

# **Dementia Friendly America**

## **Northern Prince George's County**

Enhancing the quality of life for people affected by Alzheimer's Disease and other related Dementias (ADRD) and their caregivers

Dementia Friendly America <https://www.dfamerica.org/>

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# **Dementia Friendly America Northern Prince George's County**

- To raise awareness about Alzheimer's and forms of Dementia
- To provide support to caregivers affected by Alzheimer's
- To provide, promote and support the development of impactful programs and services to enhance the quality of life for people living with dementia in Prince George's County and their caregivers.

# Dementia Friendly America Northern Prince George's County - Dementia Capable Grant

Provide education about dementia to people living with dementia (including people with intellectual developmental disabilities (IDD), who are at high risk of developing dementia), and their family members/caregivers.

Provide dementia education to community gatekeepers who may interact with people living with dementia (e.g. police, firefighters, mail carriers, apartment maintenance workers, shopkeepers, etc.) so they can make appropriate service referrals.

Create a three-month support program with a “care companion” who follows caregivers after caregiver training.

To evaluate the impact and effectiveness of this intervention.

# Aging by County in Maryland

- In 2017, 7.6% of Maryland's older population (91,630 individuals) lived in poverty with minorities comprising nearly half of the low-income older adult population.
- Rural areas such as Allegany, Caroline, Dorchester, Garrett, and Somerset counties also have significant proportions of low-income older adults.
- Highlighting the increasing number of older adults who will need access to supportive services as they age.

Administration for Community Living. (2016)

# Dementia Statistics within Prince George's County:

- Just over 16% of residents age 65 and older living in Prince George's County are estimated to have Alzheimer's, according to a report released by the Alzheimer's Association. We know the actual numbers are far greater than what is reported.
- The Maryland county places fourth in the country for highest prevalence of the disease.
- Community agencies and Villages should expect an increase in request for services from caregivers of persons with dementia (PWD).

(WTOP News)

# Dementia Friendly Community



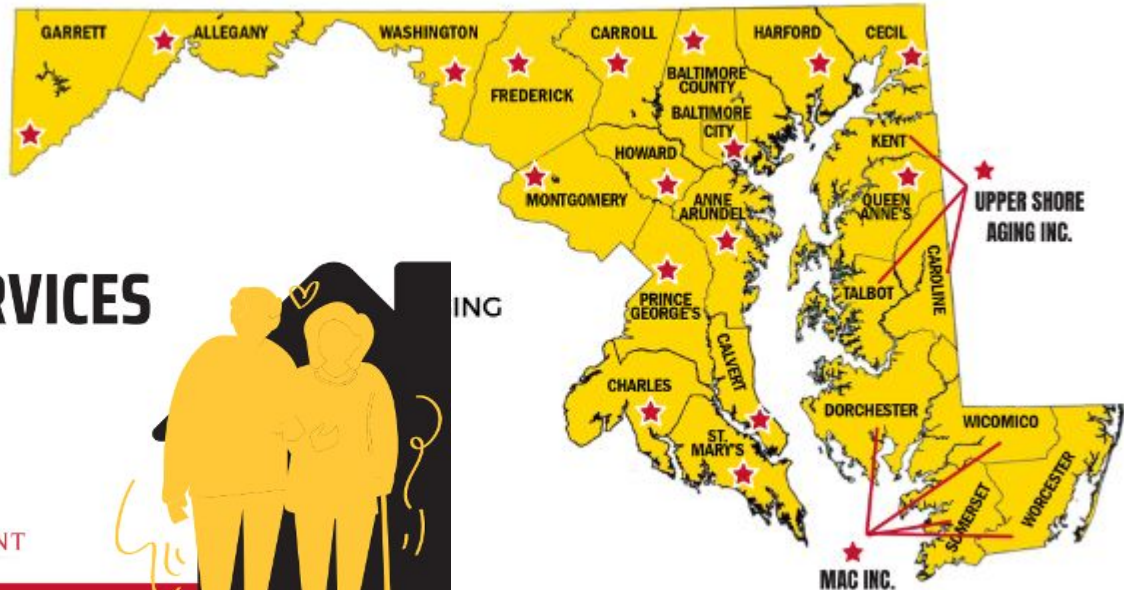
**The Aging Network in Maryland** network of State agencies, Area Agencies on Aging, Title VI grantees, and the Administration; organizations that are providers of direct services to older individuals; or are institutions of higher education; and receive funding under the Older Americans Act. Your local MAP offices are great resource to start with

## SENIOR CARE SERVICES

- Coordination of Services
- Screening
- Assessment
- Case Management



**MARYLAND ACCESS POINT**  
YOUR LINK TO HEALTH & SUPPORT SERVICES





# National Resources

## Best Practices / Evidence-Based Programs

- Alzheimer's Association
  - Dementia Friendly America
  - Dementia Friends
  - Memory Screenings
  - Aging Solo / Stronger Memory Program / Powerful Tools for Caregivers
  - Alzheimer's Foundation of America
  - Prince George's Senior Provider Network (PGSPN)
  - VA Caregiver Support Program
- 





## What you can do with ALZNavigator

- Learn what to expect and how to prepare for the future.
- Get connected with local resources.
- Get Started, click or call:
  - a. <https://www.alz.org/help-support/resources/alznavigator/welcome>
  - b. 24/7 Helpline (800.272.3900)
- Caregiver Support Groups
  - a. [https://www.alz.org/events/event\\_search?etid=2&cid=0](https://www.alz.org/events/event_search?etid=2&cid=0)



**Michael Watson |**  
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**Program Manager**  
**National Capital Chapter**  
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**Office: (703) 766-9012**

# Become a Dementia Friend

- A Dementia Friend learns about dementia and then turns that understanding into action.
- We all have a part to play in creating dementia friendly communities!
- [Dementia Friends USA](https://www.dementiafriendlyusa.org/)



# Memory Screenings



**Contact a member of their  
social services team via their  
national toll-free helpline at  
866-232-8484**

A graphic with a dark blue background. On the right is a silhouette of a human head in profile, facing left. Inside the head is a glowing, wireframe brain with red and blue nodes. Lines radiate from the brain, connecting to various points on the head and extending outwards. The overall theme is technology and brain health.

**AFA**  
ALZHEIMER'S FOUNDATION OF AMERICA

**GET A FREE VIRTUAL  
MEMORY SCREENING!**

Screenings  
are offered daily,  
Monday – Friday

Call AFA at 866-232-8484  
to make an appointment

# Caregiver Support Groups



COMMUNITY / RESOURCES / COLLABORATION / EDUCATION

- Link below is the current list Support Groups provided in the PGSPN Resource Guide

[https://issuu.com/pgspn/docs/resourceguide2023\\_final#google\\_vignette](https://issuu.com/pgspn/docs/resourceguide2023_final#google_vignette)

- Speakers Bureau

PGSPN's Speakers Bureau offers a variety of knowledgeable and engaging speakers on topics relevant to the lives of seniors. These topics range from health and home care to legal and financial information. Please feel free to review our list of topics/speakers. <https://www.pgspn.org/Speakers-Bureau>

# VA Caregiver Support Program (CSP)



- Local Number: 410-605-7000 ext. 54143
- [https://www.caregiver.va.gov/help\\_landing.asp](https://www.caregiver.va.gov/help_landing.asp)



## VA CSL Telephone Education Group Calls

Free, monthly one-hour telephone education calls for caregivers. Open to non-VA families as well. The group sessions focus on topics important to caregivers, with a different topic presented each month. Caregivers learn about communication skills, building relationships and connections, self-care, and much more.

## VA - Available Services:

- Advance Care Planning
- Bereavement
- Caregiving with Children and Adolescents
- Caring for your Finances
- Communicating
- Community Resources
- Mental Health
- Palliative Care
- Resources for Enhancing All Caregivers Health (REACH)
- Respite
- ...and more



Powerful Tools  
FOR Caregivers

Stronger  
Memory<sup>SM</sup>

A graphic logo for "Stronger Memory" consisting of a cluster of blue and orange dots of varying sizes, arranged in a roughly circular pattern with some dots connected by thin lines.

## Program Partnerships cont'd

Municipal Resources: Consider working with the departments within your municipality/county

- Police Department / Crisis Intervention Social Workers
- Code Enforcement
- County Mediation Services

College student interns (Public Health/Family Science/Social Work) are a valuable resource and can work in office or remotely. They can greatly help with doing the groundwork for researching speakers, growing an online presence & programs, and publicizing the call for more volunteers.

# Additional Resources - General

- Sixty Plus Legal Program:
  - <https://aging.maryland.gov/Documents/SixtyPlusLegalProgram.pdf>
- Certified Care Managers & Elder Law Attorneys:
  - <https://issuu.com/guidetoretirementliving/docs/aginglifecareelderlawresourcedirect>
- MD Advance Directive Template:
  - <https://www.marylandattorneygeneral.gov/health%20policy%20documents/adirective.pdf>
- MOLST Template: Medical Orders for Life Sustaining Treatment
  - <https://app.smartsheet.com/b/publish?EQBCT=184ea510a456427fa6311a2997d6cd92>
- POLST: Portable Orders for Life Sustaining Treatments (out of hospital)
  - [www.polst.org](http://www.polst.org)
- Five Wishes:
  - [www.fivewishes.org](http://www.fivewishes.org)
- End of Life Doula:
  - <https://inelda.org/about-doulas/what-is-a-doula/>



# Dementia Friendly America Northern Prince George's County

Questions?

## Contact:

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