

Dementia Friendly Libraries

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Learning Goals & Objectives



- Understand warning signs of dementia
- Understand benefits of a dementia-friendly community
- How to create a dementia-friendly library
- How to interact with patrons with dementia
- Understand the importance of offering culturally-sensitive programs and materials
- Integrate programming into the community
- Create a dementia-friendly physical space
- Educational Resources/Community Partners

Brain Health is a Public Health Priority

- ❑ The proportion of Vermonters over the age of 65 is continuing to increase
- ❑ Brain health refers to one's ability to remember, learn, play, concentrate and, generally, have a clear, active mind

Memory changes that result in cognitive impairment are not a normal part of aging



Memory loss that interferes
with your daily life is
not a normal part of aging.



Video: <https://youtu.be/YhT58SSQrA>

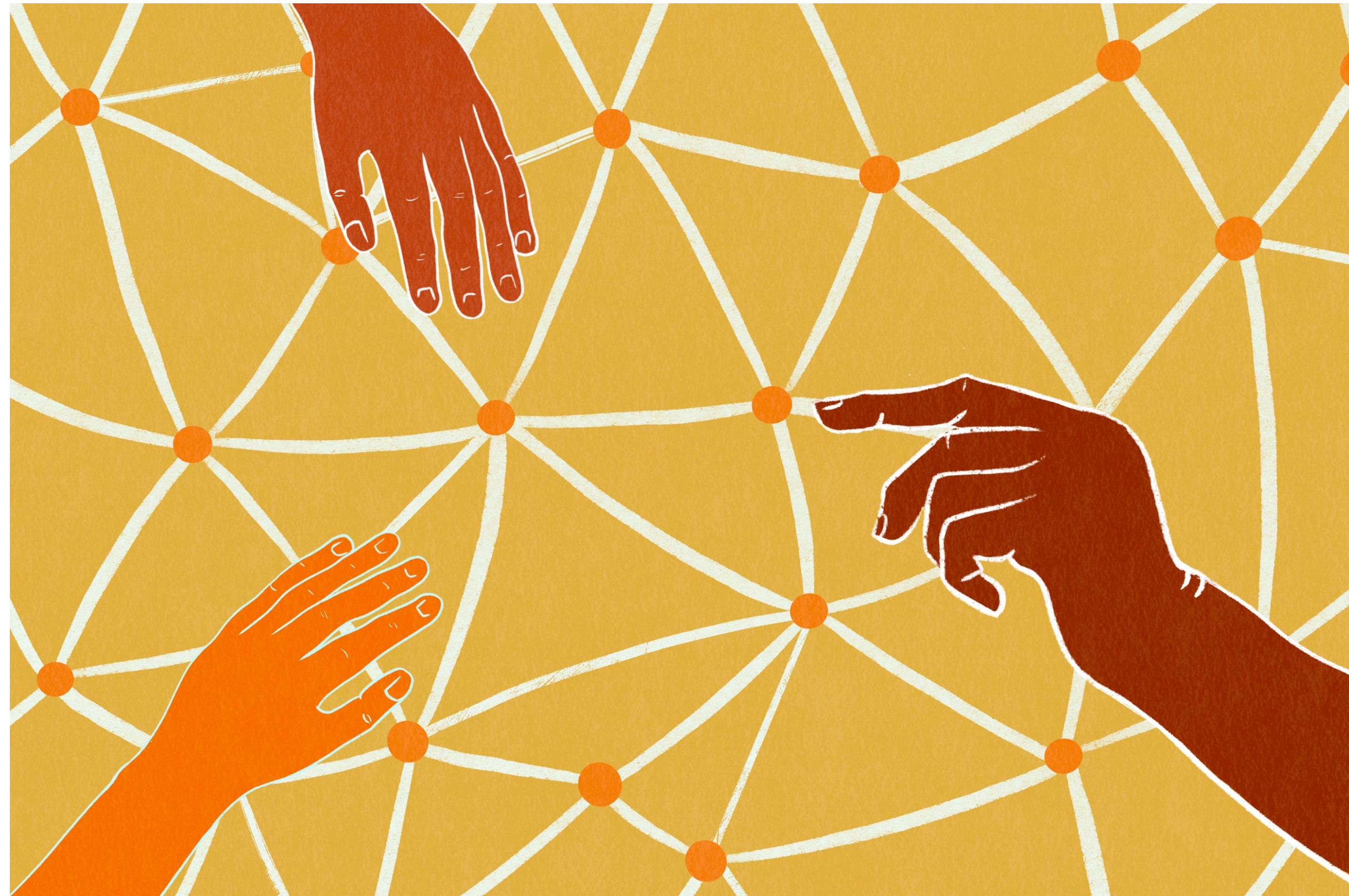
10 Warning Signs of Alzheimer's Disease

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Trouble with spatial awareness
- New problems with language
- Frequently misplacing things
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality



Dementia-Friendly Communities

- ❑ Village, town, city or county
- ❑ Informed, safe and respectful of individuals living with dementia, their families and caregivers
- ❑ Provides supportive options that foster quality of life
- ❑ A process of becoming more dementia friendly



Why are Dementia Friendly Communities Important?

A dementia diagnosis comes with significant barriers to navigating daily life

- ❑ In 2020, 91% of older Vermonters surveyed live in own home
- ❑ 21% of Vermont adults are 65+
- ❑ Of those, 36% who live alone report subjective cognitive decline
- ❑ Dementia-friendly communities can help people living with dementia stay in their homes longer

<https://www.healthvermont.gov/what-are-dementia-friendly-communities>



What are the Benefits of Dementia-Friendly Communities?

Implementing dementia-friendly practices in the settings where people with dementia and their caregivers go has many benefits.

- ❑ Creates a calm and peaceful environment for people with dementia
- ❑ Makes environments safe and respectful for individuals living with dementia, families, and caregivers
- ❑ Promotes intergenerational connections to help break down barriers, increase social interaction, combat ageism
- ❑ Promotes dementia-friendly practices across all sectors in the community benefiting everyone



What Dementia-Friendly Communities Look Like

What a Dementia-Friendly Community Looks Like

Click the clouds to learn about implementing dementia-friendly practices in a given location or business sector.



Source: <https://www.healthvermont.gov/what-are-dementia-friendly-communities>

Dementia Friendly Libraries



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https://www.youtube.com/watch?v=_ye7fRQ9RTM

Interacting With People With Dementia

- ❑ Speak clearly and be patient
- ❑ Listen closely
- ❑ Smile warmly and make eye contact
- ❑ Respond to a look of distress
- ❑ Help when confusion is present
- ❑ Watch for signs of change and offer help accordingly – every day can be different



Taking Action in the Library

- Offer opportunities for meaningful engagement, or work with community partners to bring music, art, or poetry programming to the library
- Offer library materials helpful for caregivers of people with dementia



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Offer Materials That Can Engage and Stimulate People Living with the Disease

- ❑ Both adult and children's collections
- ❑ Nonfiction books on a variety of topics
- ❑ Short fiction (such as folktales, myths, and excerpts from full length books) and poetry
- ❑ Books that are highly illustrated with color photographs.
- ❑ Books for reading aloud.

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More Materials to Offer

- ❑ Local history and biographies of famous persons written in an easy-to-understand style/format.
- ❑ Audio books in both CD and downloadable format (e.g., OneClickDigital or OverDrive)
- ❑ Magazines in both paper and downloadable format (e.g., zinio)
- ❑ Music in both CD and downloadable format (e.g., freegal)
- ❑ Videos in both DVD and downloadable format (e.g., indieflix or OverDrive)

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Cultural Sensitivity

- Make sure that the needs and interests of all cultural communities are considered when planning how you will serve persons with dementia.
- Offer individual appointments to the person and their care partner to help them choose materials that interest them.



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Ideas to Engage and Support

- Display a “Dementia-Friendly Corner” with books to inform and support people living with dementia, family caregivers and youth during National Alzheimer’s Disease Awareness Month and National Family Caregiver Month (November).
- Create memory boxes or reminiscence kits for patrons to check out.



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Take-Home Materials



- Have a take-home resource bag of materials appropriate for people living with dementia and for family caregivers.
 - ▣ The **bag for someone living with dementia** may include adult or children's non-fiction books on a themed topic with colorful photographs, activity books, music CD and exercise DVD.
 - ▣ The **bag for family caregivers** may include books to support and educate the family caregiver, a relaxation CD, and educational DVD on the disease.

Hosting Programs in the Library

- ❑ Be a site for educational programs on dementia, Alzheimer's disease and brain health. Connect with CDDs!
- ❑ Offer educational programming for persons who are caregivers of those with dementia.
- ❑ Be a site for support groups for people living with dementia and family caregivers.
- ❑ Organize and offer a book club or create a book club kit. Include an Alzheimer's-disease-related book, study group questions and a flyer listing community resources.
- ❑ Host a Memory Café at the library. (See slide 24)



Taking Library Services and Materials to the Community

- Bring programs using library materials to senior living communities, senior centers and adult day settings in your area.
 - ▣ Ex: “Tales and Travel Memories” program
- Learn more: <http://talesandtravelmemories.com>
- Offer a one-person “bookmobile” and take a selection of books to senior living communities.



More Community Ideas

- Provide a read-a-loud program in congregate living and adult day settings.
- Deliver library materials carefully chosen to meet their interests and abilities to homebound patrons.
- Offer a mobile library service.



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Creating a Dementia Friendly Physical Space

- A welcoming environment (both indoors and outdoors) helps a person with dementia continue to access your library.
- Entrances should be clearly visible, marked and understood as an entrance.
- Make sure that glass doors are clearly marked.

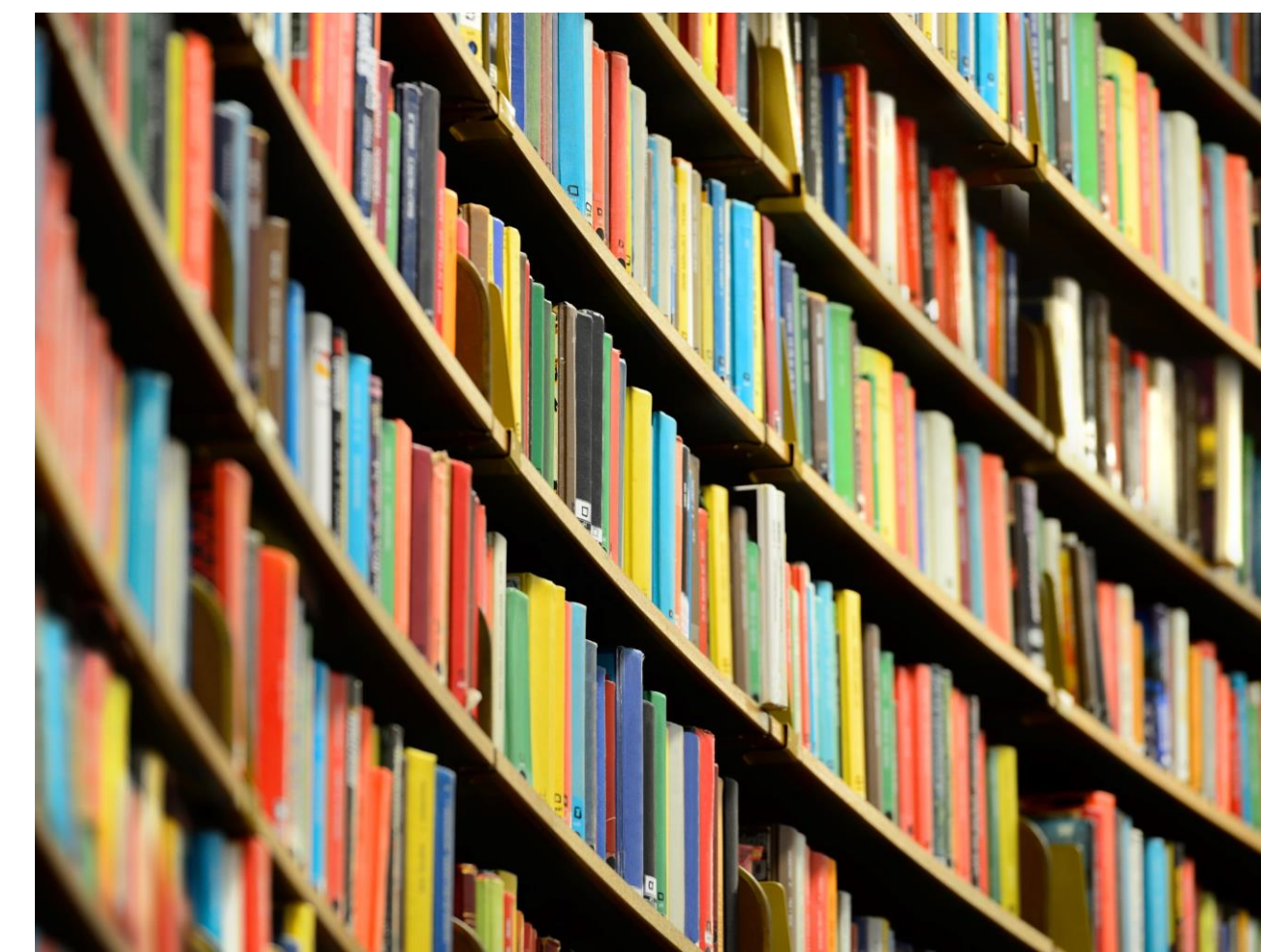


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Best Practices

- ❑ Signage for finding your way around should be clear, should use **bold** type, and should have **contrast** between the words and the background.
- ❑ Lighting at entrances should be high powered and include natural light when possible. Avoid pools of bright light and deep shadows.
- ❑ Flooring should be plain, not shiny, and not slippery. Pathways should be wide and free of clutter.
- ❑ A family/all gender restroom.

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Next Steps



- Convene a group of key community stakeholders or partners
 - ▣ Include library director or designated staff member, interested community members, and if possible, a person trained in dementia care (i.e., support group facilitator)
 - ▣ Assess library's capacity to serve as resource hub
 - ▣ Identify individual best-suited to lead program
 - ▣ Types of programs or services
 - ▣ Funding concerns related to programming and potential sources
 - ▣ Larger community involvement?
 - ▣ Dementia training for library staff (connect with Office of Local Health CDDs!)
 - ▣ Share resources, information and events in a consistent place

Educational Resources

- Know the 10 Warning Signs
www.alz.org/alzheimers_disease_know_the_10_signs.asp
- Dementia Friendly America
 - ▣ DFA Sector Video - [Library](#)
- Alzheimer's and Related Dementia's Interest Group ([IGARD](#)), American Library Association: providing library services to people living with dementia (members only; need login)
- [Developing a Dementia Friendly Partnership with Your Public Library](#)
 - ▣ Community examples, articles and online resources
- [Vermont Department of Health/Health Promotion & Disease Prevention/Brain Health & Dementia page](#)
- [Memory Cafes](#) (video, start at 55.20)

Community Partners and Resources

- Area Agencies on Aging Helpline 1-800-642-5119
- Alzheimer's Association (VT) 24/7 Helpline [1.800.272.3900](tel:18002723900)
- Vermont Department of Health Alzheimer's Disease and Healthy Aging Program
 - 12 Office of Local Health (district offices)
 - Connect to your local Chronic Disease Program Specialist
- Vermont Department for Disabilities, Aging, and Independent Living (DAIL)
- Senior Centers
- Aging Resources Guidebook <https://www.vermontelders.org/resource-guide>

And others...

Let's Stay in Touch!

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