

TODAY'S 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're committed to connecting with you and connecting you with resources

FACTS ABOUT DEMENTIA

- 125K** Around 125,000 people in Washington are currently living with dementia
- 20 YEARS** The number of people experiencing dementia in Washington is expected to double in the next 20 years
- ↑** In Washington, Blacks/ African American, Hispanic/ Latino, and American Indian/ Alaska Native communities experience dementia at higher rates than the White/ Caucasian population
- 65** Starting at age 65, the risk of dementia increases significantly with age

Brain Health & Dementia Awareness in Our Communities

Thank you for attending today's workshop; together we're going to talk about brain health and dementia, including:

- The Benefits of an Early Dementia Diagnosis
- Potentially Modifiable Risk Factors
- Resources to Help You or Someone Close to You

Introductions

Write down why you chose to come to this workshop and what you want to learn here today.

I'm here because... _____

Think-Pair-Share Activity

- 1MIN** Think for a minute about how dementia has affected your life and/or the lives of people you know.
- 2MIN** Share your thoughts with the person next to you for about two minutes.
- 🗨️** Prepare to share some of your thoughts with the whole group.

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

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.

- Memory Loss that Disrupts Daily Life
- Challenges in Planning or Solving Problems
- Difficulty Completing Familiar Tasks
- Confusion with Time or Place
- Trouble Understanding Visual 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 |
|--|---------------------------------|------------------------------------|----------------------------------|---------------------------------|-------|
| Depression | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |
| Diabetes | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |
| Excess Alcohol Use | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |
| Hearing Loss | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |
| High Blood Pressure | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |
| Physical Inactivity | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |
| Poor Diet Quality | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |
| Poor Sleep Quality and Sleep Disorders | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |
| Tobacco Use | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |
| Traumatic Brain Injury | <input type="checkbox"/> Low | <input type="checkbox"/> Medium | <input type="checkbox"/> High | <input type="checkbox"/> N/A | _____ |



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