



Dementia Friendly America

FAIRFAX • VIRGINIA

A Member of the Dementia Friendly America Network

Dementia Friendly Fairfax - July 2021
Robin McGlothin, Insight Memory Care Center

What is Dementia Friendly America?

Dementia Friendly America or 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.

The DFA movement began in September 2015 following the White House Conference on Aging.

Today there are over 120 DFA communities in the U.S.

The Growing Need

- More than 6 million American's are living with Alzheimer's.
- By 2050, the number of people age 65 and older with Alzheimer's dementia is projected to reach 12.7 million.
- In Virginia, the projected number of people age 65 and older is expected to increase 26.7%
- Alzheimer's and dementia deaths have increased 16% during the COVID-19 pandemic
- In 2021 Alzheimer's and other dementias will cost the nation \$355 Billion. (by 2050 in could rise to \$1.1 Trillion).
- More than 11 million Americans provide unpaid care for people with Alzheimer's or other dementias.

Source: 2021 ALZHEIMER'S DISEASE FACTS AND FIGURES

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 with the disease, their families and caregivers and provides supportive options that foster quality of life.

Leading Age Virginia is the state lead for the Commonwealth of Virginia.

Response to the Need: Dementia Friendly Community



Taking an All Sectors Approach

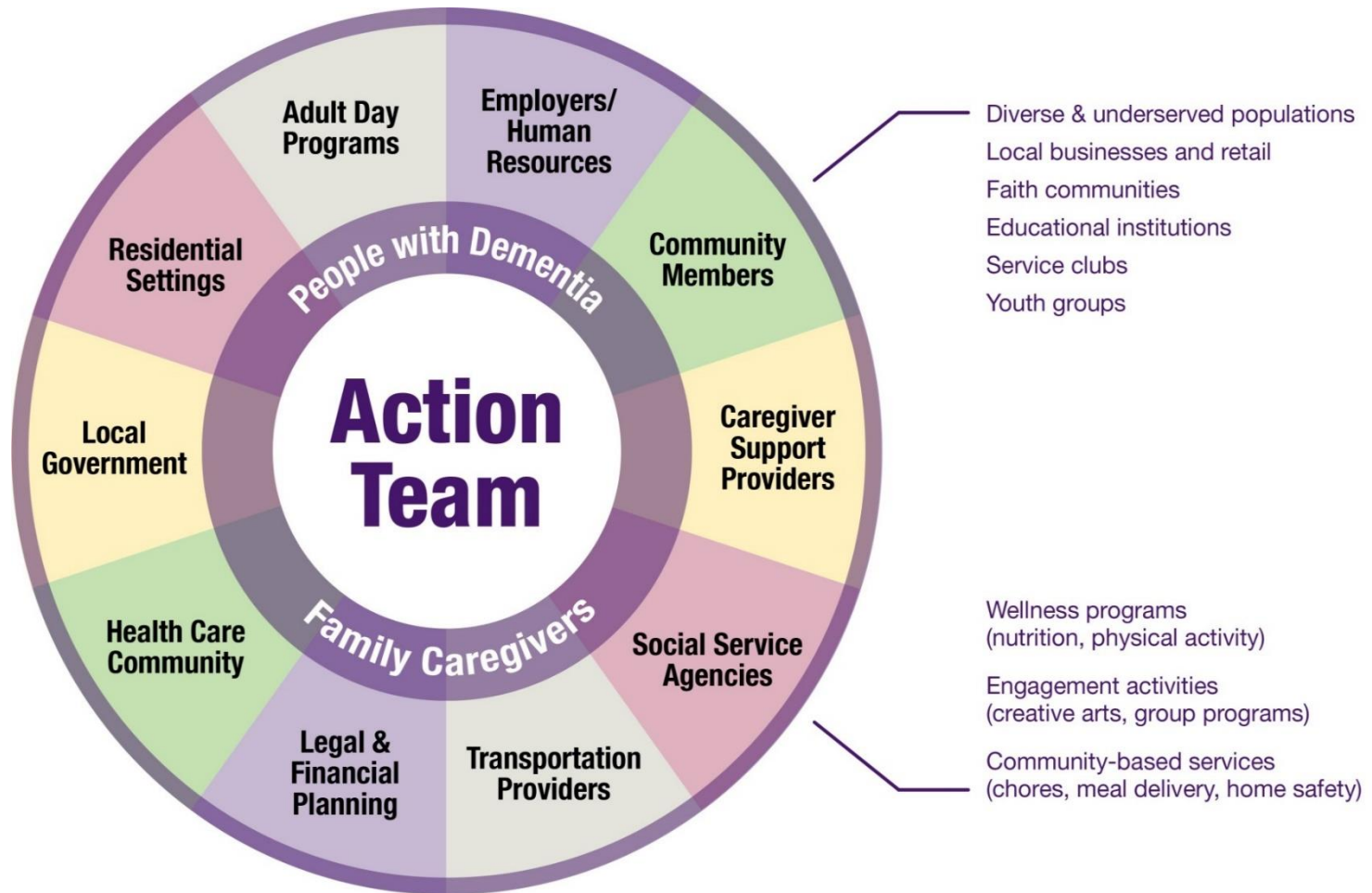
Every part of the community has a unique role in contributing to dementia friendliness.



Dementia Friendly Fairfax

- Founded in 2019 in partnership with Insight Memory Care Center, Goodwin House and Fairfax County.
- DF Herndon, that started in 2017, merged with DF Fairfax in 2020.
- Action Team of 30 meets monthly
- Held over 30 trainings and information sessions
- Trained over 330 attendees
- Formed a Restaurant Committee
- Formed a Faith Initiative Committee

The Action Team



VA Dementia Friendly Communities

- DF Alexandria
- DF Arlington
- DF Fairfax
- DF Central Virginia
- DF Dumfries
- DF Leesburg/Loudoun
- DF Lexington
- DF Williamsburg

Dementia Friends

Dementia Friends is an international public awareness initiative delivered through volunteers and an online tool.

Launched in February 2013, after only two years, Dementia Friends became one of the biggest ever social movements on any disease.

In the U.S. Dementia Friend is a Dementia Friendly America initiative.

A Dementia Friend learns about dementia and then turns that understanding into action. We all have a part to play in creating dementia friendly communities.

Today there are nearly 100,000 dementia friends in the U.S.



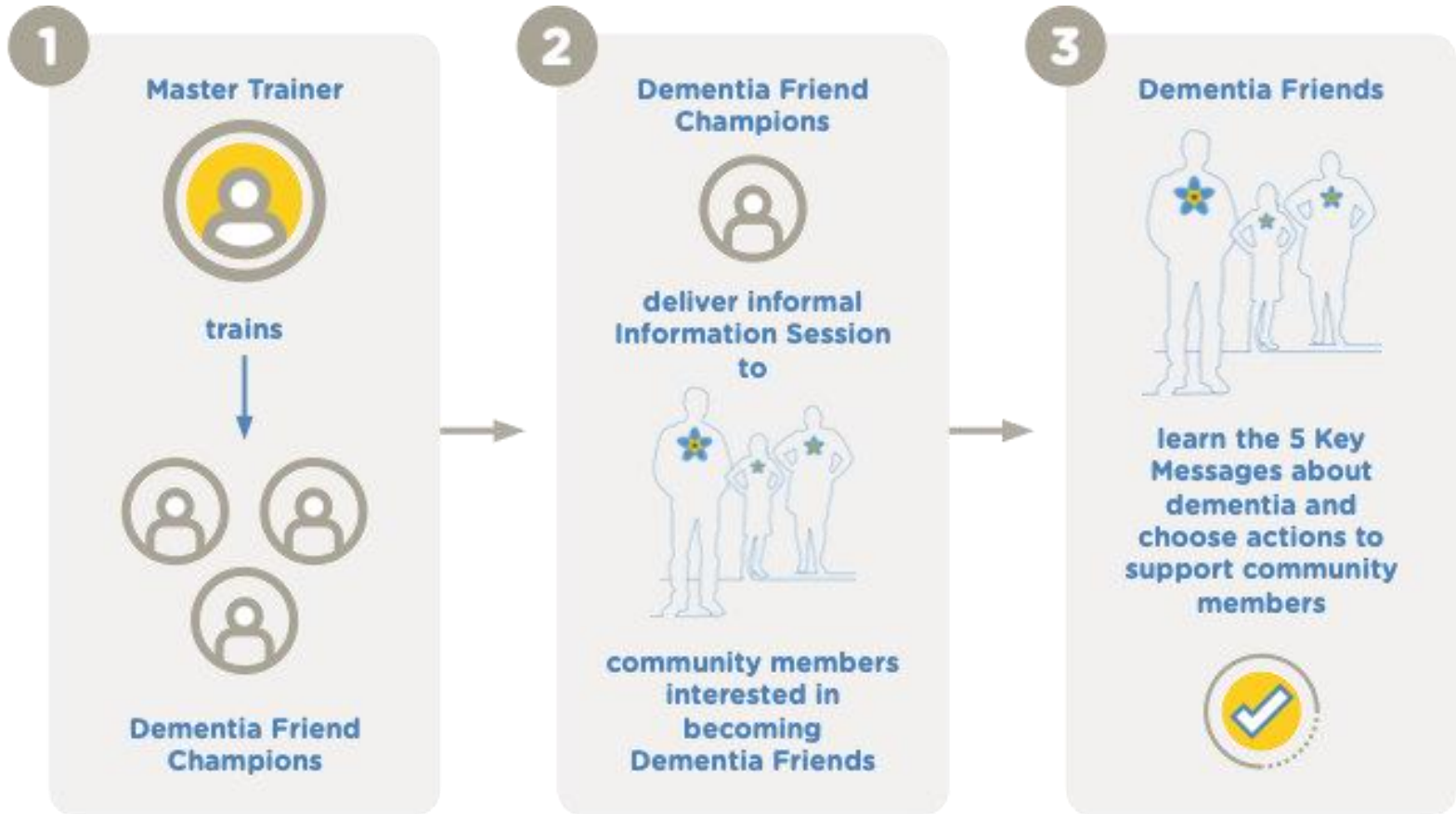
Dementia Friends - 5 Key Messages

The Dementia Friends information sessions focus on 5 Key Messages that everyone should know about dementia.

1. Dementia is not a normal part of aging
2. Dementia is caused by diseases of the brain
3. It is not about losing your memory
4. It's possible to live well with dementia
5. There is more to the person than the dementia.



Dementia Friends - How it Works





Join the Movement

1. Join an Action Team
2. Attend a Dementia Friends Information Session
3. Become a Dementia Champion and help educate others
4. Become a Dementia Friendly Business

Questions

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