

Brain Health & Dementia Awareness Grant Summary

Small Grant Opportunity for Community and Faith Based Organizations

Approximately 125,000 people in Washington state live with dementia, including Alzheimer's disease. This number is expected to double in the next twenty years. Many communities are disproportionately impacted by dementia: Black/African American, American Indian/Alaska Native, and Hispanic communities have higher rates of diagnosis.

The Washington State Department of Health (DOH) with support from the Washington State Dementia Action Collaborative (DAC) is offering grants to community-based organizations (entities that operate within a specific community or geographical area, aiming to address local needs and improve the well-being of its residents) and faith-based organizations in the state. We are looking for trusted messengers with strong connections to the people they serve within their organization or community to:

- Increase awareness of dementia and its risk factors
- Promote brain health through community-based initiatives focused on:
 - Education
 - Communication
 - Connection to resources

This initiative is made possible with funding from the [Centers for Disease Control Building Our Largest Dementia \(BOLD\) Infrastructure for Alzheimer's Act Grant](#).

Promotional Handouts

- [Seeking Trusted Messengers and Trainers \(PDF\)](#)
- [Take a Leadership Role in Your Community \(PDF\)](#)

Grant Overview

A minimum of \$2,500 is available to train [trusted messengers \(PDF\)](#) to share information about brain health and dementia awareness and encourage their community to take action to reduce the risk of dementia. Grantees can also complete optional educational and programmatic activities for additional funding, up to \$10,000. The funding is flexible to adapt to organizational capacity and community needs. DOH will provide support and resources throughout the grant term.

Recipients of the grant awards will identify trusted messengers within their organization to attend an in-person training session to learn how to share information about brain health and dementia. The messengers must then facilitate two 2-hour educational sessions (within the first six months of the agreement period) for their organization or for the community they serve based on the curriculum provided to them.

Minimum Grant Requirements

\$2,500 Grants, Estimated Time to Complete: 30-35 Total Hours

- Participate in an initial awardee conference call with DOH and email communications as needed.
- Complete and submit a workplan to DOH outlining activities within 30 days of signing the agreement.
- Identify a trusted messenger from the organization and send their contact information to DOH.
- Send the trusted messenger(s) to one of the in-person facilitator trainings for the Brain Health and Dementia Awareness curriculum. Workshop dates are June 12, July 15, or July 22. A \$500 travel stipend will be provided for up to 2 trusted messengers to attend one of these training workshops.
- Trusted messenger will host two educational sessions (2 hours each with a minimum of 10 attendees per session) using the provided Brain Health and Dementia Awareness curriculum and materials.
- Administer the evaluation provided at each session and share the results with DOH. Evaluation will be provided in a digital format using a QR code where results will be shared directly with DOH or paper copies are available as an alternative, but they will need to be submitted to DOH for evaluation purposes.
- Submit a final narrative report of all grant activities and available documentation, outcomes, insights, and data to DOH. A template will be provided.
- Submit invoices and summary updates to DOH at least quarterly.
- Complete project evaluation survey sent by DOH.

Optional Grant Activities

Up to \$7,000 in Grants

- Choose any activities from the Category 1 and Category 2 lists below to implement in addition to the grant requirements. Total grant reimbursement for activities from Category 1 and 2 combined must not be more than \$7,000. DOH will provide resources and technical assistance to support implementing optional activities chosen. We encourage community partnerships to complete these activities.

Operational Requirements

- Applicants who are accepted to receive a grant award must register in the [Statewide Payee Registration System](#) before creating an agreement with DOH. This system is maintained by the Washington State Department of Enterprise Services (DES) to process payments for all Washington state agencies. You must complete this step to be paid and must provide a Social Security number or Employer Identification Number.
- Awardees will be required to enter into an agreement with DOH outlining the required and optional activities and payment terms.
- Awardee organizations must be in the state of Washington.

Funding Details

- Grants up to \$10,000 each will be provided to awardee organizations.
 - Funds will be available for up to a year after signing an agreement with DOH. Agreement timeline terms may be flexible depending on the number of activities chosen.
 - Some grant funds will be awarded shortly after the signing of the agreement, other funds will be based on reimbursement for optional tasks completed and submitting the final reports due as outlined in the agreement.
- Grant funds **may be** used for project staff/volunteer salaries or stipends, supplies, project-related (local) travel, subcontracts, community convenings, and other direct expenses.
- Grant funds **may not be** used to substitute for or replace funds already allocated or spent for the same activity; or for equipment, construction or renovation of facilities, lobbying, travel unrelated to the project, or as a substitute for funds currently being used to support similar activities. Grant funds must be used in accordance with federal funding guidelines as outlined in the agreement. **Federal funds cannot be used to purchase food or promotional items.**

- Travel to attend the 6.5 hour Trusted Messenger Training in June and July of 2025, is required and a travel stipend of \$500 per organization in addition to the base funding of \$2,500 will be provided to cover travel costs for up to 2 trusted messengers to attend training workshop.

Key Dates

Dates are subject to change if the process requires it.

Activities	Responsible Party	Estimated Time
Release of application	DOH	February 28, 2025
Drop-in office hours for applicant questions Join the meeting Meeting ID: 227 074 075 873 Passcode: 7sG2QY7M	DOH and interested applicants	2-3 p.m. March 12, 2025 3-4 p.m. March 26, 2025
Deadline for receipt of applications	Interested applicants	11:59 p.m. April 4, 2025
Announcement of awards	DOH	April 18
Establish funding agreements	DOH and awardees	June-July, 2025
Initial awardee call	DOH and awardees	To be determined
Trusted Messenger In-Person Brain Health and Dementia Awareness Training (6.5-hours).	All awardees' trusted messengers	June 12, 2025-Shoreline July 15, 2025-Kennewick July 22, 2025-E. Wenatchee
Final report and activities due	All awardees	Up to 1 year from the signing of the agreement

Optional Grant Activities

The following is a list of suggested activities that the recipients of our [dementia awareness and education grant](#) can choose to address Alzheimer's Disease and Related Dementias (ADRD) in their organization or community they serve.

The Washington State Department of Health (DOH) will provide informational resources and support to grantees to implement the activities. All information and resources shared with organizations and communities through this grant must come from a trusted source of information as approved by DOH or linked to on this page.

Category 1 Educational Activities

\$500 Each

- Host two educational sessions or subject matter expert presentations approved by DOH with at least 10 attendees on any of the modifiable risk factors and their relationship to brain health and dementia.
 - [Depression](#)
 - [Diabetes](#)
 - [Excess alcohol use](#)
 - [Hearing loss](#)
 - [High blood pressure](#)
 - [Physical inactivity](#)
 - [Poor diet quality](#)
 - [Poor sleep quality and sleep disorders](#)
 - [Tobacco Use](#)
 - [Traumatic Brain Injury \(PDF\)](#)
- Conduct one additional 2-hour Dementia Action Collaborative Brain Health and Dementia Awareness educational session within your organization or community with at least 10 attendees.
- Post provided dementia and brain health related educational materials, training, and culturally or linguistically appropriate information on all your organization's communication platforms. (Examples: brochure holders, websites, newsletters,

bulletin boards, social media platforms, team meetings, health fairs, or other organization events.)

- Conduct a check in within a month of each Brain Health and Dementia Awareness session to ask participants if they completed the "One Change I Can Make or Action I Can Take" they committed to in the training and offer resources to them for the changes or actions they identified.
- Host a webinar or educational session and distribute materials on the [importance of early detection and diagnosis](#) and [encourage participants to talk to their doctor](#) about their [concerns \(PDF\)](#) and schedule their [Medicare annual wellness visit](#) to include a cognition screening. Provide the [My Health Checklist](#) to take to their next doctor's visit.
- [Assess resources \(PDF\)](#) in your community then build and promote a resource library online or within the community that identifies possible support groups and services such as people living with dementia support groups, respite care services, gerontology services, care partner support services, screening locations, etc. See the [Community Resource Finder](#) and [Community Living Connections](#). Provide [resources for caregivers](#).
- Provide support for those living with dementia and their care partners by hosting a [Dementia Friends](#) information session, arranging a speaker to share their [experiences living with dementia](#), or inviting a speaker to discuss various [care partner support services](#) such as the [Family Caregiver Support Program](#), the [Washington Family Caregiver Learning Portal](#) or [Trualta](#).
- Host a legal planning educational session for your organization or community and promote the Dementia Action Collaborative's [legal planning toolkit and resources](#).
- Educational activity of choice (describe activity and intended population).

Category 2 Sustainable Intervention Activities

\$1,000 Each

- Implement a program or policy change to address the risks of dementia by creating systems level changes within your organization or community. Examples include:
 - Implement a worksite wellness program to address risk factors associated with brain health such as tobacco use, poor diet, lack of physical activity, high blood pressure, diabetes, poor sleep, and depression.
Resources: [CDC's Healthier Worksite Initiative](#), Healthcare

Authority's [Wellness Program Guide](#), the Spokane Regional Health [toolkit \(PDF\)](#), or [physical activity programs](#).

- Create and implement a plan for your organization to assist those with hearing loss (e.g. providing assistive hearing devices, translation services, etc.). Contact hope@hearingloss-wa.org or visit the [Hearing Loss of America's Washington chapter website](#) for more information and resources.
- Reduce the chances of traumatic brain injuries by implementing a [falls prevention program](#), conducting a dementia safety assessment within your organization or [homes](#), or conduct a [needs assessment \(PDF\)](#) in your organization or community.
- Create and implement a yearly program to increase the number of people who are aware of the [signs of dementia](#), [how to address memory concerns](#) or [identify cognitive decline concerns \(PDF\)](#), and talk with a provider about them. [Evidence-based practice ideas](#).
- Organize and implement a [Memory Café Program](#), [Alzheimer's Café \(PDF\)](#), or use your location for a virtual [dementia support group](#) or [in-person support group or care partner support group](#) that meets multiple times per year.
- Coordinate the process to become a [dementia friendly community](#) or [organization](#) or implement a [sector specific plan](#).
- Host a care partner program such as [Powerful Tools for Caregivers](#), or provide an ongoing [respite opportunity \(PDF\)](#) for family care partners. Provide [resources for caregivers](#).
- [Develop a plan](#) and implement activities during worship services to become more [dementia friendly](#). (e.g. conduct an inclusive and/or modified worship experience, adopt "[Memory Sunday](#)" or "[Purple Sunday](#)" ([PDF](#)), etc.).
- Ongoing or sustainable activity of choice (describe activity and intended population).

Resources for Trusted Sources of Information

- [Dementia Action Collaborative](#)
- [Washington State Department of Health Alzheimer's and Dementia](#)
- [Community Living Connections](#)
- [University of Washington Medicine Memory & Brain Wellness Center](#)

- [Alzheimer's Association](#)
- [Centers for Disease Control Alzheimer's and Dementia](#)
- [International Association for Indigenous Aging](#)
- [Us Against Alzheimer's](#)