

## **DULUTH PUBLIC LIBRARY KICKS OFF DEMENTIA FRIENDLY INITIATIVES**

**What:** Every 65 seconds someone in the U.S. develops Alzheimer's Disease. If you don't know someone impacted by Alzheimer's today, you likely will, in the next several years. The Duluth Public Libraries is partnering with Dementia Friendly Duluth, a group of local organizations working to make the community more aware, informed, and supportive of people experiencing and caring for those with Dementia. Dementia is a general term for a loss of memory and other thinking abilities that is serious enough to interfere with activities of daily life. Alzheimer's disease, the most common cause of dementia, is a disease of the brain that leads to problems with memory, thinking, and behavior. The Duluth Public Library is sponsoring the following events to work towards becoming more friendly and supportive to community members and care partners living with dementia.

- Dementia training for select Library staff on *Understanding Alzheimer's and Effective Communication* (completed 3/19/19)
- Compiling and distributing Memory Kits. Memory kits are intended to provide resources and stimulate conversation or reminiscence with a person with cognitive issues. Our kits include a collection of resources and items that allow users an opportunity to gather resources, and engage in meaningful activity and conversation about their life experiences with the items. (Available 4/22/19 at all branches)
- Showing of *Alive Inside*, a documentary that chronicles the astonishing experiences of people living with dementia who have been revitalized through the simple experience of listening to music. Documentary followed by panel discussion with local experts from the Alzheimer's Association, Age Well Arrowhead, and The Victory Chorus. (4/29/19 at Mount Royale Branch at 6:00 with panel discussion scheduled from 7:30-8PM.)
- Community Education: *Understanding Alzheimer's and Dementia*. Understand the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. (5/14/19 at Downtown Library from 12:00-1:00 PM.)
- Dementia training for Home Delivery Library Volunteers on *Knowing the 10 Signs and Effective Communication* (5/21/19 at Downtown Library)

**Why:** 1 in 10 adults 65+ have dementia; the rate rises to 1 in 3 for those age 85+. But behind these numbers are people – people in our community. People who are living with dementia and people who are currently caring for someone with dementia. Alzheimer's and other dementias are not a normal part of aging. Libraries are vital to a dementia friendly community because they provide access to resources, services, and programs for people living with dementia and their families.

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