



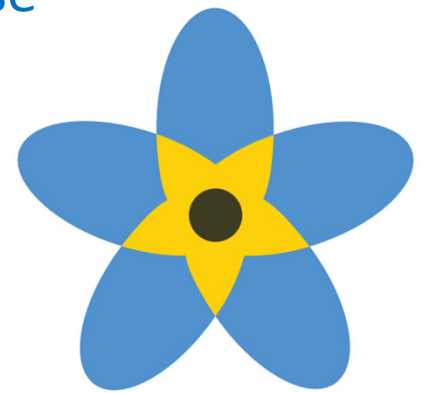
A Call to Action on Dementia

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DementiaFriendsIndiana.org

The Dementia Friends Indiana movement seeks to advance education and awareness of dementia, reduce the stigma associated with the condition, and create community environments that are welcoming and conducive for those living with dementia to experience and navigate.



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Dementia Defined

Dementia is a general term for a decline in memory and mental ability severe enough to interfere with daily life. Common symptoms include problems with:

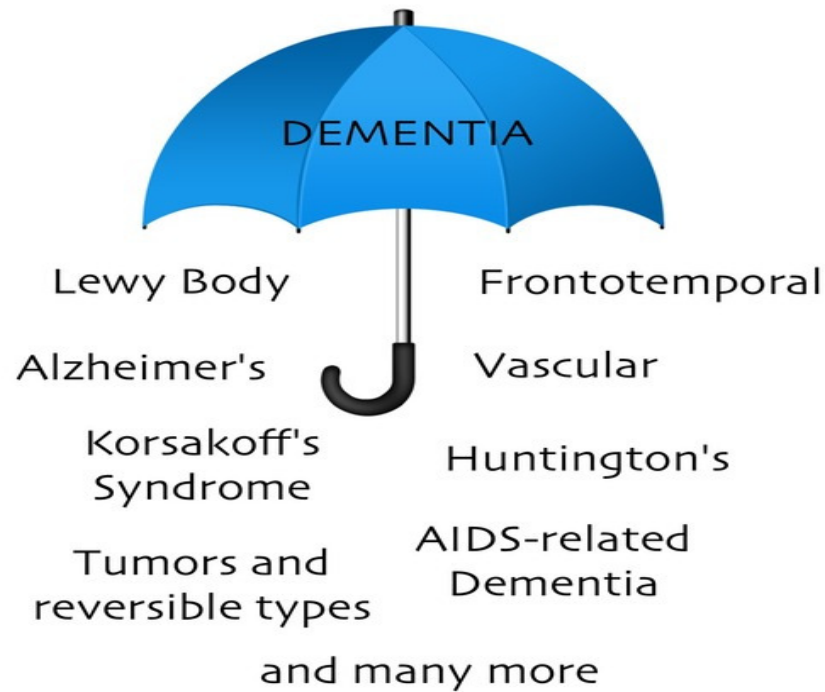
- Memory loss
- Communication and language
- Reasoning and judgment
- Ability to focus and pay attention
- Visual perception



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Common Types of Dementia



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What is Dementia Friendly?



Dementia Friendly: an environment dedicated to dementia understanding and awareness where those living with dementia feel supported and welcomed by their community members and among all community sectors.

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The Need for Dementia Friends Indiana: *The Silver Tsunami*

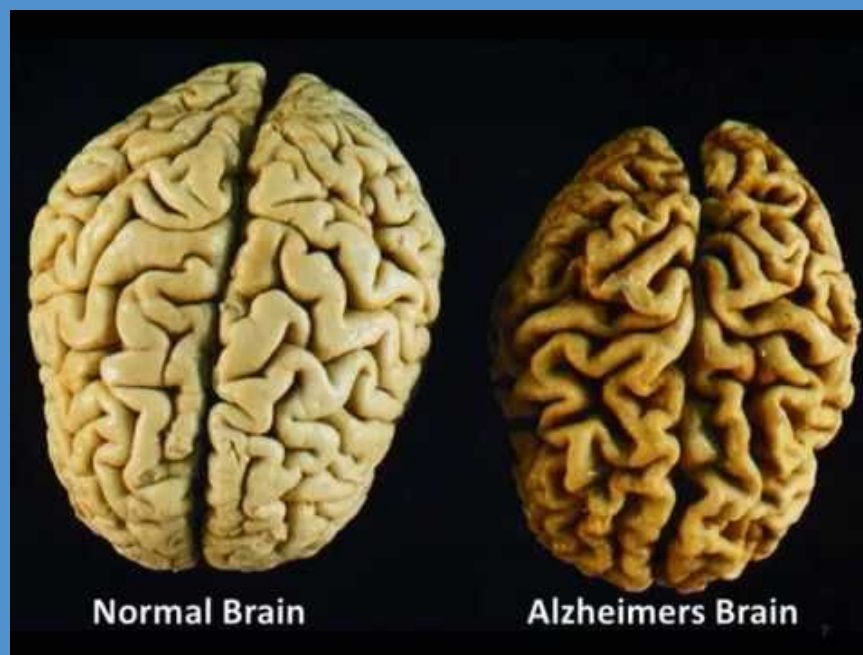


- Projected increase of disease to rise from 5 million to 15 million over coming decades
- World Health Organization declared dementia a worldwide epidemic in 2016
- Number of Indiana residents with dementia projected to rise to 130,000 by 2025
- In 2018, Alzheimer's and other dementias will cost the nation \$277 billion and rise to \$1.1 trillion by 2050
- Dementia recently passed cancer as the disease people most feared acquiring *(2014 Marist Poll)
- **About 70% of people with dementia live in communities**

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The Need for Dementia Friends Indiana:



Normal Brain

Alzheimers Brain

The Caregivers

Dementia Friends Indiana is about the caregiver as much as it is about the person living with the actual disease.

- Twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties
- Family caregivers for Alzheimer's disease and other dementias have an increased risk for anxiety, depression, and poor quality of life than family caregivers of any other conditions
- 1 in 6 millennials, at an average age of 28, are caring for someone with dementia and report mental, physical, and financial hardships as a result of this role
- Spousal caregivers of individuals with dementia aged 66 to 96 have a 63% increase in mortality rates than non-caregivers of those with dementia in the same age range, commonly resulting in the passing of the caregiver before the person in which they are providing care
- Isolation and withdraw from communities, and even family and friends, is a common consequence of dementia

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Dementia Friends Indiana:
The Pathway for Redefining the Perception of Dementia

2 Main Areas of Focus

1. Education and Understanding

Online and In-Person Workshops

2. Community Awareness

Taking Action



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Education and Understanding

Become a Dementia Friend via.....

Online

- 10-15 minutes
- Overview video of dementia
- Must watch at least 3 sector specific videos

Info Sessions

- 45-60 minutes
- More thorough than online
- May be public or private
- Can be requested at places of business, churches, etc.

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Community Action

Now that you're a Dementia Friend, take action!!!

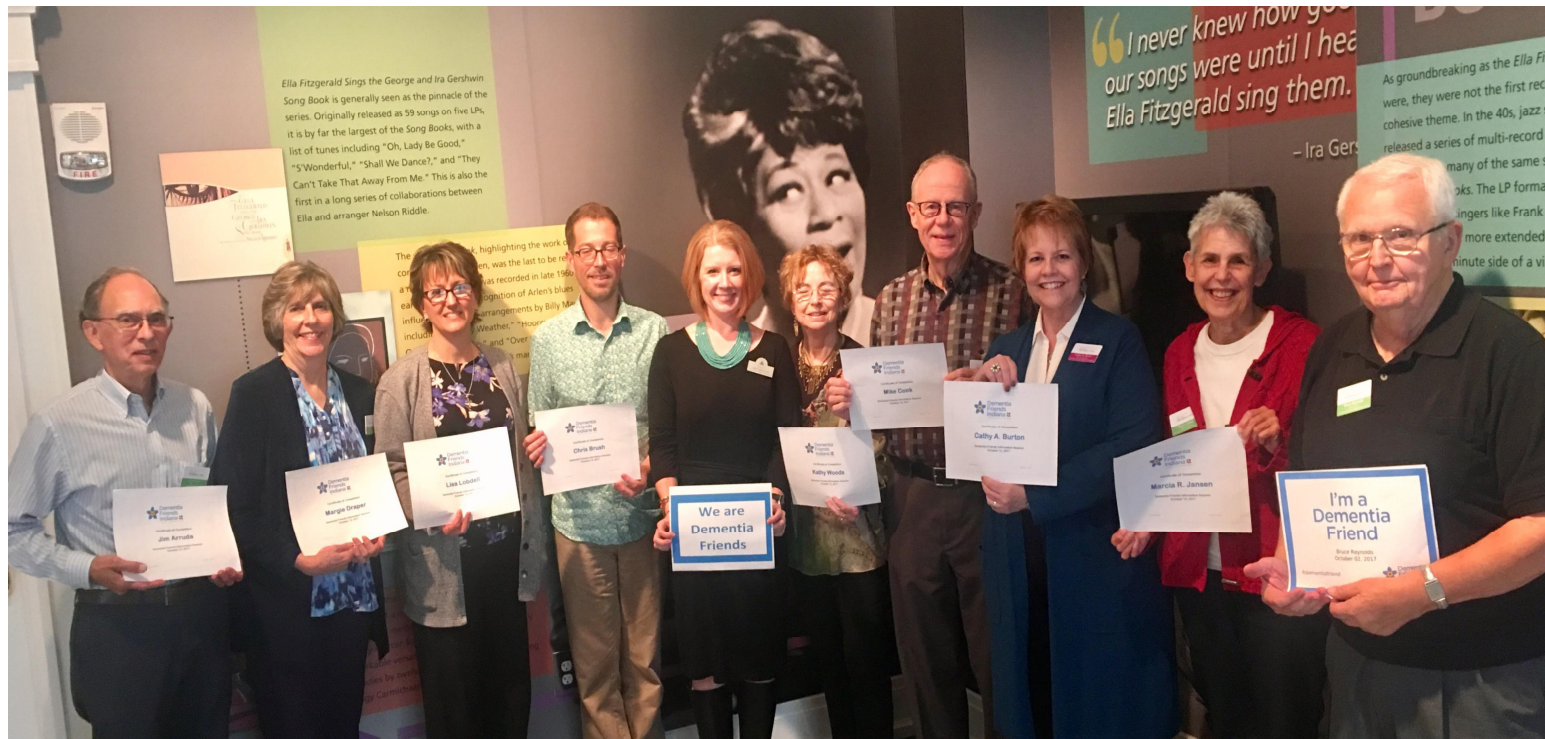
All community sectors and individual citizens can take small and large Dementia Friends action. Just some examples may include:

- **Talking about dementia and engaging Dementia Friends Indiana among your personal and professional networks**
- **Liking and sharing Dementia Friends Indiana on social media**
- **Connecting businesses, churches, government, etc. to the Dementia Friends Indiana movement**
- **Engaging a friend or neighbor with dementia or a caregiver for someone with dementia**
- **Hosting info sessions in your communities or exhibiting info at health fairs, community events, farmers markets, etc.**
- **Presenting info at your place of work, social clubs, etc.**

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Dementia Friends Indiana In Action



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Let's get social!

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State Administrator:



Help spread the movement by telling friends and family that you are a Dementia Friend!

Thank you!

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