

**Appendix C. Educational Materials and  
Resources:  
Dementia Training for  
Community Health Workers  
In Oklahoma**



## Advocacy

- Dementia Action Collaborative Washington State. Advocating for Dementia-Friendly Communities.

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## Aging

- Age-Friendly Health Systems: Guide to Using the 4Ms in the Care of Older Adults. [http://www.ihl.org/Engage/Initiatives/Age-Friendly-Health-Systems/Documents/IHIAgeFriendlyHealthSystems\\_GuidetoUsing4MsCare.pdf](http://www.ihl.org/Engage/Initiatives/Age-Friendly-Health-Systems/Documents/IHIAgeFriendlyHealthSystems_GuidetoUsing4MsCare.pdf)
- Aging in Place. MPH Salud. <https://mhpsalud.org/portfolio/aging-in-place/>
- Arizona Center on Aging. The University of Arizona. <https://aging.arizona.edu/>
- Brain Health Food Guide: An Evidence-Based Approach to Healthy Eating for the Aging Brain. <https://www.baycrest.org/getattachment/0c3275c8-2419-4f12-ad71-a890d5f70265/Brain-Health-Food-Guide.aspx>
- [Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion. Alzheimer's Disease and Healthy Aging.](#) Page last reviewed: January 13, 2020. <https://www.cdc.gov/aging/index.html>
- National Institute on Aging. <https://www.nia.nih.gov/>
- US. National Library of Medicine. MedlinePlus. Alzheimer's Disease. <https://medlineplus.gov/alzheimersdisease.html#cat11>
- Administration for Community Living. <https://acl.gov/>
- Centers for Disease Control and Prevention. Memory Loss is Not a Normal Part of Ageing. (40-second animated clip) [https://www.youtube.com/watch?v=YhT58SSQrA&deliveryName=FCP\\_10\\_DM10086](https://www.youtube.com/watch?v=YhT58SSQrA&deliveryName=FCP_10_DM10086)

## Alzheimer's Disease and Related Dementias

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- Alzheimer's Association. Support Groups. <https://www.alz.org/help-support/community/support-groups>

- Alzheimer's Association. 10 Early Signs and Symptoms of Alzheimer's, 2020. [https://www.alz.org/alzheimers-dementia/10\\_signs](https://www.alz.org/alzheimers-dementia/10_signs)
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- Centers for Disease Control and Prevention. What is Dementia? <https://www.cdc.gov/aging/dementia/index.html>
- HRSA Health Workforce. Training Curriculum: Alzheimer's Disease and Related Dementias, 2019. *Date Last Reviewed: July 2019.* <https://bhw.hrsa.gov/grants/geriatrics/alzheimers-curriculum>
- Mayo Clinic. Dementia. <https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>
- National Institute on Aging, National Institutes of Health, U.S. Department of Health & Human Services. Alzheimer's & related Dementias Education & Referral Center (ADEAR). <https://www.alzheimers.gov/>

## Caregiving

- Teasdale T, Pogue A, Smith C, Feland N, Trost M, Wood D, Kila E, Chrusciel T, Yellseagle D, Davis K, Assfaw A. StepUp for Dementia Care. A Curriculum from the Oklahoma Public Health Training Center, Department of Health Promotion Sciences, Oklahoma University Health Sciences Center. Developed in collaboration with the Oklahoma Foundation for Medical Quality and The Oklahoma State Department of Health. 2019.
- Alzheimer's Association. Building a Care Team. [https://www.alz.org/help-support/i-have-alz/plan-for-your-future/building\\_a\\_care\\_team](https://www.alz.org/help-support/i-have-alz/plan-for-your-future/building_a_care_team)
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  - Activities for Adults with Dementia. <https://www.caring.com/caregivers/dementia-caregiving/#activities-for-adults-with-dementia>
  - Creative Techniques for Talking to a Loved One with Dementia. <https://www.caring.com/caregivers/dementia-caregiving/#creative-techniques-for-talking-to-a-loved-one-with-dementia>

- Dementia Caregiving: Creating a Dementia Care Plan.  
<https://www.caring.com/caregivers/dementia-caregiving/>
- How to Handle Common Dementia-Related Hygiene Problems  
<https://www.caring.com/caregivers/dementia-caregiving/>
- More Ways to Keep Someone with Dementia Active.  
<https://www.caring.com/caregivers/dementia-caregiving/#more-ways-to-keep-someone-with-dementia-active>
- Implementing a Community-Based Program for Dementia Caregivers.  
[https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/Healthy\\_Aging\\_Critical\\_Issues\\_Brief/ReachOutActionGuide.pdf](https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/Healthy_Aging_Critical_Issues_Brief/ReachOutActionGuide.pdf)
- National Institute on Aging
  - Changes in Intimacy and Sexuality in Alzheimer's Disease  
<https://www.nia.nih.gov/health/changes-intimacy-and-sexuality-alzheimers-disease>
  - Helping Kids Understand Alzheimer’s Disease.  
<https://www.nia.nih.gov/health/helping-kids-understand-alzheimers-disease>
  - Managing Medicines for a Person with Alzheimer's  
<https://www.nia.nih.gov/health/managing-medicines-person-alzheimers>
  - Managing Personality and Behavior Changes in Alzheimer's  
<https://www.nia.nih.gov/health/managing-personality-and-behavior-changes-alzheimers>
  - 6 Tips for Managing Sleep Problems in Alzheimer's  
<https://www.nia.nih.gov/health/6-tips-managing-sleep-problems-alzheimers>

## CDC Healthy Brain Initiative

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- [Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion](#). Road Map for State and Local Public Health. Healthy Brain Initiative. Page last reviewed: May 1, 2019. <https://www.cdc.gov/aging/healthybrain/roadmap.htm>
- National Association of Chronic Disease Directors. Implementing a Community-Based Program for Dementia Caregivers. An Action Guide using Reach Out. University of Michigan Health System.  
[https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/Healthy\\_Aging\\_Critical\\_Issues\\_Brief/ReachOutActionGuide.pdf](https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/Healthy_Aging_Critical_Issues_Brief/ReachOutActionGuide.pdf)

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- Alzheimer's Association and Centers for Disease Control and Prevention. Healthy Brain Initiative, Road Map for Indian Country. Chicago, IL: Alzheimer's Association; 2019. <https://alz.org/media/Documents/healthy-brain-initiative-road-map-for-indian-country.pdf>
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## Dementia Friendly Community

- Act on Alzheimer's. Minnesotans Working Together on the Impacts of Alzheimer's, 2019. <http://www.actonalz.org/>
- City of Tulsa. Tulsa is a Dementia Friendly City. Archived on July 28, 2017. <https://www.cityoftulsa.org/press-room/tulsa-is-a-dementia-friendly-city/>
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- Dementia Action Collaborative Washington State.
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  - Washington State Department of Social and Health Services. Aging and Long-Term Support Administration (AL TSA). Dementia Action Collaborative. <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

- Dementia-Friendly Walking Groups- A Guide for Community-Based Organizations: <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia-Friendly%20Walking%20Groups%20Guide.pdf>
- Dementia Road Map: A Guide for Family and Care Partners. <https://www.nwrcwa.org/files/2017/12/Dementia-Road-Map-A-Guide-for-Family-and-Care-Partners.pdf>
- The Alzheimer's Café Model – Steps to Success <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/The%20Alz%20Cafe%20How%20to%20Guide%20Steps%20to%20Success.pdf>
- Washington State Plan to Address Alzheimer's Disease and Other Dementias. Progress Update: December 2017. January 1, 2016.

## Health Systems & Dementia Care

- Age-Friendly Health Systems: Guide to Using the 4Ms in the Care of Older Adults. [http://www.ihl.org/Engage/Initiatives/Age-Friendly-Health-Systems/Documents/IHIAgeFriendlyHealthSystems\\_GuidetoUsing4MsCare.pdf](http://www.ihl.org/Engage/Initiatives/Age-Friendly-Health-Systems/Documents/IHIAgeFriendlyHealthSystems_GuidetoUsing4MsCare.pdf)
- Developing Dementia-Capable Health Care Systems: A 12-Step Program <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Borson%20and%20Chodosh%202014.pdf>
- Recognizing the Role of Diversity in Dementia Care. Rhode Island Geriatric Education Center. <http://events.r20.constantcontact.com/register/event?llr=orqrh6bab&oeidk=a07egp6rhf179f9fe25>

## Oklahoma's Resources for Dementia

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- A Place for Mom. Alzheimer's Care in Oklahoma. <https://www.aplaceformom.com/alzheimers-care/oklahoma>
- Center for Health Sciences, OSU. Alzheimer's Echo. Project Echo. <https://health.okstate.edu/echo/alzheimer.html>
- City of Tulsa. Tulsa is a Dementia Friendly City. Archived on July 28, 2017. <https://www.cityoftulsa.org/press-room/tulsa-is-a-dementia-friendly-city/>
- Oklahoma Department of Human Services. Aging Services. <http://www.okdhs.org/services/aging/Pages/AgingServicesMain.aspx>
- Oklahoma Healthy Aging Initiative (OHAI). <https://www.ouhsc.edu/ohai/Training/Alzheimers-Dementia-Caregiver-Training>

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## Overcoming Stigma

- Dementia Action Collaborative Washington State. Busting Dementia Stigma – One Children's Book at a Time. [https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/DAC\\_Busting-Dementia-Stigma\\_HANDOUT%20%28004%29.pdf](https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/DAC_Busting-Dementia-Stigma_HANDOUT%20%28004%29.pdf)
- Alzheimer's Association. Overcoming Stigma. <https://www.alz.org/help-support/i-have-alz/overcoming-stigma>
- National Institute on Aging. Helping Kids Understand Alzheimer's Disease. <https://www.nia.nih.gov/health/helping-kids-understand-alzheimers-disease>
- National Institute on Aging. Helping Family and Friends Understand Alzheimer's disease. <https://www.nia.nih.gov/health/helping-family-and-friends-understand-alzheimers-disease>

## Resources Specific to CHWs

- Arizona Center on Aging, University of Arizona, Alzheimer's Association, Healthy Brain Research Network. A Training for CHWs. AzCHOW Conference, Tucson, Arizona. June 16, 2016.
- Pathways Model: Connecting Those at Risk to Care. Agency for Healthcare Research and Quality. [https://innovations.ahrq.gov/sites/default/files/Guides/CommHub\\_QuickStart.pdf](https://innovations.ahrq.gov/sites/default/files/Guides/CommHub_QuickStart.pdf)
- Rosenthal EL, Redondo F, Hirsch G. Together Leaning Toward the Sky. The Community Health Worker Core Consensus (C3) Project - A Report of the C3 Project: Phase 1 and 2, 2018. A National Project to Inform Community Health Worker Practice and Policy. Texas Tech University Health Sciences Center El Paso, Texas. <https://swctahec.org/wp-content/uploads/2019/05/C3-FINAL-REPORT-2-5-19.pdf>
- The C3 Project Team. The Community Health Worker Core Consensus Project. TTUHSC El Paso, 2018. <https://www.c3project.org/>

## Safety

- Alzheimer's Association of Manitoba. Reducing Risk of Falls for People with Dementia, 2014. <https://alzheimer.mb.ca/wp-content/uploads/2013/09/2014-Dementia-Fall-Risk-Checklist-template.pdf>

● **Caring.com. What to Do When Someone With Dementia Lashes Out Physically.**  
<https://www.caring.com/caregivers/dementia-caregiving/#what-to-do-when-someone-with-dementia-lashes-out-physically>

● **Being Patient. Driving With Dementia: 6 Dangerous Signs It's Time to Step In, 2020.**  
<https://www.beingpatient.com/driving-with-dementia-caregiver/>

● **National Association of Area Agencies on Aging (N4a). Answers on Aging™ Financial Exploitation: Safeguarding Your Money & Property.** <https://www.n4a.org/Files/financial-fraud-access508.pdf>

● **The Center for Public Health Continuing Education. A. Sex, Guns, and Driving: Considerations in Dementia Care (Vimeo). Jessica Zwerling, MD, MS, Andrea Sullivan, OT/L, speakers. Originally presented on October 17, 2019.**  
[https://www.albany.edu/cphce/phl\\_1019.shtml](https://www.albany.edu/cphce/phl_1019.shtml)

## **Spanish Materials**

● **Division of Population Health, Centros para el Control y la Prevención de Enfermedades.** Enfermedad de Alzheimer. Esta página fue revisada el: 13 de octubre de 2019.  
<https://www.cdc.gov/aging/spanish/aginginfo/alzheimers.html>