



Community Planning Council

The Community Planning Council was established by Greenwich United Way to encourage the most effective and efficient health and human service delivery system for Greenwich. Comprised of community leaders, nonprofit service professionals, Greenwich United Way board members, and community volunteers, the work of the Planning Council, particularly through its periodic Needs Assessments, has led to the development of some of the Town's most valued programs and institutions.

Community Planning Council Meeting Thursday 10/18, 8:30 am, Temple Shalom

Older Adults: Dementia Friends Greenwich

Lori Contadino, Director, Commission on Aging at Town of Greenwich
Donna Spellman, Executive Director, River House Adult Day Center

According to the Greenwich United Way's Needs Assessment, of the more than 11,000 Greenwich residents that are 65 and older, one third of them have an income less than \$50,000. Given current trends, older adults will comprise 20% of the Town's population by the year 2020.

Highlights from the Presentation:

Lori Contadino and Donna Spellman presented, Dementia Friends Greenwich, the goal of the presentation was to help members understand five key messages about dementia, how it affects people and how people can make a difference in the lives of people living with dementia.

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. Developed by the Alzheimer's society in the United Kingdom, the Dementia Friends movement is now spreading through Connecticut. By helping everyone in a community understand what dementia is and how it affects people, individuals are then more prepared to help people touched by dementia.

- Five Key Messages: 1) Dementia is not a normal part of aging. 2) Dementia is caused by a disease of the brain. 3) Dementia is not just about having memory problems. 4) It is possible to have a good quality of life with dementia. 5) There's more to the person than the dementia.
- Types of Dementia: Most common is Alzheimer's disease and less common is Lewy Body, Frontotemporal and Vascular.
- Early Signs and Symptoms: memory loss that disrupts life, challenges in planning or solving problems, difficulty completing familiar tasks, confusion with time or place, trouble understanding visual images and spatial relationships, challenges with words in speaking or writing, misplacing things and losing the ability to retrace steps, decreased or poor judgment, withdrawal from work or social activities and changes in mood or personality.
- Communication Tips: Treat the person with dignity and respect, be aware of your feelings, be patient and supportive, offer comfort and reassurance, avoid criticizing or correcting, avoid arguing, offer a word guess and encourage nonverbal communication.

CPC members supported an Age Friendly Greenwich by becoming a Dementia Friend and received a certificate of participation. For more information on the topic, visit: www.dementiafriendsct.org

Next Community Planning Council Meeting:

500 West Putnam Avenue, Suite 415 • Greenwich, CT 06830 • 203-869-2221

www.greenwichunitedway.org

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#GUW_CommunityPlanningCouncil #WeAreGreenwich

Thursday, 11/15, 8:30am, Basic Human Needs: The Center for Sexual Assault Crisis Counseling and Education Services

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