Combating Isolation through daily activities!





AiTC August 4-6, 2021

Gail Snider,
Executive Director



1) Understand the need for consistent, social engagement programs offered remotely

2) Be able to identify community partners to assist in launching a similar program in your area.

3) Learn steps/processes to deploy an online activity program to fill the gap in services for those socially isolated.









Dementia
Friendly Fort
Worth
Launched
January 2018

Founding partners include First United Methodist Church of Fort Worth, North Central Texas Alzheimer's Association and United Way/Area Agency on Aging of Tarrant County

First United Methodist Church of Fort Worth (FUMCFW) received a donation in 2017 which launched our efforts. The church continues to provide in-kind support through office space, technical/production support for our YouTube recordings, Zoom account and accounting support through the business office.









5<sup>th</sup> Street Café Launched September 2019 as "in-person" program

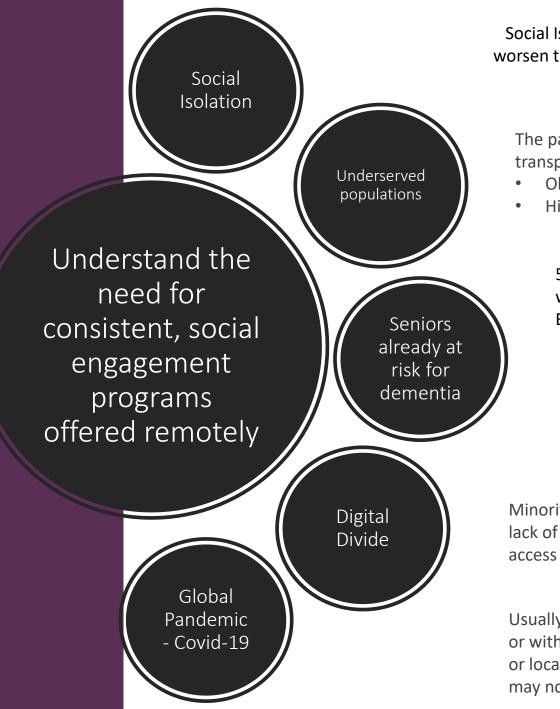
#### 5<sup>th</sup> Street Café' - "In-person" session included:

- Meeting 2 times per month on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday from 10:30 – noon.
- A social gathering with refreshments (about 20-30 minutes)
- An organized activity for the group a craft, sing along, painting, exercise, team building activities or special guest from Texas Winds, a local musical outreach program



### Virtual 5th Street Cafe Dementia Friendly Social Club

- Weekly on Wednesdays from 11:15-12:15 via Zoom.
- Serves people with self-reported memory loss, mild cognitive impairment, or a diagnosis of Alzheimer's Disease or related dementia.
- Offers the opportunity for social engagement, friendship, and a break from the daily routine for people in early stages of dementia.
- During this challenge of social distancing the program offers a relaxed and fun way to socialize and just be together.



Social Isolation contributes to earlier onset of symptoms of dementia and tends to worsen the symptoms of those with MCI. Social Isolation also affects overall physical, mental and emotional well-being.

The pandemic highlighted the on-going problem of disparity of access to health care, transportation, healthy foods and technology/connectivity in minority communities.

- Older African Americans are twice as likely to have dementia
- Hispanic are 1.5 times as likely to have dementia

50% of persons over the age of 85 have dementia. Even those in this group who do not live alone often live with a spouse or partner who is also over 85. Both are often isolated from community due to:

- Physical limitations
- Lack of adequate transportation
- Decrease in social contacts related to their longevity outliving friends & family
- Lack of economic resources
- Chronic diseases that restrict activity

Minority communities tend to be underserved and lack access to technology due to lack of connectivity, financial resources, fear of technology and overall inability to access available programs.

Usually, activity programs or social engagement programs for persons living alone, with or without dementia, involve in-person programs at community centers, senior centers or local faith communities. Many of these programs are not currently available and may not be resumed for the foreseeable future.







Partnerships & collaborations help make these programs successful













Christian Care
Communities and Services

Fort Worth, Texas





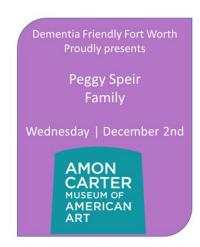


Harris College
of Nursing & Health Sciences

Nursing



Activities for People Living at Home with Dementia



- Dementia Friendly Fort Worth launched this program in April 2020, following Stay at Home orders in our area.
- Grant funding through University of North Texas Health Science Center provided initial funding to launch the program.
- Additional funding from UW/AAA has helped sustain the program through the end of 2020 and beyond.
- The program is now a regular offering with plans to expand to additional time slots.











Activities for People Living at Home with Dementia

#### Program promoted through

- Email distribution list
- Daily email with link to event for the day (see example)
- Facebook
- Community partners and professionals who share it



Why are these types of programs beneficial for people living with dementia?

Providing person-centered care for the whole person is paramount to the person living with dementia, especially when they are isolated from family.



Depression and an overall decline in health can result from social isolation and lack of connection or engagement with others.

These factors are already present in many with dementia, so we must find creative ways to keep them involved in social settings and engaged in activities of various types.

The group is where he feels like everyone one else - his normal & their normal, be that as it is. Friendship and friends; there is nothing better than being needed, loved and appreciated and this group does that for one another.

Myra



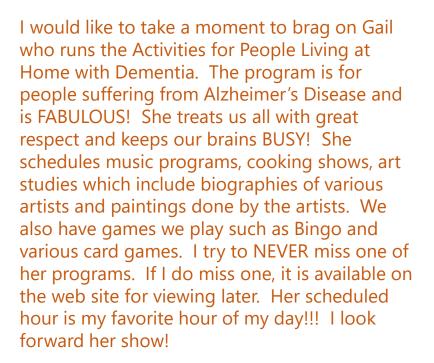
David has lots of choices of Zoom meetings/gatherings. He likes this one because it is EVERY DAY!

CD

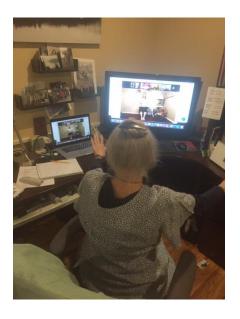
I just wanted to drop a quick note and tell you how much these daily sessions mean to Steve. This group is becoming like family to him and I think he would be lost without the times you meet. Many days these opportunities are what gets him up and out of bed.

Thank you seems inadequate to express my appreciation.

Sue



Sincerely, Paulette



Paulette and I continue to look forward to time with Gail's Snider's daily program at 10:30:

The programs are well thought out and presented and differ each day, but each component therapeutically addresses the needs of those who suffer from Dementia Additionally, the exchanges between Gail and all the participants has developed new friendships.

Bob

## Don & Myra



### Sue & Steve



We use MailChimp as the platform for email distribution and surveys.

Here are some results from care partners and participants from our latest survey:

- 1) Attending the program has provided (for me or someone I care for) (check all that apply) [Not everyone marked these options]
  - 1) Socialization 27.3%
  - 2) A break for me as care partner 4.5%
  - 3) Improved daily quality of life for PLWD 18.2%
  - 4) Improved daily quality of life for care partner 18.2%
  - 5) Connecting to the program has been difficult/frustrating 4.5%
  - 5) Provides a good rang of engaging activities 27.3%



## Surveys & Feedback:

- 1) Age Range of participants/Gender/Race
  - 1) 33.3% 61-60
  - 2) 50% 61-70
  - 3) 16.7 % 71-80
  - 4) 83.3 % Female
  - 5) 16.7 % Male
  - 6) 100% Caucasian

#### **Professional feedback:**

- Programs are stimulating, educational, fun, socially engaging, interesting and enlightening.
- Love this program as is, I love the stability and continuity.

#### **Care Partners say:**

- 1) I love this program and it's been super beneficial for Mom.
- 2) Gail has been an encouragement and support. She goes above and beyond.
- B) Purpose, self-worth, confidence and value are some of the things these programs provide. Alz/Dementia is a tough diagnosis, and this program is the bright spot in the day!. Bob











#### Monday - Friday | 10:30 - 11:00 am | Zoom Meeting

Registration recommended <a href="https://dffw.org/events/">https://dffw.org/events/</a>

Join us for this half-hour online activity session designed to engage people who are living at home with dementia. Each session will feature a guest presenter who will guide participants through fun and engaging activities they can do from home.

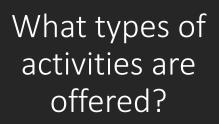
These activities will include things like art, concerts, cooking demonstrations, games, movement, music therapy, movement each with brain engagement and a social component. Having a routine can be a major benefit for those with dementia, and this program is offered five days a week! Special thanks to the United Way /Area Agency on Aging of Tarrant County and other donations for making this program possible.

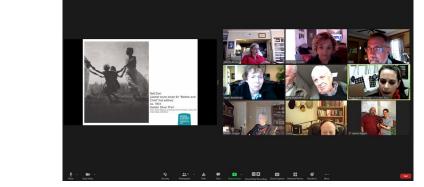
#### For more information contact:

Gail Snider | gsnider@dementiafriendlyfw.org | 817-994-3803

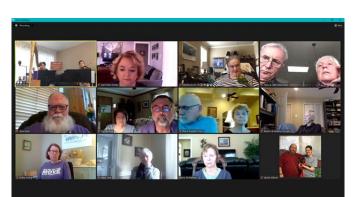
REGISTER AT: https://dffw.org/events/

CONNECT TO SESSION at <a href="https://zoom.fumcfw.org/6">https://zoom.fumcfw.org/6</a>





- Art Appreciation
- Baking
- Bingo
- Brain/mind stimulation
- Crafts
- Exercise/movement
- Games like Jeopardy, The Price is Right
- Music Appreciation
- Sing-a-longs



What do these programs offer that other programs may not?

- Non-judgmental atmosphere
- Opportunities to have a voice/opinion
- Participation at their current level
- Friendships with others facing similar health/cognitive issues
- Sense of belonging and being valued
- Opportunity to reach outside our city/county
- Engagement in various activities, which help to stimulate multiple parts of the brain
  - Memory
  - Executive Functioning
  - Attention
  - Language
  - Visual Spatial



- Technical Issues navigating Zoom
- Navigating within the program to help participants (get bingo card, see other participants etc.)
- Lack of access to computer equipment/ipad or phone. If someone is on an ipad or phone, they can see the bingo card, but not the participants.
- Remembering to hit the "record" button at the start of the session.
- Our staff is very limited!

What challenges have your groups experienced in working to offer similar programs

- 1.
- 2.
- 3.
- 4.

Here is a sample of Activities for People Living with Dementia session



Link to previous sessions of the program: <a href="https://bit.ly/2F6Drbj">https://bit.ly/2F6Drbj</a>





AMON CARTER MUSEUM OF AMERICAN ART



Dementia Friendly Fort Worth proudly presents a partnership with Amon Carter Museum of American Art featuring a series of virtual Artful Moments!

Artful Moments, with Amon Carter Museum of American Art is designed for visitors with early stage dementia and their caregivers to connect with artworks and creativity in a social setting This summer, Artful Moment is partnering with Dementia Friendly Fort Worth to be a part of our daily program, Activities for People Living at Home with Dementia.

Artful Moments will be featured weekly as a part of our series This partnership provides an opportunity for you to enjoy Artful Moments from the comfort of your home. Each week, we'll explore different themes with conversations inspired by artists and artworks in the Carter's collection and share stories and experiences.

To learn more about Activities for People Living at Home with Dementia and to register for featured Artful Moments sessions, please <u>click here</u> or visit <u>dffw.org/events</u>

Each program will occur on Zoom, from 10:30 – 11:00 am.

Join the session at

https://zoom.fumcfw.org/6





#### Dementia Friendly Fort Worth is partnering with Texas Winds!

These concerts will be part of our Activities for People Living at Home with Dementia series. Themes for July include Western Swing, Cello & Piano, Guitar and Buddy Bray! What a great way to enjoy wonderful music and hear from these talented musicians. Texas Winds musicians provide first-rate entertainment, however, their greater aim is to strengthen morale and improve quality of life for their audiences by sharing love, affirming seniors' dignity and allowing them to feel special, not forgotten.

Register for these individual sessions Here or visit DFFW.org/events

Each program will occur on Zoom, from

10:30 – 11:00 am.

WORTE

Join the session at

https://zoom.fumcfw.org/6



https://zoom.fumcfw.org/6

#### Fort Worth Opera Announces *Music, Memory, and More*, a Seven-Week Series Designed to Enrich the Lives of Individuals at Home with Dementia

Today, we are excited to announce the launch of *Music, Memory, and More*, a seven-week series (March 30, April 8, 22, May 13, 27, and June 10, 15 at 10:30 am CST). Featuring guest artists from Fort Worth Opera and the company's talented Lesley Resident Artists, this inspiring new program is specifically designed to engage individuals living with dementia in the Dallas-Fort Worth Metroplex.



Supported in part by a generous grant from the <u>Texas Commission on the Arts</u>, this inspiring new series is an extension of Fort Worth Opera's special

community programming and marks the inaugural collaboration between FWO, <u>Dementia Friendly Fort Worth</u>, and the <u>United Way Area Agency on Aging in Texas</u>.

Each hour-long event begins with a mini-concert. During the first event on Tuesday, March 30, this therapeutic program will consist of two 20-minute segments. The first half of every session will feature musical performances followed by an interactive activities such as music, movement, music therapy, call and response interaction, and socialization.

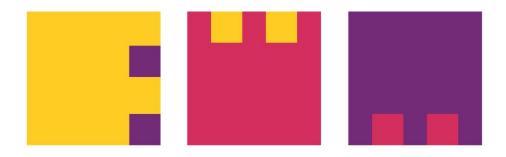
For those who cannot join us, each recording will be available to watch online through Worth Opera and Dementia Friendly Fort Worth's YouTube channels for thirty days following each session.

To attend, please contact Gail Snider, Executive Director of Dementia Friendly Fort Worth, at <a href="mailto:gsnider@dementiafriendlyfw.org">gsnider@dementiafriendlyfw.org</a> or call 817-994-3803.

This project is supported in part by the Texas Commission on the Arts and United Way.

Read the Full Announcement Here





# FORT WORTH MUSEUM SCIENCE AND HISTORY



## Dementia Friendly Fort Worth is partnering with Fort Worth Museum of Science & History

Fort Worth Museum of Science & History will be a guest presenter on our Activities for People Living at Home with Dementia program. These 30-minute sessions will focus on special collections housed at the Fort Worth Museum of Science & History.

Museum presenters will present sessions on bison, Texas emblems, birds, historical clothing, electronic equipment and many other interesting items. These items and discussions spark memories for those persons living with dementia or at risk of developing dementia. What a great way to expand your knowledge of all things science & history.

Register for these individual sessions here: <a href="https://dffw.org/events/">https://dffw.org/events/</a>

Daily sessions are offered by zoom and you can join the session here:

https://zoom.fumcfw.org/6







# Find our past Dementia Friendly Weekly Chapel Services here:

https://www.youtube.com/playlist?list=PLeLycuhWJCZvkjcu5FPf68buNHp1Wn2v

Live Dementia Friendly
Weekly Chapel every Sunday
at 2:00 pm & Wednesday at
10:00 am.

Go to fumcfw.org/live

How to Contact
Dementia
Friendly Fort
Worth



Thank you for helping to improve the daily life of people living with dementia and their care partners

How to Contact
Dementia
Friendly Fort
Worth

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Visit our website to register and find links for program Zoom meetings.

https://www.dffw.org