

District 7010 Conference 2020

Dr. Jenny Ingram Presentation  
*Bring Hope to Ageing and Dementia*

Post-presentation information following the Q&A session.

1. **Support your members living with Dementia:** Dementia in your club: I would encourage each club to decide which of their current members and which of their prior members are currently living with a dementia either personally or as a care giver.

I would ask that each club develop a plan to support each individual by creating a team around the person.

The Plan should ensure they have regular visitors scheduled to do helpful activities and to provide the care giver with much needed respite. These activities could include dinners or walks, movie nights or visits to local zoo and attractions, trips to do recreational shopping or recreational browsing what-ever the individual might enjoy. (I can help to train volunteers to communicate with individuals with dementia.)

2. **Support Your Community Dementia Resources.** I would encourage you to identify the resources that are in your community such as meals on wheels, wheels to meals, Adult Day Programs for persons with dementia, minds in Motion from the Alzheimer Society, etc. Rotary has two major assets to contribute. The assets you bring are:
  - a. Volunteers
  - b. Financial Support
2. **Advocacy for improved options at Home:** I encourage each club to form a dementia friendly Interest group or advocacy group to become aware of how little is available to support people living at home. It is also part of advocacy to ask why the answers of governments are largely to have more LTC facilities in the absence of programs to support these people for the 8 to 10 years before the LTC is needed.
3. **Unique Dementia programs to pursue:**
  - a. The Music of our Lives program brings music via iPods or iPads or Spotify to individuals with dementia in LTC.  
Watch the Alive Inside Documentary I have enclosed a source to learn the benefit of this Alive Inside - a story of Music and Memory [www.aliveinside.us](http://www.aliveinside.us)
  - b. Hospital Elder Life Program a program of surrogate family for persons in Hospital: Hospital Elder Life Program | <https://www.hospitalelderlifeprogram.org>