



Dementia
Friendly
Park Rapids



Dementia Friendly News

Living at Home of the Park Rapids Area

Executive Director: Words of Wisdom

Living at Home of the Park Rapids Area has long supported individuals with memory loss, and their care partners, through caregiver coaching and support, volunteerism, and connection to local resources. Thanks to a generous grant from the Minnesota Board on Aging, and in partnership with community individuals and organizations, Living at Home will enhance that service delivery through additional memory loss education, awareness, and resources, all aimed at creating an inclusive and supportive community that is both dementia aware and dementia friendly.

Dementia Friendly Park Rapids Website

Park Rapids is working to create a dementia aware, dementia friendly, and inclusive community where individuals with memory loss and their care partners feel supported through education, awareness, and resources.

DFC.parkrapidslivingathome.org

Caregiver Support Program

Care partners (caregivers) are people who take care of others, most often parents or spouses, who are ill or disabled. They help with activities of daily living such as: grocery shopping, cooking, paying bills, giving medications, toileting, bathing, dressing, and eating.

It is estimated that 500,000 Minnesotans are providing unpaid care for an elderly or disabled relative.

Caring for an elderly family member can be a rewarding experience. It can also be a stressful experience, both emotionally and physically.

Caregiver Coaching is a personalized service that equips caregivers with the knowledge, skills, and tools needed to develop themselves and enrich their role as caregivers.

Jill Grimes, **Caregiver Support Coach** meets with the caregiver in person, on the phone, via Zoom, via email, and by written correspondence. The caregiver receives information on their loved one's illness, resources in the community, help with developing and expanding caregiving skills, and assistance with their own self-care.

The Caregiver Discussion Group provides education and informal sharing with others who are caring for loved ones. Discussions are based on what caregivers articulate their current needs are, with moderation and support from the Caregiver Support Coach to address these needs. Monthly topics are based on this feedback.

Caregiver Discussion Group

Meets 1st Wednesday of every month

1:30 – 3:00 pm | call Jill for location & to RSVP

For more information on Caregiver Support

(218) 732-3137

Famous Rib Dinner is BACK!

It took a global pandemic to keep us out of the American Legion kitchen.

We've missed you!



Living at Home of the Park Rapids Area

Famous Rib Dinner

Friday, June 4th | 3:30 – 7 pm

\$10 adults \$5 ages 9 & under

Park Rapids American Legion

Dine-in & take-out available

COVID-19 Safety Protocols will be followed per MN DHS Guidelines

Support

Living at Home of the Park Rapids Area is grateful for the continued financial support of individuals and organizations within our service area.

Donations made to Living at Home help to sustain programs and services, including: Friendly Visiting, Transportation to Appointments, Grocery Shopping and Errands, Minor Handyman Services, Occasional Light Housekeeping, Ramp Building, Caregiver Support, Respite Care, and Dementia Friendly Park Rapids.

These important services and programs provide options for our senior population, allowing them to remain independent in the home of their choice while aging with dignity.

Please consider making a donation today using the envelope provided.

Thank you!

Dementia Friendly Park Rapids

Since 2017, Living at Home has been an active participant in ACTION Park Rapids, a local collaboration of community members who are creating our future through strategic, collective, and sustained civic effort. One of those efforts was the creation of a dementia friendly community work group.

In 2018, this work group, in partnership with the Alzheimer's Association, surveyed various sectors of our community about dementia, including: individuals, health and human service workers, healthcare providers, faith leaders, business owners. The survey results indicated that while our community is generally aware of dementia we do not know where to turn for local, regional and state resources.

Our work group is now the Dementia Friendly Park Rapids Action Team, and we are actively collaborating to address that gap and to create a truly dementia friendly community.



Dementia
Friendly
Park Rapids

Action Team

CHI St. Joseph's Health | Community Education | Community Members | Dancing Sky AAA | Dementia Friends | Elected Officials | Essentia Health | Faith Community | Heartland Arts | Heritage Communities | HRDC | Hubbard County DAC | Knute Nelson | Law Enforcement | Living at Home | Park Rapids Library | Sanford Health | TSZ Law Office | Wellness Matters

Dementia Friendly Park Rapids: Resource Guide

Whether you are someone living with memory loss or caring for someone with memory loss, information and resources are available. Our Dementia Friendly Park Rapids Resource Guide is available for viewing and download on our website:

DFC.parkrapidslivingathome.org

Dementia Friendly Events



Teepa Snow's philosophy and education is reflective of her life-long journey professionally caring for and personally supporting people living with various forms of dementia. This person-centered approach evolved to meet the complex and unique needs of individuals using effective and structured technique. Teepa and her company strive to grow appreciation of differences that will lead to better care and support of those living with changing abilities.

Join Living at Home June 22-24 for a series of dementia care webinars with Dr. Beth Nolan. Register for one webinar or as many as you like. Registration is free, and available:

Online: DFC.parkrapidslivingathome.org
Call: Living at Home 218.732.3137

Webinar Topics:

- Using a Positive Approach to Dementia Care
- The Typical Progression of Dementia and How to Help
- What Law Enforcement Needs to Know
- Coping with Challenging Situations in Dementia Care
- Building a Dementia Friendly Community
- How to Communicate with Someone Living with Dementia
- Developing Activities that Have Meaning for People Living with Dementia
- Connecting Children and Elders with Dementia

Save the Date



Sunday, August 29th | 3-4 pm

This Senior Choir from Twin Cities Redefines Aging!

DFC.parkrapidslivingathome.org



We've learned over the last year that life has many uncertainties. We really can never be sure what challenge is around the corner. It's important to consider your own possible future health care needs and preferences. Often people get sick very quickly and may be unable to make decisions about their own treatment. Others will be asked to make decisions for them. Who would make such decisions for you? Would they know what is important to you?



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Like us at:
Living at Home of the Park Rapids Area

...Advance Care Planning Continued

This is a good time to complete a health care directive (also called an advance directive or living will). A health care directive is a written plan for loved ones and medical professionals to follow if you are unable to express your own health care decisions. If you already have one, it's a good time to review it and be sure it still reflects your wishes. Completing a health care directive includes identifying a health care agent, a person you choose to make your treatment decisions when you are unable to do so.

It is difficult to think about, but it is better to work through this "advance care planning" process before a medical crisis occurs. This allows time for you to consider what is important to you, your values, beliefs, and experiences. You can consider what "quality of life" means for you, what brings joy to your days. You can select a person you trust to advocate for your choices and discuss your thinking with that person. It also allows time to share your thoughts with the others who care about you. Your health care agent will need their support when acting on your wishes.

Dementia is one of the most common reasons people lose the ability to make their own health care decisions.

An advance directive document specific to dementia is available to help others make the decisions you would prefer if you experience dementia. This communication tool describes the stages of dementia and provides options about care decisions for each stage. More information and the document are available free of charge at dementia-directive.org.

How to get help:

- honoringchoices.org to learn more and locate a health directive form
- Your primary care provider or primary doctor
- Specially trained volunteers, at no cost, with:



Park Rapids 218.732.3137 | Walker 218.547.1897