



ST. PAUL NEIGHBORHOODS ACTION COMMUNITY TEAM (ACT)

WHY ACT?

Families and communities in every city, town, and rural area in Minnesota already feel the impact of Alzheimer's disease and other dementias (AD). AD is one type of dementia and makes up 70% of all dementias. The impact of Alzheimer's on individuals with the disease, their families, communities, and society is enormous and will only continue to grow:

- In 2011, 70% of people with Alzheimer's and other dementias lived at home with help from family members. In Minnesota over 241,000 Minnesotans were caring for someone with Alzheimer's and providing unpaid care valued at \$3.3 billion. Most people don't realize that Medicare does not cover personal care services that are needed to help those with AD manage day-to-day activities.
- The demands on family caregivers place them at risk for psychological and physical illness. The physical and emotional impact of caregiving on Alzheimer's and dementia is estimated to result in \$148 million for Minnesota caregivers.
- One in seven people who have AD live alone and are at greater personal risk including greater risk for jeopardized health, missed or delayed diagnosis, self-neglect, untreated medical conditions, wandering and accidental death.
- Individuals with AD spend an average of \$175,000 of their own money over the course of the disease.

Minnesota communities MUST ready themselves to meet the spiraling needs related to AD and other dementias in order to support their residents, whether they have the disease or are caring for a loved one with the disease.

HOW IS MINNESOTA RESPONDING TO THIS CRISIS?

Minnesotans have come together under ACT on Alzheimer's, which is a statewide collaboration designed to prepare Minnesota for the budgetary, social and personal impacts of Alzheimer's disease and related dementias. ACT on Alzheimer's involves over 150 multi-perspective stakeholders who seek to accomplish ACT on Alzheimer's vision through five principal avenues.

1. Increase early detection of Alzheimer's disease and improve ongoing care and support;
2. Sustain caregivers information, resources and in-person support;
3. **Equip communities to be "dementia capable" so that they can support their residents who are touched by the disease;**
4. Raise awareness about Alzheimer's by engaging communities throughout Minnesota; and
5. Identify and invest in promising approaches that bend the cost curve for Alzheimer's and related dementias.

WHAT DO WE MEAN BY "DEMENTIA CAPABLE COMMUNITY?"

We want to ensure that St. Paul is prepared to meet the needs of individuals and families who are touched by dementia. Under the third goal above, ACT on Alzheimer's is equipping and engaging communities to plan and develop "**dementia capable communities.**" A dementia capable community is informed, safe and respectful of individuals with dementia, their families and caregivers and provides supportive options that foster quality of life. Specifically, a dementia capable community will:

- Ensure access to a variety of options that foster mobility, supportive housing, effective health care and supportive services, financial and legal planning and support, and advance care planning;
- Recruit volunteers and other community resources responding to needs; and
- Foster contribution, connection, and meaning for those with the disease and their family care partners.



HOW CAN WE ACHIEVE DEMENTIA CAPABILITY IN ST. PAUL?

Carondelet Village, in partnership with other community stakeholders such as the Amherst H. Wilder Foundation, the Metropolitan Area Aging on Aging, St. Paul Advisory Committee on Aging, and the Alzheimer's Association, is convening an Action Community in 6 St. Paul neighborhoods: Highland Park, Mac-Groveland, West 7th, Summit Hill, Summit University, and Union Park. This effort will entail bringing together key stakeholders from multiple sectors to look at the impact of Alzheimer's in our community. The broad base of community stakeholders includes, but is not limited to: local elected officials, business sectors/employers, community service providers, faith communities, healthcare providers, education, and YOU!

ACT on Alzheimer's has provided the St. Paul Neighborhoods Action Community Team (ACT) with a comprehensive community tool kit that includes information and resources for how to prepare for needs related to dementia. The tool kit is designed to help us:

- **Convene** key community leaders and influencers to understand the disease and its implications for St. Paul. We will call the community to action on **February 12, 2013** at our community kick off event.
- **Assess** current strengths and gaps in meeting needs that result from Alzheimer's disease and related dementias using a comprehensive community assessment tool kit.
- **Identifying** community goals and planning possible ways to respond.
- **Acting Together** to establish implementation plans to achieve goals and measure progress.

The attached document outlines the 3-year process flow and timeline for the St. Paul Neighborhoods Action Community Team.

WHAT CAN YOU DO TO JOIN THE EFFORT?

- **Save the date!** RSVP to our Kick-off event on February 12, 2013 from 3-5 PM. RSVP's can be send to Georgia Lane, St. Paul Neighborhood's ACT Coordinator, at glane@preshomes.org or 651-695-5004
- Contact one of the SPNC planning team members listed below to learn more:
 - Georgia Lane, Carondelet Village _____ glane@preshomes.org
 - Olivia Mastry, ACT on Alzheimer's _____ olivia@collectiveactionlab.com
 - Mary Ek, ACT on Alzheimer's _____ mek@collectiveactionlab.com
 - Kate Houston, Metropolitan Area Agency on Aging: _____ kate@tcaging.org
 - Jan Mueller, Alzheimer's Association _____ jmueller@alz.org
 - Jim Emery, Alzheimer's Association _____ jemery@alz.org
 - Kathryn Ringham, Wilder Older Adult Services _____ kathryn.ringham@wilder.org
 - Barb Zeis, Wilder Older Adult Services _____ barb.zeis@wilder.org
 - Amy Moser, St. Paul Advisory Committee on Aging _____ amy.moser@spps.org
- Talk to other individuals, elected officials, or organizations who can help us ACT on Alzheimer's in St. Paul.