



Dementia Friendly Health @ Work




Adapted from ACT on Alzheimer's® developed tools and resources.



OKLAHOMA
State Department
of Health

Learning Outcomes

- Describe what dementia is
 - Key Facts about Alzheimer's Disease
 - Impact of Alzheimer's Disease
 - Learn the 10 warning signs of Alzheimer's disease
 - Tips for creating a dementia friendly environment
 - Tips for supporting the working caregiver
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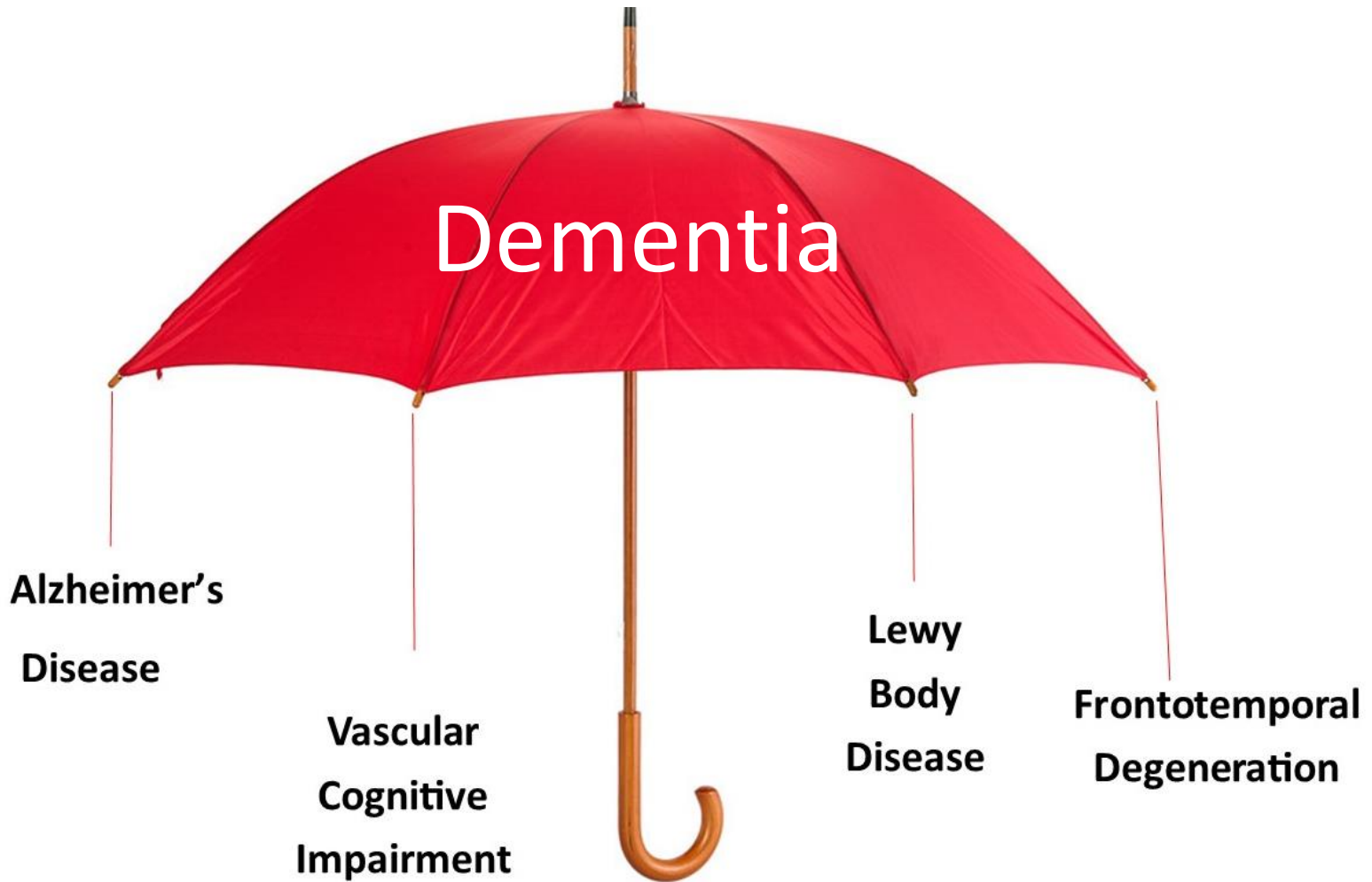


What is Dementia?

A group of diseases that cause memory or thinking problems serious enough to interfere with activities of daily life.



Types of Dementia?



Dementia

Alzheimer's
Disease

Vascular
Cognitive
Impairment

Lewy
Body
Disease

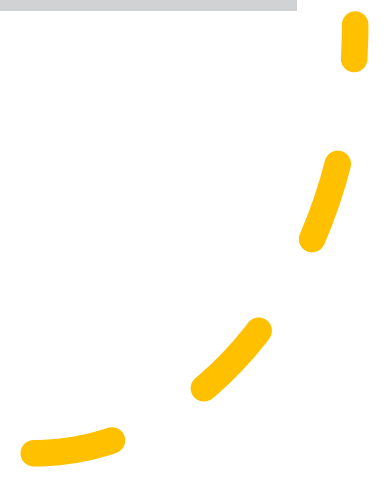
Frontotemporal
Degeneration

5 Tips to Overcome Stigma of Dementia

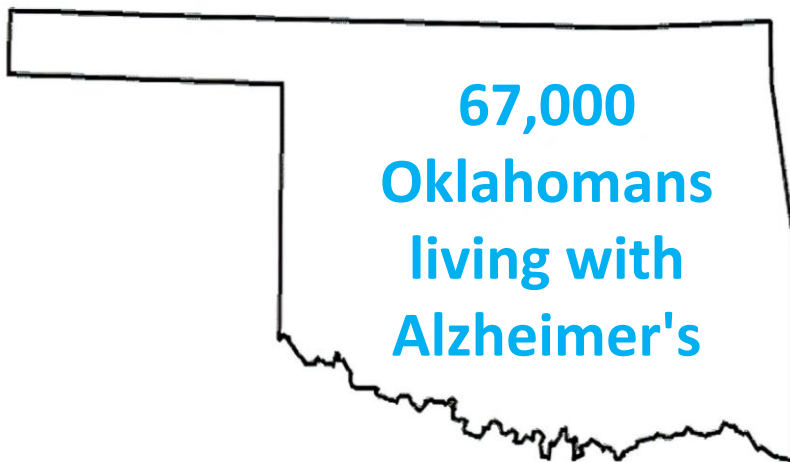
- ✓ Be open and direct
- ✓ Communicate the facts
- ✓ Seek support and stay connected
- ✓ Don't be discouraged
- ✓ Be a part of the solution



Know the Facts about Alzheimer's



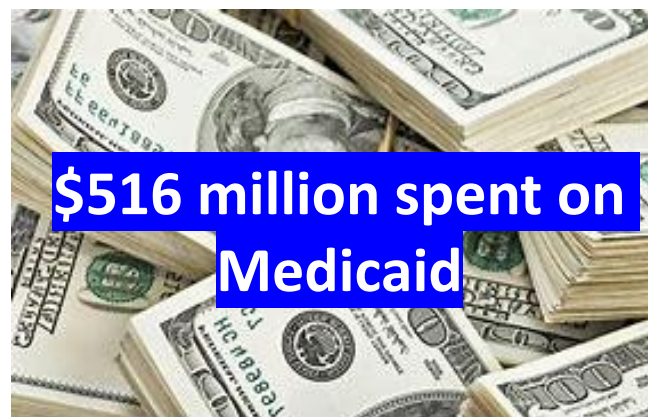
Impact of Alzheimer's in Oklahoma



67,000
Oklahomans
living with
Alzheimer's



244 million
hours of unpaid
care



**\$516 million spent on
Medicaid**

Know the Signs of Alzheimer's

Is it Normal Aging or Alzheimer's Disease?

Normal Aging	10 Warning Signs of Alzheimer's Disease
Sometimes forgetting names or appointments but remembering them later	Memory loss that disrupts daily life
Making occasional errors when balancing a checkbook	Challenges in planning or solving problems
Needing occasional help to use the settings on a microwave or to record a TV show	Difficulty completing familiar tasks at home, at work or at leisure

Know the Signs of Alzheimer's



Normal Aging	10 Warning Signs of Alzheimer's Disease
Confused about the day of the week but recalling later	Confusion with time or place
Vision changes (such as cataracts)	Trouble understanding visual images and spatial relationships
Sometimes having trouble finding the right word	New problems with words in speaking or writing
Misplacing things from time to time and retracing steps to find them	Misplacing things and losing the ability to retrace steps

Know the Signs of Alzheimer's



Normal Aging	10 Warning Signs of Alzheimer's Disease
Making a bad decision once in a while	Decreased or poor judgment
Sometimes feeling weary of work, family and social obligations	Withdrawal from work or social activities
Becoming irritable when a routine is disrupted	Changes in mood and personality



Tips for Communication

- ✓ Approach a person from the front.
- ✓ Speak clearly and be patient.
- ✓ Smile warmly and make eye contact.
- ✓ Listen closely.
- ✓ Respond to a look of distress.
- ✓ Watch for signs of change; offer help accordingly. Every day can be different.
- ✓ Redirect as needed.

Creating a Dementia Friendly Physical Space



Small changes can make a big difference in having the space feel safe to someone with dementia.

- ✓ Entrances should be clearly visible and understood as an entrance.
- ✓ Directional signage should be clear.
- ✓ Signage should have large print.

Creating a Dementia Friendly Physical Space



- ✓ Use high-powered lighting using natural light whenever possible.
- ✓ Use plain flooring – not shiny, not slippery.
- ✓ Have family/unisex restrooms or changing facilities.

Creating a Dementia Friendly Physical Space

- ✓ Design quiet areas for someone who may be feeling anxious or confused.
- ✓ Include seating in large spaces (i.e. waiting areas) to help someone relax.
- ✓ Ensure areas are free of clutter and arranged for easy physical movement.



Creating a Dementia Friendly Physical Space



- ✓ How can your organization create a more dementia friendly physical environment?
- ✓ What ideas should you consider?



Practice/Discussion: What is one idea you learned that you will implement within the next month to become more Dementia Friendly @ Work?

References

ACT on Alzheimer's Dementia-Friendly Resources

www.actonalz.org/community-resources

Alzheimer's Association

www.alz.org/facts/

10 signs of Alzheimer's Disease

www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp

Oklahoma Healthy Brain Program

<https://oklahoma.gov/health/health-promotion/oklahoma-healthy-brain-initiative.html>

Oklahoma Dementia Care Network

[Oklahoma Dementia Care Network | Medical Services in Oklahoma \(ouhealth.com\)](http://OklahomaDementiaCareNetwork.com)

Oklahoma Healthy Aging Initiative

[Oklahoma Healthy Aging Initiative \(OHAI\) – OU Health Geroscience](http://OklahomaHealthyAgingInitiative.com)

Thank You!

Thank you for attending this training session and for working to become more Dementia Friendly @ Work!

My Contact Info: