



Dementia FRIENDLY

VENTURA COUNTY



Quarterly Newsletter

May 2019

Announcements

Welcome to the Dementia Friendly Ventura County Quarterly Newsletter. This newsletter will cover the latest information related to DFVC, the Alzheimer's Association, and trainings available in your area.

In addition, each issue will showcase a local business that is going above and beyond in providing exceptional services to individuals living with Dementia and their caregivers.



Healthcare at a Glance

18.5 billion

hours of care, valued at nearly \$234 billion, are provided by family and other unpaid caregivers.

DFVC Business Spotlight



Ventura County Credit Union

www.vccuonline.net

(805) 477-4000 ~ (800) 339-0496

At the Ventura County Credit Union, we know that one in nine people ages 65 and older has Alzheimer's or dementia-related symptoms, and we recognize the need to assist these individuals and their families in managing their finances. Our training includes the entire organization – both member-facing staff and those in support roles who don't work with the public every day.

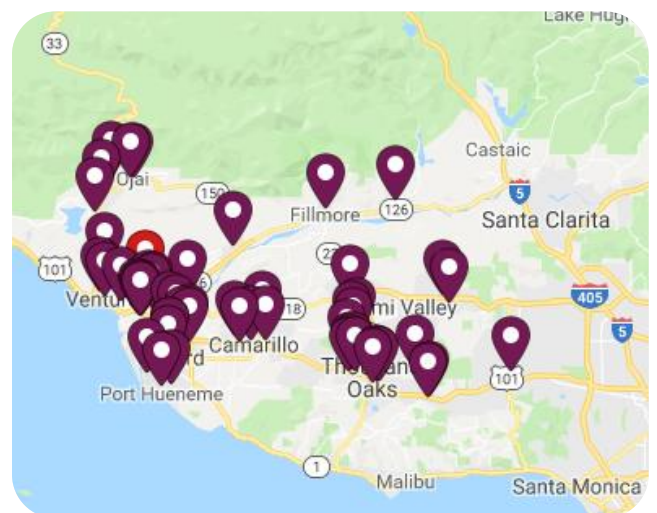
We operate in a highly regulated industry with many rules surrounding our ability to interact with our members. While our regulations are designed for the "greater good," sometimes they create obstacles in helping those with dementia. However, Dementia Friendly training has been helpful in guiding our focus on the qualitative aspects of interacting with this population. Our team members are encouraged to speak clearly, listen closely, smile warmly and make eye contact. Most importantly, we are patient and watch for signs of change.

Some of our members with dementia-related symptoms are often most comfortable with one or two 'favorite' employees. We do our best to accommodate this by ensuring the right team members are available. We've also made small changes so our directional signage is clear, entrances are well-lit and clearly visible and to make quiet areas available for those who appear anxious or confused.

Preventing financial abuse has always been a priority for the VCCU and is included as part of our employee's yearly training. Becoming Dementia Friendly certified seemed like the next best step. VCCU has joined this movement and shares the commitment to help and educate our community on what dementia is, how it affects people, and how we can support those who are touched by it.



DFVC Business Map



FOR MORE INFORMATION CONTACT:



805-477-7300



vcaaa.org/dfvc



The Memory Café

A welcoming, unique, and supportive experience for individuals with Dementia and their caregivers.

Upcoming Dates & Locations

Garden of Memories
Oxnard Family Circle

WHEN

6/8, 8/10, 10/12, 12/14
11:30 a.m. – 1:30 p.m.

WHERE

2100 Outlet Center Dr., Suite 380, Oxnard
805-385-4180

Senior Concerns Café

WHEN

5/11, 8/10, 10/12
11:30 a.m. – 1 p.m.

WHERE

401 Hodencamp Road, Thousand Oaks
805-497-0189

Camarillo Memory Café
Camarillo Health Care District

WHEN

6/22, 8/24, 10/26
11 a.m. – 12:30 p.m.

WHERE

2222 Ventura Blvd., Camarillo
805-388-1952 x100

COMING THIS FALL

Santa Paula Café

&

Fillmore Cafe

Upcoming Trainings & Workshops

Dealing with Dementia

(Tier 1 Evidence-Based, 4 hours total required)

WHEN

May 2 from 1:30-3:30 p.m. (2 hours)
June 12 from 8:30 a.m.-12:30 p.m. (4 hours)
July 30 from 12:30 p.m. – 4:40 p.m. (4 hours)

WHERE

Camarillo Healthcare District

“Dementia Live” Tour

(Tours begin every half hour)

WHEN

May 29 from 9 a.m.-4p.m.
June 26 from 9 a.m.-4p.m.
August 6 from 9 a.m.-4 p.m.

WHERE

Camarillo Health Care District

REACH (Resources and Education for Alzheimer’s Caregiver Health)

(Tier 1 Evidence-Based Case Management Program for Caregivers)

To register call (800) 900-8582

Spread the word and become a Ventura County Dementia Friendly Business. [Click here](#) to launch the DFVC website and watch the Business Training Video. Complete the video and fill out the DFVC application form. Once approved, your business will be registered into our database and featured on the DFVC business locator map.



Just In: Bipartisan Bill Introduced into Congress Poised to Impact Stage of Detection

On April 10, 2019 the bicameral, bipartisan CHANGE Act was introduced to increase early detection rates of Alzheimer’s and other dementias. The proposed legislation would make improvements in the screening, detection and diagnosis of dementia in the existing Welcome to Medicare initial exam and in Medicare annual wellness visits. The bill would also establish payment mechanisms through Medicare with the goal of incentivizing the detection and diagnosis of dementia, as well as care planning services. Learn more by reading a [press release](#) from UsAgainstAlzheimer’s.

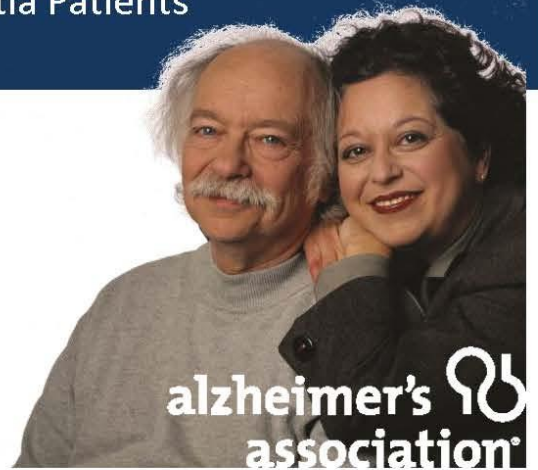


Confident Caregiver Series

On-Going Workshops for Family Caregivers of Dementia Patients

This comprehensive series provides free monthly educational opportunities for family caregivers to learn about resources and strategies in providing quality care for their loved ones.

Tuesdays, 10 am - noon, unless otherwise indicated:



2019 Schedule – West Ventura County

| | | |
|-----------------------|----------------|--|
| May 16 | Mid Stages I | Communication, Relationship Changes, Personal Care and Hospitalizations Location: Brookdale Camarillo – 6000 Santa Rosa Rd., Camarillo |
| June 20 | Mid Stages II | Behavior Changes, Medications, Home Safety, Driving, Living Alone and Wandering Location: Brookdale Camarillo – 6000 Santa Rosa Rd., Camarillo |
| July 18 2 – 4 p.m. | Mid Stages III | Day Services, In-Home Care Services, Senior Living Options and Caregiver Needs Location: Oxnard Family Circle - 2100 Outlet Center Dr., Ste. 380, Oxnard |
| Aug 15 | All Stages | Legal and Financial Issues Guest Speaker: Craig Ploss, Esq. Location: Camarillo Healthcare District – 3639 Las Posas Road, Camarillo |
| Sept 19 | Late Stages I | Approaches to the Disease, Cognitive Changes, Activities, Eating and Physical Changes Location: South Oxnard Senior Center – 200 East Bard Road, Oxnard |
| Oct 17 | Late Stages II | Resources for Care, Monitoring Care, Legal Plans, Hospice and Palliative Care Location: The Palms at Bonaventure – 111 North Wells Rd, Ventura |
| Nov 14 | All Stages | Understanding Alzheimer's & Dementia Location: Pleasant Valley Senior Center – 1605 E. Burnley St, Camarillo |

To RSVP or for more information, please call
800.272.3900 (24 hour line)

Missed one of our local classes?

Don't worry, all of our classes are available online and they're free.

You can easily access online education and support by connecting to the tools listed below.



Online tools

| | |
|-----------------------|---|
| E-learning | <p>e-learning courses are available 24/7 to accommodate your busy schedule. alz.org/elearning</p> <p>Alzheimer's is a progressive disease where the person will require increasing levels of care as time goes on. Being educated about what to expect and learning about useful care strategies can significantly impact the quality of life for the caregiver and the person living with Alzheimer's. The Alzheimer's Association offers a series of education workshops available in communities nationwide and online. Take advantage of the free e-learning courses:</p> <ul style="list-style-type: none">• Know the 10 Signs: Early Detection Matters• The Basics: Memory Loss, Dementia and Alzheimer's Disease• Legal and Financial Planning for Alzheimer's Disease• Living with Alzheimer's for People with Alzheimer's• Living with Alzheimer's: For Caregivers (Early, Middle and Late Stage) |
| Alzheimer's Navigator | <p>alzheimer's disease creates questions. we can guide you to answers. alz.org/alzheimersnavigator</p> <p>Alzheimer's Navigator™ is an innovative online tool designed specifically for individuals with Alzheimer's, their families and caregivers to navigate through the disease. A diagnosis of Alzheimer's disease raises many questions. Alzheimer's Navigator helps guide you to answers by creating a customized action plan and linking to information, support and local resources. Depending on the needs of the user, specific action steps are created for the following areas:</p> <ul style="list-style-type: none">• Planning for the future• Working with doctors/healthcare professionals• Caregiver support• Activities of daily living• Home safety• Driving• Knowledge of dementia   |
| ALZConnected® | <p>You are not alone. Get connected to share concerns and advice. alzconnected.org</p>  <p>An online social networking community designed specifically for people with Alzheimer's disease and their caregivers. Members can connect and communicate with people who understand their unique challenges. They can pose questions and offer solutions to dementia-related issues, create public and private groups organized around a dedicated topic and contribute to message boards.</p> |

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Tuesdays 1 – 3, unless otherwise noted

2019 Schedule – East Ventura County

| | | |
|------------------------|----------------|---|
| May 7 4 – 5:30 pm | Mid Stages I | Communication, Relationship Changes, Personal Care and Hospitalizations Location: Atria Hillcrest – 405 Hodencamp Rd., Thousand Oaks, CA 91360 RESPIRE PROVIDED PER REQUEST |
| June 18 4 – 5:30 pm | Mid Stages II | Behavior Changes, Medications, Home Safety, Driving, Living Alone and Wandering Location: Senior Concerns – 401 Hodencamp Road, Thousand Oaks, CA 91360 RESPIRE PROVIDED PER REQUEST |
| July 16 | Mid Stages III | Day Services, In-Home Care Services, Senior Living Options and Caregiver Needs Location: Atria Hillcrest – 405 Hodencamp Rd., Thousand Oaks, CA 91360 |
| Aug 20 | All Stages | Legal and Financial Issues Guest Speaker: Craig Ploss, Esq. Location: Simi Valley Senior Center -3900 Avenida Simi, Simi Valley, CA 93063 |
| Sept 3 | Late Stages I | Approaches to the Disease, Cognitive Changes, Activities, Eating and Physical Changes Location: Buena Vista Hospice – 2545 W. Hillcrest Dr., Ste. 130, Thousand Oaks, CA |
| Oct 1 | Late Stages II | Resources for Care, Monitoring Care, Legal Plans, Hospice and Palliative Care Location: Buena Vista Hospice -2545 Hillcrest Dr., Ste. 130, Thousand Oaks, CA |
| Nov 5 | All Stages | Dementia Conversations Location: Simi Valley Senior Center – 3900 Avenida Simi, Simi Valley, CA 93063 |

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2019 ALZHEIMER'S DISEASE FACTS AND FIGURES

ALZHEIMER'S
DISEASE IS THE

6TH

leading cause of death
in the United States

5.8
MILLION

Americans
are living
with
Alzheimer's

BY 2050, this
number is
projected to
rise to nearly

14
MILLION

MORE THAN
16 MILLION
AMERICANS

provide unpaid care
for people with
Alzheimer's or
other dementias

These caregivers provided an estimated
18.5 BILLION HOURS
valued at nearly
\$234 BILLION

IN 2019, Alzheimer's and other
dementias will cost the nation
\$290 BILLION

BY 2050, these costs
could rise as high as
\$1.1 TRILLION



82%

of seniors say it's important
to have their thinking or
memory checked

BUT
ONLY

16%

say they receive
regular cognitive
assessments



EVERY 65
SECONDS

someone in the
United States
develops the disease

Between 2000 and
2017 deaths from heart
disease have decreased

9%



while deaths from
Alzheimer's disease
have increased

145%



1 IN 3

seniors dies with
Alzheimer's or
another dementia

It kills more than
breast cancer and
prostate cancer
COMBINED