

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 Training

- Scheduling – mutually agreed upon date between you and Dementia Friendly Tulsa
- Training – a 55-minute education program led by a DFTulsa trainer using a short video, PowerPoint, and audience interaction scenarios
- Additional materials – Tulsa resource brochures; Mayor's DFTulsa certificate
- 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 Caregivers

- Typically three people are needed to provide care for a person with dementia
- 83% are unpaid family members who are part of the sandwich generation -- juggling parent care with fulltime jobs and raising their own children
- 25% of family caregivers are part of the millennial generation*
- 50% of family caregivers are under age 50*

Impact on Career

- 57% either went in late, left early or needed time off
- 18% cut back their hours
- 8% turned down promotions
- 9% ultimately quit their jobs



Impact on Personal Health

- 74% have serious health and stress issues
- 1-in-5 cut back on personal doctor visits
- 40% suffer depression
- It's not uncommon for the caregiver to die first

Dementia's Future Impact on Tulsa

- Tulsa's first wave of Boomers – turned 65 in 2011 and will turn 85 in 2031
- The last wave of Baby Boomers (born in 1964) won't be 65 until 2029; age 85 in 2049
- The number of Tulsa's prime for dementia will be significant beginning now through the next three-plus decades unless something changes the trajectory

Dementia Game Changers

- Maximize education
- Stay physically active
- Quit smoking
- Avoid loneliness – stay engaged
- Get treatment for hypertension
- Participate in music and art activities
- Treat hearing loss
- Eat a healthy diet
- Treat depression and diabetes