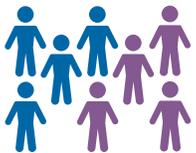


# Washington State Dementia Action Collaborative: An Introduction



## 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**.

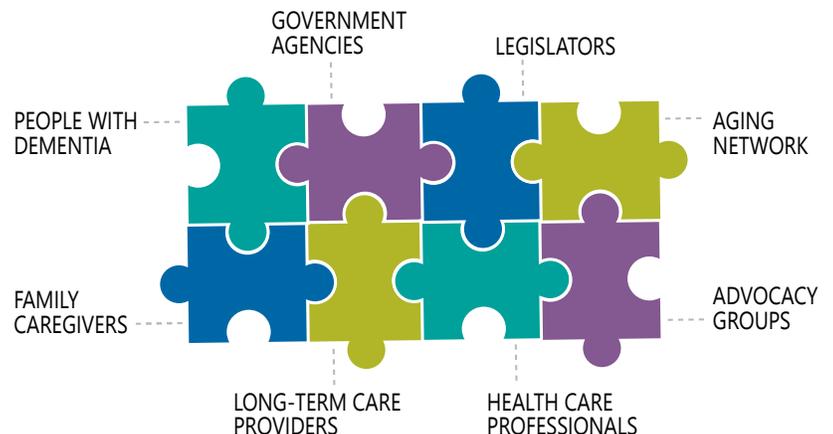
There is no known cure or prevention for Alzheimer's, but **lifestyle changes** like managing blood pressure, exercising and eating well may **reduce your risk**.



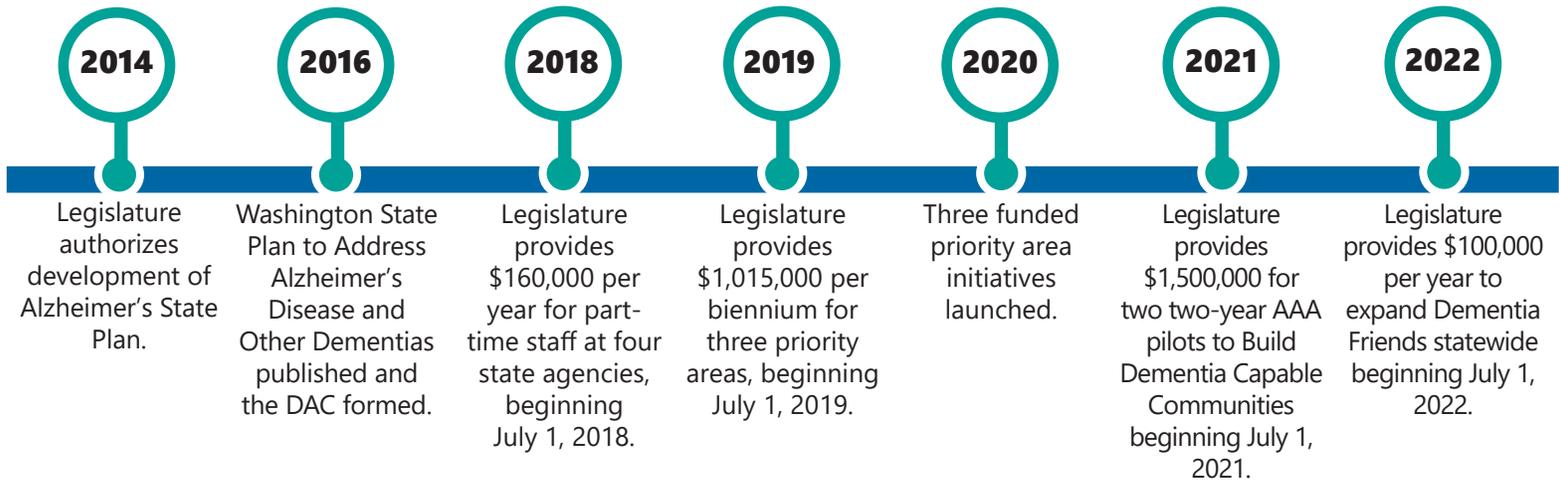
Early detection has medical, financial, and emotional benefits. Yet, **more than half** of Washingtonians with worsening memory loss have not talked to a health care professional about it.

## 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

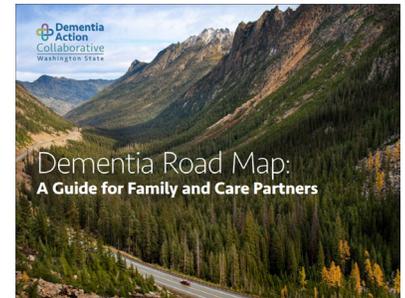
- 1 Public awareness, engagement and education
- 2 Prepared communities
- 3 Well-being and safety
- 4 Access to family caregiver supports
- 5 Early diagnosis and evidence-based health care
- 6 Long-term services and supports in setting of choice
- 7 Innovation and research related to causes and care

## 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](https://dshs.wa.gov/altsa/dementia-action-collaborative).