



DEMENTIA ALLIANCE

of North Carolina

www.DementiaNC.org

Mission:

To improve the lives of all North Carolinians impacted by dementia, engaging and empowering them through support, education and research.



Who We Are

- 501c3 based in Raleigh serving NC
- Serving local communities for 40+ years
- Serving all 100 counties
- **100% of programs and funding stays in North Carolina**
- **Funded through private & corporate donors and foundations (no gov't)**
- **Not a state agency or affiliated with any national organizations.**



Heather Hooper
Executive Director



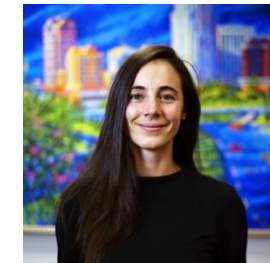
Lisa Levine
Sr. Director of Programs



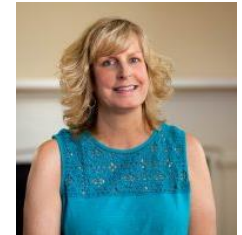
DeeDee Harris
Director of Family Services and Support



Phoebe Brush
Program Director:
Music & Memory



Morgan Zoellner
Director of Development



Lynne Hicks
Director of Finance



Melanie Bunn, RN
Dementia Training
Consultant



Kristen Lowman
Administrative Specialist



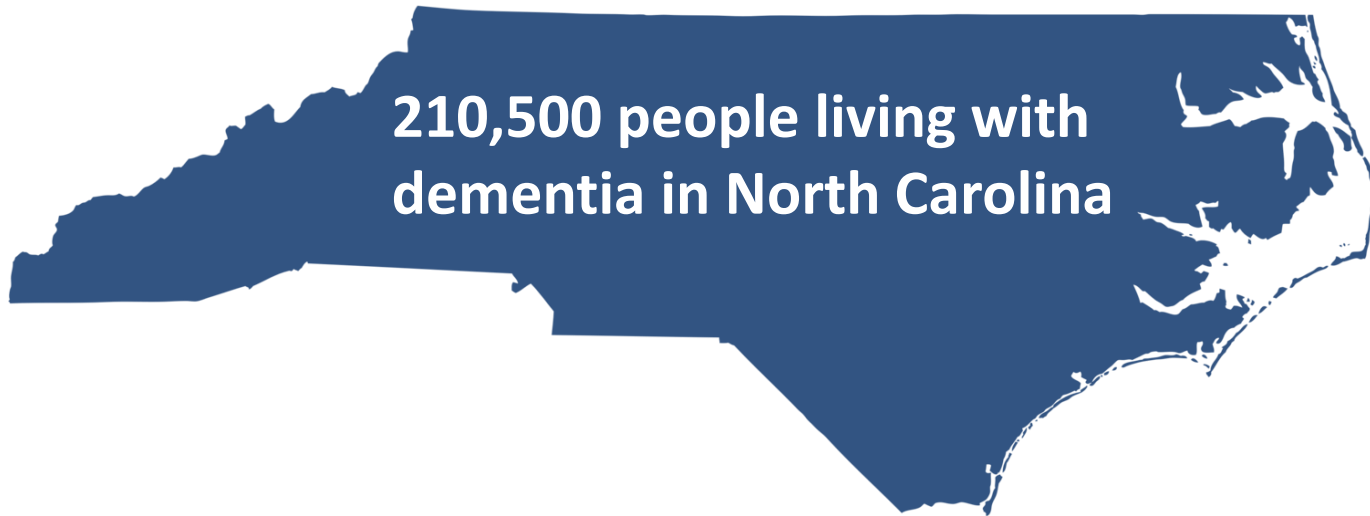
Addie Piper
Program Assistant



Regina West
Dementia Navigator



Dementia in North Carolina



**373,000
unpaid
caregivers**

**723,000,000
Total Hours of
Unpaid Care**



Caregiver Profile

WHO?

- **2/3** of dementia caregivers are women
 - **30%** are 65 or older
- **41%** of caregivers have a household income of **\$50,000 or less**
- **66%** live with the person with dementia in the community.
- Approximately **1/4** of dementia caregivers are “sandwich generation” caregivers.



Burden & Stress

- **57%** of family caregivers of PLWD in the community had provided care for **four or more years**.
- The prevalence of **depression and anxiety 10-20% higher** among dementia caregivers than other types of caregivers.
- Compared with non-dementia caregivers, dementia caregivers indicate a **greater decline in social network size**.
- **41%** of dementia caregivers reported that no one else provided unpaid assistance.



Western NC Supply Drive

65,000 Items

- 47,000 incontinence briefs and pads
- 7,500 bottles of Ensure, Boost, and other nutritional drinks
- 4,500 bed pads

Given out to: Land of Sky, High Country, and Western Piedmont Area Agencies on Aging.

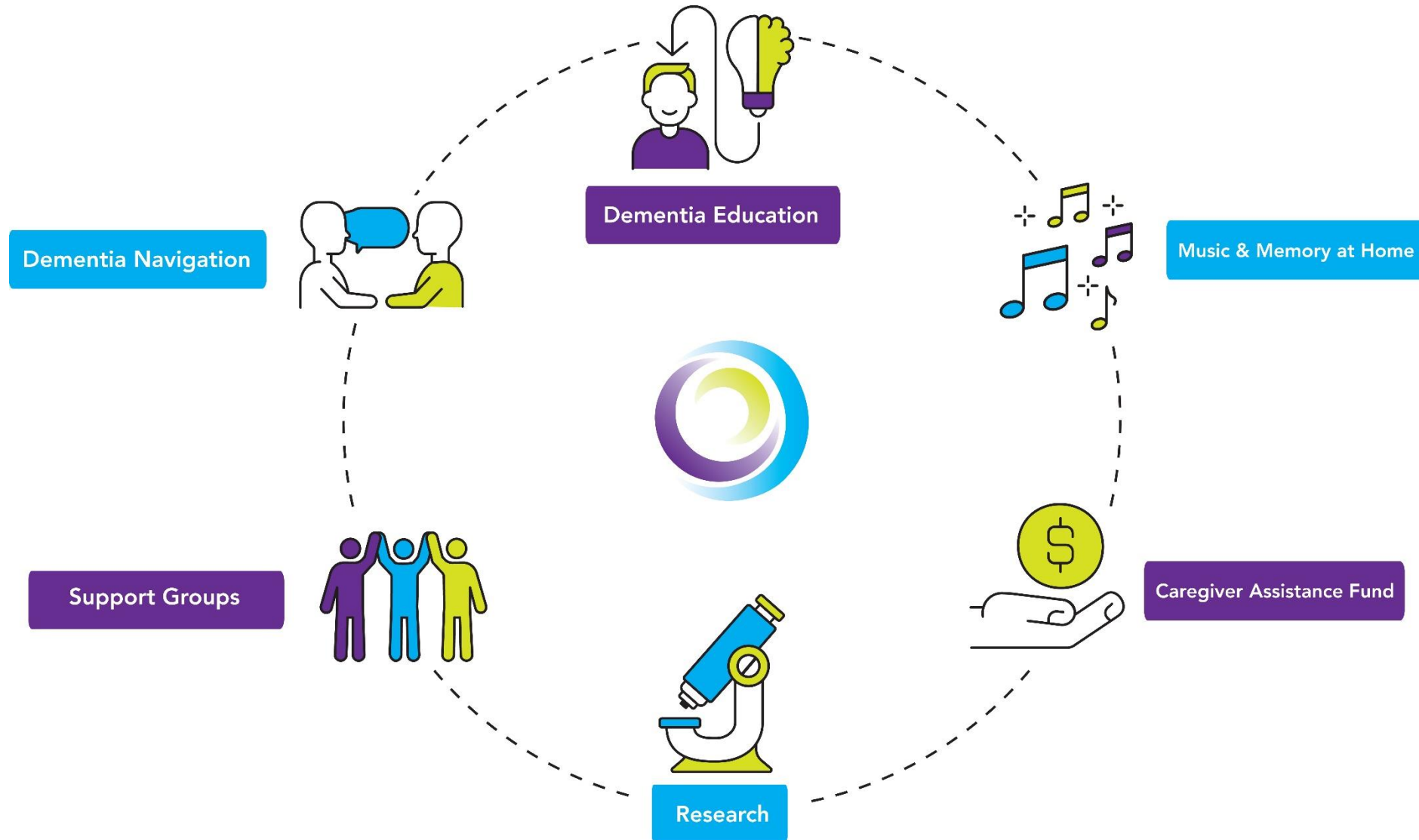


Thank you

- NC Diaper Bank
- Mutual Aid
- AARP of NC
- NC COA
- Eisai
- First Hand Foods
- Linda Craft Team
- All our amazing donors, supporters and volunteers



Core Programs



Dementia Navigation

Our Dementia Navigators are trained to assess the specific needs of dementia caregivers and provide information, referrals and other forms of caregiver assistance.

Our professional staff can assist with:

- Developing a better understanding of the disease
- Discussing options for symptom management
- Addressing the emotional impact of the disease
- Connecting you with additional community resources
- Assistance with planning and problem-solving
- Local and personalized [resources](#) and referrals
- Assistance funding including [respite](#) funds





Dementia Navigation

Dementia Navigation



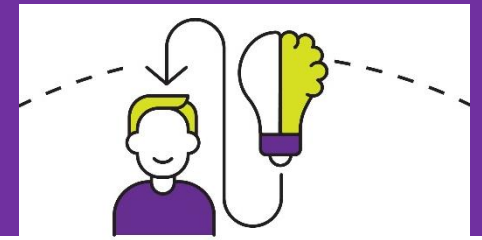
692+ families served from 69 counties in NC in the last **12 months** (**21% increase over last year**)

76% said their interaction with DANC reduced their caregiving stress.

78% indicated their caregiving knowledge or skills increased as a result of their interaction.

“The Dementia Navigator spent an hour talking to me about my mother’s recent dementia diagnosis. She gave me several suggestions that have radically improved the lives of everyone in my family.”

Dementia Education



Dementia Education

- Conferences, workshops & online trainings
- Family Care Partner training
- Direct Care Worker training* with CEUs.
- Dementia-specific Crisis Intervention Training for first responders

**170 workshops and
conferences this
year for over 6500
people
55 counties**

“My situation hasn't changed, but I feel far more empowered to help myself engineer changes that will benefit both me and my mom, and in turn, I will be healthier and able to resume healthier relationships with those closest to me.”

Education Requests:



*Dementia Alliance is an approved provider of Adult Care Home level continuing education through the NC Department of Health Service Regulation, Adult Care Licensure Section.



Accepting the Challenge

- Accepting the Challenge is the “hands-on,” multi-disciplinary training program of Dementia Alliance North Carolina, designed to help caregivers provide the best care possible and improve quality of life for people with dementia.
- Taught by master trainers **Melanie Bunn RN, MS, GNP** and **Teepa Snow MS, OTR/L, FAOTA**, Accepting the Challenge uses formal lectures and interactive demonstrations including real interactions with Alzheimer’s patients.
- In Fall 2024 Dementia Alliance of North Carolina will be moving this program from DVD format to online video modules.

FREE for
Family Care Partners

Cost for
4 CEU / Contact hours

Accepting the Challenge

Providing the **BEST CARE** for
People Living with Dementia

Be the first to know!





Accepting the Challenge

16 Modules:

What is Dementia
Common Dementias
Brain Change: Memory
Brain Change: Language
Brain Change: Impulse Control
Positive Physical Approach™: Techniques
Positive Physical Approach™ in Real Life
Verbal Interaction Skills
Verbal Interaction Skills: In Real Life
Help with Distress
Building Skills
GEMS® States
Module 13: GEMS® States in Action – Personal Care
Module 14: GEMS® States in Action - Mealtimes
Meaningful Days
Challenging Situations

FREE for
Family Care Partners

Cost for
3 CEU / Contact hours

Accepting the Challenge

Providing the **BEST CARE** for
People Living with Dementia

Be the first to know!





Support Groups

Our Caregiver Support Groups offer a supportive community where caregivers can openly express their emotions, find solutions to common caregiving challenges in dementia, and access expert advice. They are a lifeline for caregivers seeking understanding, knowledge, and emotional relief on their caregiving journey.



Support Groups



90 NEW Support Group Leaders trained last year.

165 Support Groups in 65 counties



**Support
group list
by county**



Dementia Caregiver Assistance Program

The Dementia Alliance Caregiver Assistance Program is designed to support family caregivers throughout the state by awarding up to \$500 financial assistance or reimbursement during a time of need, allowing caregivers temporary relief (respite) or resources for their caregiver journey.

1,438 hours of Respite supported
35 vouchers given
20 counties



Caregiver Assistance Fund



"I didn't know how nice it was to be able to go to church this morning, then lunch with a friend, then I went to sit alone at the park. I feel so much better. I really didn't know how much I needed a little break."

Music & Memory at Home



Music & Memory helps people living with dementia find renewed joy and connection to life through musical favorites.

Trained staff and volunteers engage persons with dementia and their family or care partner on how to identify beloved music, develop a personalized playlist, and use the Music & Memory at Home Kit.

Kit includes a digital music player uploaded with the person's favorite music, headphones, a bluetooth speaker and written guides.

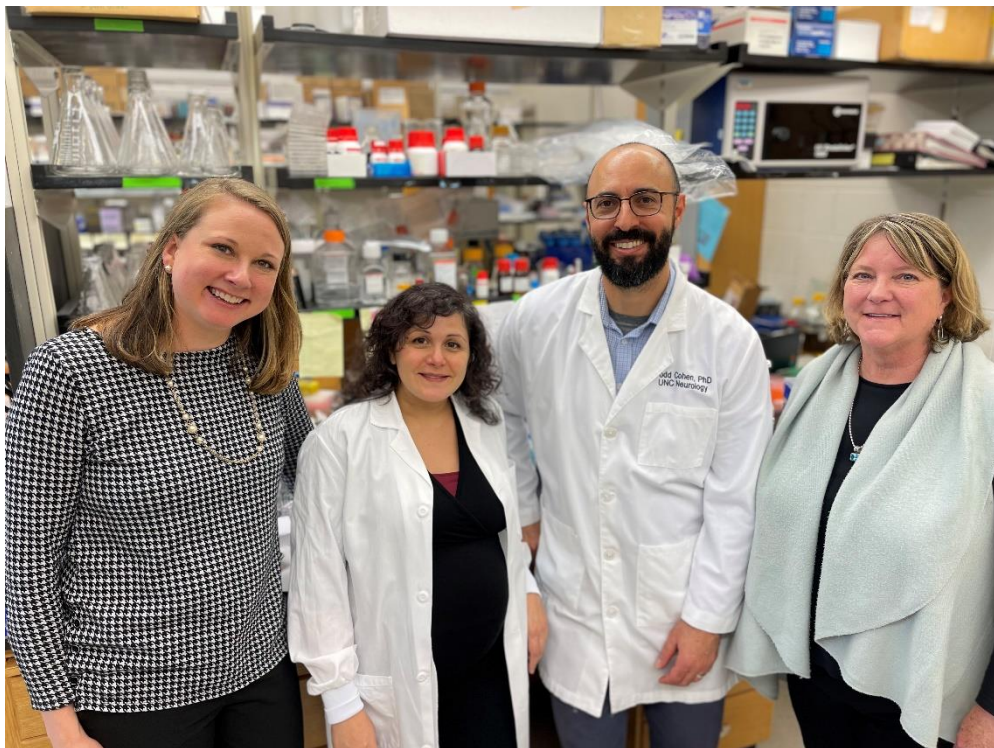
103 Kits delivered in last 12 months
+20% over previous year





RESEARCH

Since 2019 we have funded \$1M in dementia research in North Carolina.



Funded at:

- UNC
- Duke
- Wake Forest
- ECU

Dr. Giulia Fragola, Research Associate in Dr. Todd Cohen's lab in the UNC Department of Neurology, has been awarded \$100,000 for the 2022 Lina Mae Edwards Young Investigator Award by Dementia Alliance of North Carolina for her project entitled "Tau depletion via CRISPR/Cas technology as a therapy for Alzheimer's Disease."



Special Initiative: Healthcare Provider Outreach

Goal: To educate Healthcare Providers about Dementia Alliance of North Carolina's Resources and support services.

- Packets of information sent to Primary Care practices to give sampling of information they can order for free for their practice.
- Goal is for HCP to give diagnosed patients or caregivers information to patients earlier in the diagnosis.

Receive Materials Digitally:





Special Initiative: Healthcare Provider Outreach

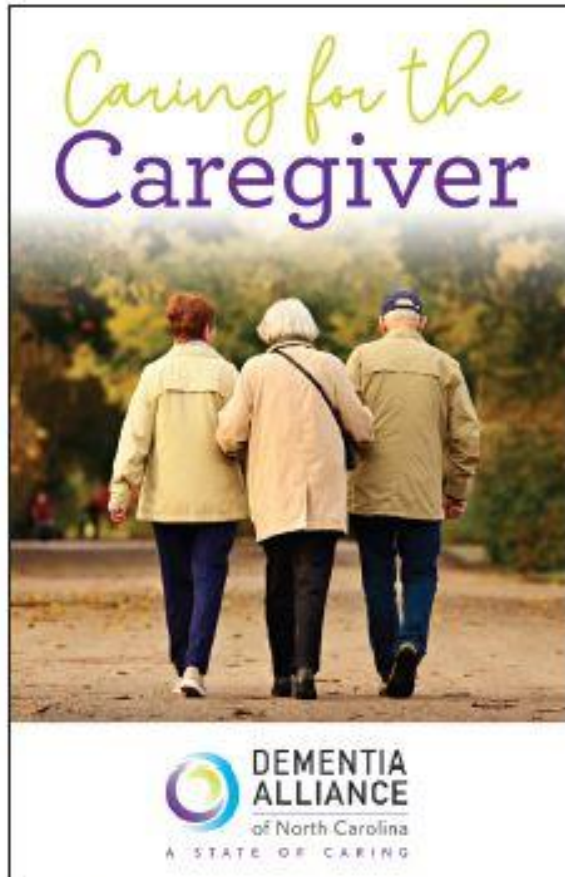
How you can help?

- Take a packet to **your** primary care and ask them to order materials.
- If your sales folks are making their calls, ask them to deliver and provide value to their practices.
- Help DANC Identify the right people to get these into the hands of practice networks.
- I want to help with HCP outreach: Email Hhooper@DementiaNC.org
- OR:

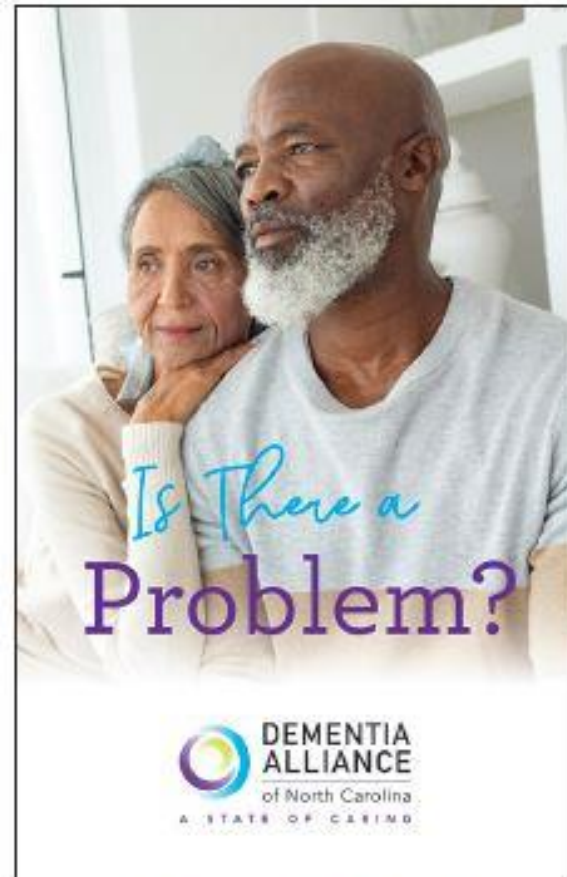




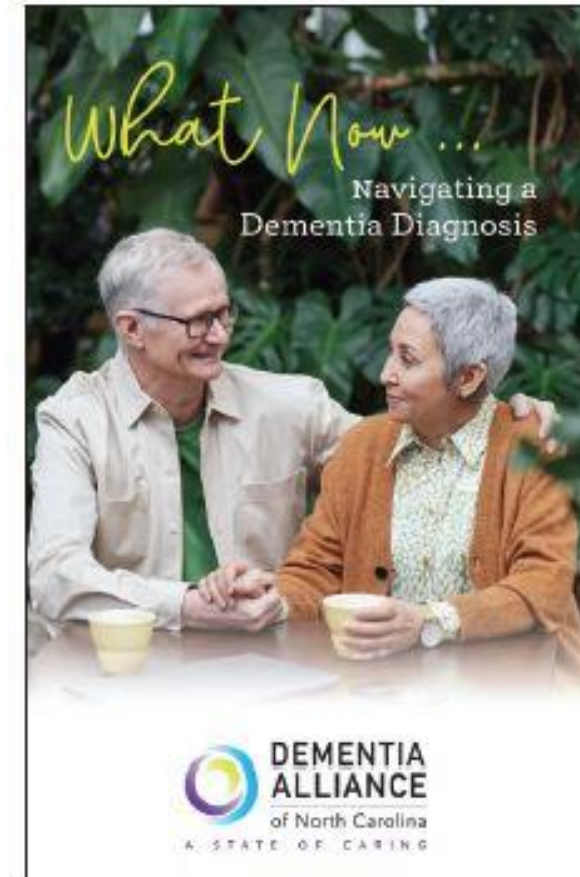
Special Initiative: Healthcare Provider Outreach



Caring for the Caregiver,
8 page booklet focused on
self-care for caregivers.



Is There a Problem?,
8 page booklet comparing
dementia to normal aging.



What Now ...,
8 page booklet for those newly
diagnosed with dementia.



Special Initiative: Healthcare Provider Outreach



The Ten Absolutes of Caregiving

NEVER ARGUE	INSTEAD	Agree
NEVER REASON	INSTEAD	Divert
NEVER SHAME	INSTEAD	Distract
NEVER LECTURE	INSTEAD	Reassure
NEVER SAY "REMEMBER!"	INSTEAD	Reminisce
NEVER SAY "I TOLD YOU ..."	INSTEAD	Repeat & Regroup
NEVER SAY "YOU CAN'T ..."	INSTEAD	Find out what they CAN do
NEVER COMMAND, DEMAND	INSTEAD	Ask & Model
NEVER CONDESCEND	INSTEAD	Encourage & Praise
NEVER FORCE	INSTEAD	Reinforce

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www.DementiaNC.org

Ten Absolutes,
2 sided information card.



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How to Connect with the Person with Dementia:
Approach from the **FRONT** respecting personal space
Move **SLOWLY** in a non-threatening manner
Make **EYE CONTACT**
INITIATE the greeting & **INTRODUCE** yourself
Move to the **SIDE** and **OFFER YOUR HAND**
Wait for their response
Make **POSITIVE STATEMENTS**: "Let's try..." or "Could you please help with..."

Remember to...

- Stay calm and be understanding
- Speak slowly using a low pitched voice
- Be patient and flexible, go with the flow
- Step into their shoes to look for a reason for each behavior
- Ask questions using "I" in the stories
- Introduce yourself, "My name is xxx and you are?"
- Offer simple choices instead of asking yes/no questions
- Respect personal space
- Don't argue or correct

Connect Card,
Pocket size, laminated
card with helpful tips.



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I have dementia.
Thank you for your patience and understanding.

Learn more at:
www.dementianc.org

Individual Memory Loss Cards,
Business card sized,



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My companion has dementia.
Thank you for your patience and understanding.

Learn more at:
www.dementianc.org

Companion Memory Loss Cards,
Business card sized,



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1111 Avenue York, Suite 204
Raleigh, NC 27615
919.832.3152
www.DementiaNC.org

Dementia Alliance of North Carolina is the state's go-to resource for local dementia support, information and education.

- Caregiver Resource Referral and Information
- Music and Memory at Home program
- Support Groups
- Caregiver and Disease Education
- Caregiver Assistance Funds

Call us at 919.832.3152 or email info@DementiaNC.org for assistance in navigating your dementia journey.

DANC Rx Pads
50 sheets per pad