



AGENDA
BIRMINGHAM AD HOC AGING IN PLACE COMMITTEE
Wednesday, January 24, 2024
BIRMINGHAM CITY HALL, 151 MARTIN STREET, CONFERENCE ROOM 202
BIRMINGHAM, MI
4:00 PM

- 1. Roll Call**
- 2. Approval of Minutes**
 - a. Minutes of December 13, 2023 Regular Meeting**
- 3. Guest Speakers: Jim Mangi - Founder & Director of Dementia Friendly Saline Volunteer Educator for Alzheimer's Association Care Partner**
- 4. New Business:**
 - a. Follow-Up Discussion on Items Brought Up by the Public from the Community Engagement Meeting on December 13, 2023:**
 - i. Dementia Friendly City**
 - ii. Communication of Community Survey to Birmingham Public Schools**
 - iii. Birmingham Fire Department Knox Box Program**
 - iv. Next Vendors List**
 - v. Community House**
- 5. Old Business: None**
- 6. Open to the Public for Items Not on the Agenda**
- 7. Miscellaneous Communications**
 - a. Email Communication from Maureen Field**
 - b. Telephone Communication with Dorothy Conrad**
- 8. Announcements**
 - a. ACM Clemence has attended Council meetings at the Village of Franklin and the Village of Beverly Hills to promote the Community Survey.**
 - b. ACM Clemence is scheduled to attend the Village of Bingham Farms Council meeting on January 22, 2024 to promote the Community Survey.**
- 9. Adjournment**

***Please note that board meetings will be conducted in person. Members of the public can attend in person at Birmingham City Hall, 151 Martin Street, Birmingham, MI.**

NOTICE: Individuals requiring accommodations, such as interpreter services for effective participation in this meeting should contact the City Clerk's Office at (248) 530-1880 at least two days prior to the public meeting.

City of Birmingham

Regular Meeting of the Ad Hoc Aging in Place Committee - DRAFT

December 13, 2023

Martha Baldwin Room

Baldwin Public Library

300 West Merrill Street, Birmingham, Michigan

Draft minutes of the regular meeting of the City of Birmingham's Ad Hoc Aging in Place Committee held on December 13, 2023.

1. Call to Order: AIPC Chair Hoff convened the meeting at 6:00 p.m.

2. Roll Call:

Present: Melissa Mark, Pam DeWeese, Rackeline Hoff, Cris Braun Leslie Pielack, Rosemary O'Malley, Rebekah Craft

Absent: Jay Reynolds (Alternate)

Guests: None

3. Approval of Minutes

A. Regular meeting of the AIPC on November 15, 2023

Chair Hoff asked if there were any comments or corrections to the draft minutes from this meeting.

Chair Hoff stated that in Section 6, F, (ii), it appears that the same sentence was repeated twice. Upon examination, the correct wording of the improvement should read, "I have adequate health care and am healthy enough to age in my residence." Staff Liaison ACM Clemence stated that he would see that the correction to the minutes would be addressed.

Chair Hoff asked for a motion to approve the AIPC minutes of November 15, 2023 with the noted correction to Section 6, F, (ii).

Motion by CM O'Malley to approve the minutes of the November 15, 2023 meeting as amended. Motion seconded by CM Mark. Voice Vote:

Yeas: Hoff, DeWeese, Pielack, O'Malley, Braun, Mark, Craft

Nays: None

4. Guests: None

5. New Business:

A. Chair Hoff greeted the public in attendance and thanked them for coming to the meeting.

- B. Staff Lainson ACM Clemence then went through a detailed summary of the work completed by the Ad Hoc Aging in Place Committee (AIPC), including the following:
- i. The function of the AIPC –To study current demographic trends, evaluate the needs of the City’s aging population and to prepare a City-wide action plan outlining the vision and goals to improve the health, safety and welfare of older citizens and to encourage residents to age comfortably in Birmingham.
 - ii. The AIPC is made up of seven regular members and one alternate member.
 - iii. The AIPC was formed in June of 2023 by the City Commission and has been meeting at least once a month since July of 2023:
 - a. July 26, 2023- Kick-off meeting.
 - b. August 30, 2023 – Review demographic data and analyze existing services.
 - c. September 27, 2023 – City planning and Building review.
 - d. October 11, 2023 – Workshop to discuss Community Survey.
 - e. October 25, 2023 – Discussion/edit of Community Survey.
 - f. November 8, 2023 – Discussion/edit of Community Survey.
 - g. November 15, 2023 – Discussion/edit of Community Survey.
 - h. December 2 and 3, 2023- Staff Liaison ACM Clemence distributed Community Surveys at the City’s Winter Market event.
 - i. December 13, 2023 – Public Engagement meeting on the work of the AIPC and input from the community on aging in place.
 - iv. The Community Survey will be available for anyone to complete and is available in both printed form as well as on line at engage.bham.org/aginginplace.
 - v. In an effort to reach as many residents as possible, the City is going to be sending out a print copy of the Community Survey in every resident’s water bill. The Community Survey can be completed in electronic form using the “QR” code in the upper right hand corner of the survey page or be completed in print form and returned to the City via the U.S. Postal Service or be dropped off at City Hall, the Birmingham Public Library, the Birmingham Museum or Next.
 - vi. In constructing the Community Survey, the AIPC considered all eight of the domains of livability. The eight domains of livability have been used by many other communities to gauge where their communities are in terms of factors that are critical to older persons and their quality of life.
 - vii. In order to meet the important goal of reaching as many people as possible, the Community Survey had to be limited to two pages (front and back) in order to be included in the City’s water bills. As a result, the AIPC utilized the following categories on the Community Survey:

- a. What is most important about Birmingham for older adults?
- b. Demographics
 - i. Population is aging.
 - ii. More households with adults age 65+.
- c. Birmingham & Your Needs
 - i. What are older adult support systems?
 - ii. How familiar are people with the services offered by Next?
 - iii. Are the City's parks and facilities accessible?
- d. Transportation
 - i. Is it accessible? Safe?
 - ii. Pedestrians need safe sidewalks and crossable streets.
 - iii. Encourage public transit and outreach.
- e. Housing
 - i. Studies have shown that older adults want to remain in their current home.
 - ii. What assistance do older adults need with home modifications? Snow removal? Lawn care? Or other basic home repair assistance?
 - iii. What is the affordability of housing in or community? Is the affordability of housing a concern for older adults?
 - iv. What can the City do from a planning/building perspective to encourage affordable housing (zoning law changes, ADU's, tiny houses, shared housing).
- f. Social and Civic Engagement
 - i. People need public places to gather, both indoors and outdoors.
 - ii. Accessibility concerns.
 - iii. Everyone wants to feel valued. Intergenerational gatherings/activities.
 - iv. Loneliness can be reduced by creating opportunities to socialize and engage in physical activity.
 - v. Do older adults feel connected to the community?
 - vi. Does the City have enough civic destinations?
- g. Communications
 - i. The City's website, newsletters, social media and emails are popular methods of communication.

"walkable", then the City should be the one responsible for cleaning off the sidewalks and maintaining safe sidewalks. Resident Stacy Goldberg added that she has found it difficult to find reliable lawn and snow services. CM Braun stated that Next could be contacted and that they have a list of vetted contractors. CM Braun stated that through the use of the City's CDGB grant funds, income qualified residents can receive lawn and snow removal services. Resident Kay Bell stated that a list of services/contractors would be very helpful to older adults.

- vi. Resident Shari Tattire asked if residents were responsible for snow removal on the sidewalks in front of their homes. Ms. Tattire was informed that residents are responsible for clearing snow on City sidewalks adjacent to their property.
- vii. Resident Gordon Rinschler stated that he came to tonight's meeting to make sure that the new Next building maintained a "warm and inviting" front lobby for all. Mr. Rinschler stated that the Next lobby has always been a place where people felt comfortable. Mr. Rinschler stated that people need to feel good when they enter the building and that the current lobby area of Next is the "magic" of the operation. Mr. Rinschler reiterated the importance of social contacts for older adults and the need to feel connected to the community. While many in our community have financial resources, many do not have social connections and/or resources. Chair Hoff stated that the lobby area of the Baldwin House is very similar in nature and is important to that community. Chair Hoff stated that people sit around and talk and that it gives the building a sense of warmth and more of a "home" feeling.
- viii. CM Pielack stated that if there is any area where a respondent does not feel their voice or concern is being heard on the Community Survey, there is an area to make additional comments, or you can attach additional comments or you can check a box that you are interested in receiving a call in reference to a personal interview.
- ix. Resident Kathy Devereaux asked what was going on at the Community House. Ms. Devereaux stated that the Community House used to be a big part of the City's fabric, but that seems to have fallen by the wayside. Resident Gordon Rinschler commented that the Community House used to be a community asset. However, the Community House has gotten rid of all of their community functions and/or groups that utilized their building. Mr. Rinschler stated that this was not anything the City did, but it appears that the old way of connecting with the community was no longer in the Community House's "business plan."
- x. Resident Kay Bell brought up that she hopes the new Next/Community center promotes "intergenerational activities." Ms. Bell stated that in the country of Iceland, pre-schools are often apart of their senior centers. Gordon Rinschler also commented that he participated in a senior to senior (high school senior with actual senior citizens) event that he found to be a wonderful experience.

- xi. Resident David Young stated that he believes the AIPC should consider the issue of technology. Mr. Young explained that technology is advancing so rapidly, that it may be difficult for older adults to keep up. Mr. Young feels that this will be a challenge for the City in the future. Mr. Young gave the examples of tele-health and AI (artificial intelligence). CM Craft stated that the Birmingham Public Library will be having an AI informational program at the library on January 31, 2024 at 7:00 pm.
- xii. Resident Kay Bell stated that in terms of housing, maybe the City should consider a tax abatement program. Resident Kathy Devereaux stated that maybe the City could somehow incentivize builders to build more affordable housing in the City.
- xiii. Resident Stacey Goldberg stated that she believes that people of her age group need to start thinking about their aging in place plans. There was discussion amongst the AIPC and residents about learning opportunities at possibly Next or other senior centers that have dynamic programming of this type. It was brought up that the senior center in Shelby Township is a fantastic resource and has programming of this type.

6. Old Business: None

7. Open to the Public for Items Not on the Agenda: None

8. Miscellaneous Communications: A copy of the Community Survey is available for the public.

9. Announcements:

- A. Chair Hoff asked if the AIPC would like to meet in the month of January. CM O'Malley stated that she felt the committee should meet to discuss some of the items that were brought up during tonight's meeting. CM Pielack stated that those items could be included in a meeting in February. CM Braun felt that the group could discuss what the City-Wide Action Plan could look like. Chair Hoff stated that she thinks it would be wise to make sure we have all the data and research completed before any determination of content is discussed or decided upon. After discussion, Chair Hoff asked the AIPC if there was consensus to meet in January and there was consensus that the AIPC should meet for their regularly scheduled meeting in January of 2024.

10. Adjournment:

- A. Chair Hoff stated that with all business being addressed, could she please have a motion to adjourn the meeting. Motion to adjourn by CM DeWeese and seconded by CM Mark. Chair Hoff adjourned the meeting at 7:40 pm.



Las personas que requieren alojamiento, tales como servicios de interpretacion, la participacion efectiva en esta reunion deben ponerse.

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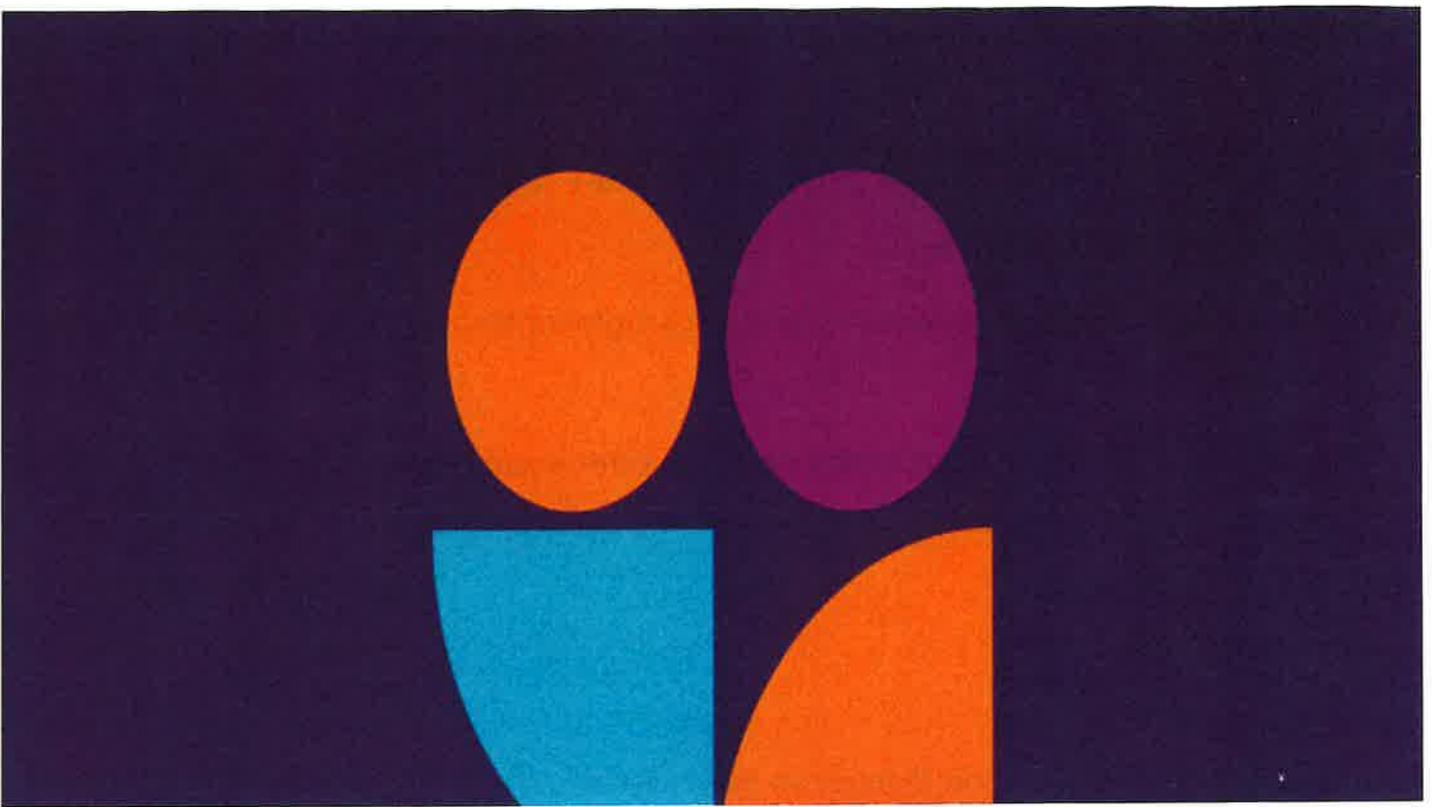
What is Dementia Friendly America (DFA)? DFA is a national network of communities, organizations and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers. Dementia friendly communities foster the ability of people living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

When did DFA begin? The DFA movement began in September 2015 following the White House Conference on Aging and is based upon Minnesota's statewide successful initiative, **ACT on Alzheimer's** (<http://www.actonalz.org/>). DFA launched in 2015 with pilot communities in Denver, CO; Prince George's County, MD; Santa Clara County, CA; Tempe, AZ; and the state of West Virginia.

What is a Dementia Friendly community? A dementia friendly community is a village, town, city or county that is informed, safe and respectful of individuals living with dementia, their families and caregivers and provides supportive options that foster quality of life. Joining DFA means a community is engaging in a process to become more dementia friendly.

How does a community join the DFA network of communities? To help communities work towards becoming dementia friendly, DFA offers technical assistance, including a community toolkit, sector specific guidance and best practices synthesized from across the world. To learn how to join the DFA network of communities review the **Dementia Friendly Community Readiness and Recognition Criteria here** (</s/Dementia-Friendly-America-Joining-the-National-Network-FINAL.DOCX>).

Watch a Dementia Friendly America Introductory Video. This video highlights why dementia friendly work is so critical and how you can get involved. Contact the **DFA staff team** (<mailto:info@dfamerica.org>) to have access to a downloadable version of this video to show at your community event.



Who is involved in a DFA community? Every part of the community plays a role works together to take steps to create a dementia friendly culture.

- **Businesses and Banking** support customers living with dementia by accommodating cognitive impairment.
- **Law enforcement and first responders** recognize signs of dementia respond accordingly.
- **Health care systems** promote early diagnosis and connect individuals with community services.
- **Faith communities** are welcoming and have specialized programs, services or accommodations.
- **Local governments** plan and implement housing, transportation, public spaces, and emergency response that enable people with dementia and care partners to thrive.

- **Community members** learn how to interact sensitively and create networks of support.
- **Restaurants, grocery stores, and libraries** offer services and supports that foster access and independence.
- **Employers** support employees who are caregivers through proactive personnel policies.
- **Residential care and community services** offer a range of services to maximize independence and support ongoing community engagement.

Integrating Age Friendly and Dementia Friendly efforts. As the population ages, and the instance of persons living with dementia increases, communities across the country and around the world are undertaking efforts integrating the needs of all. AARP and Dementia Friendly America have partnered to develop “Better Together: A Comparative Analysis of Age-Friendly and Dementia Friendly Communities.” This resource is designed to illustrate how age-friendly and dementia friendly efforts relate by providing case studies and an overlay that reflect the World Health Organization’s eight domains of age-friendliness alongside key characteristics of dementia friendly communities.

Download the Better Together resources here:

- **Research Report: Better Together: A Comparative Analysis of Age-Friendly and Dementia Friendly Communities** (/s/AARP-Report_BetterTogether_March2016-den9.pdf)
- **Summary: Better Together: A Comparative Analysis of Age-Friendly and Dementia Friendly Communities** (/s/AARP-SummaryReport_BetterTogether_March2016-1-hw3n.pdf)
- **Age and Dementia Friendly Communities: An Overlay Questionnaire** (/s/AFC-DFCOverlayBenefit-DFA-2019.docx)



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Dementia Friendly Communities

Dementia is a community issue that must be addressed at a community level. Every part of the community has a unique role in fostering meaningful access to and engagement in community life for people living with dementia and their family and friend care partners. As each sector of community takes its own steps to foster support, a community emerges that is informed, safe and respectful emerges to foster quality of life for those living with dementia and their care partners.

DFA fosters local community transformation using tools, resources and technical assistance designed to equip communities to better support people living with dementia and their care partners.

The **DFA Community Toolkit** (/toolkit-getting-started) can help guide communities through a research informed process that fosters adoption of dementia friendly practices in all parts of the community. The four phase process outlined in the Community Toolkit includes information and resources for communities to convene, engage, analyze and act to become more dementia friendly.

The **DFA Sector Guides** (/sector-guides) have been developed to encompass and engage many stakeholders within a community and provide information, resources, and actions that each specific sector can take. Every part of the community has a unique role in meaningfully supporting people living with dementia and their family and friend care partners.

For more information contact us at info@dfamerica.org
(mailto:info@dfamerica.org)

Interested in how age-friendly and dementia friendly relate? Check this out (/s/AFC-DFCOverlayBenefit-DFA.pdf).



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A dementia friendly community is one that is taking action to foster quality of life for people living with dementia and their care partners by decreasing stigma, increasing opportunities for meaningful social interaction, and offering support in addressing the changing needs of people living with dementia. Dementia friendly community initiatives are ongoing and dynamic initiatives—dementia-friendliness is not a “yes” or “no” characteristic of a community, but an aspirational goal that individuals, organizations, and groups continuously strive toward over time. In many instances dementia friendly communities are geographic (such as a city, town or county), but there could also be dementia friendly community initiatives defined by race or ethnicity, religion, culture or shared background or interest (e.g., young onset). Most communities that are part of the DFA network are grassroot efforts with stakeholders on a shared mission to create a more dementia friendly culture in their local area.

Key Principles of Dementia-Friendly Communities

Principle 1: Include and involve people living with dementia in the community effort.

Principle 2: Establish and maintain a team that works collaboratively to create change.

Key Goals Among Dementia-Friendly Communities

Some dementia friendly communities work toward one or two goals while others work on several or all goals. Throughout each of these goals, a consideration for including representation from diverse members of your community in helping to shape the initiative and then engaging with diverse partners and settings as you work to achieve these goals is critical. Throughout the activities listed for each goal, we have suggested activities that include diverse aspects.

1. Increase awareness and understanding of dementia and of people living with dementia.
2. Increase awareness and understanding of brain health and risk reduction.
3. Collaborate with public, private, not-for-profit and health care sectors to better serve people living with dementia and care partners.
4. Address the changing needs of people with dementia and care partners.

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Resources (/resources)

Newsletter Sign-Up

(<http://www.dfamerica.org/get-involved/>)



(http://www.twitter.com/dfamerica_/)

Dementia Friendly America
(<http://www.twitter.com/dfar>)

A new funding opportunity is available for the Alzheimer's Disease Programs Initiative to support and promote the d... <https://t.co/tznGldkT2q>
(<https://t.co/tznGldkT2q>)

5. Create social and cultural environments that are inclusive to those living with dementia.

6. Improve the physical environment in public places and systems (e.g., parks, transportation) so that it is dementia friendly.

Readiness and Recognition

The following readiness and recognition criteria indicate a community is ready to work on a dementia friendly community initiative. For more information on How to Join the DFA Network of Communities, **click here**. (<https://www.dfamerica.org/how-to-join>)

- **Inclusion and Leadership of People Living with Dementia.** People living with dementia and their caregivers are key to leading and shaping dementia friendly communities. It is imperative that their wants, needs and preferences are integrated into the planning and implementation of dementia friendly community efforts.
- **Establish and maintain a cross-sector team that works collaboratively to create change.** Creating change in a community cannot be accomplished without establishing and maintaining an effective planning team that works collaboratively. A cross-sector team includes at a minimum, government, clinical, community-based organizations and people living in community with dementia and their care partners. Ideally, several community sectors are represented on the cross-sector team. The team is an asset that will help to engage the wider community to increase awareness and change the way the community thinks about living with dementia. No one single organization can be responsible for change across a community.
- **Adoption and Communication of Dementia Friendly Practices and Change Goals.** DFA communities foster sector-specific dementia friendly practices across their communities. The DFA toolkit guides communities through a step-by-step process that fosters adoption of dementia friendly practices in all parts of community. DFA guides communities through a comprehensive process of convening an action team, identifying community needs, prioritizing those needs and developing an action plan for ensuring a more dementia friendly community. Please summarize how your community plans to engage in dementia friendly work and how it will sustain these efforts moving forward
- **Champion Organization and Coordination Capacity.** Many DFA communities benefit from having an organization that is willing to champion, coordinate and, if needed, serve as a fiscal sponsor. The

Apr 6, 2023, 9:02 AM

(https://twitter.com/dfamerica_/status/16)



(http://www.twitter.com/dfamerica_/)

Dementia Friendly America (<http://www.twitter.com/dfar>)

We're excited to welcome a new DFA Community in Rochester, MI! Dementia Friendly Princeton's action team will offer...

<https://t.co/LvDC59o2Ta>

(<https://t.co/LvDC59o2Ta>)

Apr 5, 2023, 10:02 AM

(https://twitter.com/dfamerica_/status/16)



(http://www.twitter.com/dfamerica_/)

Dementia Friendly America (<http://www.twitter.com/dfar>)

Applications are due May 15! Get tips for applying for @MaudesAwards

(<https://twitter.com/MaudesAwards>)

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Apr 4, 2023, 12:27 PM

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champion organization may help recruit and partner with a senior leader of local government in the effort (e.g. mayor; city council; other elected officials).

- **Progress Tracking and Sharing.** Communities will report progress by providing a current program description, upon request, and by completing periodic surveys. Communities are also asked to report on outcomes of dementia friendly activities included in their evaluation plans.

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DEMENTIA FRIENDLY COMMUNITIES

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DEMENTIA FRIENDLY COMMUNITIES

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- What they are
- Costs and benefits
- How to join the movement

What Is A Dementia Friendly Community?

- Town/city/county committed to help persons with dementia live there with the least difficulty, and the most dignity.
- Where you walk toward a person with dementia, not away from them.



“Living with dementia is tough, something I don’t want. But living in a town that doesn’t want me, that’s really tough.”

Dementia Friendly Communities

- Grassroots movement
- Nationwide
- > 300 towns, cities, counties
- ≈ 5 in MI



What Is A Dementia Friendly Community?

Health care promoting early diagnosis & using dementia best practices

Businesses with dementia-informed services & settings for customers and employee caregivers

Dementia-friendly public environments

Dementia-aware government & emergency services

Residences w. memory support

Dementia-aware legal/financial planning

Welcoming faith community

Dementia savvy schools

Support for independent living and community engagement

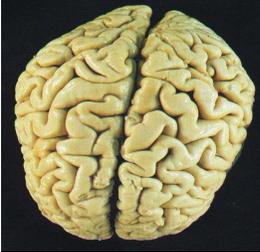
“A dementia friendly community is a village, town, city or county that is informed, safe and respectful of individuals with the disease, their families and caregivers, and provides supportive options that foster quality of life.”



Dementia Friends

“Dementia”: Disease, Not Disgrace

- Memory and thinking problems interfering with daily life
- NOT normal aging
- Caused by physical diseases of the brain:
 - Alzheimer’s ≈ 70% of cases
 - Vascular, Lewy body, many other causes
- Massive loss of brain tissue



Normal 75 year old



75 year old with Alzheimer’s Disease

What is Alzheimer's Disease?



<http://aboutalz.org/>

Dementia Demographics

- >2% of US population (\approx 6.5M) w. dementia
- \approx 11% of Americans over 65
- Another 1-2% with Mild Cognitive Impairment (MCI)
- 1 in 20 persons with dementia are under 65
- Family Caregivers:
3% of population



The Dementia Journey

- Often 10+ years' duration
- Most are out in community for 6+ yrs
- Homebound or in care only at the end
- ≈1 in 4 persons with dementia living on their own

*Persons With Dementia Are A Part Of, Not Apart From,
Your Community*

Some Difficulties for Persons with Dementia

- Short-term memory loss—e.g. repeated questions
- Trouble completing familiar tasks—e.g. paying for item
- Impaired “problem solving”—e.g. making choices
- Navigating—around town, around the room
- Using alien technology—e.g. touchscreens

Continued...

More Difficulties for Persons with Dementia

- Confusion of time of day, season, year
- Confusion of place—geolocation, type of facility
- Visual and spatial confusion—depth, contrast, reflections, glare, patterns
- Reading problems—legibility, sizing, length
- Fear, agitation---in crowded, unfamiliar settings
- ..and many other challenges

Dementia Friendly Community Components

- Local Government
- Business
- Health Care
- Professional Services
- Residential
- Faith Community
- Recreation
- General Public

Selected examples.....

Dementia Friendly Local Government

- Aware of dementia difficulties
- Extra help with paper and process
- Extra flexibility, willing to accommodate



City of Saline



Dementia Friendly Library

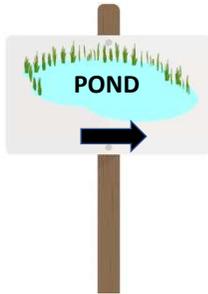
- Appointments w. librarians
- Selection of large format books
- Clear signage
- Themed Memory kits



Guidelines for
Library Services to
Persons with Dementia

Library, Kankakee IL

Dementia-Friendly Parks



- Clear map and signs
- Added benches, handrails
- Improved path
- Walking Group for Persons With Dementia

Seattle Parks Dept.



Dementia-Friendly Recreation Facilities

- Trained staff provide extra assistance, at pre-arranged times
- For group activities:
 - Focus on participation and enjoyment
 - Allow observation
 - Take breaks as needed
 - No mandatory attendance
 - Limited group size; ideally, 20



***Anytime Fitness
Dane County WI***

Dementia Friendly Golf

- Socializing
- Exercise
- Scoring—not so much



Various locations in Scotland and England

Dementia Friendly Fire/EMS/Police

- Training to recognize dementia difficulties
- Prepared to adapt to their (delusional) reality
- Reduce risks from wandering, e.g.
 - ID's/bracelets/gps
 - Advance neighborhood notice
- Educate community about dementia



Police Dept. Montgomery County MD

Sheriff Portsmouth VA

Fire/EMS Portsmouth NH

Dementia Friendly Traffic Stop



Orange County CA

Dementia Friendly Policing



Little Rock AR

Dementia Friendly Schooling

- Dementia modules for middle and high school
- Understanding the disease
- How to interact and help
- Produce Dementia Friendly Videos
- Help with Dementia Friendly Movies

Dementia teaching resources

Order resources for young people and teach about dementia at your school or youth group.

Order resources

**Alzheimer's
Society UK**

Birmingham AL, Schools

Saline MI, Schools

Permits/Inspections

- Personnel trained in dementia's difficulties
- More patience and flexibility
- Less formality



Denver CO

Dementia Friendly Realtors

- Adjust pace, timing of showings
- Extra care about navigation
- More relaxed meetings
- Alert to ethical considerations





Dementia Friendly Banks

- Tact: *“This might overdraw your account. Can we do a lesser amount?”*
- Finesses goofs: *“Let’s try this other card in the ATM”*
- Alert to signs of financial abuse
- Lower barriers e.g. high counters
- Accommodate weak signatures




**Old National Bank,
Windsor, WI**

**First Interstate
Bank Sheridan WY**

Dementia Friendly Big Box Stores



- Majority of staff are trained in dementia-interaction
- Ready with extra assistance



Sheridan, WY

Dementia-Friendly Dining

- Respectful accommodation
- Relaxed pace
- Quieter space
- Uncluttered table
- Specially trained staff
- Simplified choices



More fun/less stress for persons with dementia and families

Stone's Public House, Ashland, MA

The Galley Grille, Westport, MA

Dementia Friendly Coffee Shop/Fast Food

- Offer choices/ suggestions vs deciphering menu
- Patience w. paying
- Bring it to them



Dementia Friendly (Grocery) Stores

- Store map at entrance
- Clear signs
- “Relaxed” shopping hours:
 - Trained greeters to assist
 - Chairs at aisle ends
 - No background music/ads
 - Relaxed Shopper discounts
 - Assisted checkout



**Publix Supermarket
Martin County, FL**

**Iceland's Supermarkets
(900 stores) UK**

Dementia-Friendly On-Call Transportation

- *GoGo Grandparent*: a dementia-friendly Uber/Lyft dispatcher
 - No smart phone needed
 - 3rd-party “tracking”: “Your Mom just left Briarwood Mall”



Washtenaw County and elsewhere

Dementia Friendly Choruses



- Daytime, unhurried rehearsals
- Accessible space
- Familiar/traditional music
- Socializing/having fun

**Resounding Voices
Rochester MN**

**Giving Voice,
Minneapolis MN**

**Victory Choir,
Duluth, MN**

Dementia Friendly Dance Studio

- Group for persons with dementia, and friends
- No steps, left and right, or wrong moves
- Only encouragement to be oneself
- Stand or sit
- Laugh and socialize all ways



***Come Dance With Me,
Brisbane, Australia***

Dementia Friendly Worship Services

- Greet all
- All wear nametags
- Good lighting
- Patience with behavior, appearance
- Help if disoriented
- Shorter service
- Simple message
- Traditional hymns; large print lyrics on screen
- Uncrowded seating; open space



***Hillside
UMC,
Duluth, MN***

Dementia Friendly Move Managers

- Member of Senior Move Managers Assn
- Focused on downsizing
- Expertise in gerontology & social work
- Trained in dementia interaction
- Sensitive to confusion and communication difficulties



**A First Class
Move Fairfax,
VA**

Facilities: Dementia Friendly Restrooms

- Family or gender-neutral allow help from caregivers
- Contrasting seats aid positioning
- Interior signs point the way out
- Avoid disorienting “white tunnels”



Dementia Friendly Building Entry

- Entrance is a distinct, recognizable feature
- Handrails
- Clear signage identifies building
- Even lighting identifies pathway



- Contrasting door frames identify them
- Clear glass shows what's inside
- Bench to rest or wait
- Non-slip floor features blend in to avoid confusing appearance (holes)

Dementia Friendly Buildings: Reception



- Easily read clock
- Clear signage
- Color contrast on door frames
- Contrast around elevator buttons
- Armchairs, familiar design and easy to get up from. Color contrast w. floor
- Floor without complex pattern



Dementia Friendly Meeting Rooms



- Contrast around exit door; clear sign
- Contrast around light switch
- Even lighting
- Window shade reduces reflection, glare
- Color contrast between objects and table
- Furniture w/o sharp edges

Dementia Friendly Law/Professional Offices

- Uncluttered, well-lit, quiet space
- Clear signage
- Consider “house calls”
- Use phone judiciously
- Avoid late-afternoon
- Mail reminders, checklists in advance and summary after
- Ensure client transportation



Gardner & Associates
Ann Arbor MI

Dementia Friendly Theatres

- Clearly marked entrance
- Extra, clearly identified, staff
- Clear, eye level signage
- Mirrors covered
- Space for walkers, canes
- Lights on
- No startling music/sounds
- Getting up and moving OK



***Queen's Film Theatre,
Belfast Northern
Ireland***

Dementia Friendly Hands-on Services

HAIR SALON/BARBER

- Trained in dementia care
- Aware of problems w touch, water, eye-to-eye communicating



Creative Haircuts Jackson, MI

Intergenerational Engagement

- Dementia Friendly Workshops for High Schools
- Dementia Friendly Videos By Saline High School
- The planned “Come As You Are” Chorus



Dementia Friendly Costs

- Community-level:
 - Staff time for initial set-up : a few dozen person hours
- “Dementia Friendly” sessions for businesses, other organizations’ : < 1 hr per trained person
- Dementia Friendly Saline offers “training time subsidies” in Saline

Dementia Friendly Benefits

- Enhanced image
 - For community
 - For each business
- Increased participation of persons w. dementia
 - Enables shopping, dining, socializing
 - “Unfreezes”/re-directs spending

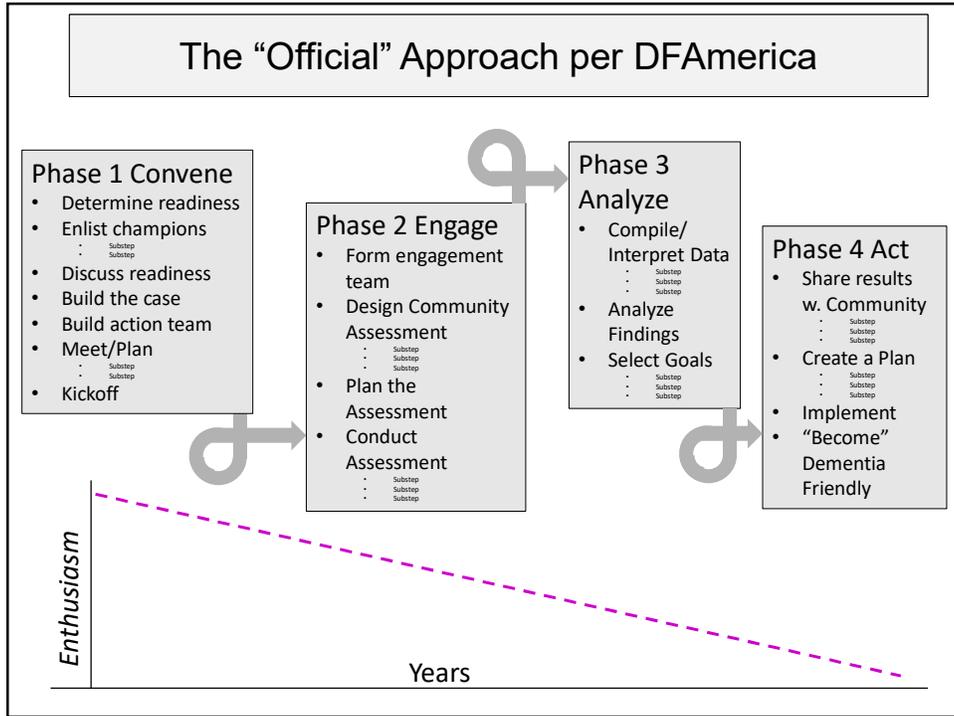
“When a business gets it right for people with dementia, it gets it right for everyone.”

“You guys in Saline know how to treat people like us”

“Because I can walk about, shop people think I’m alright. When I can’t tell them what I want, they don’t have the time. I’d go out more if people had the time for me.”

Becoming A Dementia Friendly Community

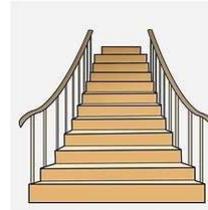
- Two approaches:
 - (Prolonged) Policy/Planning Process
- vs
- Prompt Problem-solving Progress



- ### The Problem-solving Approach
- Problem: Community doesn't welcome persons w. dementia
 - Lack of awareness
 - So, increase community awareness
 - Problem: Hard for persons w dementia to socialize
 - Lack of comfortable opportunities
 - So, offer some

Prioritize Progress over Process

- Raise awareness about dementia, dementia friendliness
 - One on one
 - Presentations on possibilities
 - Dementia friendly workshops, social events
- Enlist broad community support: leaders and doers
- Apply for recognition
- Grow as you go



Bureaucracy can be even slower than dementia

Dementia Friendly Saline Programs

- | | |
|-------------------------------------------------|----------------------------------------------------------------|
| • Dementia Awareness & Education Series | • Dementia Friendly Live Theatre |
| • Dementia Friends Workshops | • Dementia Theatre— |
| • Memory Cafes | The Remember |
| • Dementia Friendly Movie Events | Project (planned) |
| • Friends on the Journey Caregiver Companions | • Dementia Friendly Celtic Festival |
| • Best Life Dementia Friendly Art Fair Events | • Subsidized transportation |
| • Best Life Voices Dementia Chorus (in process) | • AISLE: Alzheimer's Information & Support Library, Electronic |
| • Music For Memory Program (planned) | |
| • Dementia Friends Videos w. Saline HS | |

Growing List of Dementia Friendly Places



Making a Difference

- “Now I understand why my customer does that, and I can serve her better!”
- “My husband was so happy to be visible again”
- “Having the café and the movies, and looking forward to them, have changed our lives”
- “Mom had the time of her life. She felt like she belonged”
- “Shopping at the dementia friendly art sale turned a hassle into a joy”
- “Thank you: I just had a date with my honey for the first time in 9 years. We shared popcorn and held hands just like the old days”.

Dementia Friendly Movie Program

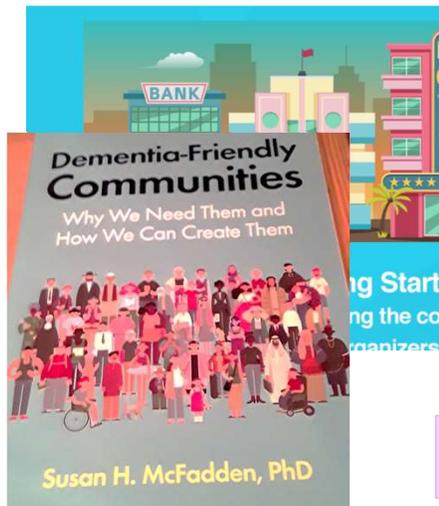
- First in USA
- Old time movie-going experience
- With lights on; sound soft
- Talk, clap, tap, sing along, get up and dance
- 90 people every month have a good time together
- National winner, 2023 Creative Excellence Award



References To Help Get Started



HOME ABOUT DFA



Creating A Dementia-Friendly Community

A Comprehensive Guide



Contact us,
we can help



This program's over.

What will you do next?



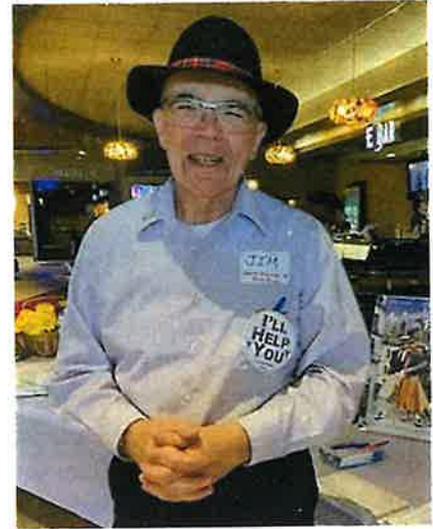
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Founder, Director, & Care Partner

Jim's 35-year first career as founder and owner of a successful nationwide consulting firm in no way prepared him for his second, and far more important, career as caregiver for his wife, who has been living with Younger Onset Alzheimer's since 2008.

Jim is an active volunteer educator for Alzheimer's Association, teaching classes on dementia and caregiving topics to diverse groups around Michigan. He developed and led the 12-week In This Together-Dementia Awareness lecture series at Holy Faith Church in 2019, which led him and friends to set up Dementia Friendly Saline, which led to Saline being the only nationally recognized Dementia Friendly Community in Michigan with a trained and committed dementia friendly city government.

Since then, his diverse dementia awareness and activism efforts - inspired, as he says, by his wife's grace on her journey in dementia - have been recognized by The Alzheimer's Association (Volunteer of the Year), Detroit's Hannan Center (Changemaker Award), Saline Chamber of Commerce (Visionary of the Year) and Leading Age Michigan (Volunteer of the Year). Confronted with the evidence, Jim says he is grateful for the ability to be of some help to at least a few people.



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About

Dementia Friendly Saline began in 2019 as a grassroots initiative intended to make Saline a safe, welcoming and respectful place for persons living with dementia and their care partners.

In 2023, almost seven million people are living with some form of dementia, and it is estimated that as many as 70% of them live in their own homes and shop, dine, and bank out in the community. Yet there is a real lack of awareness and education about dementia, which makes navigating the world with dementia a lot harder. If Dementia Friendly Saline can ease that journey for even one person, then we've achieved our goal.

Our three main offerings at this time are the twice-monthly "[Come As You Are](#)" [Memory Café](#), the monthly [Dementia Friendly Day at the Movies](#), and the free [Dementia Friendly educational workshops](#). We would love to see you there, or to create an informational workshop tailored to your business or organization. [Contact us](#) today for more information.

Dementia Friendly Saline is not alone! Check out dfamerica.org.

We are supported by the Michigan Department of Health and Human Services and the Ann Arbor Area Community Foundation.



"Help persons with dementia live in our community with less difficulty and more dignity."



Mark Clemence <clemencem@bhamgov.org>

Aging in Place Survey

1 message

Maureen Field

To: "clemencem@bhamgov.org" <clemencem@bhamgov.org>

Fri, Dec 22, 2023 at 3:53 PM

To Whom it May Concern:

I would like the Aging in Place Committee to consider solutions to the lack of affordable apartments, condos and small houses in Birmingham. At the present time my husband and I live in the house where we raised our three children. We would be interested in a smaller dwelling that is not outrageously expensive in the city of Birmingham.. There don't seem to be a lot of those options in the city.

I answered the survey based on my current situation but that might change and there didn't seem to be questions regarding what I might want to do in the future.

Sincerely,
Maureen Field