



## DEMENTIA FRIENDLY TULSA

### The Dementia Friendly America Initiative

- Announced at the 2015 White House Conference on Aging
- A collaborative effort to foster dementia-friendly cultures and improve opportunities for those with dementia, as well as their families/care partners
- Successful in the global community: U.K., Japan, Belgium, France, Netherlands, Australia
- Training is provided free; the initiative is volunteer driven
- Tulsa is the first city in Oklahoma to embrace the program

### Dementia Friendly Tulsa Program Benefits

- Increases access to community life and meaningful engagement – it's all about inclusion
- Provides awareness of how to assist in positive ways that promote kindness and safety
- Enhances quality of life for those impacted by dementia now and in the coming years
- Builds bridges with those who have the disease, as well as their caregivers
- Helps reduce fear and stigma associated with having dementia/Alzheimer's

### Dementia Friendly Tulsa Program

- Scheduling – mutually agreed upon date between you and Dementia Friendly Tulsa
- Program – a 60-minute education session led by a DFTulsa speaker using PowerPoint and audience interaction scenarios; or two virtual choices, or a self-study option
- Additional materials – Tulsa resource brochures; Mayor's DFTulsa recognition certificate, when applicable
- Host responsibilities – provide venue with A/V resources; advance promotion of the training to your audience(s); and follow-up announcement on social media of program participation is appreciated

### Key Fact

**Dementia's progression can take from four to 20 years.**

That means that people with dementia are able to shop, participate in community activities, worship, play, handle business transactions, and enjoy fairly full social lives for much longer than society acknowledges.

## U.S. Dementia Unpaid Caregivers

- 83% of the help provided to older adults in the U.S. comes from family members, friends, or other unpaid caregivers – and almost half of those caregivers are providing help to an older adult with Alzheimer’s or dementia
- Three people typically are needed to provide care for a person with dementia
- More than 16 million Americans provide unpaid care for people with Alzheimer’s or other dementias
- 86% have provided care at least one year; 57% have provided care four years or more
- 25% of family caregivers are part of the sandwich generation – meaning they care for aging parents in addition to their own children
- Two-thirds of family caregivers for those with dementia are women
- 30% of caregivers are age 65 or older

### Impact on Career

- 57% either have arrived late, left early or needed time off
- 18% cut back their hours
- 16% took a leave of absence
- 8% turned down promotions
- 9% ultimately quit their jobs



### Impact on Personal Health

- 74% are somewhat or very concerned about maintaining their own health
- 35% say their health has gotten worse while caregiving
- 59% rate the emotional stress of caregiving as high or very high
- 30% to 40% suffer depression
- 27% delay or avoid things they should do to maintain their own health

## Dementia’s Future Impact on Tulsa

- Tulsa City-County Board of Health officially designated Alzheimer’s disease and other dementias as a public health issue – May 16, 2018
- Tulsa’s first wave of Boomers – turned 65 in 2011
- The last wave of Baby Boomers (born in 1964) turn 65 in 2029; age 85 in 2049
- The number of Tulsans’ prime for dementia will be significant through the next three-plus decades unless something changes the disease’s trajectory

## Dementia Game Changers

- Be physically active
- Maximize education
- Quit smoking
- Follow a heart-healthy lifestyle
- Maintain healthy weight
- Seek treatment for depression
- Stay socially engaged
- Get treatment for high blood pressure
- Have hearing loss treated
- Protect head/brain