



Dementia at a Glance

About this strategy

SHIP grantees, focusing on dementia, work with the Minnesota Board on Aging (MBA) and Act on Alzheimer's Action Communities, and other partners to create communities that enhance the health and quality of life for persons with Alzheimer's disease and related dementias (ADRD) and provide greater access and opportunities for healthy aging where we live, work, learn and play.

What does the evidence say?

SHIP's primary focus in ADRD is improving the health and quality of life for people with ADRD and their caregivers. Scientific research has identified that two groups of factors influence the incidence of dementia: genetic factors and lifestyle factors. Genetic predisposition cannot be altered; however, SHIP communities provide opportunities for healthy living throughout the life span, reducing the lifestyle factors that contribute to dementia.

Activities

SHIP grantees work in the dementia area through the following activities:

- Collaborate with the local Area Agency on Aging to build community capacity to create ADRD-friendly, healthy aging-friendly communities
- Develop healthy eating, active living or tobacco-free living strategies that focus on community members 60+ with ADRD and provide support systems, education and training for caregivers
- Work with Act on Alzheimer's Action Community leads to create supportive and equitable communities for people living with Alzheimer's and their caregivers
- Work with Minnesota Board on Aging Dementia Grantees to build community capacity to identify people with ADRD and their caregivers and connect them with resources
- Coordinate efforts to create or enhance-peer-to-peer learning and collaboration
- Integrate ADRD efforts into SHIP content areas and settings. Coordinating with partners to disseminate data, resources, and tools to adopt ADRD supportive policies
- Strengthen community preparedness for dementia and strengthen health and social systems to improve care and services for people with dementia and their caregivers
- Raise awareness and educating the public and decision makers, especially those who have power and influence over the quality of life of people with dementia, caregivers and aging populations
- Support those who advocate for people with dementia and caregivers with resources, data, networks, meeting places and other provision consistent with public health practice

Priority populations

- Age: 60+ with ADRD (with priority on address health inequities)
- Caregivers

Requirements

- Collaborate with Area Agencies on Aging, Act on Alzheimer's Action Communities and other ADRD partners to build community capacity to create ADRD-friendly, healthy aging-friendly communities

Partners/Resources

[Minnesota Board on Aging \(MBA\)](#)

[Minnesota Area Agencies on Aging \(AAAs\)](#)

[Alzheimer's Association](#)

[Act on Alzheimer's Action Communities](#)

[Minnesota Department of Human Services](#)

[Communities for a Lifetime Minnesota](#)

[Dementia Friendly America](#)

[Living at Home Block Nurse Programs –
Living at Home Network](#)

[AARP Minnesota](#)

[Volunteers of America Minnesota](#)

Catholic Charities Diocese of: [Winona,](#)
[Minneapolis/St. Paul,](#) [St Cloud,](#) [New Ulm](#)

[Lutheran Social Services of Minnesota](#)

[University of Minnesota Center on Aging
Community Aging Resources](#)

[Minnesota Gerontological Society \(MGS\)](#)

[University of Minnesota Extension Health
and Nutrition](#)

[MDH Community Engagement](#)

Minnesota Department of Health
Office of Statewide Health Improvement Initiatives
85 E. 7th Place, Suite 220
PO Box 64882
St. Paul, MN 55164-0882
651-201-5443
Health.OSHI@state.mn.us
www.health.state.mn.us

(06/26/2017)

To obtain this information in a different format, call: 651-201-5443. Printed on recycled paper.

