

DEMENTIA-FRIENDLY WALKING GROUPS: A START-UP GUIDE FOR COMMUNITY-BASED ORGANIZATIONS



Photo: Alzheimer's Association

May 24, 2018

OUTLINE

- **Introduction**

Marigrace Becker, UW Memory & Brain Wellness Center

- **Getting Started with Dementia-Friendly Walking Groups**

Cayce Cheairs, Seattle Parks and Recreation

Kenna Little, Alzheimer's Association, Washington State Chapter

- **Question & Answer Session**

- **Wrap Up: Additional Resources & Next Steps**

OBJECTIVES

Participants will be able to:

- ☐ Describe the benefits of a dementia-friendly walking group
- ☐ Plan, launch and sustain a dementia-friendly walking group
- ☐ Connect with others in their region who would like to explore launching a dementia-friendly walking group

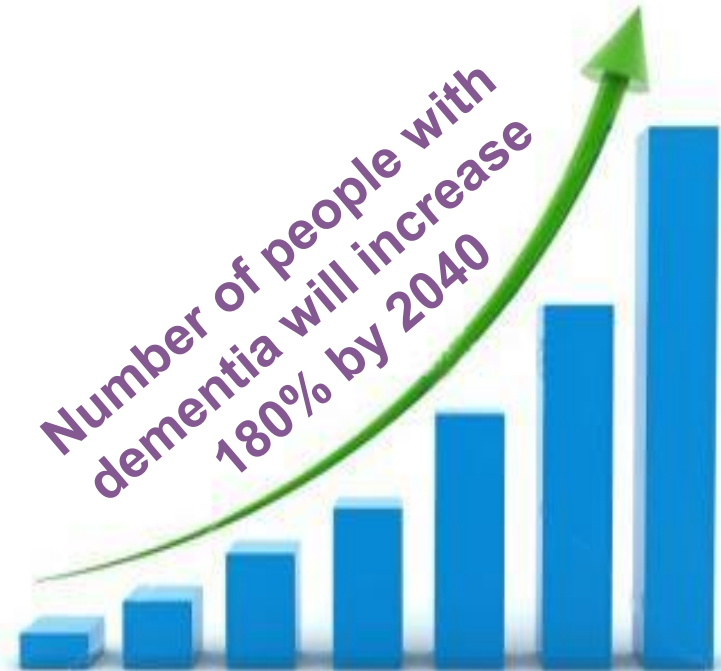
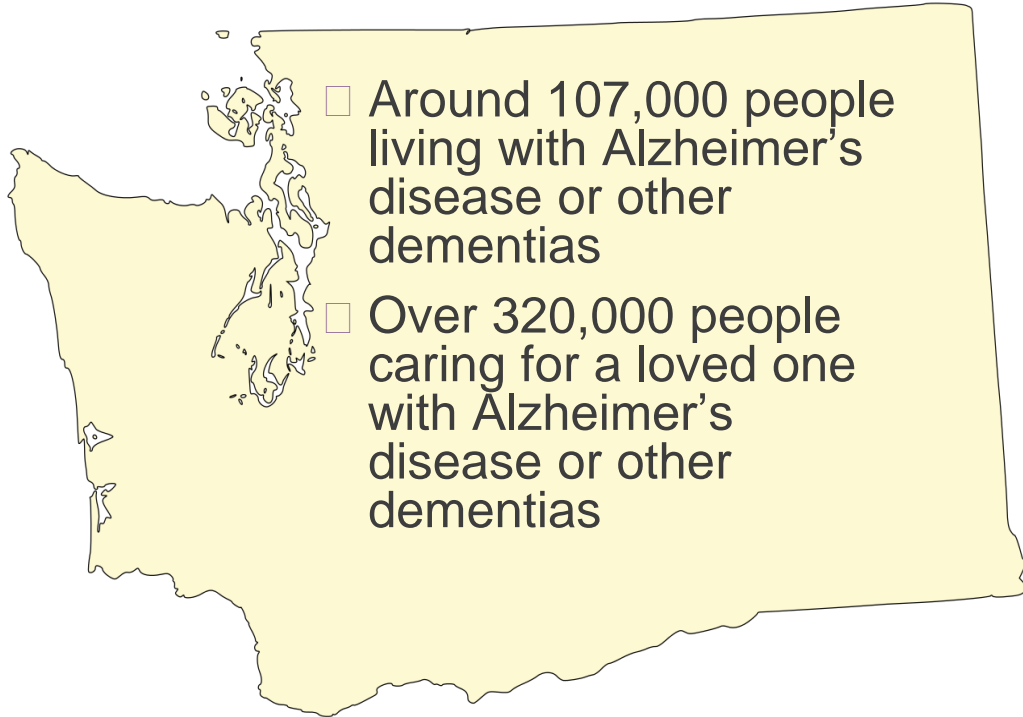
ORGANIZERS & HOSTS

Webinar and accompanying written guide produced by the Dementia-Friendly Communities and Early Stage/Dementia-Friendly Programs teams of the Dementia Action Collaborative:

- Dana Allard-Webb, Aging & Long Term Support Administration
- Marigrace Becker, UW Memory & Brain Wellness Center
- Cayce Cheairs, Seattle Parks & Recreation
- Hilarie Hauptman, Aging & Long Term Support Administration
- Jan Higman, Alzheimer's Society of WA
- Cathy Knight, Aging & Disability Services
- Lynne Korte, Aging & Long Term Support Administration
- Bob Leroy, Alzheimer's Association
- Kenna Little, Alzheimer's Association
- Cathy Maccaul, AARP Washington
- Myriam Marquez, Community Advocate
- Christina Marneris, Area Agency on Aging and Disabilities of Southwest Washington
- Marty Richards, Social Worker
- Cheryl Townsend-Winter, Washington State Council on Aging
- Bob Wellington, Community Advocate

Hosted by AARP Washington

DEMENTIA IN WASHINGTON STATE



DEMENTIA-FRIENDLY COMMUNITIES



Where people with memory loss are empowered to remain actively involved in community life.

GETTING STARTED WITH DEMENTIA-FRIENDLY WALKING GROUPS



Cayce Cheairs, Seattle Parks & Recreation
Kenna Little, Alzheimer's Association, Washington State
Chapter

DEMENTIA-FRIENDLY WALKING GROUPS IN WASHINGTON: A BRIEF HISTORY

- Summer 2011 (Seattle): Summer walking program at Jefferson Park
- Spring 2012 (Seattle): Woodland Park Zoo Walk
- Fall 2013 (Seattle): Out & About neighborhood walking group
- Fall 2014 (Tacoma): Point Defiance Zoo Walk
- Summer 2015 (Edmonds): Edmonds Waterfront Walk
- Spring 2016 (Bellevue): Bellevue Botanical Gardens Walk
- Spring 2017 (Seattle): Garden Discovery Walks
- Summer 2017 (Lacey): Lacey Senior Center lakeside walks
- Summer 2017 (Edmonds): Cascadia Art Walk
- Fall 2017 (Seattle): Singalong & walking group



BENEFITS OF WALKING GROUPS

Promote health, reduce isolation, and improve quality of life.

Benefits to participants

- Social connection
- Exercise
- Fresh air
- Exploration



INCLUSION AND EQUITY

- Community Input
 - Assess interest, buy-in
 - Community leadership
 - “By us, for us” “Nothing about us without us”
- Racial equity and inclusion
 - Health and care disparities
 - Cultural Awareness
 - Outreach
 - Partnership



WHO ATTENDS?

- People with memory loss
 - Stage-specific or not
- Care partners- family and friends
- Integrated groups
 - Memory loss not required
- Pros and cons to different models
 - Level of screening required
 - Level of safety concerns



EARLY STAGE MEMORY LOSS ZOO WALKS

Alzheimer's Association



"The social aspect and camaraderie of the zoo walks is our favorite part. It is a place where my husband can feel comfortable just being himself. For me, the bond that has been created with the other care partners has been a wonderful support system..." - Paula S, care partner, Seattle Zoo walk

GARDEN DISCOVERY WALKS

Seattle Parks and Recreation and
UW Memory and Brain Wellness Center



"I have seen things today that I have never seen before. I was just seeing them as they are now, in the moment."—Roger S, living with dementia



WEST SEATTLE SINGING AND WALKING GROUP

Providence Mount St. Vincent and
Bridge Park Holiday Retirement

Other residents notice that when the group returns from the walks, they are
“all smiles, full of life, bounding through the door!”



WHERE / WHEN

- Many possible locations:
 - Parks, zoos, museums, gardens, malls, neighborhoods...
- Same location vs Rotating locations
- Frequency
 - Weekly, Semi-monthly, Monthly



CASCADIA ART MUSEUM

Alzheimer's Association



"It is very peaceful and the volunteers are so knowledgeable about the artwork. They come up with the most interesting facts!" - Betty E., Care Partner

OUT & ABOUT WALKS

Seattle Parks and
Recreation

"It's nice to get together to walk a new neighborhood every time we're out. We like seeing new places and learning about art, history, and architecture. This is where we find our support for this journey, with our new tribe."
-Carla G, care partner



Founders Nancy and Steve Olsen



LOCATION CONSIDERATIONS

- Safety and accessibility
- Restrooms
- Cost
- Distance and pacing
- Transportation and parking



Paul Zimmerman

MARKETING

- Flyer Distribution (in person or via mail)
 - Physicians and medical providers
 - Places of worship
 - Community spaces (i.e., senior centers, libraries, local organizations)
 - Community bulletins at gyms or cafes
 - Support groups
- Press Releases and Newsletters
- Online events calendars
 - Local Alzheimer's Association chapter community calendar
 - Dementia-friendly recreation website, such as www.momentiaseseattle.org
 - Neighborhood associations and city resources
- Interviews or segments with local news stations, radio stations, or podcasts

Garden Discovery Walks Spring 2018

*Savor the season and explore nature with others living with
memory loss and family and friends*

**First Fridays
10 a.m.-12 p.m.
FREE!**



April 6: Rainier Beach Urban Farm and Wetlands
May 4: Bradner Gardens
June 1: Kubota Garden

Enjoy a walk through a Seattle public garden, followed by a creative, nature-inspired project led by a skilled facilitator. Light refreshments provided, bring a bag lunch (optional).

Pre-registration required:
Cayce Cheairs, (206) 615-0100, cayce.cheairs@seattle.gov

Offered in partnership:  **Seattle Parks & Recreation**  **UW Medicine
MEMORY & BRAIN
WELLNESS CENTER**

REGISTRATION

- Registration process
 - ☐ screening
- Communications

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ESML TELEPHONE SCREENING FORM

Name: _____ Age: _____

Eligible: (YES) (NO)

Assessment date: _____ By: _____

Spoke with: _____

Program(s): _____

Participant Information

Address: _____

Phone: _____

Health concerns: _____

Psychiatric or mental health concerns: _____

Medications: _____

Highest level of Education/occupation: _____

Employment status: _____

Interests/Hobbies: _____

Participant Lives Alone (YES) (NO)

If no, who lives in house hold: _____

Primary Contact Information

Name: _____

Address: _____

Phone: _____

Email: _____

Participant Background Information

Diagnosis: _____ When? _____ By Whom? _____

How long have memory problems been present? _____

What are some of the symptoms you have been noticing recently? (i.e., changes in mood or behavior such as agitation, problem following a conversation, problem with speech of comprehension, lack of interest in social situations, inability to sit, stay focused, and stay interested in a group for 90 minutes, etc.)

alzheimer's association
ESML TELEPHONE SCREENING FORM

What have you heard about this group? How did you hear about it?

Would you feel comfortable talking about these changes with other people facing similar issues?

Have you ever been in a support group/ES program before? If so, what was that experience like for you?

Do you think a group like this might be helpful to you? In what ways?

Are there circumstances or stressors in your life (family or participant) you would like us to be aware of?

Primary Contact Background Information

How has the person reacted to the diagnosis and what it means?

What are some of the symptoms you have been noticing recently? (i.e., changes in mood or behavior such as agitation, problem following a conversation, problems with speech of comprehension, lack of interest in social situations, inability to sit, stay focused, and stay interested in a group for 90 minutes, etc.)

VOLUNTEER LEADERSHIP

How many?

- 1:5 volunteers to walkers

Roles

- Organizer, walk leader, sweep, float

Volunteer training and commitment



BUILDING SENSE OF COMMUNITY

- Name tags
- Birthdays, holidays, anniversaries
- Nurturing connections
- Personable reminders
- Follow-up after absences



Zoo Walkers: Annual photo on the carousel

POLICY CONSIDERATIONS

- Liability
- Transitions out of the program
 - Care partners and bereavement
- Weather Policy



WALKING AND MORE...

Creative Expression

- Art or music included to bring people together

Learning Opportunities

- Local history, culture, plants, and animals...

Social connection

- Most walks end with a social gathering at a cafe



Garden Discovery Walks



QUESTION & ANSWER SESSION

MORE INFORMATION & NEXT STEPS

Resource Links

- ❑ Dementia Action Collaborative: www.dshs.wa.gov/altsa/dementia-action-collaborative (Includes links to written Dementia-Friendly Walking Group guidelines, Webinar powerpoint and recording.)
- ❑ Dementia Friendly America: www.dfamerica.org
- ❑ Dementia Friends USA: <http://dementiafriendsusa.org/>
- ❑ Momentia Seattle: www.momentiasseattle.org (Highlights variety of dementia-friendly programs)
- ❑ Scotland's Dementia-Friendly Walking Project: www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking.html

Stay in Touch!

Let us know if you start up a dementia-friendly walking group. We'd love to hear how it goes!

Contact Marigrace Becker with the DAC, 206-744-2017, mbecker1@uw.edu

QUESTIONS?

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