



Community Health in the Fox Valley: How are Local Groups Sharing What They Know?

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***Resources to Live Well
with Dementia***

Living Well with Dementia

Working together to create a dementia-friendly community with

- Compassion
- Understanding
 - Education
 - Support
- Acceptance
 - Inclusion
 - Meaning
 - Joy

Our Memory Cafés

The Fox Valley Memory Project hosts 10 cafés monthly at 9 locations in the Fox Valley area. Attendance ranges from 8 to 40 participants depending on location and programming.

Each café has a unique flavor with many participants visiting multiple cafés each month.

Memory Cafés

Memory Loss Resource Center

Provides support and resources to persons with dementia, families, friends, care partners and professionals through in-person meetings, support groups, phone calls and email.

An average of 45 persons/families are provided support and resources each month.

Purple Angel Business Education

To date, staff of 130 businesses have been trained on how to be “Dementia Friendly.” These businesses are also a source of financial support, café programming and referrals to the Memory Loss Resource Center and REACH.

[Purple Angel Businesses in the Fox Valley](#)

Memory Assessment

One of our partners, Mosaic Family Health, offers assessments to screen, evaluate and diagnose the cause/type of dementia. Findings are discussed with persons with dementia and their care partners, and provided to their primary care physicians.

Resources for Enhancing Alzheimer's Caregiver Health

REACH is an evidence-based caregiver intervention program developed by the Rosalynn Carter Institute for Caregiving. This in-home program supports the care partner by addressing issues such as emotional well-being, stress management, troubling behaviors, problem solving and self-care. A certified caregiver coach provides resources and support.

[REACH Program Description](#)

How Did We Learn?

John and Susan McFadden, two of the FVMP founders, learned about the existence of memory cafés from Facebook. Their original connection in 2010 was an online forum where persons from all over the world shared their dementia experiences.

Susan reached out to strangers in England to learn more about the programs in the UK including Memory Cafés and the Purple Angel program. Susan and John were invited to visit the UK programs in the summer of 2011.

What Did We Learn?

Memory Cafés

With roots in the Netherlands, the Memory Cafés concept started in 1997 as a way to break through the stigma of dementia. There are many resources online and most existing programs are enthusiastic about sharing what they have learned.

Purple Angel

Norman McNamara, who has dementia, was a driving force behind the creation of the first dementia-friendly community in the UK. Together with Jane Moore, they produced the original design of the "Purple Angel Dementia Awareness" symbol which is a registered trademark.

How Do We Learn?

Listening to needs of participants

Internal assessments

Participants surveys

Community surveys

Objectives and outcome measurements

How Do We Learn?

Collaborations

Building relationships in our community

Sharing resources

Continuing education for staff and
volunteers

How Do We Teach?

Sharing best practices (locally and nationally)

Adapting to needs

Sharing who we are by:

Educating businesses (Purple Angel)

Community education events

Outreach, Churches, Health fairs,

Intergenerational activities

A strong social media presence

How Can We Share Our Expertise?

- *Continue to be involved in community conversations with dementia service providers*
- *Maintain a presence at local and state summits to offer input based on experience*



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