

## Dementia Friendly Libraries

Montana Public Libraries (Zoom)  
February 3, 2023  
Patti Holkup and Dan Doyle

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## A bit about your presenters

Patti and Dan are volunteers with Dementia Friendly Missoula.

Dan is a retired University of Montana Professor of Sociology where one of his specialty areas was Social Gerontology. He has volunteered for over 30 years in various roles with Missoula Aging Services. He also volunteers at Missoula Public Library.

Patti is a retired Montana State University Professor of Nursing. She taught courses in Mental Health, Family, and Geriatric Nursing. For a little over 10 years, she was a caregiver for her parents and an aunt as they progressed through dementia.

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## Dementia Friendly Missoula

Formed in 2015 by a group of committed citizens working to raise awareness of and provide support to individuals and families touched by Alzheimer's Disease or Related Dementias.

Volunteer affiliate with MAS (2018)  
Membership in Dementia Friendly America  
Community Network (2018)

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## Dementia Friendly Missoula

Promoting an informed, supportive,  
and inclusive community for people  
living with dementia and for those  
who care for them.

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EST. 1982

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WE'RE PROUD *of* OUR YEARS

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## Missoula Aging Services Mission


**We promote the  
independence, dignity, and health  
of older adults  
and those who care for them**

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### Dementia Defined

Alzheimer's is a progressive disease of the brain that destroys brain cells, causing problems with memory, thinking and behavior.

Dementia is a general term used to describe a decline in cognitive functioning such as Alzheimer's disease.

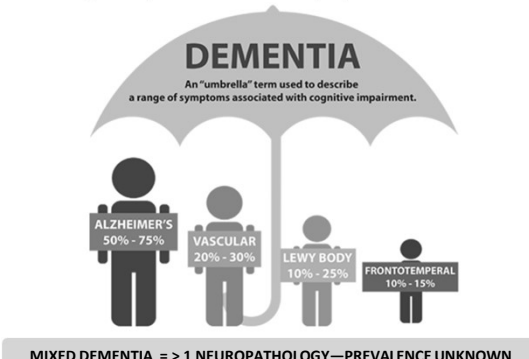


3 progressive phases  
 -PRE-SYMPTOMATIC: ~20 years w/o symptoms  
 -MILD COGNITIVE IMPAIRMENT  
 -DEMENTIA: Early, middle, severe.

In severe Alzheimer's, cognitive and functional abilities decline: failure to communicate and recognize loved ones, 24/7 care, bed-bound.

Source: MONTANA ALZHEIMER'S WORKGROUP

### Dementia: An Umbrella Term



# The Good News

Recent research reports suggest lifestyle changes that may reduce your risk of dementia regardless of genetic risk

- Heart healthy diet
- Exercise\*
- Keep your mind active\*
- Stay connected\*
- Check your hearing
- Air pollution

- Control blood pressure\*
- Manage weight\*
- No smoking
- Get enough sleep
- Head protection
- Moderate alcohol use

Dementia friendly communities can help address\* these risk factors

Journal of American Medical Association, 2019; International Journal of Geriatric Psychiatry, 2018; Alzheimer's & Dementia, 2018; Journal of Geriatric Psychiatry, 2018; National Academies of Sciences, Engineering, and Medicine, 2017; American Journal of Alzheimer's Disease & Other Dementias, 2018; Lancet Commissioned Report, 2017, 2020

# The Not-So-Good News

## Alzheimer's is a Public Health CRISIS

Of the top 10 leading causes of death in the U.S., Alzheimer's is the only one without a way to cure it.  
 HOWEVER, there is hope for prevention and treatment

1	Heart Disease	29.3%
2	Cancer	23.2%
3	Covid-19	14.9%
4	Cerebrovascular	7.2%
5	Alzheimer's Disease	7.0%
6	Chronic Lower Respiratory Disease	6.8%
7	Diabetes Mellitus	3.8%
8	Unintentional Injury	3.3%
9	Nephritis	2.2%
10	Influenza & Pneumonia	2.2%

Ten Leading Causes of Death, Age 65+ All Races, United States CDC (2020)

Accessed 2022: <https://wisqars.cdc.gov/data/lcd/home>

## The burden is large

### In Montana...

- There are **22,000** people aged 65 and older living with Alzheimer's in Montana
- This number is set to reach as many as **27,000** by 2025. **(22.7% increase)**

Source: ALZHEIMERS ASSOCIATION (2022)

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Because life shouldn't end when dementia begins

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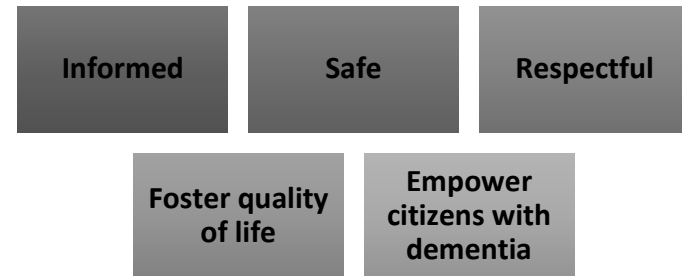
## Creating a dementia friendly community is about:



- Raising awareness
- Challenging stigma
- Increasing understanding
- Providing education to community sectors

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## Dementia friendly communities are:



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**Being dementia friendly means being able to . . .**

<b>Recognize</b>	• Recognize the signs of dementia
<b>Communicate</b>	• Communicate effectively with a person living with dementia
<b>Identify &amp; Implement</b>	• Identify and implement dementia friendly practices
<b>Know resources</b>	• Know where to locate dementia resources and support
<b>Support caregiving staff</b>	• Learn how to support caregivers and the benefits of doing so

## Living With Dementia

### What is important to those living with early stages of dementia?

- Ability to make plans for their future care
- Ability to contribute
- Shopping and eating out
- Connecting to family and friends
- Engaging in daily activities
- Visiting places of worship
- People want to feel at home in their community

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### Internal barriers for those living with dementia

- Lack of confidence
- Worrying about being confused
- Stigma or lack of understanding
- Worrying about getting lost
- Mobility and physical health
- Not wanting to be a burden

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## External Barriers for those living with dementia

- Lack of support to continue activities
- Lack of appropriate activities to do
- Lack of adequate transportation
- Missing or confusing signage
- Difficulty recognizing dementia
- Limited knowledge of communication techniques

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## Reported experiences from people with dementia

- “They spoke too quickly.”
- “ It was too loud.”
- “They talk so much they confuse me.”
- “He wouldn’t even look me in the eyes”
- “She rushed me and I couldn’t think”
- “They treated me like they didn’t care”

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## Recognizing Memory Loss

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## Possible Clues of Dementia

- Looking or saying they are confused or a bit lost
- Difficulty making choices
- Searching for something
- Speech might be difficult to understand
- Difficulty handling money
- Difficulty writing or filling out forms



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## Helpful approaches

- Make good eye contact
- Friendly smile
- Slow speech as needed
- One question at a time - one direction at a time
- Give them time to respond

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## More helpful approaches

- Offer to help
- Try different forms of communication
- Reduce distractions if possible
- Don't take things personally
- Avoid patronizing tone of voice
- *Be Kind...Be Calm...Be patient  
Embrace their reality...*

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## Create a dementia friendly environment

- Mark entrances and exits clearly
- Use colored rugs (not black) they feel less like holes
- Design large and easy to read directional signs or arrows
- Have family restrooms



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## More for dementia friendly environment

- Install good lighting
- Design quiet areas
- Include seating in large spaces
- Ensure areas are free of clutter
- Use maps

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# Caring for Individuals With Dementia

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## Caring for an individual with dementia

- 24/7 –Caregiving referred to as the “36 hour day”
- Balance between abilities and capabilities
- Increasingly complex as dementia progresses
- Need for assistance and respite care

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## About caregiving staff— Did you know?

1 out of 6 employees are caregivers

60% female; 40% male

25% millennials! (born 1981-1996)



AARP Supporting Caregivers in the Workplace: A Practical Guide for Employees (2017)

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### Caregiving staff concerns

#### Emotional

- Feeling stressed, anxious
- Stigma: reluctant to talk to others

#### Professional

- Fear possibly being viewed as less committed
- Fear colleagues may feel resentful

#### Financial

- Increased out-of-pocket expenses
- Average \$7,000/year
- They want to work

#### Health

- Don't have time for own health needs
- Loneliness/isolation risks for CV diseases



## Why support caregiving staff?

- Maximize productivity
- Improve employee's physical/emotional health
- Attract/retain talent
- Reduce health care costs/indirect workplace costs

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## Some supportive measures for caregiving staff

- Leave & flex time policies
- Resources for caregiving help
- Support for caregivers themselves

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## Impact of Libraries and Literacy on Those Experiencing Dementia as Well as their Care Partners

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### Libraries in the Community

Collection	Books about dementia (for adults & children) Disseminate brochures w/community resources Memory making kits for check out
Outreach	Bringing the library to senior residences
Programs	Memory Cafe, Tales & Travels, provide read aloud times, create poetry, MSU Extension: Using Storytelling to Teach about Alzheimer's
Gathering place	Rooms for activities, quiet spaces, presentations; support groups: care partners, adults w/ dementia

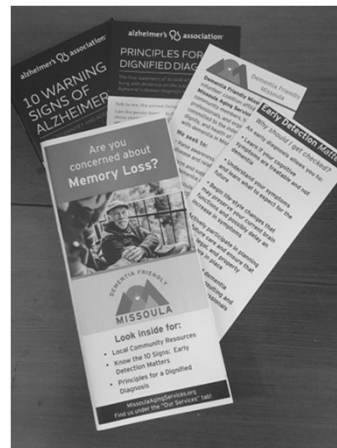
## Specific Dementia Friendly Practices for Libraries



## Community Resources

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## Are you concerned about Memory Loss?



## Missoula Resources

- **Missoula Aging Services: 728-7582**
- **Missoula Public Library Memory Café: 721-2655 (BOOK) or [missoulapubliclibrary.org](http://missoulapubliclibrary.org)**
- **Art in the Moment at Missoula Art Museum**
- **Alzheimer's Support Groups: 728-7582**
- **Caregiver Support Group: 728-7582**
- **Memory Loss Conversations (for individuals with memory loss): 728-7582**

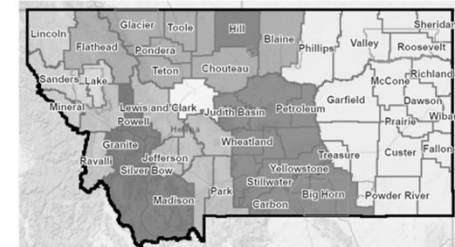
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## State Resources

- **Montana's Area Agencies on Aging**  
<https://dphhs.mt.gov/sltc/aging/areaagenciesonaging>
- **Aging & Disability Resource Center, Directory of Resources:** [www.montana-adrc.org/](http://www.montana-adrc.org/)
- **Alzheimer's Association, Montana Chapter:**  
[www.alz.org/montana](http://www.alz.org/montana)
- **Montana Alzheimer's and Related Dementias (ADRD) State Plan | (mtalzplan.org)**
- **MSU Extension: Resources for Caregivers and Others Concerned About Memory Loss**

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## Montana's 10 Area Agencies on Aging



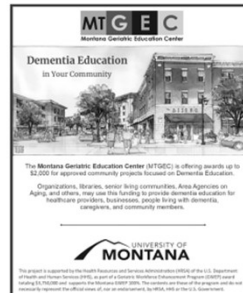
Accessed 1/2023: <https://dphhs.mt.gov/sltc/aging/areaagenciesonaging>

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## MTGEC Funding Awards

Funding for Dementia Education in Your Community ([umt.edu](http://umt.edu)) or <https://umt.edu/montana-geriatric-education-center/dementia-funding-mtgec.php>

Applications will open April 1, 2023 and close May 31, 2023 for funds available in the second half of 2023.



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## MSU Extension

- Resources for Caregivers and Others Concerned About Memory Loss
- Using Storybooks to Teach Children and Adults about Alzheimer's Disease

Contact: Local MSU Extension Office or <https://alzheimers.msuextension.org>

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Concerned about your recent memory loss?  
You're not alone!

## Memory Loss Conversations

Join us on Zoom Thursdays at 10 am  
Meet others adjusting to memory loss  
Share conversation

Questions? Call (406) 728-7682

Hosted by Dementia Friendly  
Missoula

## National Resources

- Alzheimer's Association: [www.alz.org/](http://www.alz.org/)  
24/7 Helpline: 1-800-272-3900
- Dementia Friendly America [www.dfamerica.org](http://www.dfamerica.org)
- National Institute on Aging:  
[www.nia.nih.gov/health/alzheimers](http://www.nia.nih.gov/health/alzheimers)
- National Institute on Aging, ADEAR Center:  
[www.nia.nih.gov/health/about-adear-center](http://www.nia.nih.gov/health/about-adear-center)

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## Best Practices & Webinars for Libraries

- **RUSA Guidelines for Services with 60+ Audience: Best Practices**  
<http://www.ala.org/rusa/sites/ala.org.rusa/files/content/resources/guidelines/60plusGuidelines2017.pdf>
- **International Federation of Library Associations and Institutions (IFLA)**
- Guidelines for Library Services to Persons with Dementia - [www.ifla.org/publications/ifla-professional-reports-104](http://www.ifla.org/publications/ifla-professional-reports-104)
- **IFLA Public Libraries Section Blog: Is your library dementia-friendly?**  
[blogs.ifla.org/public-libraries/2016/09/07/is-your-library-dementia-friendly/](http://blogs.ifla.org/public-libraries/2016/09/07/is-your-library-dementia-friendly/)
- **Serving People Living with Dementia: Programs and Interventions to Promote Social Engagement** (Sept 2022)  
<https://www.engagingolderadults.org/current-and-past-events>

## Best Practices & Webinars for Libraries (cont.)

- **WebJunction Webinar: Remember Your Patrons Living with Memory Loss** (Dec 2022)  
[www.webjunction.org/events/webjunction/remember-your-patrons-living-with-memory-loss.html](http://www.webjunction.org/events/webjunction/remember-your-patrons-living-with-memory-loss.html)
- **Developing a Dementia Friendly Partnership with Your Public Library** (April, 2018)
- **Creating and Sustaining Memory Cafes: Lessons from the Coast and the Heartland** (March, 2019) - [www.dfamerica.org/news-archives/#](http://www.dfamerica.org/news-archives/#)

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