

# Spokane Regional

## DEMENTIA FRIENDLY COMMUNITY

Biannual Newsletter

Vol. 3 Issue No. 1 - January, 2024

To subscribe, email  
[dementia@altcew.org](mailto:dementia@altcew.org)



## Our Story

The **Spokane Regional Dementia Friendly Community** is a member of the **Dementia Friendly America®** (DFA) network and has been making a community effort to foster quality of life for people living with dementia in our region since 2018. A dementia friendly community (DFC) is a town, city, or county that is respectful toward and informed about individuals with the disease, their families, and their caregivers. Because the number of Washingtonians living with dementia will continue to increase, our community needs to collaborate to make Spokane County a better place for these individuals and their families.

## LETTER FROM THE EDITOR

Brrr.. It's cold out there!

January 2024 has brought in some serious cold weather. Inside this issue, learn ways you can support people living with dementia during snow and frigid temperatures, in addition to a variety of fun and educational features.

Happen to notice our name change? From Spokane Area DFC, to Spokane "Regional" DFC? This was made to more properly encompass our service area and future goals.

—*Savannah Reams-Taylor*

SRDFC Website: [Click Here](#)

CLC Helpline: 509-960-7281

Alzheimer's Association

24/7 Helpline:

1-800-272-3900



# MESSAGE FROM OUR DFC

*~ New and improved dementia website for local resources ~*

[Aging & Long Term Care of Eastern Washington](#), the local Area Agency on Aging for Spokane, Whitman, Ferry, Stevens, and Pend Oreille counties, has created a new and improved dementia & memory loss webpage and suite of resources! Here, those living with memory loss, their family members, and caregivers can find a variety of information and available support services. **These include:**

## **Individual and Caregiver Support**

Learn about the Star-C program, provided by Aging & Long Term Care's Dementia Care Specialist, which helps caregivers for those living with Alzheimer's or related dementias by providing in-home consultation services for behavioral challenges. Call (509) 960-7281 to be directed to the Dementia Care Specialist. They can also assist with the following:

- Identifying early signs and symptoms of dementia
- Understanding your options for care
- Planning for the future
- Connecting you to local resources
- Assessments for concerning cognitive changes
- Individualized coaching on how to talk with your physician and implement home safety

## **Trainings & Education**

- Learn about Becoming a Dementia Friend. After a one-hour information session, you can better support people living with memory loss in our area.
- Consider attending community education opportunities with the Alzheimer's Association.
- Discover support groups, memory cafes, and additional resources and tools.
- Coordinate professional education opportunities for business and organizations.
- Learn more about local volunteer opportunities and the Spokane Regional DFC.

**[Visit The New Dementia & Memory Loss Website by Aging & Long Term Care!](#)**

**[www.altcew.org/programs-services/dementia-memory-loss](http://www.altcew.org/programs-services/dementia-memory-loss)**






# Keeping Safe and Warm:

## Cold weather tips for caregivers of those living with dementia

*By: Savannah Reams-Taylor, Marketing & Outreach Coordinator & DFC Volunteer*



This January brought frigid temperatures, snow, and ice to Eastern Washington. For most of us, during these times, we know to bundle up and prepare for dangerous temperatures. However, for individuals living with dementia, these changes can bring confusion and physical challenges. The effects of dementia may make it harder for individuals to recognize temperature changes, and more susceptible to hypothermia and falls. They also may be unable to communicate discomfort.

**If you are caring for someone with dementia, here are a few tips from the [Alzheimer's Association](#) to safeguard them from the cold weather:**

1. Make sure they wear loose layers of clothing. The air between the fabric keeps the skin warmer.
2. Have a waterproof jacket handy to repel rain and snow.
3. Keep clothing for warmer temperatures stored and out of sight to eliminate inappropriate choices.
4. Keep the thermostat at 68 degrees or higher.
5. Close off unused rooms to keep main rooms warmer and save on gas and electricity.
6. Make sure your loved one doesn't try to heat the room by turning on the oven or burners on the stove. Consider safety knobs or other ways to limit access if necessary.
7. Make sure your loved one wears sturdy, flat shoes outside and always walk alongside them.
8. When the temperature drops into freezing, keep outdoor visits to a minimum and be alert to signs that could lead to hypothermia: swollen face, shivering, slowed speech, confusion, etc.

**Before leaving the home,** make sure your loved one is wearing appropriate clothing. Try to create a safe environment outdoors as snow and ice can lead to falls and accidents. Outdoor railing and ramps can be installed to reduce fall risk. Keep stairs, walkways, and driveways clear of ice and snow. **Inside the home,** consider avoiding space heaters and electric blankets. These items can be helpful if used correctly, but can create a fire hazard or burn if forgotten while left on. Also, importantly, be prepared for emergencies such as power outages.

In the winter, due to the sun setting earlier, sundown syndrome may create additional challenges for your loved one. Make sure to turn on lights before the sun goes down, make the most of daylight by keeping drapes open if possible, and stick to your regular schedule to avoid unnecessary confusion.

While winter brings many challenges, it can bring enjoyment as well. If your loved one has lived in a colder climate, try pulling out a photo album of earlier snow pictures, or watch a winter movie together. Focus on the positive things associated with colder weather such as holidays, family visits, warm home cooked meals, and snow days. This makes winter days easier to navigate. **And finally, remember, spring is right around the corner!**



# Welcoming Involvement From Our Faith Communities

***By: Bruce Dentler & Anne Freeman, DFC Volunteers***

The Spokane Regional Dementia Friendly Community work group has formed a subcommittee that is focusing on our local faith communities. We are beginning our work and reaching out to houses of worship to offer information, advice and resources that will enable them to better serve their congregational members living with dementia and their care partners. There is help to enable them to provide this service and we are striving to let them know about these tools.

- If congregations would like to better understand dementia and improve communication tools, there is help available through the presentation, “Dementia Friends,” a one hour educational program for laity to do just that.
- If you are interested in knowing more about local resources to help persons with dementia and their caregivers, there are specific directories of those resources.
- If you are interested in resources available in our local community libraries specific to this audience, there is information for you.
- If you would like information about suggestions for worship services, social ministries, visitation programs, there are specific toolkits and guidelines which might be helpful to you.

These are just some of the ways this subcommittee can help and is working on developing at this time. If you or someone in your congregation or faith community is interested in working with us on this project or would like to know about or use any of these resources please contact Tara Hill Matthews, Dementia Resource Catalyst of Aging and Long Term Care of Eastern Washington (ALTCEW) at 509-777-1629, Jenni Jones, Planning Coordinator of ALTCEW at 509-458-2509 ext.335, or Bruce Dentler at [a-b-dentler@comcast.net](mailto:a-b-dentler@comcast.net).

## Loneliness & Isolation

*for those living with dementia*

Susan Frick, a social worker with RUSH Alzheimer’s Disease Center and a Dementia Friends Master Trainer, was featured on the [Dementia Untangled Podcast](#) hosted by Banner Health!

In the episode, Susan presents a riveting viewpoint on loneliness and social isolation from the perspective of a person living with dementia (PLWD), and the perspective of a care partner who is supporting a loved one.

Susan works closely with Dementia Friends Illinois and shares how important this work is to combatting loneliness and isolation amongst PLWD. With Susan’s vast expertise, she shares important research on loneliness, how to combat loneliness, important stories that paint the picture of loneliness that can be felt by a person living with dementia and why this is such an important topic.

[Listen to the episode](#)



# REDUCING THE RISK OF DEMENTIA

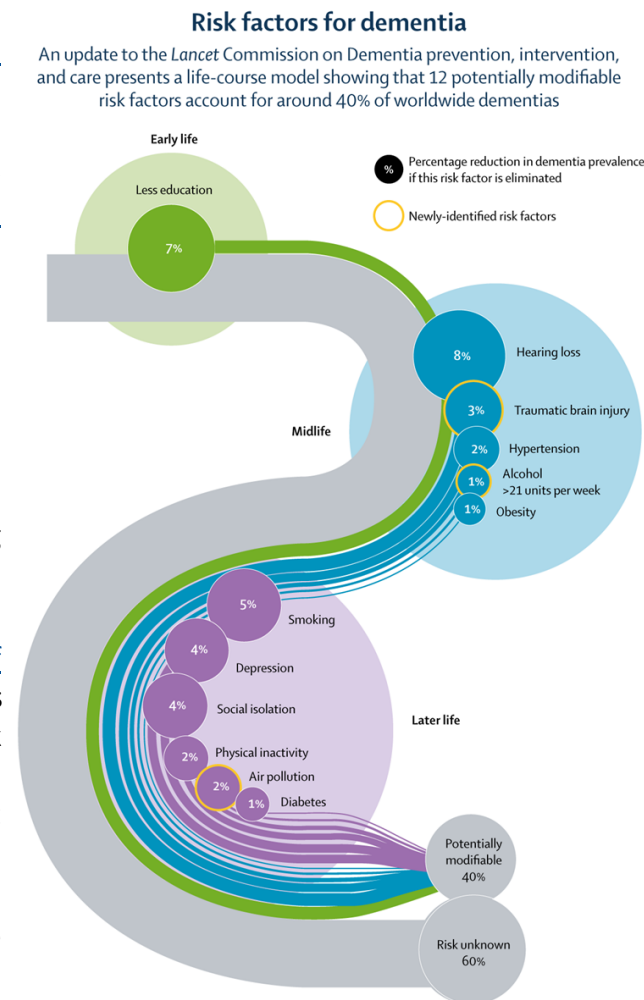
By: Tara Hill-Matthews, Dementia Resource Catalyst

It seems like almost every day, a new study comes out about something that could prevent dementia. Everything from dark chocolate to coffee to video games has been linked to reducing the risk of cognitive decline. Which sources are trustworthy, and which lifestyle changes are worth it? There is no cure for dementia, and no change is guaranteed to prevent dementia, but there are ways you can reduce your risk.

I was lucky enough to attend the [Risk Reduction Summit](#) in Georgia earlier this year. At the summit, Dr. John Omura, MD from the Centers for Disease Control and Prevention presented the [most current risk reduction data](#). Even though it's a little older, another good source of data on risk reduction is [The Lancet Commission's 2020 report](#). This report shows that **up to 40% of risk factors are known and potentially modifiable**.

According to these two sources, here are the things that have the highest chance of reducing dementia risk:

1. **Keep learning.** Formal education is a strong protective factor against cognitive decline and dementia, no matter where you are in your lifespan. Several universities, like [Harvard](#) and [MIT](#), offer free online courses. [GetSetUp](#) offers free online courses on topics like using Zoom, starting a kitchen garden and yoga techniques to all Washington residents 60 and older. [Community Colleges of Spokane](#) also offers many courses to the public.
2. **Treat hearing loss.** Because [over-the-counter hearing aids are now available](#), it is more affordable and accessible than ever to correct hearing loss.
3. **Avoid traumatic brain injuries.** TBIs have a strong link to dementia. Wearing a seatbelt when driving, attending [falls prevention programs](#), using a helmet when riding a bike, and avoiding driving under the influence of alcohol and drugs can all prevent TBIs.
4. **Keep your heart healthy.** What's good for your heart is good for your brain. Avoiding and/or treating hypertension and diabetes, eating healthy and getting enough physical activity all contribute to a [healthy heart](#).
5. **Stop smoking.** The [State of Washington](#) offers free help quitting tobacco. Your insurance plan may also offer aids to quit tobacco.
6. **Get treatment for depression.** If you are seeing [signs of depression](#) in yourself or someone you care about, help is available. Check with your insurance to find an in-network mental health professional. You can also use resources like [Therapy Den](#) and [Inclusive Therapists](#) to look for a therapist who may be a good match. Finally, you can now call 988 anytime you are having a mental health crisis.
7. **Get enough sleep.** [30-40% of adults](#) are not getting the minimum sleep they need (usually 7+ hours a night). Doing things like [limiting time on screens](#) within an hour before bedtime and making sure you're exposed to bright light first thing in the morning can help you get a better night's sleep.



Livingston G, Huntley J, Sommerlad A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet* 2020.

THE LANCET

The best science for better lives

## VOLUNTEER CORNER

Volunteer with the Spokane Regional Dementia Friendly Community (DFC)! This group of collaborative partners is seeking to ensure that our region is equipped to support people living with dementia and their care partners. Our volunteers meet monthly to support the initiative (all meetings are currently held via Zoom).

*We count on our volunteers to lead the work we do in our community.*

Please email us at [dementia@altcew.org](mailto:dementia@altcew.org) or [click here](#) if interested in volunteering. We will connect you to the right people!



## “JOIN THE MOVEMENT TO BECOME A DEMENTIA FRIEND!”

To learn more:

- View upcoming trainings below.
- Head to: [altcew.org/become-a-dementia-friend](http://altcew.org/become-a-dementia-friend)
- Or email: [dementia@altcew.org](mailto:dementia@altcew.org)



## Navigating Treatment Options?

Learn More:

[Click Here](#)



## Upcoming—Dementia Friends & Professional Training Series at the Spokane County Library District

Aging & Long Term Care of Eastern Washington is excited to partner with the Spokane County Library District on Dementia Friends information sessions and a monthly professional training series. Descriptions for these programs are below. Watch [ALTCEW's](http://ALTCEW's) and [SCLD's](http://SCLD's) websites or email [dementia@altcew.org](mailto:dementia@altcew.org) for more information!

- **Dementia Friends** – In this hour-long session, you will learn about dementia, what it's like to live with dementia, and actions you can take to support people living with dementia in your community. If you are wondering if someone you care about might be showing the signs of dementia, this is a great session for you. You will receive a certificate for participating.
- **Dementia Professional Training Series** – Geared toward unpaid and professional caregivers, case managers, and medication professionals, this series is a monthly, in-depth exploration of topics related to dementia. Topics include effective communication strategies, understanding and responding to dementia behaviors, and strengths-based approaches to dementia behaviors and emergency situations.
- **Dementia Friends Champion Training** – Dementia Friends Champion training is designed for volunteers who would like to contribute to making Eastern Washington more dementia-friendly. It is a six-hour commitment over three 2-hour sessions. We encourage you to attend a Dementia Friends session prior to the Champion Training, but it is not required. After you complete the training, you will lead at least one Dementia Friends session per month.





# Janie's Story

*By: Bethany Osgood, Janie's daughter & Aging & Long Term Director*

My Mother-In-law was diagnosed with Alzheimer's Disease late in 2017. She would always say, "I am not sick," then gently laugh it off and change the subject. We began to notice in 2018 that mom had memory issues when she would call us at odd times of the night and then say, "did you call me?" She would misplace things and become very insistent every evening around 4pm that she needed to be home for dinner. The night that everything changed is when we received a call from the hospital stating mom was in a car accident. She had traveled up the wrong side of the highway and crashed into the cement pillars. When we got to the hospital mom shared that she did not remember driving or what happened. We knew then that our family needed to meet, plan, and prepare to take care of mom. We as a family did the usual things with paperwork, finances, assisted living, and her will. **But what was most impactful was the time we spent with her.**

I could share all of the memories of mom wandering away from her assisted living apartment, that she would forget to eat some days, the day that we found 6 garbage bags full of rocks and sticks under her bed, or that mom progressively struggled with daily hygiene tasks. But what I really want to share is her journey after she was diagnosed.

**She began to laugh more, hug more, and she wanted to spend more time with us as a family.** Janie wanted to get back to the basics of living, taking a Sunday drive, and her favorite activity of having French fries and a coke in the garden. She taught us that Dementia takes many forms, some of our conversations were richer, deeper, and more meaningful as we knew her memory was fading. She also inspired us to journal and take photos with each visit. Janie on her journey, also and most importantly, changed how we worked with her care team, EMS providers, and Hospice Care. We learned that dementia could manifest in many forms: visually, verbally, and emotionally. The most impactful moment for me was the use of music to connect with Janie when she became nonverbal. I would sit with her in her room and played Gospel Hymns, and even though she was nonverbal, she would squeeze my hand and tap her foot to the music.

**Janie taught our family the power of connection, patience, and the gift of peace.** She inspired our on-going Dementia trainings for First Responders and Health Care Providers, to teach communication, de-escalation, and compassion. The best advice I can offer for anyone living with Dementia or their care partners is to find the moments of connection, make memories, and create space to have peace. The love never goes away, even if the person we know has faded.

**For more information and or support on Alzheimer's and Dementia,** please visit our website ([www.altcew.org/programs-services/dementia-memory-loss/](http://www.altcew.org/programs-services/dementia-memory-loss/)). Here you can also download our local resource list and dementia roadmap, read our newsletters, and get involved in support groups and memory cafés.



# OUR VISION

CREATE A DEMENTIA

FRIENDLY COMMUNITY

IN EASTERN, WA



## Helpful Resources:

- [Aging & Long Term Care of Eastern Washington](#)
- [Alzheimer's Association](#)
- [Community Living Connections](#)
- [Dementia Friends](#)
- [Dementia Friendly America](#)
- [Providence ElderPlace](#)
- [Providence Health & Services](#)
- [COVIA Well Connected](#)
- [WA State Dementia Roadmap](#)
- [Additional Spokane Resources](#)

All resources provided can be found at the Spokane Regional DFC's webpage:

[Click Here](#)

## Documentary Viewing: *Wine, Women, & Dementia*

The [Spokane County Library District](#) will be hosting a viewing of the documentary "Wine, Women, & Dementia".

### Where?

This will be hosted in person at the North Spokane Library, 44 E Hawthorne Rd. Spokane, WA 99218.

### When?

May 24th, 2024, 9:30 AM—12 PM.

### Documentary Description:

Seeking healing and comfort in community, a dementia family caregiver road trips the U.S. to swap caregiver stories of love, humor, devotion, and death with other dementia caregivers who share this hilariously heartbreaking end-of-life journey. Wine, Women, and Dementia explores the themes of perseverance, familial devotion, and most importantly how to celebrate life on a long road to death. After the viewing, there will be a question-and-answer session with a person featured in the film.

### Registration:

Registration is required. Those who provide an email address at registration will be able to view the film online for 24 hours after the event.

Visit the Spokane County Library District's website as the date approaches for additional registration information:

[www.sclld.org](http://www.sclld.org)





# COOKING OUR WAY

An extraordinary cookbook by and for people living with dementia. The cookbook includes information about organizing your kitchen to make it dementia-friendly, nutritional and healthy diet information, protective kitchen aides and much more.

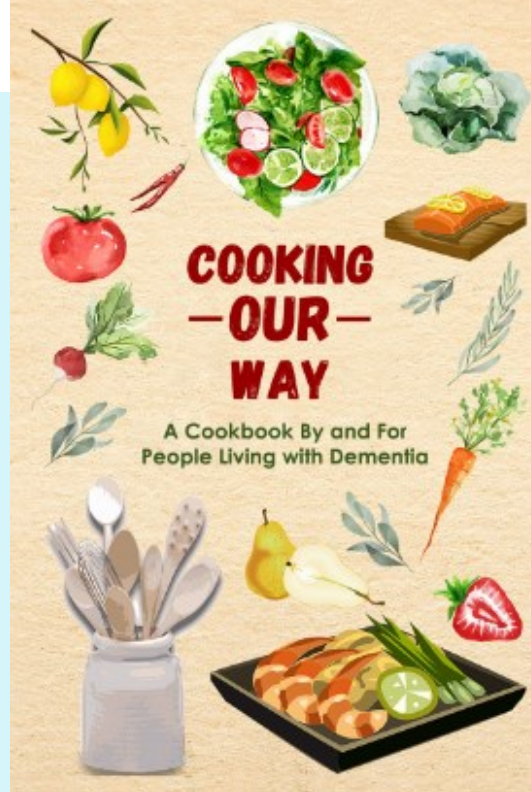
Inside the cookbook you will find stories and testimonials from people living with dementia who love cooking, easy to follow recipes, and tips/tricks on how to make cooking safer and more fun.

## View the PDF version:

- [daanow.org/wp-content/uploads/2023/07/CookingOurWay\\_062623-1.pdf](https://daanow.org/wp-content/uploads/2023/07/CookingOurWay_062623-1.pdf)

## Order a printed copy:

- [www.lulu.com/shop/karen-love/cooking-our-way/paperback/product-8vyjy6.html?page=1&pageSize=4](https://www.lulu.com/shop/karen-love/cooking-our-way/paperback/product-8vyjy6.html?page=1&pageSize=4)



## Dementia Action Collaborative

Let's Talk Dementia Mini-Videos

Enjoy these six brief videos by the [Dementia Action Collaborative](https://daanow.org) featuring Washingtonians living with dementia and their care partners, talking about the value of early diagnosis and what they suggest for living well with dementia.

These include: "I'm still me", "No regrets", "What is the harm in finding out?", "Tips from Washingtonians who are living well with dementia", "Tips for family and care partners", and "Creating more dementia-friendly communities".

**Watch the Videos:** [www.dshs.wa.gov/altsa/dementia-action-collaborative](https://www.dshs.wa.gov/altsa/dementia-action-collaborative)

## ENJOY THESE RESOURCES – IMPROVING LIFE WITH DEMENTIA

**Podcasts For People Living With Dementia:** Monthly podcasts available, some with visuals.

- Found at: <https://daanow.org/daa-podcasts>

**Virtual Engagements:** People living with dementia and their care partners can participate in virtual events through the Dementia Action Alliance (DAA).

- Found at: <https://daanow.org/events>

**Living Well With Dementia** A variety of books and publications to support those living with dementia and their care partners.

- Found at: <https://daanow.org/discovery-center/living-well-with-dementia/books>



# STRENGTHS–BASED CARE

## A Strategy to Maximize Ability

*By: Tara Hill-Matthews, Dementia Resource Catalyst & DFC Lead*

Many people living with dementia face stigma in two ways: Stigma around age and stigma around dementia. One of the most common forms of ageism is [benevolent ageism](#), or the idea that older people need to be protected and taken care of by younger people because they are no longer able to make decisions for themselves.

Similarly, people living with dementia are often treated by care partners, family members, friends and paid caregivers like they are incapable. A participant in the [Flipping Stigma Action Group](#) who is living with dementia told the story of taking a trip to Lonsdale Quay in British Columbia on a beautiful day. A lady in the group was surprised and worried that they had gone on their own. The participant said about the experience, “I think it’s so often assumed that because someone has dementia that they’re suddenly incapable of being independent and going to do things on their own. Dementia or Alzheimer’s persons don’t know that Alzheimer’s can last 8, 9, 10 years.”

Being a caregiver or care partner for someone living with dementia can be emotionally and physically exhausting. Sometimes it can feel easier to do every task for the person living with dementia, even if they can do many of those tasks themselves. However, using a strengths-based approach has been shown to both allow the person living with dementia to retain abilities longer and to reduce the stress on caregivers.

Stroud and Larson, in [Meeting the Challenge of Caring for Persons Living with Dementia and Their Care Partners and Caregivers: A Way Forward](#), define a strengths-based approach as: “A component of person-centered care that involves assessing and building on individuals’ strengths, abilities and available resources to promote their well-being and growth.”

What does this look like on a day-to-day basis? The first step is to continually assess ability. Dementia doesn’t have a prescribed or linear path, so this means that ability can change day-to-day or hour-to-hour. What worked one day may not work the next. Assessing ability comes from curiosity, and might look like handing someone a shoe to put it on rather than putting it on for them.

The second step is to build on strengths. In the example above, rather than immediately putting on the shoe themselves if the person living with dementia doesn’t, the care partner might offer support in the form of a simple instruction (like “put your foot in the shoe”), a physical cue (like having the person living with dementia watch the care partner put on their own shoe), or a tool (like offering a shoehorn).

If we change our approach to dementia from focusing on what someone can’t do to what they can, this will allow for better outcomes for both the person living with dementia and the care partner. Even in later stages, people with dementia still read and feel emotion, mirror moods, and respond to things like familiar music.

[Elisabeth Lindley, a Nurse Practitioner at the Memory and Brain Wellness Center](#), said, “I’ve seen amazing strengths emerge in people who have memory loss. Some people with dementia have a higher awareness of the emotions of those around them, and can respond in very caring and thoughtful ways. That emotional insight can be very powerful and humbling.”



# 10 Healthy Habits for the New Year!

By: [The Alzheimer's Association](#)

**Washington State Chapter**  
Serving Washington and North Idaho

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Incorporate some or all of these habits into your life to help maintain a healthy brain. Take charge of your brain health today — it's never too early or too late to start.



## Challenge your mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short and long-term benefits for your brain.



## Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.



## Manage diabetes

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.



## Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed/lower in fat. Choose healthier meals and snacks that you enjoy and are available.



## Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, exercising and sleeping well — can help with maintaining a healthy weight.



## Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related challenges, talk to a health care provider.



## Stay in school

Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or college, or online.



## Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!



## Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



## Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.





# SPOKANE COUNTY LIBRARY DISTRICT

HEALTH & WELLNESS PROGRAMS – 2024 – LEARN MORE: [WWW.SCLD.ORG](http://WWW.SCLD.ORG)

**2024—Memory Cafés:** Memory Cafés are a comfortable way to connect with other caregivers and people experiencing memory loss while socializing and building new support networks. Join us each Tuesday for a variety of activities including music, crafts, and more. Call (509) 893-8200 to request an accommodation.

⇒ **NORTH SPOKANE LIBRARY:** Each Tuesday, 11 a.m. to 12:00 p.m.

44 E Hawthorne Rd, Spokane, WA 99218

**Documentary Viewing:** The Spokane County Library District will be hosting a viewing of the documentary “Wine, Women, & Dementia”, and a Q&A session with a person from the movie. Learn more on page 8.

⇒ **NORTH SPOKANE LIBRARY:** May 24th, 2024, 9:30 AM—12 PM.

44 E Hawthorne Rd, Spokane, WA 99218

View the SCLD full event calendar at: [www.sclld.org/health-wellness-programs](http://www.sclld.org/health-wellness-programs)



**Upcoming Alzheimer's & Dementia Programs – Learn More:** [www.alz.org/alzwa](http://www.alz.org/alzwa)

**Spokane County Caregiver Support Groups:** Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family, and friends of persons with dementia to develop a support system, exchange information on challenges and solutions, talk through issues and coping, share feelings, and learn about resources.

⇒ **Deer Park Caregiver Support Group:** 2nd Wednesday of each month, 1 to 2:30 p.m.

St. Mary Presentation Catholic Church, 602 E. 6th St., Deer Park, WA 99006

*For information call Paul J. Dionne: (509) 290-1816*

⇒ **Spokane North Caregiver Support Group:** 2nd and 4th Monday of each month, 1 to 2:30 p.m.

St. Luke Lutheran Church, 9704 N. Division St., Spokane, WA 99218

*For information call Paul J. Dionne: (509) 290-1816*

⇒ **Spokane Downtown Caregiver Support Group:** 3rd Tuesday of each month, 1:30 to 3 p.m.

First Presbyterian Church, 318 S. Cedar St., Spokane, WA 99201

*For information call Beth Priest: (509) 590-3965*

⇒ **Spokane South Support Group:** 4th Saturday of each month, 10:30 a.m. to 12 p.m.

Our Lady of Fatima Parish Office, 1517 E. 33rd Ave., Spokane, WA 99203

*For information call Anne Parsons: (509) 795-4668*

See a full list of local support groups at: [alz.org/alzwa/helping\\_you/support\\_groups](http://alz.org/alzwa/helping_you/support_groups)

# Local Resources In Eastern Washington

It can be difficult to find resources to support a dementia journey. Below are several local resources that can help. For more local resources, view our [Local Spokane Roadmap and Dementia Resource list](#).

Resource	Description	Contact Information
Dementia Care Specialist	Provides direct service for people living with dementia and their caregivers through both phone consultations and home visits. Includes providing resources and supports.	(509) 960-7281 <a href="#">Dementia &amp; Memory Loss - Aging &amp; Long Term Care of Eastern Washington (altcew.org)</a>
STAR-C	An evidence-based program from the University of WA for family care partners who are dealing with difficult behaviors from someone living with dementia. It is an intensive, 6-week in-home consultation service that is proven to lower depression and decrease difficult behaviors.	(509) 960-7281 <a href="#">Dementia &amp; Memory Loss - Aging &amp; Long Term Care of Eastern Washington (altcew.org)</a>
Community Education	Community dementia education is available through both the Alzheimer's Association and Aging & Long Term Care of Eastern Washington. Sessions are available to any group and include topics like identifying warning signs, reducing the risk and effective communication.	(509) 458-2509 EXT 337 or <a href="mailto:dementia@altcew.org">dementia@altcew.org</a>
Professional Education	Free education for healthcare and other professionals is available through Aging & Long Term Care of Eastern WA. CEUs are available for some topics. A training for first responders will soon be available through EMS Connect!	(509) 458-2509 EXT 337 or <a href="mailto:dementia@altcew.org">dementia@altcew.org</a>
Support Groups	There are support groups for family caregivers throughout the Spokane area. Meet with other care partners to talk about your experience, brainstorm solutions and connect to resources.	See page 12
Memory Cafes	Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks. Cafés are free to attend and welcome to all.	See page 12 or visit: <a href="https://ymcainw.org/programs/healthy-living/">https://ymcainw.org/programs/healthy-living/</a>  <a href="https://scldevalanced.info/signup/Calendar?startDate=2023/12/04">https://scldevalanced.info/signup/Calendar?startDate=2023/12/04</a>
Spokane Regional Dementia Friendly Community	This group, made up of community volunteers, strives to create an equitable and inclusive community that is safe and supportive for people living with dementia and their care partners.	<a href="#">Spokane Regional Dementia Friendly Community Newsletter - Aging &amp; Long Term Care of Eastern Washington (altcew.org)</a>
Dementia Legal Planning	Available to any resident of Washington 60+, living with dementia OR with a family history of dementia, this group provides free legal assistance with powers of attorney for finances and healthcare, health care directives and dementia directive forms.	<a href="#">Dementia Legal Planning — Washington Pro Bono Council</a>  <a href="#">9605en_dementia-legal-planning-toolkit.pdf (washingtonlawhelp.org)</a>
Dementia Action Collaborative Resources	This valuable online resource includes things like tip sheets for specific topics like anxiety or wandering, the Dementia Road Map, videos on partnering with your provider and resources for safety concerns like falls and driving.	<a href="#">Improving Safety for People with Dementia: Info Kit (wa.gov)</a>