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COMMUNICATION
RESOURCES

Erika Behrends

Erika brings more than 15 years of experience in curriculum design, facilitation, content development, event management, and training delivery across countries and languages. Erika is fluent in English and Spanish.





Improve Your and Your Loved Ones' Brain Health

Join us at the community center to learn more about how you can improve your and your loved ones' brain health.

BRAIN HEALTH & DEMENTIA AWARENESS IN OUR COMMUNITIES



It's Never Too Early or Too Late to Improve Your Brain Health

Join a training in your community to support your and your loved ones' health.



Dementia Awareness Training

Thursday, January 1, 2026 | 5:30 PM
Community Center | Training Room
1235 Community Center Way, City, State, 98765



Brain Health & Dementia Awareness in Our Communities

*Benefits of Early Dementia Detection, Potentially
Modifiable Risk Factors, and Available Resources
for People Living with Dementia*

*This publication was made possible by BOLD Public Health Grant Award #5NU58DPO07508-03 from Centers for Disease Control.
Its contents are solely the responsibility of the authors and do not necessarily represent the official views of Centers for Disease Control.*

Welcome & Introductions



Introduce Yourself

Say your name, and why you're attending this workshop

Learning Objectives

1

Learn about and reflect on brain health and dementia in our communities

2

Understand potentially modifiable risk factors and the benefits of early detection for dementia

3

Explore resources for further learning, action, and support around brain health and dementia

Core Messages

- Living with dementia has its challenges, and supportive community can help
- Early dementia diagnosis can increase quality of life
- It's never too early or too late to improve brain health
- Small lifestyle changes can make a big difference
- We are committed to connecting with you and connecting you with resources

Expectations

1

Take Care of Yourself

Stay Present for
the Full Workshop

2

Take Care of Each Other

Assume Positive Intent and
Acknowledge Impact

3

Take Care of this Space

Leave This Place Better
Than You Found It



Dementia in Our Communities

Living with dementia has its challenges, and supportive community can help.

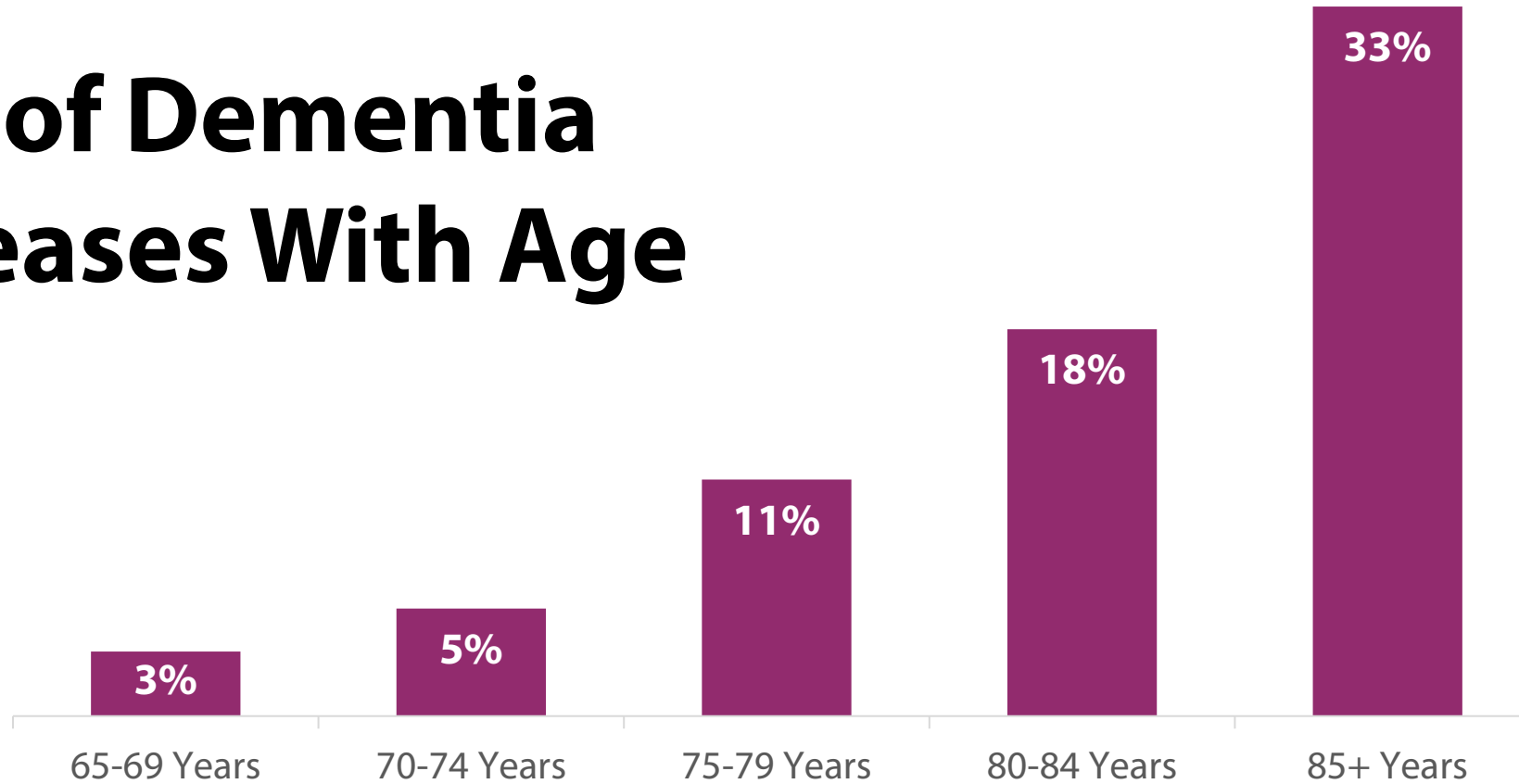


What is Dementia?

Dementia is not a disease itself – it is a set of symptoms caused by a variety of conditions that damage the brain. These changes result in decline in memory and thinking abilities that interfere with daily life.



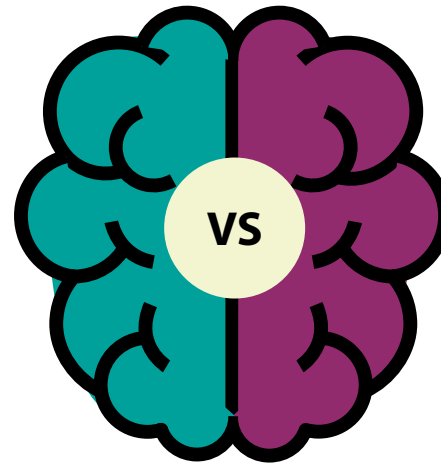
Risk of Dementia Increases With Age



Alzheimer's is a Type of Dementia

ALZHEIMER'S

Alzheimer's is a specific brain disease and is the most common type of dementia. In fact, Alzheimer's accounts for **60-80%** of dementia cases.



DEMENTIA

Dementia is a general term for symptoms like decline in memory, reasoning, or other thinking skills.

How Dementia is Experienced in the US

10%

Around 10% – or 1 in every 10 adults over 65 – in the United States have Alzheimer’s disease (a type of dementia).

2x

Blacks/African Americans are 2 times more likely to have Alzheimer’s disease than the non-Hispanic white population.

1.5x

Hispanic/Latino adults are 1.5 times more likely to develop Alzheimer’s disease than the non-Hispanic white population.

How Dementia is Experienced in Washington



125k

Around 125,000 people in Washington are currently living with dementia



In Washington, Blacks/African American, Hispanic/Latino, and American Indian/Alaska Native communities experience dementia at higher rates than the White/Caucasian population



20

The number of people experiencing dementia in Washington is expected to double in the next 20 years

Activity: Think-Pair-Share



INSTRUCTIONS:

- 1 Think for one minute
- 2 Share with the person next to you for two minutes
- 3 Share out with the group

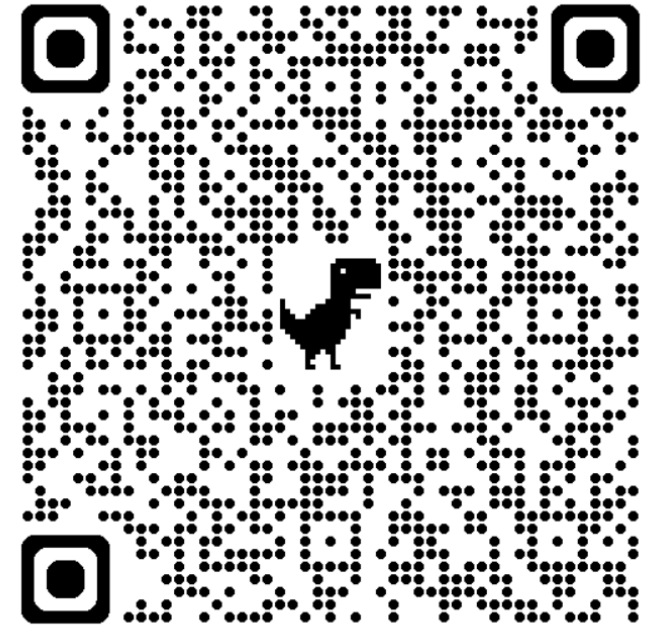
QUESTION:

How has dementia touched my life and/or the lives of those I know?

Resources

Learn more through the link below or using the QR code by pointing your phone camera at the QR code, then touching the prompt on the screen to open the website.

doh.wa.gov/brain-health-resources



Email Brain-Health@DOH.WA.Gov
for further assistance.

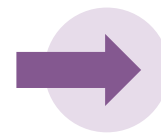


Benefits of Early Detection

Early dementia diagnosis can improve quality of life.



How Can I Recognize Dementia?



Ten Signs of Dementia

➔ Ten Signs of Dementia

1

Memory Loss that Disrupts Daily Life

Possible Sign of Dementia:

Asking for the same information over and over.

Not able to recall recently learned information.

Typical Aging:

Temporarily forgetting names or appointments.

➔ **Ten Signs of Dementia**

2

Challenges in Planning or Solving Problems

Possible Sign of Dementia:

It's harder to work with numbers, follow a recipe or keep track of bills.

Difficulty concentrating.

Typical Aging:

Making mistakes managing bills once in a while.



➔ **Ten Signs of Dementia**

3

Difficulty Completing Familiar Tasks

Possible Sign of Dementia:

Trouble driving to a familiar location, making a grocery list or remembering rules to a game you have played many times before.

Typical Aging:

Needing help recording a TV show once in a while.



➔ **Ten Signs of Dementia**

4

Confusion with Time or Place

Possible Sign of Dementia:

Losing track of dates and seasons.

Forgetting where you are or how you got there.

Typical Aging:

Forgetting the day of the week but figuring it out later.



➔ **Ten Signs of Dementia**

5

**Trouble
Understanding
Visual Images and
Spatial Relationships**

Possible Sign of Dementia:

Trouble judging distance or determining color.

Vision issues may cause balance or reading problems.

Typical Aging:

Vision changes related to cataracts or to typical aging.



➔ **Ten Signs of Dementia**

6

New Problems with Words in Speaking or Writing

Possible Sign of Dementia:

Trouble following or joining a conversation or naming familiar objects.

Stopping mid-conversation and being unable to continue or repeating yourself.

Typical Aging:

Sometimes having trouble finding the right word.

➔ **Ten Signs of Dementia**

7

**Losing Things
Without Being
Able to Retrace
Steps to Find Them**

Possible Sign of Dementia:

Putting objects in unusual places.

Typical Aging:

Misplacing things, but retracing steps to find them.



➔ **Ten Signs of Dementia**

8

Decreased or Poor Judgment

Possible Sign of Dementia:

Changes in decision-making.

Paying less attention to hygiene.

Typical Aging:

Making a bad decision or mistake once in a while.



➔ **Ten Signs of Dementia**

9

Withdrawal from Work or Social Activities

Possible Sign of Dementia:

Changes in participating in previously enjoyed events.

Typical Aging:

Sometimes feeling uninterested in family or social obligations.

➔ **Ten Signs of Dementia**

10

Changes in Mood or Personality

Possible Sign of Dementia:

Confusion, suspicion, depression, fear or anxiety.

Easily upset at home, with friends or outside comfort zone.

Typical Aging:

Developing ways of doing things, becoming irritable when a routine is disrupted.



Talking to My Medical Provider About Dementia Concerns

Talking about dementia can be hard and can feel scary. However, getting the advice of a trusted medical provider can help you and your loved ones respond with care and resources.

Talking to My Medical Provider About Dementia Concerns

Before Your Visit

- 1 Write down your signs
- 2 List medications, including over the counter and vitamins
- 3 Plan to bring a friend
- 4 Choose your questions



Talking to My Medical Provider About Dementia Concerns

During Your Visit

- 1 Share health concerns
- 2 Be completely open
- 3 Ask for a diagnosis
- 4 Talk about next steps



Talking to My Medical Provider About Dementia Concerns

After Your Visit

- 1 Acknowledge your feelings
- 2 Review your notes
- 3 Write down new questions
- 4 Identify your resources



Activity: Courageous Conversations



PROMPT:

Talking to My Medical Provider About Dementia Concerns

INSTRUCTIONS:

- 1 Review handout and helpful questions to ask
- 2 Practice asking questions with a partner

Debrief

Fear of diagnosis is typical and reasonable; and there are benefits to knowing more about how to cope with dementia.

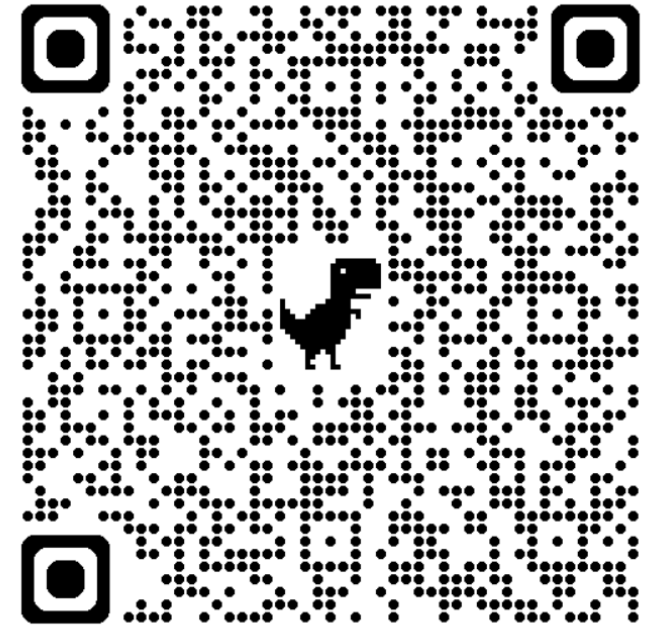
- **You can get assistance early, right when you need it**
- **You can help your community help you better**
- **You have time to make changes that can influence your quality of life**



Resources

Learn more through the link below or using the QR code by pointing your phone camera at the QR code, then touching the prompt on the screen to open the website.

doh.wa.gov/brain-health-resources



Email **Brain-Health@DOH.WA.Gov**
for further assistance.



Potentially Modifiable Risk Factors

It's never too early or too late to improve brain health.
Small lifestyle changes can make a big difference.
What small means will be different for each person.

Potentially Modifiable Risk Factors

Means things in your life that
you can choose to change.



Potentially Modifiable Risk Factors

Making any change in these areas will make a big difference:

- Depression
- Diabetes
- Excessive Alcohol Use
- Hearing Loss
- High Blood Pressure
- Physical Inactivity
- Poor Diet Quality
- Poor Sleep Quality and Sleep Disorders
- Tobacco Use
- Traumatic Brain Injury (TBI)

Activity

Choose to Make Change

INSTRUCTIONS:

Use your Participant Handout to rate each risk factor relative to **how hard it might be to modify in your life.**



Check the box that applies to you on your Participant Handout

The Ten Signs of Dementia

Dementia is **not** a typical part of aging. Typical aging means sometimes forgetting names or appointments or making mistakes when managing your bills, for example. Dementia is different.

If you are wondering if you or someone in your life is experiencing dementia, we encourage you to look for signs of change in behavior or ability to do things.

Images and Spatial Relationships

- New Problems with Words in Speaking or Writing
- Losing Things Without Being Able to Retrace Steps to Find Them
- Decreased or Poor Judgment
- Withdrawal from Work or Social Activities
- Changes in Mood or Personality

If you don't have a medical provider and need one, call the Center for Multicultural Health at (206) 461-6910 or email cmch@cschc.org

Potentially Modifiable Risk Factors

Whether you or a loved one are currently experiencing dementia, or if you are worried about dementia, research shows that the following risk factors can be modified to provide a higher quality of life.

As we talk about each risk factor, **check the box that applies to you.** For the ones you checked, think about what change you could make to lower your risk and what help or resources you might need to make a change.

RISK FACTOR	LEVEL OF EFFORT				NOTES
	Low	Medium	High	N/A	
Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Excess Alcohol Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hearing Loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Physical Inactivity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Poor Diet Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Poor Sleep Quality and Sleep Disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tobacco Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Traumatic Brain Injury	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



Thank you for your time and your participation. Learn more about dementia and resources available to support you and our community through the link below or using the QR code by pointing your phone camera at the QR code, then touching the prompt on the screen to open the website.

doh.wa.gov/brain-health-resources

Potentially Modifiable Risk Factor

Depression

Definition:

A low mood or loss of pleasure or interest in activities for long periods of time.



➔ Risk Factor: **Depression**

Talk to a Professional

Changes That Can Make a Big Difference

- Find a counselor or support group and talk to your medical provider.
- Stay involved, even when you don't feel like it.
- Ask for help participating in activities you enjoy.



Check the box that applies to you on your Participant Handout

Potentially Modifiable Risk Factor

Diabetes

Definition:

A disease that occurs when your blood sugar is too high or too low.



➔ Risk Factor: **Diabetes**

Monitor Blood Sugar

Changes That Can Make a Big Difference

- Get tested for diabetes.
- Limit processed foods and sugars in the home.
- Keep healthy snacks available and easy to access.



**Check the box that applies to you
on your Participant Handout**

Potentially Modifiable Risk Factor

Excessive Alcohol Use



Definition:

Drinking more than the recommended amount of alcohol.

➔ Risk Factor: **Excessive Alcohol Use**

Limit or Avoid Drinking Alcohol

Changes That Can Make a Big Difference

- Self limit the number of drinks you consume.
- Keep less alcohol in the home.
- Plan social events without alcohol.



**Check the box that applies to you
on your Participant Handout**

Potentially Modifiable Risk Factor

Hearing Loss

Definition:

Having trouble hearing due to a problem in your ears.



➔ Risk Factor: **Hearing Loss**

Get & Use Hearing Aids

Changes That Can Make a Big Difference

- Check your hearing regularly.
- Ask people to speak up if you cannot hear them.
- Seek out state/community hearing aid resources.

Note: There is no standard recommended age at which to get a hearing test. If symptoms arise, get checked out.



**Check the box that applies to you
on your Participant Handout**

Potentially Modifiable Risk Factor

High Blood Pressure

Definition:

The force of your blood pushing against the walls of your blood vessels is too high.



➔ Risk Factor: **High Blood Pressure**

Ask a Medical Provider about Blood Pressure Medication

Changes That Can Make a Big Difference

- Get your blood pressure tested regularly.
- Make healthier food choices at gatherings.
- Ask your medical provider about medication.



Check the box that applies to you on your Participant Handout

Potentially Modifiable Risk Factor

Physical Inactivity

Definition:

Not moving your body for long periods of time.



➔ Risk Factor: **Physical Inactivity**

Move Your Body More

Changes That Can Make a Big Difference

- Move your body at least 15 minutes/day.
- Do chair exercises/chair yoga.
- Use a walker or cane for safer movement.



**Check the box that applies to you
on your Participant Handout**

Potentially Modifiable Risk Factor

Poor Diet Quality

Definition:

Not eating healthy foods.



➔ Risk Factor: **Poor Diet Quality**

Improve Diet Quality

Changes That Can Make a Big Difference

- Talk with your medical provider about your diet.
- Use single serving containers for portion control.
- Buy and freeze seasonal fruits and vegetables.



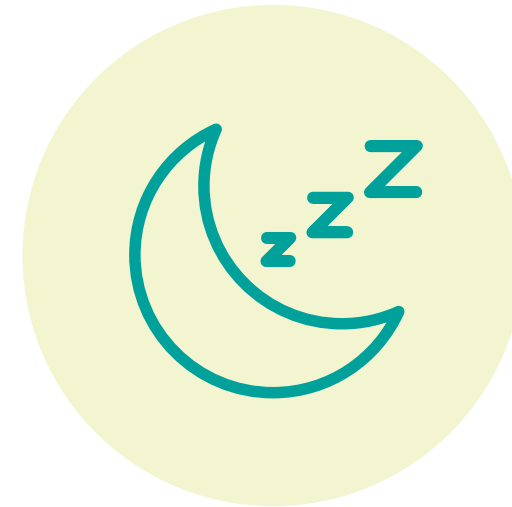
**Check the box that applies to you
on your Participant Handout**

Potentially Modifiable Risk Factor

Poor Sleep Quality and Sleep Disorders

Definition:

You are having a lot of trouble sleeping, or when you get up in the morning, you still feel tired.



➔ Risk Factor: **Poor Sleep Quality and Sleep Disorders**

Diagnose & Treat Sleep Disorders

Changes That Can Make a Big Difference

- Consult a sleep professional.
- Set and keep a defined bedtime routine.
- Remove distractions from sleeping area.



**Check the box that applies to you
on your Participant Handout**

Potentially Modifiable Risk Factor

Tobacco Use

Definition:

Smoking cigarettes, cigars, pipes or using other products like chewing tobacco or snuff.



➔ Risk Factor: **Tobacco Use**

Stop or Reduce Smoking and/or Tobacco Use

Changes That Can Make a Big Difference

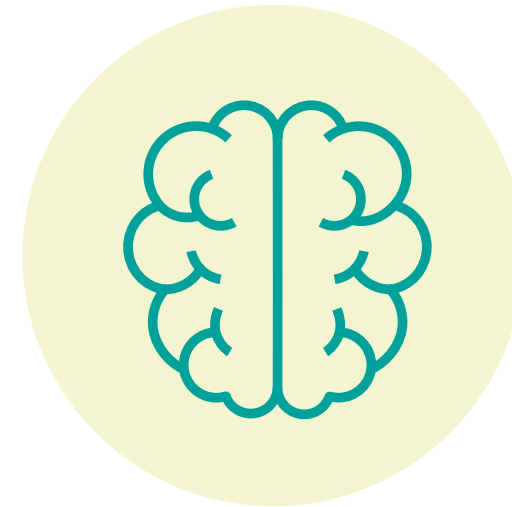
- Find an achievable stop-smoking program.
- Talk with your medical provider about options.
- Ask for help limiting tobacco use.



Check the box that applies to you on your Participant Handout

Potentially Modifiable Risk Factor

Traumatic Brain Injury



Definition:

Traumatic brain injury can happen in many ways, such as a fall, a car or biking accident, or when you hit your head during a sporting activity.

➔ Risk Factor: **Traumatic Brain Injury**

Take Precautions

Changes That Can Make a Big Difference

- Plan your space to avoid trip and fall hazards.
- Place items you use regularly on low shelves.
- Wear your seatbelt and/or helmet.



**Check the box that applies to you
on your Participant Handout**

➔ Activity: **Choose to Make Change**

Which Strategies Might Work For You?



Debrief

- Which change would be easiest for you to make?
- What are the barriers to making that change?
- When will you commit to make that change?
- How will you make that change?
- What supports would you need?



Learn More About Risk Factors

There are more potentially modifiable risk factors. Check out the **Keep Your Brain Healthy** **handout** to learn more.

BRAIN HEALTH & DEMENTIA AWARENESS IN OUR COMMUNITIES VERSION 1 | FEB 2026

Keep Your Brain Healthy Actions that May Lower Your Risk for Dementia



Challenge and Activate Your Brain

Learning something new can be fun and challenging for your brain! Read a book, take a class, solve puzzles, or learn a skill or language.



Get Your Health Checked Yearly and Know Your Numbers

Have your blood pressure, cholesterol, blood sugar, and weight checked regularly. Follow your health care provider's advice.



Protect and Support Your Hearing

Protect your hearing from loud noises at all ages and get your hearing tested if you or someone close to you notice changes. Untreated hearing loss can impact your brain's ability to process information. Wear or use hearing aids or devices if a professional recommends.



Be Physically Active Each Day

Engage in activities that make your heart stronger, help you move easier, and give you more energy. Try walking, chair yoga, lifting hand weights, stretching, or other activities you enjoy.



Get a Good Night's Rest

Try to get 7-8 hours of sleep a night. Talk to your health care provider about sleep-related concerns, such as trouble falling asleep, staying asleep, snoring, or not feeling rested in the morning.



Be Socially Active

Stay connected with friends, family, neighbors or others in your network. Socializing stimulates your thinking and supports your emotional well-being. Be open to meeting new people.



Protect Your Head; Protect Your Brain

Take action to prevent head injuries. Wear a helmet, wear a seatbelt, and learn how to prevent falls.



Limit or Avoid Drinking Alcohol

Drinking alcohol, even in small amounts, can have immediate and lasting impacts on your brain's ability to think clearly, remember, and function.



Protect and Treat Your Vision

Get your vision checked regularly, wear protective eyewear and sunglasses. Wear glasses and take medications as prescribed.



Protect Your Lungs

If you do not smoke, do not start. If you do smoke, get help to quit. Avoid areas with second-hand smoke. Use a mask or an air purifier if you are in an area with pollution or wildfire smoke.



Seek Support for Depression

Depression feels and impacts everyone differently. If you feel depressed, seek help from support groups, a health care professional, counselor, clergy, or call 988 - the Suicide and Crisis Lifeline.



Eat Healthy Meals and Snacks

Focus on colorful fruits and vegetables, lean proteins, whole grains, healthy fats, and plenty of water. Limit processed foods and sugar.



FIND RESOURCES
With early detection, you have more options for staying healthy, maintaining independence, and getting support.

www.doh.wa.gov/brain-health-resources
www.doh.wa.gov/memory
www.memorylossinfoa.org

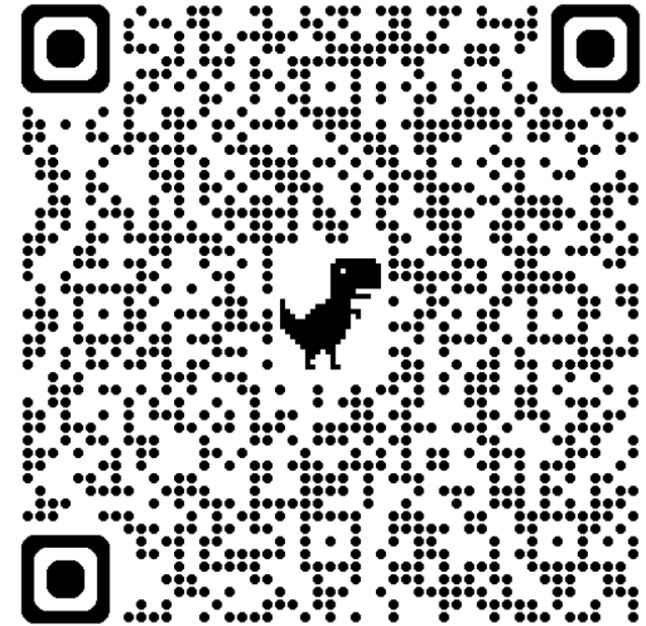


Dementia Action Collaborative
Washington State

Resources

Learn more through the link below or using the QR code by pointing your phone camera at the QR code, then touching the prompt on the screen to open the website.

doh.wa.gov/brain-health-resources



Email **Brain-Health@DOH.WA.Gov**
for further assistance.

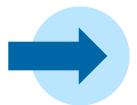


Wrap-Up

We are committed to connecting with you and to connecting you with resources.

Final Reflection

What is one change I will make or action I will take based on our learning together today?



Use the provided handout to write down your commitment to change.

Core Messages

- Living with dementia has its challenges, and supportive community can help
- Early dementia diagnosis can increase quality of life
- It's never too early or too late to improve brain health
- Small lifestyle changes can make a big difference
- We are committed to connecting with you and connecting you with resources

Discover Community Events & Resources

Find additional resources, opportunities, and upcoming events offered by your host organization. Ask your trainer for more information.



Learning Objectives

1

Learn about and reflect on brain health and dementia in our communities

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Understand potentially modifiable risk factors and the benefits of early detection for dementia

3

Explore resources for further learning, action, and support around brain health and dementia

Training Evaluation

Please complete the training evaluation.

forms.office.com/g/AJYbJGczWD



Thank You for Attending

And for caring enough to grow brain health and dementia awareness in our communities.

Questions?

