

UW Medicine

My Community

What resources will be helpful on this journey?

*From Sarah,
living with mild
cognitive
impairment:*

“I think it’s wise to let people know that there are a lot of resources, a lot of things you can do. I go to a class through Seattle Parks and Recreation

for people with memory issues. It’s called “Minds in Motion.” It’s a great class. And I’ve gotten so many ideas from our support group.”



“Minds in Motion” class

Photo by Seattle Parks and Recreation



From Myriam, living with dementia:

“It’s important to know about the options in your area – things like the Alzheimer’s Association, senior centers, and other groups that provide programs and services for people with memory loss.”

*Photo by Alzheimer’s
Association*

Many people living with memory loss and their families tell us that connecting with others is the best thing they've done. They say it is worth the effort to find programs and reach out to people for support.

The Momentia movement promotes many kinds of dementia-friendly activities in Seattle and other cities in the area. Local programs may include support groups, walking clubs, art gallery tours, volunteer options, and more.

Try out the programs, groups, or services in your area until you find a good fit. If you cannot find a program that works for you, think about starting one that meets your needs. You may find others in your area who will also benefit.

This chapter includes resources that you may find helpful. Visit www.depts.washington.edu/mbwc for more ideas.

Key Points in This Chapter

- *Connecting with others who also travel this road is one of the best things you can do.*
- *There are people and programs to help support you, your family, and your friends.*

Organizations for Specific Conditions

Some organizations offer information and support to people with specific health conditions and their families. Here are a few:

- **The Alzheimer's Association** – for those living with mild cognitive impairment or dementia and their families. To learn more:
 - Visit their website at www.alz.org. For support for different cultures, search for African American, Chinese, Japanese, Korean, Spanish, or Vietnamese.
 - Call their 24-hour helpline at 800.272.3900. Translation is provided in over 200 languages.

- **The Association for Frontotemporal Degeneration** – for those living with frontotemporal dementia and their families. Visit www.theaftd.org or call 866.507.7222.
- **The Lewy Body Dementia Association** – for those living with Lewy body dementia and their families. Visit www.lbda.org or call 800.539.9767.
- **The Northwest Parkinson’s Foundation** – for those living with Parkinson disease and their families. Visit www.nwpf.org or call 877.980.7500.

Support Groups

In a support group, people share their stories and their ideas. They also encourage each other. Some groups are for the person living with memory loss. Other groups are for their care partners.

- **The Alzheimer’s Association:**
 - Early Stage Memory Loss support groups in Washington state: 206.529.3868.
 - Caregiver support groups for Alzheimer’s disease, Lewy body dementia, and frontotemporal dementia in Washington state: 206.363.5500.
 - Online forum for persons living with memory loss or care partners, www.alzconnected.org
- **Community organizations** such as senior centers, libraries, faith congregations, or service clubs may offer support groups or be willing to start one.



Support groups give you the chance to share your story with others who understand.

In Our Words

Reflections from the Memory Loss Journey

Each person's journey is unique. But sharing stories can be very helpful. By joining a support group, you have the chance to share your story with others who understand. You can also learn new ways to adapt and live well.

Members of an Alzheimer's Association support group in Bellevue, Washington, shared these thoughts:

- "I'm still the same person I was before Alzheimer's."
- "I have made new friends through Momentia. We are facing similar things and can help each other."
- "Reading and writing have become harder. I make up for this by listening to audio books."
- "I've started going to the local senior center. No one there seems to mind that I don't remember their names or what I did the last time I was there. We are just in the moment and enjoy ourselves!"
- "It's hard to not be able to drive. But I get a lot more exercise because I walk everywhere."
- "I used to be the one cooking, but now I do the dishes."
- "When I can't find a word, my wife and I joke about it. That's how we get through it. It's important to let your partner know how you want them to handle it when you forget things. I like it when my wife and family help me. But, I know some people with memory loss who don't want help. Talk about it."
- "I can't change the fact that I have Alzheimer's, so I try to enjoy life to its fullest. I just have to find new ways to do so."

Dementia-Friendly Activities

Arts, Recreation, Volunteer Options, Social Activities

- **Momentia Seattle**, www.momentiasseattle.org. This website has a calendar of dementia-friendly arts, fitness, social, and volunteer programs in Western Washington. Some programs are for persons living with memory loss, and some include their families and friends. Programs include:
 - **Arts:** Song circle, drum circle, art gallery tours, art-making classes, song-writing workshops, improv theatre workshops, folk dance classes, book groups, and movie programs
 - **Fitness/Recreation:** Neighborhood walking groups, exercise classes, and a walking program at the zoo
 - **Volunteerism:** Food bank program, gardening program, and activism groups
 - **Social activities:** Alzheimer's or Memory Cafes, special events
- **Alzheimer's Café**, www.momentiasseattle.org/alz-cafes. An Alzheimer's, dementia, or memory café is a social gathering for people living with memory loss and their families and friends. Restaurants reserve part of their dining area where the group can meet. Each group meets about once a month. Gatherings take place in many cities in the Puget Sound area, including Bellevue, Edmonds, Issaquah, Seattle, Silverdale, and Tacoma.
- **Museums and other arts and culture groups** may offer dementia-friendly tours and programs. For example:
 - The **here:now program** at the Frye Art Museum in Seattle offers art gallery tours and art-making classes. Visit www.fryemuseum.org/program/here_now or call 206.432.8265.
 - **Taproot Theatre** in Seattle offers improv theatre workshops for people living with early stage memory loss. Visit www.taproottheatre.org/earlystage-memoryloss-classes or call 206.529.3671.

- **Seattle Theatre Group** offers “Dance for Parkinson’s” dance classes. Visit www.stgpresents.org/education/parkinsons or call 206.467.5510, extension 1167.
- Some **parks and recreation departments** have dementia-friendly activities.
 - Seattle’s **Dementia-Friendly Recreation** programs offer many arts, fitness, social, and volunteer options for people living with memory loss and their families. Visit www.seattle.gov/parks/find/dementia-friendly-recreation or call 206.615.0100.
- **Senior centers** in your area may also offer programs for people living with memory loss. Here are some examples:
 - **Greenwood Senior Center** in Seattle has a Memory Loss Programs Coordinator. The center offers dementia-friendly programs like a chorus, yoga class, and more. Their early stage memory loss enrichment program, **The Gathering Place**, meets weekly for social and creative activities, exercise, and brain fitness. Visit www.phinneycenter.org/gsc/social.html, call 206.297.0875 or send an email to socialwkr@comcast.net.
 - **Northshore Senior Center** in Bothell has a **Brain Fitness Club** for people with early stage memory loss. The club helps people stay mentally, socially, and physically active. Call 425.488.4821 or send an email to candicew@seniorservices.org.
 - **Southeast Seattle Senior Center** offers support groups and a drum circle for people with memory loss. Call 206.722.0317 or send an email to jaimec@soundgenerations.org.



Nancy and Steve Olsen

Community Spotlight

Staying Active, One Step at a Time

Steve and Nancy Olsen “walk the talk” when it comes to staying active! They have always loved to take walks, but when Steve was diagnosed with dementia, they felt walking was even more important.

In 2014, the Olsens started a program called “Out and About Walks.” This free walking group for people living with memory loss and their loved ones gives them the chance to connect with each other while getting exercise. The group is now one of Seattle Parks and Recreation’s “Dementia-Friendly Recreation” programs.

“Out and About Walks” meets 2 times a month. Each planned walk takes a 2- to 3-mile route through a different neighborhood. The walk begins with the reading of a poem and finishes with social time at a local coffee shop.

The group has been a huge success and has led to many new friendships. “Out and About Walks are very special for me – not only for the walking, but for the closeness of the group,” says one walker.

The Olsens’ love of walking has blossomed into a program that has helped many. If you want to start a program in your area, they suggest, “Look at what you love to do. Look at the needs of the people living with dementia and their families. Put those together and watch things take off!”

To find out more about “Out and About Walks” and other ways to stay active, visit www.momentiasseattle.org.

From Michael Woo, Kin On Community Care Network, Seattle, WA:

“In my work with the Chinese community, I reassure the person or family that this journey can be difficult, but it’s a journey they don’t have to travel by themselves. There are groups and services available to support them. And sharing with others who have similar challenges can be very powerful and useful.”

Caregiver Resources

Some programs help families who care for a loved one with memory loss. They may offer home visits, teaching, or counseling. Some may offer short-term *respite care*, which is planned or emergency care for someone with special needs. Respite care provides a short break for a family member who is also a caregiver.

- **Family Caregiver Support Program:** This is a State of Washington program that can provide information, support, and free counseling. The state contracts with agencies in each county to provide these services. To find the phone number for your county, visit www.dshs.wa.gov/AL TSA/resources and enter your zip code. You can also call your local Department of Social and Health Services (DSHS) office.
- **Care Connections:** A program of the Alzheimer’s Association in King and Snohomish counties. Care Connections provides support for caregivers and may offer home visits and respite care. Call 206.363.5500.
- **El Portal Northwest:** A Latino outreach program from the Alzheimer’s Association and SeaMar Community Health Centers. It includes teaching designed for the Latino culture, support, and referrals to area resources. Call 206.529.3877 or send an email to estela.ochoa@alz.org.
- **Kin On Care:** Offers Alzheimer’s and dementia information, and support and respite care services for Cantonese, Mandarin, and Toisanese-speaking caregivers. Visit www.kinon.org or call 206.652.2330.
- **Online caregiver tools** can help with legal and financial planning, care options, safety, communication, and more:
 - Alzheimer’s Association: www.alz.org/care.
 - Family Caregiver Alliance: www.caregiver.org. Materials are in Chinese, Korean, Spanish, and Vietnamese.

Adult Day Programs

These programs provide meaningful activities for people with memory loss. They also provide daytime respite for care partners. People usually attend these programs 1 to 5 days a week.

There are 2 types of these programs:

- **Adult day programs** are like senior center programs, but with extra support. They give people living with memory loss or other health problems a way to stay active and connected to others. The half-day programs may include activities such as social time, creative projects, exercise, and lunch.
- **Adult day health programs** have healthcare staff such as a nurse and occupational therapist. They provide wellness support, check blood sugars, manage medicines, and offer rehabilitation or other therapy.

Some adult day programs in the greater Seattle area include:

- **Circle of Friends**, an adult day health program in Bellevue that mostly serves adults who speak Russian. Others are also welcome. Call 425.454.8585.
- **Elderwise**, an arts-based adult day program in Seattle. Visit www.elderwise.org or call 206.913.1757.
- **Full Life Care**, an adult day health program in King and Snohomish counties. Visit www.fulllifecare.org or call 206.528.5315.
- **Kokoro Kai**, an adult day program in Seattle and Bellevue that serves Asian elders with Japanese focus. Visit www.keironorthwest.org or call 206.726.6474.
- **Legacy House**, an adult day and adult day health program that serves Seattle's Chinatown neighborhood. Visit www.legacyhouse.org or call 206.292.5184.
- **Old Friends Club**, an adult day program in Carnation and Kirkland. Visit www.oldfriendsclub.org or call 425.681.9776.

- **Seattle Indian Health Board, Elders Program**, an adult day program in Seattle for American Indian and Alaska Native elders age 55 and older. Visit www.Sihb.org/elders-program or call 206.324.9360, extension 2813.

For more adult day programs in Washington state, visit www.leadingagewa.org/members/adult-day.



Many companies and agencies offer in-home care.

Living Options: In-home Care and More

In-home care staff are trained to help you with your daily activities. Many companies and agencies offer in-home care.

Some people choose to live in a **community** that includes activities and meals. This might be sharing a home with friends or family. Living with loved ones can be one way to give and receive support.

Other living options vary in the care and support they provide:

- **Senior apartments** may offer some activities, but they do not have medical staff.
- **Independent living retirement communities** may offer some activities, but they do not have medical staff.
- **Assisted living communities** provide some support for meals, personal care, chores, and taking medicines.
- **Adult family homes** are houses with 3 or 4 bedrooms. Staff may provide support or full care.
- **Memory care facilities** provide full, long-term dementia care. Some also provide respite care.
- **Skilled nursing facilities** provide short-term care after an injury, surgery, or hospital stay. Some offer long-term care.
- **Continuing care retirement communities (CCRC)** provide independent, assisted, and memory care. This is ideal for people who do not want to move to another facility if their care needs change.

Talk with a social worker or geriatric care manager about your living choices.

Getting Around

If you do not drive, there are many other ways to get around.

- **Paratransit service** is a van service supported by the Americans with Disabilities Act. The fare is the same as the bus. If you qualify, they will pick you up at home.

You must apply for this service with your local transit service.

The name of the service depends on the county you live in:

- In King County Metro Access
 - In Snohomish County DART program
 - In Pierce, Kitsap, and other counties Paratransit Services
- **Taking the bus** is also an option. To learn more, please see “Riding the Metro Bus” on page 12.
 - **Taxis.**
 - **Rideshare services** like Uber or Lyft.
 - **Some nonprofit groups** offer free or low-cost transport services. Two of these programs are:
 - Sound Generations (formerly Senior Services) in Seattle: www.soundgenerations.org/get-help/transportation/volunteer-transportation. Call 206.448.5740 or 800.282.5815 by no later than Tuesday if you want a ride the following week.
 - Catholic Community Services Volunteer Transportation program: www.ccsww.org/site/PageServer?pagename=seniors_volunteertransportation. Call 206.328.5696.
 - You may also have success asking friends and family for help with rides.



The sign at a Metro bus stop gives the route number and tells where the bus is going.

Community Voices

Riding the Metro Bus

By Charlie Reidy and Sarah Parkhurst, Seattle, WA

If you have retired from driving, a bus can help you get where you need to go. There are many good things about riding a bus:

- You can let the driver worry about traffic.
- You can read a good book or listen to music on your headphones.
- You may find that riding the bus is more relaxing than driving.

Before You Ride

Metro is the bus system in King County, Washington. Visit www.metro.kingcounty.gov/tops/bus/how-to-ride to learn about riding a Metro bus.

Metro offers riders with disabilities the chance to practice riding the bus. A support person can ride with you on the Metro bus or light rail until you are ready to travel safely by yourself. Call 206.749.4242 to learn more.

Paying for Your Ride

If you are over age 65 or are living with dementia, you qualify for a **Regional Reduced Fare Permit (RRFP)**. Having an RRFP will lower your cost of riding the bus.

To apply for an RRFP:

- Visit www.metro.kingcounty.gov/tops/accessible/reduced-fare-permits.html. Click on:
 - “RRFP Eligibility Criteria Form” to read about the RRFP.
 - “RRFP Eligibility Application Form” to print the form.
- Ask your doctor to fill out and sign the last part of the form.
- Take the form to the Metro Customer Service Office. The address is 201 S. Jackson St., Seattle. You will need to pay a \$3 fee. They will give you the RRFP.

When you get on the bus, you can pay with either cash or an **Orca card**. An Orca card is a pass that can be loaded with money. It is helpful if you do not like to carry cash. To get an Orca card and load it with money, go to the Metro Customer Service Office at 201 S. Jackson St., or visit www.orcacard.com.

Planning Your Trip

To find out what bus to take:

- Visit <http://triplanner.kingcounty.gov> to use the **Metro Trip Planner**. Enter your starting address and the address you are going to. The planner will tell you which buses to take, what time they leave and arrive, and how much the ride will cost if you are paying with cash.
- Or, you can call Metro on weekdays from 6 a.m. to 9 p.m. at 206.553.3000. They will help you choose the right bus route for your trip.

Tips

- If riding a bus is new for you, or if you just want support, ask a friend to ride with you for your first few rides.
- Give yourself plenty of time to get to the bus stop.
- If you have a smartphone, try the *One Bus Away* app. It will tell you if your bus is on time.
- When you get on the bus, feel free to ask the driver to lower the lift. This is helpful if you use a wheelchair or walker or have a hard time using the steps.
- To pay as you board the bus:
 - If you have an Orca card or RRFP, hold it up to the card reader.
 - If you are paying with cash, put it into the fare box. There is a place to insert dollar bills and a container for coins. You will need to have the exact amount for your fare. The bus driver is not able to give change.



The arrow in this picture points to the sign in the front of the bus that tells where the next stop will be.

- Learn the stops that your bus makes so that you know when it is getting close to your stop. A sign in the front of the bus tells where the next stop will be.
- When you see that your stop is next, pull the cord at the top of the window. This tells the driver that you want to get off at the next stop.
- Enjoy the ride!

Questions?

Your questions are important. Talk with your doctor or healthcare provider if you have questions or concerns.

- To learn more about the Memory and Brain Wellness Center, visit depts.washington.edu/mbwc
- To set up clinic visit, call 206.520.5000