

Washington State Dementia Action Collaborative: An Introduction



A CLEAR NEED FOR ACTION

We have around **126,000 people** living with Alzheimer's or other dementia in Washington state.



By 2040, the number of people 65 and older with dementia will **more than double**.

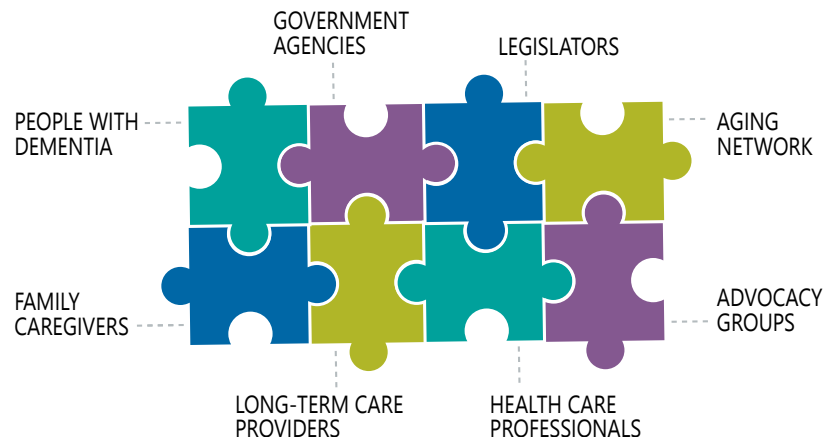
There is no known cure or prevention for Alzheimer's, but **lifestyle changes** like managing blood pressure, exercising and eating well may **reduce your risk**.



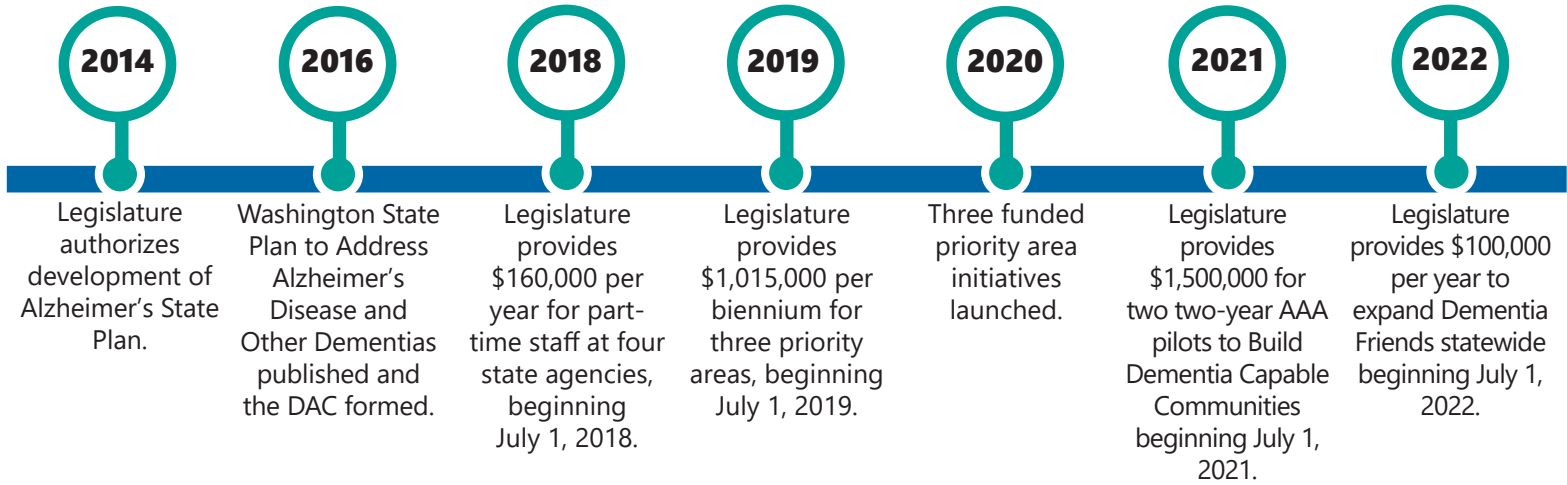
Early detection has medical, financial, and emotional benefits. Yet, **more than half** of Washingtonians with worsening memory loss have not talked to a health care professional about it.

COLLABORATION: THE HEART OF THE DAC

It takes all of us working together to help people with dementia and their families live their best lives. The Dementia Action Collaborative (DAC) engages a variety of stakeholders to foster a more dementia-friendly Washington.



LEGISLATIVE FUNDING FOR DAC PRIORITIES



THE DAC'S SEVEN AREAS OF FOCUS

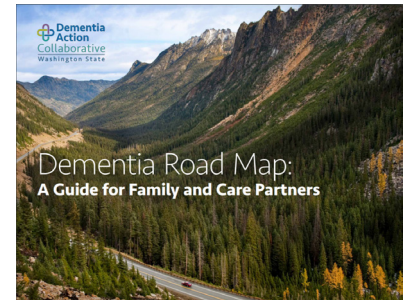
- 1 Public awareness, engagement and education
- 2 Prepared communities
- 3 Well-being and safety
- 4 Access to family caregiver supports
- 5 Early diagnosis and evidence-based health care
- 6 Long-term services and supports in setting of choice
- 7 Innovation and research related to causes and care

MAKING PROGRESS TOGETHER

The DAC works together to implement the [Washington State Plan to Address Alzheimer's Disease and Other Dementias](#) first published in 2016. During 2022-23, the DAC is working to update this plan. Highlights of progress to date include:

Raising public awareness

Developing resources on safety and for families on how to help their loved one with dementia, such as the [Dementia Road Map](#). Creating digital awareness campaign materials on the value of early diagnosis.



Fostering dementia-friendly communities

Promoting dementia-friendly attitudes and programming through toolkits, videos, webinars, statewide conferences and a Dementia Friendly Washington Learning Collaborative.

Promoting early legal and advance care planning

Publishing the [Dementia Legal Planning Toolkit](#), and initiating the [Dementia Legal Planning](#) program to educate and recruit attorneys and provide pro bono support with legal and advance care planning.

Improving primary care

Identifying best practices for primary care practitioners around diagnosis, treatment, supportive care, and advance care planning for people with dementia. Launching Project ECHO Dementia to offer tele-mentoring learning opportunities for primary care providers.

Find DAC resources at dshs.wa.gov/altsa/dementia-action-collaborative.