

Dementia Friendly: How Libraries Can Help

Florida Libraries Online Conference

Thursday, June 15, 2023

Instructor: Fatima Perkins, MSLIS, MNO

Western Reserve Area Agency on Aging, San Jose State University, American Library Association Member

Let's get started!



Learning Outcomes

Over six million individuals are living with Alzheimer's disease and related dementias. A national network has emerged to support people with dementia and their caregivers. As community focal points, many libraries have joined the movement to create "dementia-friendly" communities.

- Define dementia and Alzheimer's Disease (AD).
- Understand how Alzheimer's Disease impacts the nation/world.
- Explore data and statistics that support the need to help.
- Learn about impactful library programs and services to assist individuals and caregivers.
- Identify community partners to help sustain your programs and services.

Why do librarians need this information?

- Support individuals, families, and caregivers.
- Build awareness about library programs/services that assist with critical concerns.
- Highlights the library's community partner relevance.
- Connect with the target population.
- Engage new customers.
- Prepare library workforce to address community needs.





- Life expectancy-79 years of age.
- Daily -10,000 individuals turn 65.
- Americans 65 and older will double from 46 million to over 98 million by 2060.
- 91% of older adults have at least one chronic disease and 73% have at least two.
- Major sources of income are social security (84%), income from assets (63%) and private pensions (37%).
- Most women 65 and older live alone.
- 2030 - Older folks will outnumber children.
- Older population is diverse. Interventions should reflect awareness.
- Ageism is on the rise.

What is healthy aging?

Aging well includes extending life, avoiding chronic disease and limiting weakness at the end of your life. This is best accomplished by focusing on four distinct but interconnected pillars: physical, social, emotional and cognitive health. (Abbott Nutrition, 2019)

Cognitive Health - the ability to clearly think, learn, and remember — is an important component of performing everyday activities. Cognitive health is just one aspect of overall brain health.
NIH



Key Facts Global Facts about Dementia

- **Currently more than 55 million people have dementia worldwide, over 60% of whom live in low-and middle-income countries. Every year, there are nearly 10 million new cases.**
- **Dementia results from a variety of diseases and injuries that affect the brain. Alzheimer's disease is the most common form of dementia and may contribute to 60–70% of cases.**
- **Dementia is currently the seventh leading cause of death and one of the major causes of disability and dependency among older people globally.**
- **In 2019, dementia cost economies globally 1.3 trillion US dollars, approximately 50% of these costs are attributable to care provided by informal carers (e.g. family members and close friends), who provide on average 5 hours of care and supervision per day.**
- **Women are disproportionately affected by dementia, both directly and indirectly. Women experience higher disability-adjusted life years and mortality due to dementia, but also provide 70% of care hours for people living with dementia.**

Caregivers

- In 2020, 41.8 million Americans provided unpaid care to an adult over the age of 50. That's nearly 17% of the U.S. adult population.
- 89% of caregivers provide care for a relative or other loved one, such as a spouse.
- 23.7 hours per week is the average amount of time caregivers spend providing unpaid care for loved ones they don't live with; those who live with their care recipient spend 37.4 hours a week.
- More than 75% of all caregivers are female.
- The average caregiver is 50.1 years old.
- Caregivers provide an estimated \$470 billion in free labor each year.
- 11% Alzheimer's disease or other types of dementia

Florida Facts



- **Population – 22,244,823**
- **21% 65 and older (4,471,413)**
- **1 out of 5 is 65 and older**
- **580,000 living with Alzheimer's Disease**
- **827, 000 Caregivers**
- **1.3 billion hours of unpaid care**

Early Signs and Symptoms

- Forgetting things or recent events
- Losing or misplacing things
- Getting lost when walking or driving
- Being confused, even in familiar places
- Losing track of time
- Difficulties solving problems or making decisions
- Problems following conversations or trouble finding words
- Difficulties performing familiar tasks
- Misjudging distances to objects visually.
- Feeling anxious, sad, or angry about memory loss
- Personality changes
- Inappropriate behavior
- Withdrawal from work or social activities
- Being less interested in other people's emotions

What is Dementia?

Dementia is a [decline in mental function](#) — thinking, remembering and reasoning — that is usually irreversible. It's a syndrome, not a disease, notes neurologist Ron Petersen, M.D., director of the Mayo Clinic Alzheimer's Disease Research Center and the Mayo Clinic Study of Aging in Rochester, Minnesota.

Catchall term for various conditions.

The earliest stage of dementia, known as mild cognitive impairment (MCI).

For example, “forgetfulness beyond what is expected from aging,” Petersen says.

With MCI, a person is still functioning normally — paying her bills, driving well enough, doing his taxes — though performing some of those tasks may take longer than they used to.

When someone starts to need regular assistance to do such daily activities, “that gets into the dementia range,” Petersen says.

Alert...Alert...Alert...

- **Dementia is not part of the normal aging process;** instead, it's a symptom of an underlying brain disease.
- Yale



What is Alzheimer's Disease?

Alzheimer's is a specific brain disease that progressively and irreversibly destroys memory and thinking skills. Age is the biggest risk factor for the disease. Eventually, Alzheimer's disease takes away the ability to carry out even the simplest tasks. (AARP, 2023)

Alzheimer's disease is the most common cause of dementia among older people. NIA, 2023

Alzheimer's disease causes between 60 and 80% of all dementia cases in this country, meaning that about one in 10 Americans ages 65 or older currently lives with it. Yale

5

EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S



**Confusion with
time or place**



Memory loss



**Poor
judgement**



**Hard to complete
familiar tasks**



**Changes in
mood**

To find out more
information on
Alzheimer's, visit: alz.org

Frequently asked questions about Alzheimer's Disease?



- [What is the difference between Alzheimer's disease and dementia?](#)
- [What are the early signs of Alzheimer's disease?](#)
- [What are the stages of Alzheimer's disease?](#)
- [What are the causes of Alzheimer's disease?](#)
- [Is Alzheimer's disease hereditary?](#)
- [Is there a cure for Alzheimer's disease?](#)
- [Is there a way to prevent Alzheimer's disease?](#)
- [Where can I find financial help for people with Alzheimer's disease or their caregivers? NIA](#)

Risk Factors for Alzheimer's Disease

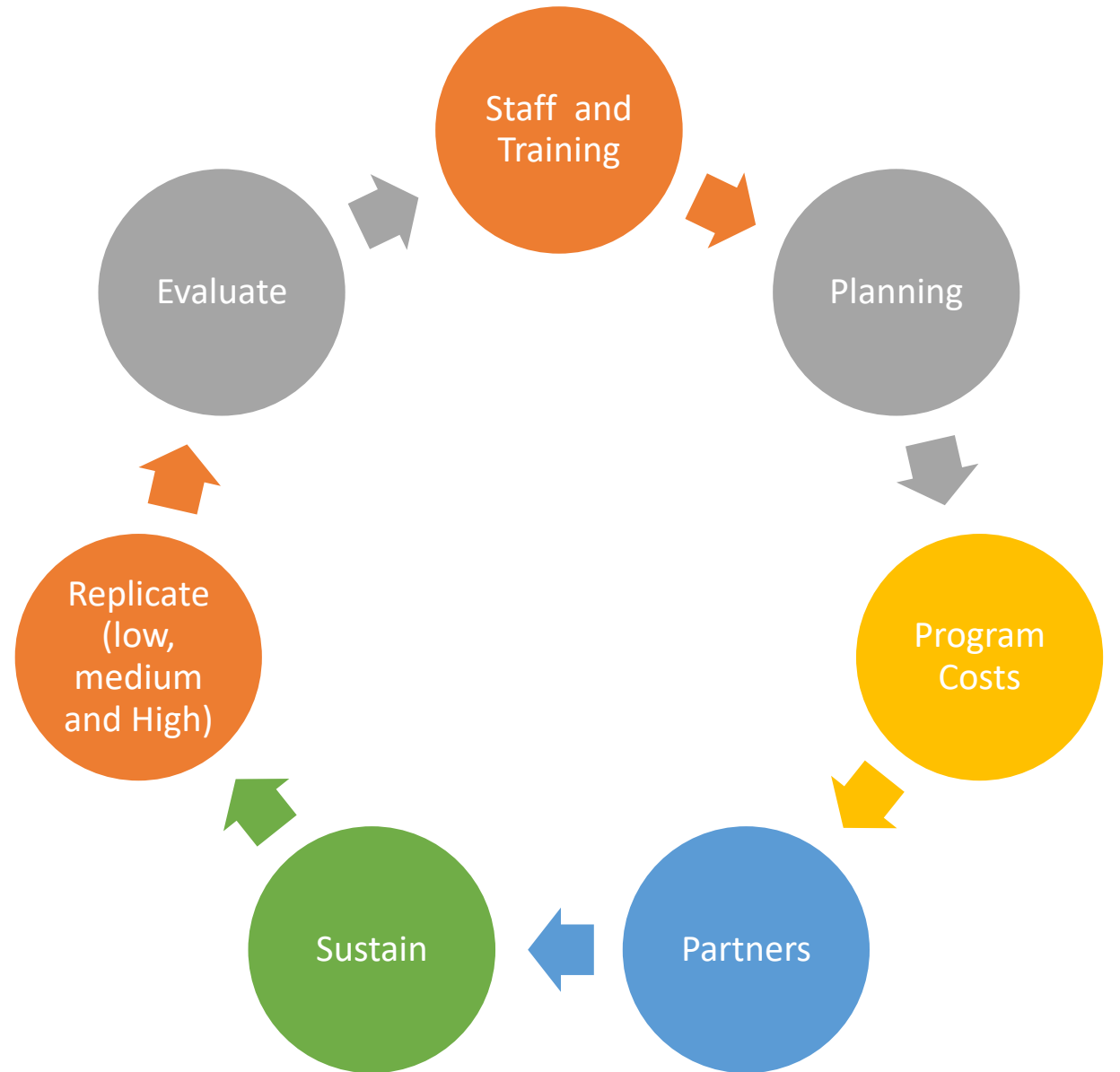
- **Age:** The most significant risk factor for Alzheimer's disease is age. People over 65 years of age are more likely to develop Alzheimer's than younger people. By 85 years of age, the Alzheimer's Association estimate that [1 in 3 people](#) have the condition.
- **Family history:** Having a close relative with Alzheimer's disease increases the risk of developing it.
- **Head trauma:** People with previous instances of severe head trauma, such as from a motor vehicle accident or contact sports, appear to be at higher risk of developing Alzheimer's disease.
- **Heart health:** Health problems in the heart or blood vessels may increase the chance of developing Alzheimer's disease. Examples include [high blood pressure](#), [stroke](#), [diabetes](#), [heart disease](#), and high [cholesterol](#). These can damage blood vessels in the brain, impacting Alzheimer's disease risk.
- [Medical News Today](#)

Contemplating Appropriate Programs

Contemplating Appropriate Programs

- ▶ Identify opportunities based on interest and community need.
- ▶ Select themes for programs that deal with specific interests of the audience.
- ▶ Create engaging programs that promote "lifelong" learning?
- ▶ Tie efforts into community need/SDOH.
- ▶ Seven dimensions of wellness - ICAAA
- ▶ Roles/responsibilities.
- ▶ Promote active aging through library displays and exhibits.

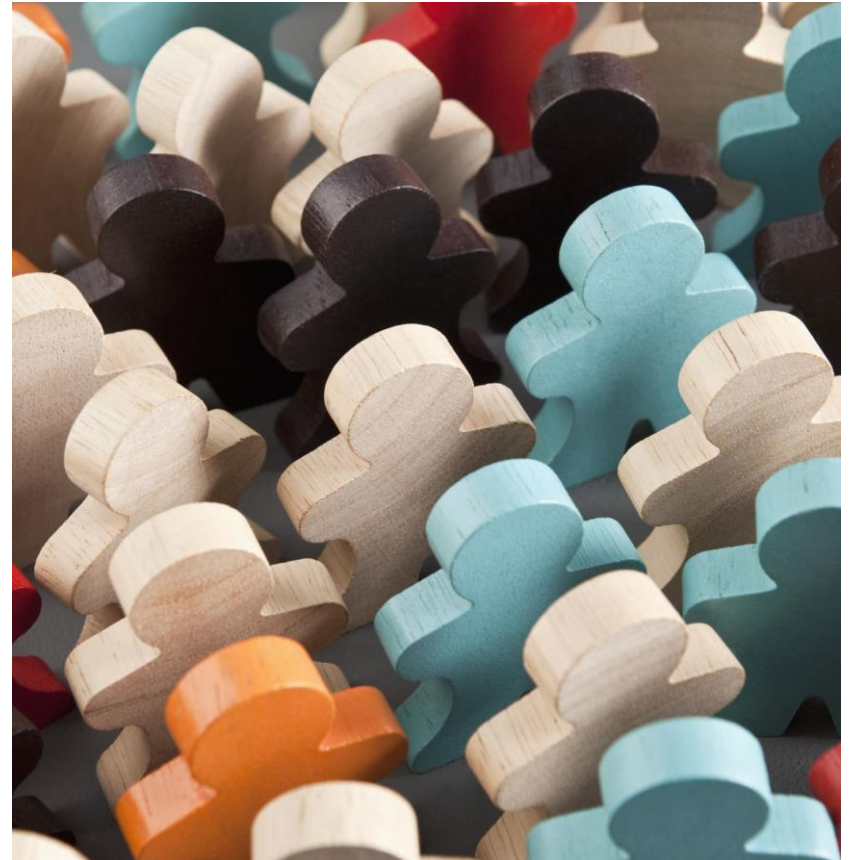
Impactful Library Programs & Services



What is Dementia Friendly?

Dementia Friendly Communities where businesses, public services, and other entities have trained to understand the needs of people living with dementia in order to be truly welcoming and inclusive. These communities create systems that support the dignity of all individuals and reduce stigma by educating, outreach, information, and resources to the communities they serve. (Dementia Friendly Libraries in Wisconsin, 2017)

Dementia Friendly Libraries: Libraries where staff strives to meet the needs of individuals, families, and other stakeholders experiencing dementia-related conditions. Libraries are respected community institutions and vital to a dementia friendly community because they provide access to resources, services, and programs for people and families living with dementia. (Dementia Friendly America Library Sector Guide, 2016)





Dementia
Friendly
America®

Dementia Friendly America

- **What is Dementia Friendly America (DFA)?** DFA is a national network of communities, organizations and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers. Dementia friendly communities foster the ability of people living with dementia to remain in community and engage and thrive in day to day living. Dementia Friendly America is administered by **USAging**.



Dementia
Friendly
America®



Portfolio - Library Programs and Services

- **Individuals – Those with Dementia or Alzheimer's Disease**
- **Caregivers – Family and friends who provide Care**
- **Paid Caregivers – Services Providers**
- **Other community stakeholders**

Library Services for Patrons with Dementia/Alzheimer's Disease/Tips

(Library Services for Patrons with Alzheimer's/Dementia, ALA, 2023)

- Treat people with Alzheimer's or related dementia with the same respect and consideration as other patrons.
- Allow enough time to meet the needs of patrons with memory issues.
- Be aware of the wide range of behaviors associated with Alzheimer's and related dementia issues.
- Help increase community awareness of Alzheimer's and related dementia with displays, programs, books, and other materials.

Program Outcomes/Benefits

Reduce	Reduce risks for cognitive decline.
Improve	Improve brain health
Provide	Provide socialization.
Reduce	Reduce isolation and loneliness.
Create	Create a sense of connectedness.
Improve	Improve fitness.

Library Awareness

- **Collection Development**
- **Reference**
- **Books by Mail**
- **Library Tours /Meeting Space**
- **Volunteer Buddies**
- **Designated Staff**
- **Library Design**



Creative Aging/Lifetime Arts

- Painting, quilting, pottery or woodworking could help keep your brain sharp as you get older.
- A new study from researchers at the Mayo Clinic looked at the benefits of a number of activities in middle and old age and found that engaging in a creative hobby helped reduce the risk of dementia and preserve memory. (CBS News, 2016)



Music Programs

Music can be powerful. Studies have shown music may reduce agitation and improve behavioral issues that are common in the middle-stages of the disease. (Alzheimer's Association, 2023)

Photo - Alive Inside
Documentary (2014)



Sensory Activities

Seniors with Alzheimer's or dementia can use these simple touch-based activities to occupy their hands and minds in safe, soothing ways. (Daily Caring ,2022)

- **Reminiscing [Boxes](#)**
- **Scented sensory cards (trees/flowers)**
- **Coin sorting**
- **Fidget apron (Photo - Etsy, 2023)**





Memory Cafes

- A Memory Café is a gathering space for people with Alzheimer's disease and their care partners to get together, socialize and enjoy a relaxing afternoon. These gatherings are held [in venues across the country](#) and provide a safe, comfortable, supportive space for people to listen to music, play games or just be together. (Shrewsbury (Mass.) Public Library, 2023)
- Photo - Missoula Public Library, Montana



Memory Kits

- Memory kits are for people with dementia, memory loss, or cognitive impairment. They are intended to stimulate conversation or reminiscence with a person with cognitive issues. (Duluth Library , 2023)
- Photo – Heights Library – Cleveland Heights and University



Tales & Travels Circulating Kits

- Tales & Travel Memories is an innovative library program that provides services directly to people diagnosed with Alzheimer's Disease and related dementias, not just their caregivers.
- Designed by retired academic librarian Mary Beth Riedner and Gail Borden Public Library District staff and volunteers, the series is offered monthly to local memory care facilities. Developed in compliance with the International Federation of Library Associations' (IFLA) Guidelines for Library Services to Persons with dementia, each one-hour program is designed to engage individuals with dementia both socially and cognitively.

Support Groups

- Studies have shown that participating in a dementia support group can have a positive outcome on a person's mental health while improving the quality of life for people with dementia and their caregivers.
- Support groups offer a great opportunity to share with others, and a good place to ask questions, get information about local resources, and learn new ways to manage the challenges of living with dementia. (VeryWellHealth, 2023)



Resources



- Alzheimer's Association
- National Caregiver Association
- Area Agency on Aging – Family Caregiver Support Program
- Dementia Friendly America
- Dementia Friends
- Alzheimer's Activities (book)
- www.ala.org/advocacy/diversity/services-alzheimers
- IFLA
- The AARP Memory Activity Book
- Library Memory Kit

Ageism – What can libraries do?