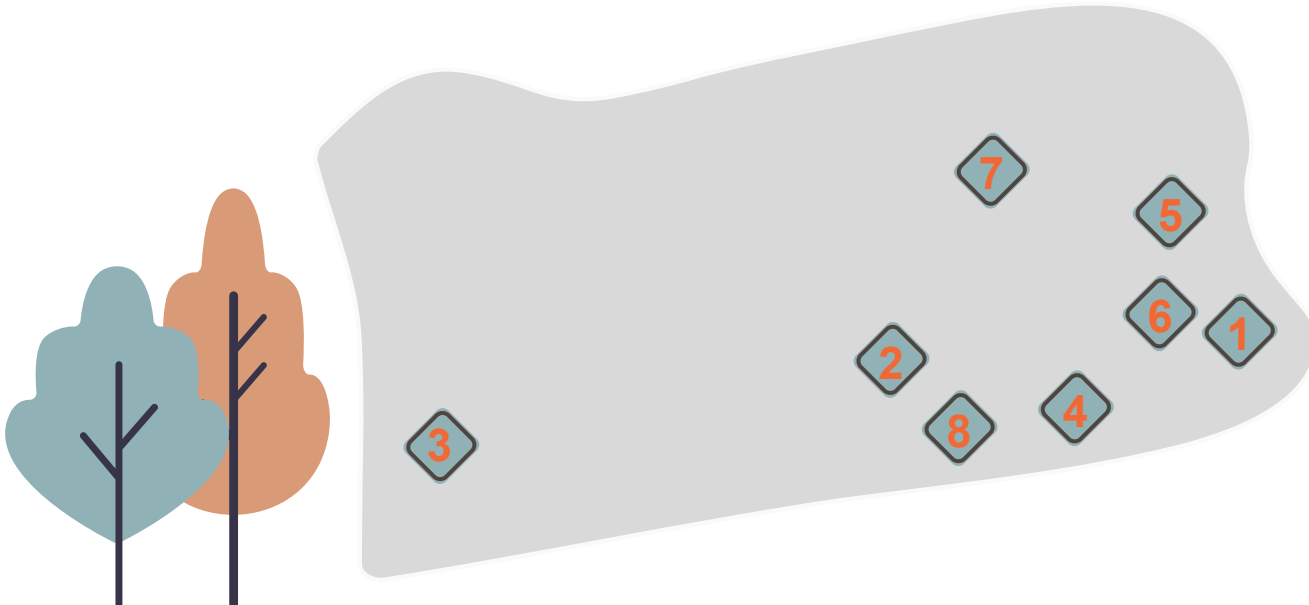


Established Supportive Network for Communities



Host bimonthly → quarterly meetings to

- ✓ Share ideas
- ✓ Provide updates
- ✓ Offer safe space for open discussion

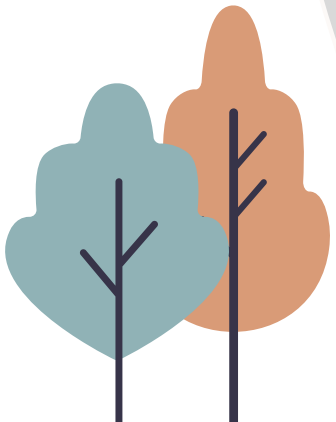
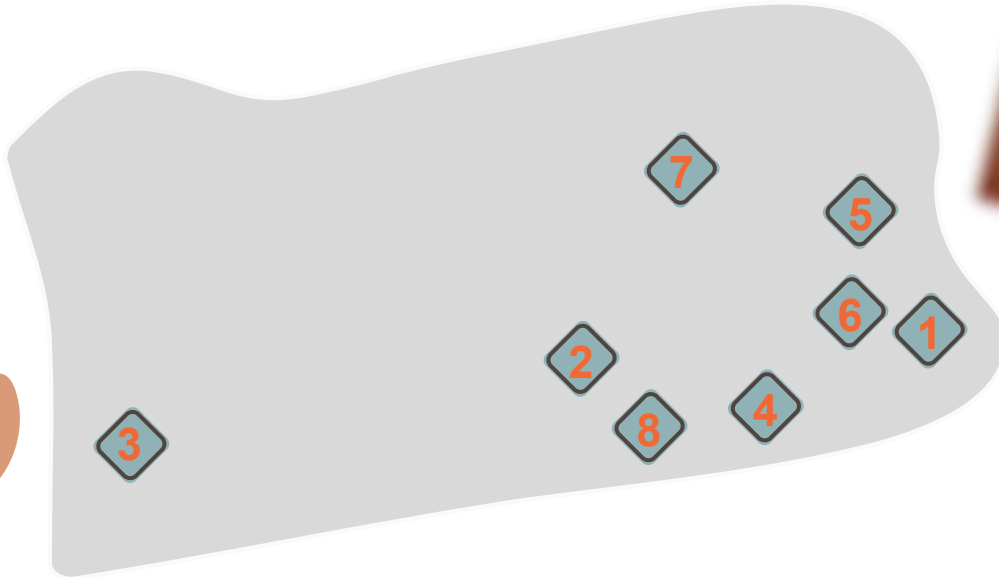


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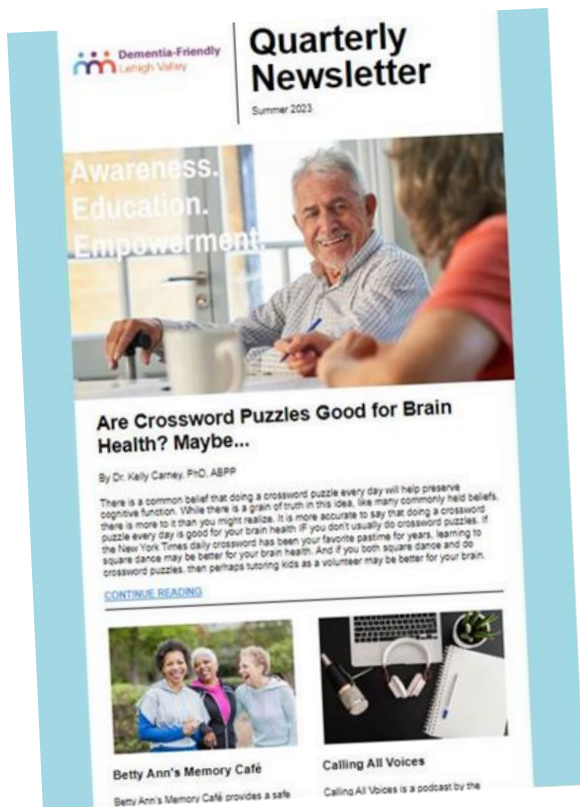


Community Accomplishments



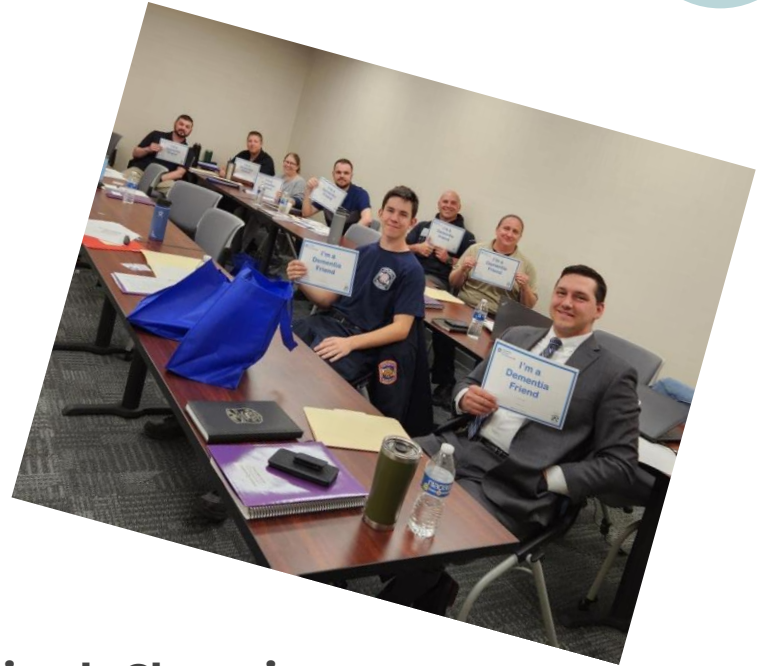
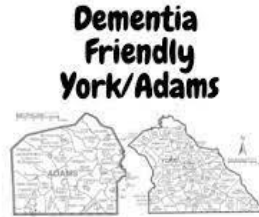
Dementia-Friendly Lehigh Valley

- **Outreach mailings to 72 municipal offices**
- **Educational outreach to 308 faith organizations**
- **Co-sponsored an event for Lehigh Valley Aging in Place**
- **Dementia Friends Information Sessions in the community**
- **Quarterly newsletter and social media outreach**
- **Grant awarded for \$1,000**





Community Accomplishments



- **First Responder Training = 19**
- **Increased number of Dementia Friends Champions**
- **Made > 1000 Dementia Friends in 2023**
- **Double membership of the Community Advisory Team (CAT) = 67!**



Community Accomplishments



IN PARTNERSHIP WITH:



A Dementia Care Center of Excellence



- **Dementia Friendly @ Work**
- **Allegheny County BOLD Grant**





Community Accomplishments



54 RVSPG Senior Resource Guide 2023-2024 ♦ The Standard-Journal

Dementia Friends Susquehanna Valley

BY JERRI BROUSE

BLOOMSBURG - There are so many things to worry about when caring for a loved one diagnosed with Alzheimer's or dementia - How long will they be able to live alone? Do they need to be in assisted living? How will you know when it's time to look for outside help?

Thankfully, there are people and places you can turn to for help - places like Kreisher Marshall & Associates, LLC, an elder care law firm that specializes in guiding seniors through the "elder care continuum."

Elaine Spicher, Elder Care Coordinator, Certified Medicaid Planner and Certified Dementia Practitioner for the firm is a social worker by trade, and said her team works closely with the attorneys in the office to help these seniors every step of the way.

Spicher is one of just two social workers at the firm. Her wide range of experience allows her to "marry the law with the social aspect of being a social worker in the healthcare continuum," she explained.

"I've worked in long term care, assisted living, and done charity work," said Spicher. "All of those experiences put me in a unique position to help."

"What kind of help can you get?"

"We will work through crisis, changes in health condition, a new diagnosis or if someone has dementia we, are here to be their advocate," she said. "We help by communicating with facilities to get them back home or into their preferred environment. We help come up with an action plan that is fluid."

That's because senior care is forever evolving.

- **Monthly Support Group**
- **Crafting at the Exchange**
- **Partners with local first responders and libraries**
- **Senior Fall Festival**



Host a Dementia Friendly Webinar Series



A Dementia Friendly Webinar: Recentering Sex & Sexuality for People Living with Dementia

February 8, 2023 | 2:00PM

Sexual health is a critical component of person-centered care. Recentering sex and sexuality allows a person to maintain access to the health benefits, consensual pleasures, and joys that accompany sexual expression.

- During this session, you will:
- Apply intersectionality to understand the impacts of ageism and ableism on sexual expression
 - Understand the benefits of assessing for and acknowledging sexual health needs
 - Use evidence-based assessment tools for discussing difficult topics, like sexual health, and understand how to implement tools into person-centered care plans
 - Discuss the complexities of consent for persons living with dementia
 - Explore the implications of the medical model focus of change and loss vs. adaptation and pleasure

Register
for this free
Zoom Webinar
bit.ly/DFpa0223



A Dementia Friendly Webinar: Forgetting the Moments to Remember: The Hidden Tolls of Dementia

August 21, 2023 | 1:00PM ET

Objectives:

- Identify the types of loss experienced by persons living with dementia
- Explore ways to support the losses of persons living with dementia

Presenters:

Tanisha Bowman, MSW, LSW, APHSW-C, CGP, NEDA Proficient
Palliative Care Social Worker
Independence Health System
Death Doula

Elizabeth Schandelmeier, LCSW, APHSW-C
Bereavement Counselor
Family Hospice, Part of UPMC

Register
for this free
Zoom Webinar
bit.ly/DFpa0821



A Dementia Friendly Webinar: SPARK ROBIN WILLIAMS AND HIS BATTLE WITH LEWY BODY DEMENTIA

Watch Party and Discussion

October 11, 2023 | 1:00 - 2:30 PM ET

Join Dementia Friendly Pennsylvania for a special webinar focused on Lewy body dementia, featuring a screening of the Robin Williams documentary *Spark*, followed by a panel discussion.

Objectives:

- Define Lewy body dementia and identify the two types of dementia that the classification includes.
- List the symptoms of Lewy body dementia and describe how they differ from those of Alzheimer's disease.

Presenter:

Julia Wood Mot, OTR/L
Director of Professional and Community Education
Lewy Body Dementia Association

Register
for this free
Zoom Webinar
bit.ly/DFpa1011



Host a Dementia Friendly Webinar Series



A Dementia Friendly Webinar:
Dementia and Firearm Safety
 April 4, 2023 | 12:00PM

Join us for a presentation by Joseph Simonetti, MD, MPH, of Rocky Mountain Regional VA Medical Center and Rocky Mountain MIRECC for Suicide Prevention and the Firearm Injury Prevention Initiative at the University of Colorado Anschutz Medical Campus.

- Understand important health-related changes that may impact firearm handling and safety among people living with dementia.
- Understand important factors relevant to firearm safety planning among people living with dementia.

Register for this free Zoom Webinar
bit.ly/DFpa0423

- Marissa Marshall, Esq., CELA, Partner, Kreisher Marshall & Associates, LLC
- Lieutenant Timothy E. Janosco, Pennsylvania State Police, Office of Community Engagement
- Rollin Wright, MD, MPH, MS, Associate Professor of Medicine, Penn State Health - Hershey Medical Center



A Dementia Friendly Webinar:
Grief, Loss, and Dementia
 May 19, 2023 | 12:00PM ET

Feelings of loss and uncertainty are a normal part of the dementia experience, but coping with these can be challenging.

Care Partners will learn techniques to help manage the emotions that arise in the face of dementia.

Objectives:

- Define "twilight grief" and learn how this experience is shared among care partners for those living with dementia.
- Explore and discuss the often-invisible role of caretaking, including the impact on finances/careers, mental and physical health and opportunities for being social.
- Discuss special considerations for children and teens who have experienced a loss.
- Share ritual practices for the bereaved.
- Provide resources for support in Pennsylvania.

Presenters:

- Elizabeth Schandmeier, LCSW, APHSW-C
 Bereavement Counselor
 Family Hospice, Part of UPMC
- Amy Keiper-Shaw, LCSW, CT, GC-C, ACHPW-SW, CDP
 Certified PAC Trainer
 Hands Holding Hearts
- Kimberly Rabago, LSW
 Counselor
 Hands Holding Hearts

Register for this free Zoom Webinar
bit.ly/DFpa0519



A Dementia Friendly Webinar:
Promoting Dementia Awareness in African American Faith Communities
 December 5, 2023 | 12PM ET

Register for this free Zoom Webinar
<https://bit.ly/DFpa1205>

Objectives:

- Understand why dementia disproportionately affects the African American Community.
- Learn more about the Alter program and how it empowers and supports African American faith communities.

Presenters:

- Fayon Epps, PhD, RN, FGSA, FAAN
 Founder, Alter
 Associate Professor of Nursing, Emory University
- Melita Terry, BS
 Senior Community Engagement Coordinator,
 University of Pittsburgh Alzheimer's Disease Research Center

ALTER
 IMPROVING AND EQUIPPING FAITH COMMUNITIES

University of Pittsburgh
 Alzheimer's Disease Research Center

Jewish Healthcare Foundation

Dementia Friendly Pennsylvania

Jewish Healthcare Foundation

Scan to register!

Objectives

Moderated Panel Discussion



Expanded Website



Dementia Friendly Pennsylvania

Building inclusive communities for persons living with dementia in Pennsylvania!




Community

Resources

Calendar

- Thinking of starting a Dementia Friendly Community or locating one near you?
- In need of reliable dementia resources?
- Want to locate a dementia friendly event or dementia education in Pennsylvania?


Scan the QR code below!




Visit our website!
www.dementiafriendlypa.org

Contact us!
info@dementiafriendlypa.org




[Home](#)
[About](#)
[Dementia Friendly Communities](#)
[Resources](#)
[Calendar/Events](#)
[Contact Us](#)




Helping to build inclusive communities for persons living with dementia in Pennsylvania




Dementia Friendly Communities

Find a Dementia Friendly Community near you or learn how to start your own!



Resources

Explore helpful information based on your interests!



Calendar

View upcoming events in Pennsylvania!



Guide new communities

Getting Started

Congratulations! You have taken the first step by landing here. A good place to start is with a group of like-minded community members who share the mission to create a more dementia friendly culture in their local area. Dementia friendly community initiatives are ongoing and dynamic. Completing the application will take a bit of thought. Using this [Community Action Form](#) will help you to begin to talk and answer many of the questions on the application.



Ready to apply

Joining the DFA network of communities means your community is engaged in a process to become more dementia-friendly. It is recommended that any interested community explore the [Dementia Friendly America](#) website as it provides helpful insight to the process, including [readiness and recognition criteria](#).



Complete the [APPLICATION FORM](#) summarizing how your community **plans to meet the readiness and recognition criteria**



Provide **three or more letters of support** representing different community sectors



Include an additional letter of support from the Dementia Friendly Pennsylvania State Leads by contacting info@dementiafriendlypa.org





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Phase 1: Convene



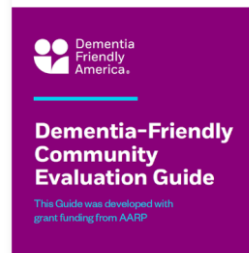
Phase 2: Engage



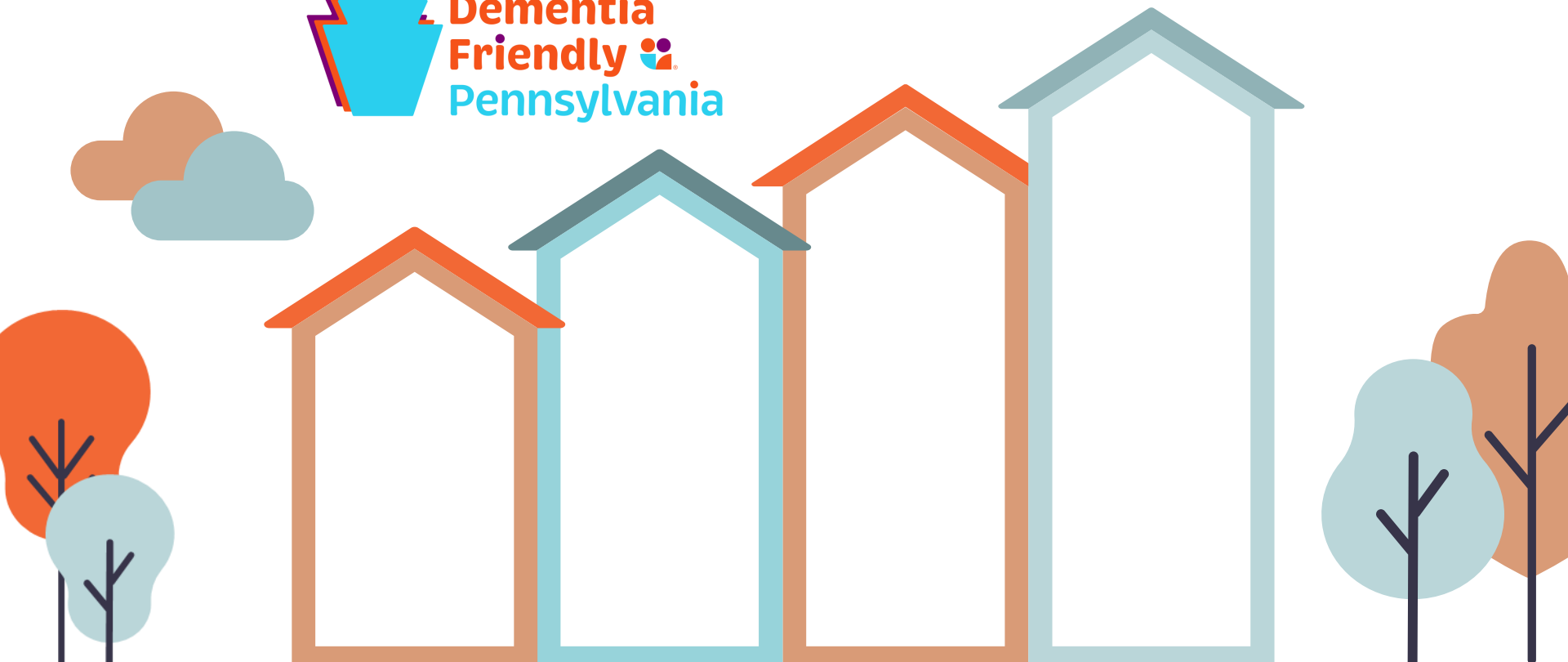
Phase 3: Analyze



Phase 4: Act



How can you get involved in Dementia Friendly PA?



How can you get involved in Dementia Friendly PA?



#1

**Visit the
website**

Resources
List your
Dementia
Friendly Event

How can you get involved in Dementia Friendly PA?



#1

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#2

Attend the Webinar Series

Join our
mailing list to
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Join an Existing Community

Volunteer and
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Join an Existing Community

Volunteer and
join the efforts

#4

Start a new Dementia Friendly Community

Receive
guidance on
the process
and application

Get Social, Get Friendly,

Help Make Pennsylvania more Inclusive
for People Living with Dementia



Programs of  JEWISH
HEALTHCARE
FOUNDATION

