

## Promoting Brain Health in the Workplace

Washington Wellness  
First Quarter Training  
Wednesday February 26, 2020

The following pages include resources and tools to help you promote brain health in the workplace. Please feel free to use them as you see fit.

### What is brain health?

Brain health refers to the ability to remember, learn, play, concentrate and maintain a clear, active mind. It's being able to draw on the strengths of your brain – information management, logic, judgement, perspective and wisdom.

Simply, brain health is about making the most of your brain and helping reduce some risks to it as you age.

For more information and resources on promoting wellness in the workplace, please visit the [Washington Wellness Coordinators Pages](#) or our [Meetings and Materials Page](#). You can also contact Washington Wellness at [WAWellness@hca.wa.gov](mailto:WAWellness@hca.wa.gov) or by phone at 360-725-1700.



# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.



## HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



## BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



## FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



## BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



## STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

**Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.**

## HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



## BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



## TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



## FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



## CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:™

## “Let’s Talk Dementia” Mini-Videos

A set of six brief videos featuring Washingtonians with dementia and their care partners, talking about how they knew something was amiss and how an early diagnosis has helped them, along with their suggestions for living well with dementia and where to turn for support.

### **I'm still me** (2:37)

Myriam shares how she knew something was amiss with her cognition, how she is doing after 7 years, and what she has been doing to plan ahead.

<https://www.youtube.com/watch?v=0sAUXEbxMO4>

### **No regrets** (4:05)

Bob and his wife Juanita describe how they knew he had cognitive issues, steps they are taking to stay healthy, get legal affairs in order and plan for the future.

<https://www.youtube.com/watch?v=0d35CZYSvSQ>

### **What is the harm in finding out?** (4:05)

Julie and her husband Les share what led them to seek a diagnosis, steps they took to learn about and adapt to dementia, and how this has helped.

<https://www.youtube.com/watch?v=JNX7DEczFXk>

### **Tips from Washingtonians who are living well with dementia** (5:20)

Julie, Myriam and Bob offer thoughts on the importance of staying social and using daily activities and electronics to live their best lives. <https://www.youtube.com/watch?v=XYMJU5cMCxI>

### **Tips for family and care partners** (4:10)

Debbie, Juanita and Les, care partners of loved ones with dementia, share challenges and strategies to help their loved one and themselves. <https://www.youtube.com/watch?v=AYThPmp3Yw4>

### **Creating more dementia-friendly communities** (3:20)

Bob, Myriam, Les and Juanita offer ideas on what a dementia-friendly community could offer.

<https://www.youtube.com/watch?v=1dXyXTNHw1w>

**All videos (combined)** <https://www.youtube.com/watch?v=ZMRctgGWr3w>



## How might you use the videos?

The intent is to increase public and staff/provider awareness about the value of early diagnosis. Might be useful in following ways:

- Post on websites
- Group discussions with staff at meetings, in-services, trainings
- Use in partner outreach to increase awareness of the value of early diagnosis and around dementia-related information and supports
- Include other resources below to support the discussion

**How to access the videos?** You can link to the videos....

- Dementia Action Collaborative webpage: <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>
- Also on the Washington State DSHS YouTube Channel

## ADDITIONAL RESOURCES to offer during discussions/events

In honor of Alzheimer's and Brain Awareness Month in June, the Alzheimer's Association launched a national ad campaign called "Our Stories" – it features real accounts of individuals living with Alzheimer's and their loved ones, highlighting the moment they knew something was wrong and it was time to talk about it. The website features videos, audio, conversation starter kits, etc. in both English and Spanish. The campaign is meant to encourage and empower people to have those difficult conversations early. The website for the campaign is: <http://alz.org/ourstories>

- **Do Memory Problems Always Mean Alzheimer's Disease?** (National Institute on Aging)  
<https://www.nia.nih.gov/health/do-memory-problems-always-mean-alzheimers-disease>
- **Know the 10 Signs: Early Detection Matters** (Alzheimer's Association)  
<https://www.alz.org/media/Documents/10-signs-checklist.pdf>
- **Early Diagnosis: The Value of Knowing** (Alzheimer's Association)  
<https://www.alz.org/media/Documents/factsheet-2013-value-of-knowing.pdf>
- **Living Well with Dementia in the Community: Resources and Support** (Eldercare Locator)  
<https://eldercare.acl.gov/Public/Resources/Brochures/docs/Living%20Well%20with%20Dementia%20in%20the%20Community.pdf>
- **Living with Alzheimer's: For People with Alzheimer's | Taking Action Workbook** (Alzheimer's Association)  
<https://www.alz.org/getmedia/da9e2ce1-d73c-437a-be7c-d5761afd06e9/taking-action-workbook>
- **Dementia Road Map: A Guide for Family and Care Partners** (Dementia Action Collaborative)  
<https://www.dshs.wa.gov/sites/default/files/ALtsA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf>  
or request paper copy at [Dementiaroadmap@dshs.wa.gov](mailto:Dementiaroadmap@dshs.wa.gov)

### **Alzheimer's Association**

- Offers free literature on all-things dementia available in English and Spanish, 24/7 phone support, the latest information on brain health, medications for dementia, support groups, trainings, and care consultation to help with planning and decision-making.
- Visit [www.alzwa.org](http://www.alzwa.org) or call 800-272-3900.

### **Area Agencies on Aging (AAAs)/Family Caregiver Support Programs**

- AAAs are trusted sources of local information and assistance to find specialized information, supports and service options for older adults such as educational workshops, support groups, respite care and/or in-home care that can help people stay at home longer.
  - AAAs also offer Family Caregiver Support Programs that assist family members who care for a loved one.
  - They can provide information about various long-term care options and financial assistance with such care.
- AAAs are sometimes known as “Aging and Disability Services” or Aging and Long Term Care”. The statewide network for AAAs is referred to as Community Living Connections (CLC).
- To find your local office, visit [www.waclc.org/connect](http://www.waclc.org/connect) or call 855-567-0252.

### **Dementia Support Northwest – Serving Whatcom County**

- Offers education and support in Whatcom and Skagit counties including support groups for adults caring for those affected by dementia, memory support groups for adults newly diagnosed, and the Find Me Safe Network providing electronic technology to locate those who wander.
- Visit [www.dementiasupportnw.org](http://www.dementiasupportnw.org) or call 360-671-3316.

### **Eldercare Locator – To find resources in another part of the country**

- A public service of the U.S. Administration on Aging connecting callers to services for older adults and their families across the country.
- Visit <https://eldercare.acl.gov/Public/Index.aspx>

### **Geriatric Care Managers**

- Private geriatric care managers can help families who are caring for older adults or others facing ongoing health challenges. They can help to assess or monitor a situation, coordinate care, problem-solve and coach families as they take steps to help a loved one.
- Find geriatric care managers through the Aging Life Care Association, [www.aginglifecare.org](http://www.aginglifecare.org).

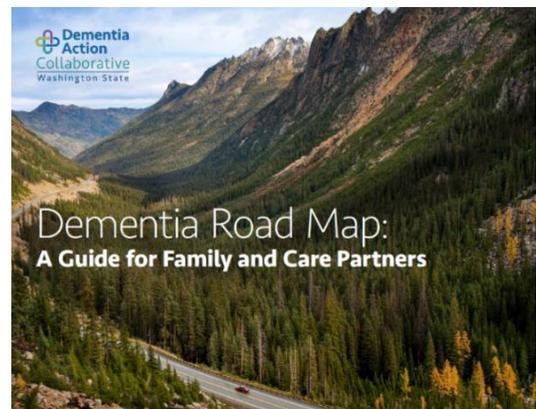
## Dementia Road Map: A Guide for Family and Care Partners

- Help for Families in Preparing for the Road Ahead

Around 110,000 people in Washington have Alzheimer’s disease or another other form of dementia – and another 348,000 unpaid family caregivers provide loved ones with care or support.

Getting a diagnosis early in the disease process is important and offers opportunities to better understand and prepare for the road ahead. Yet, sometimes just convincing a family member to agree to have a medical evaluation and/or coping with such a diagnosis can be an overwhelming time. To help, the Washington State Dementia Action Collaborative has developed an easy-to-digest resource for families, the [Dementia Road Map: A Guide for Family and Care Partners](#). This offers practical information to families as they enter into, live with and navigate the dementia journey.

Addressing the various stages ranging from “Worried and Wondering” about memory loss through late stage dementia, the Dementia Road Map helps families anticipate and answer questions that may arise. With a pro-active focus on what families can do at any stage, it outlines what to expect and how to help. It touches upon medical and lifestyle decisions, services and care options that are available and what to consider in terms of legal planning. The Dementia Road Map also offers action steps for each stage as well as a summary of helpful organizations and documents. As one user says, “Everything has been thought of & it’s all in one place!”



What do other users say about the Dementia Road Map?

- I like the clear layout - very well organized and provides a wonderful overview of what people can expect at each stage and action steps for people to take. Excellent resources provided throughout.
- Overwhelming good! It's very simple and easy to understand. No medical jargon. I like how it breaks down in different stages.

The original Dementia Road Map was published in English – and new this year, a Spanish translation!

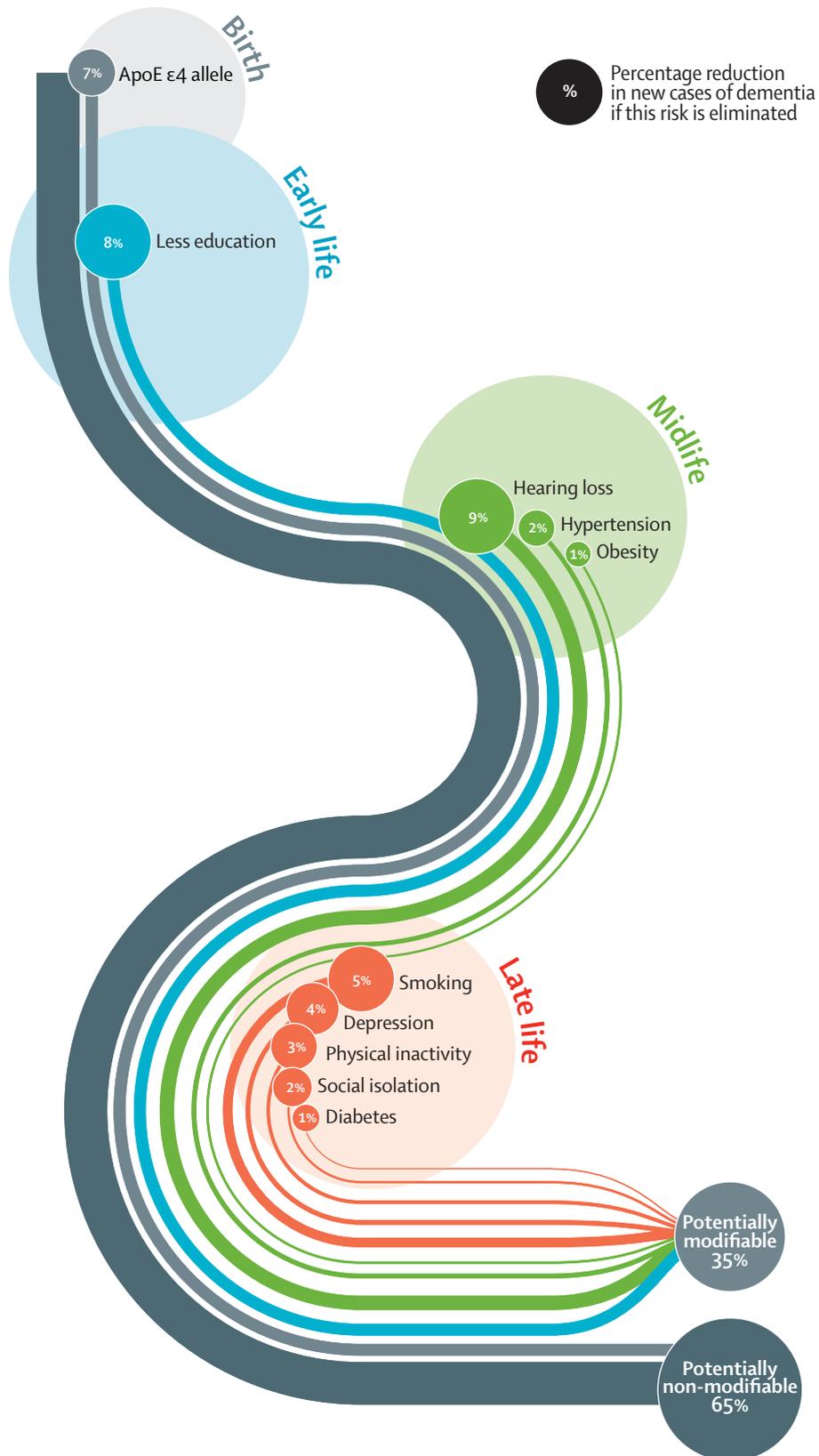
Here’s how you can order –

- **For 1-5 copies, email:** [Dementiaroadmap@dshs.wa.gov](mailto:Dementiaroadmap@dshs.wa.gov)
- **For more than 5 copies,** you will order from the Washington State Department of Enterprise Services (DES). While there is no cost for the guide itself for non-profits and government organizations, for-profit entities will pay for the cost of the booklet. All customers will pay a charge for Shipping and Handling. Follow instructions below:
  - 1) Go to <http://myprint.wa.gov>
  - 2) If it is your first time ordering from DES, you will need to register. To do so, just click on the Login link in the upper right corner of webpage. In the pop-up box, click Register. Once you have registered and/or logged in, put the title (Dementia Road Map) in search box and click Enter. Follow remaining instructions.

**To request this publication in Spanish, email:** [inquirywa@alz.org](mailto:inquirywa@alz.org)

# Risk factors for dementia

The Lancet Commission presents a new life-course model showing potentially modifiable, and non-modifiable, risk factors for dementia.



## Promoting Brain Health in the Workplace Additional Resources

### **10 Ways to Love Your Brain:**

<https://www.scdhec.gov/sites/default/files/docs/Health/docs/BrainHealth/10%20Ways%20to%20love%20your%20brain.pdf>

### **Alzheimer's Association Brochure: What do We Know About Preventing Alzheimer's Disease?**

<https://www.alz.org/media/Documents/alzheimers-dementia-about-prevention-b.pdf>

### **Department of Enterprise Services, Employee Assistance Program:**

<https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap>

### **Federal Family and Medical Leave Act:**

<https://www.dol.gov/agencies/whd/fmla>

### **Risk Reduction Messaging for Health Education:**

<https://alz.org/media/Documents/Risk-Reduction-Messaging-for-Health-Education.pdf>

### **Talking About Brain Health & Aging; The Basics:**

<https://www.nia.nih.gov/sites/default/files/2018-05/brain-health-basics.pdf>

### **Washington Paid Family and Medical Leave:**

<https://paidleave.wa.gov/>



**Chapter Materials Order Form**

**Order Date:** \_\_\_\_\_

**To order brochures, fax a completed form to 206-363-5700. Please contact our office at 206-363-5500 with questions.**

Requests for the following brochures will be fulfilled by the Washington State Chapter of the Alzheimer’s Association. To assist with covering costs related to printing, shipping, and handling, please consider making a donation to the Washington State Chapter. A suggested donation is \$5 per 50 brochures ordered. All donations to the Washington State Chapter are tax-deductible to the fullest extent of the law. For more information on making donations to the chapter, please contact our office at 206-363-5500.

**Contact Information**

Name: \_\_\_\_\_  
 Title: \_\_\_\_\_  
 Organization: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Shipping Address: \_\_\_\_\_

| Caregiver and Family Resources          | Description   | Quantity |
|---|---|----------|
| 10 Tips for Living with Alzheimer’s     | 10 tips for living with Alzheimer's as well as a list of resources and ways to get involved in the fight against the disease.   |          |
| 10 Ways to Help a Family                | This two-sided card features 10 tips for helping a family living with Alzheimer's. The card also includes information about how to get involved with the cause.   |          |
| 24/7 Helpline Informational Card        | Promote awareness of the Alzheimer's Association 24/7 Helpline, a free and vital service providing around-the-clock information and support.  |          |
| 24/7 Helpline Postcard (Spanish)        | Promote awareness of the Alzheimer's Association 24/7 Helpline, a free and vital service providing around-the-clock information and support.  |          |
| Activities at Home                      | Guidance and tools for caregivers in planning daily activities for a person living with dementia.   |          |
| Basics of Alzheimer’s Disease (Spanish) | Overview of Alzheimer's disease, including warning signs, diagnosis, stages of the disease, treatments and more.  |          |
| Basics of Alzheimer’s Disease           | Overview of Alzheimer's disease, including warning signs, diagnosis, stages of the disease, treatments and more.  |          |
| Behaviors                               | Causes of common dementia-related behaviors and offers recommendations for caregivers on how to respond.  |          |
| Caregiver Center                        | Online resources available through the Alzheimer’s Association Alzheimer's and Dementia Caregiver Center (alz.org/care), including ALZConnected, Alzheimer’s Navigator, Community Resource Finder and the Care Team Calendar. |          |
| Caregiver Stress Checklist              | A checklist to help caregivers identify areas of stress in their lives and information about Alzheimer's Association resources to turn to for support.  |          |
| Communication                           | Guidance for caregivers on how to communicate with a person with Alzheimer's at each stage of the disease.  |          |
| End-of-Life Decisions                   | Provides caregivers and families with information on end-of-life issues and how they can honor the wishes of the person with the disease.   |          |
| I Have Alzheimer’s Disease              | Alzheimer's information about dementia, living with the disease and planning for the future.  |          |

| <b>Caregiver and Family Resources</b>                            | <b>Description</b>  | <b>Quantity</b> |
|--|---|-----------------|
| If You Have Alzheimer's Disease (Spanish)                        | Spanish-language brochure provides individuals with Alzheimer's information about dementia, living with the disease and planning for the future.  |                 |
| LGBT Caregiving Concerns   | Addresses caregiver concerns specific to the lesbian, gay, bisexual and transgender (LGBT) community, including information about disclosing sexuality and how to connect with resources.                                   |                 |
| Late Stage Care  | Offers caregivers suggestions for providing care and comfort for a person in the late stage of Alzheimer's disease.   |                 |
| Legal Plans  | Offers individuals with dementia and their caregivers guidance and resources for making legal plans -- stressing the importance of doing so as soon as possible after a diagnosis.  |                 |
| Money Matters  | Financial planning guidance and resources for individuals living with dementia and their caregivers.  |                 |
| Parents' Guide to Explaining Alzheimer's to Children and Teens   | Addresses how children and teenagers may be impacted by having a family member living with Alzheimer's, and how parents can help their children understand and cope.  |                 |
| Personal Care  | Offers ways to assist a person with dementia with changing personal care needs, including bathing, dental care, dressing, eating, grooming and toileting.   |                 |
| Staying Strong   | Tips for caregivers to identify and manage stress, as well as resources they can turn to for support.   |                 |
| Take Care of Yourself - Caregiver Stress (Spanish)               | Spanish-language contains advice and helpful resources for caregivers on ways to recognize and manage stress.   |                 |
| Take Care of Yourself - Caregiver Stress                         | Contains advice and helpful resources for caregivers on ways to recognize and manage stress.  |                 |
| Younger-Onset Alzheimer's Disease                                | Addresses a range of issues specific to individuals living with younger-onset Alzheimer's, including diagnosis, personal and professional relationships and planning for the future   |                 |
| 10 Warning Signs (Spanish)                                       | Explains the 10 Warning Signs of Alzheimer's Disease, describes the difference between normal forgetfulness and dementia and features a strong call to action. This is a great piece for promoting early detection.         |                 |
| Principles for a Dignified Diagnosis                             | Written by people with dementia about the Alzheimer's diagnosis experience. These insights are intended to facilitate communication between clinician and patient to make the experience more comfortable for all involved. |                 |
| What do we know about Preventing AD (10 ways to love your brain) | Based on current research, the Alzheimer's Association offers 10 Ways to Love Your Brain, a collection of tips that can reduce the risk of cognitive decline.   |                 |

| <b>Trial Match</b>  | <b>Description</b>   | <b>Quantity</b> |
|---|--|-----------------|
| Trial Match: People with Dementia, Caregivers, and Others | Promote TrialMatch to people living with dementia and their caregivers and family. It offers an overview of the clinical trial matching service, the importance of trials and straightforward instructions to get started.                             |                 |
| Trial Match: Healthy Volunteers                           | Promote TrialMatch to healthy volunteers. It offers an overview of who healthy volunteers are, why they are so vital to clinical studies, and how to get involved with TrialMatch and the fight against Alzheimer's.                                   |                 |
| Trial Match: Researchers                                  | Alzheimer's Association TrialMatch, the free clinical studies matching service, to researchers. It offers an overview of how it works, the benefits of participation and clear instructions on how researchers can enroll their studies in TrialMatch. |                 |

| <b>Safety Services</b>                              | <b>Description</b>  | <b>Quantity</b> |
|---|---|-----------------|
| Dementia and Driving Resource Center Postcard       | Dementia and Driving Resource Center, highlighting the features of the interactive website created with support from the National Highway Traffic Safety Administration.  |                 |
| <b>Safety Services</b>                              | <b>Description</b>  | <b>Quantity</b> |
| Staying Safe – Spanish                              | A guide for creating and maintaining a safe environment for a person with dementia. It includes information on safety at home, wandering and getting lost, driving, traveling and being prepared for a disaster.  |                 |
| Staying Safe  | A guide for creating and maintaining a safe environment for a person with dementia. It includes information on safety at home, wandering and getting lost, driving, traveling and being prepared for a disaster.  |                 |
| MedicAlert+SafeReturn Enrollment Brochure (Spanish) | Information about MedicAlert + Safe Return, a 24-hour nationwide emergency response service for individuals with Alzheimer’s or other dementias, as well as an enrollment form, which can be completed and mailed. The intended audience includes those who seem likely to enroll themselves or others. For people simply curious about the service and how it works, please consider the MedicAlert + Safe Return Information Card |                 |
| MedicAlert+SafeReturn Enrollment Brochure           | Information about MedicAlert + Safe Return, a 24-hour nationwide emergency response service for individuals with Alzheimer’s or other dementias, as well as an enrollment form, which can be completed and mailed. The intended audience includes those who seem likely to enroll themselves or others. For people simply curious about the service and how it works, please consider the MedicAlert + Safe Return Information Card |                 |
| MedicAlert+SafeReturn Information Card              | This card provides basic information about MedicAlert + Safe Return, a 24-hour nationwide emergency response service for individuals with Alzheimer’s or other dementias. Great for use at conferences, health fairs and in other community settings.   |                 |

| <b>Advocacy</b>                         | <b>Description</b>  | <b>Quantity</b> |
|---|---|-----------------|
| Advocate Brochure                       | This brochure provides an overview of what it means to be an Advocate for the Alzheimer’s Association   |                 |
| Ambassador Brochure                     | The Association’s Ambassador Program is the premiere program for our top legislative advocates. This brochure provides an overview and can be used to recruit new Ambassadors.                                |                 |
| State Policy: A Call to States Brochure | A Call to States: Make Alzheimer’s a Policy Priority explains why states cannot ignore Alzheimer’s disease. The brochure highlights actions states can take to address Alzheimer’s as a public health crisis. |                 |

| <b>Physician Outreach</b>                | <b>Description</b>  | <b>Quantity</b> |
|--|---|-----------------|
| Medicare Dementia Care Planning Brochure | This physician outreach brochure explains the importance of care planning for those diagnosed with cognitive impairment and their caregivers, promotes the new Medicare coverage of care planning services, and highlights the Association’s Cognitive Impairment Care Planning Toolkit available to help clinicians deliver the services under the code. |                 |

|  |   |                 |
|--|---|-----------------|
| Challenging Conversations About Dementia Care (CME Card) | Promotes Challenging Conversations about Dementia, a continuing medical education (CME) course. The course prepares health care professionals to confidently approach detection, diagnosis and care-planning for patients with cognitive impairment, Alzheimer's and other dementias. |                 |
| Health Care Provider Online Resources Card               | This card promotes the many Association resources available to health care providers at alz.org/HCPs. Please use for health care professional outreach only.  |                 |
| <b>Physician Outreach</b>                                | <b>Description</b>  | <b>Quantity</b> |
| Alzheimer's Pocketcard                                   | Alzheimer's Disease Pocketcard mobile app and online portal, which offers easy-to-access to tools for health care professionals and their staff. Please use for health care professional outreach only.   |                 |
| Trail Match – Physicians                                 | Overview of TrialMatch and reason to recommend the clinical trial matching service to their patients, empowering them to take a more active role in their health care.  |                 |
| Physician Outreach Brochure                              | Used to promote the Association to physicians as a trusted resource for reliable information, education, referral and support.  |                 |
| CMS G0505 Physician Outreach Card                        | New Medicare G0505 billing code and the Association's Cognitive Impairment Care Planning Toolkit, which includes resources to help clinicians fulfill care planning services under the code.  |                 |

| <b>Chapter Brochures</b>   | <b>Description</b>   | <b>Quantity</b> |
|--|--|-----------------|
| Connections Care Consultation  | The Connections Care Consultation Program provides individualized guidance for families to address immediate needs, plan for the future, and provide ongoing support throughout the course of the disease. |                 |
| Early Stage Memory Loss Programs   | Description and information of local programs and services   |                 |
| El Portal Northwest Program Brochure (Spanish & English)   | Spanish-language brochure provides individualized guidance for families to address immediate needs, plan for the future, and provide ongoing support throughout the course of the disease.                 |                 |
| Washington State Chapter Brochure  | Description of programs and services, education, conferences, volunteer opportunities and events   |                 |
| Dementia Roadmap (English) ** We can only ship out 1-5 at a time** See below for ordering directions | Resources & information specific to Washington State Chapter.  |                 |
| Dementia Roadmap (Spanish)   | Resources & information specific to Washington State Chapter.  |                 |
| After the Diagnosis  | Chapter specific resources for newly diagnosed individuals and their families.   |                 |

**\*\*DEMENTIA ROADMAP (English) ORDERING INSTRUCTIONS:**

For more than five copies, follow the instructions below:

1. Go to <http://myprint.wa.gov>
2. If it is your first time ordering, you will need to register — Click on the Login link in the upper right corner of webpage — In the pop-up box, click Register
3. Once you have registered and/or logged in, put the title (Dementia Road Map) in the search box and click Enter
4. Choose item that fits your type of organization
5. Enter quantity and click Begin
6. Choose Due Date (ship date) in upper left corner of checkout page

7. Click Proceed to Checkout and follow onsite instructions

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