

# Community Inclusion and Solutions

Making the most of community opportunities  
for adults with IDD



# Aging and Intellectual and Developmental Disability

- \* Including people with IDD in the community as they age
- \* Raising awareness of the community to foster inclusion and equity
- \* Making use of available resources (outside the DDS system)
- \* Improving the quality of life for aging adults with IDD, including those with dementia



# Examples of Resources

- \* Senior centers
- \* Memory cafés
- \* Community businesses
  - \* Supermarkets, banks, restaurants, retail stores, cinemas
- \* Municipal resources
  - \* Libraries, recreations centers, public transportation
- \* Dementia friendly



# Determine Needs and Wants

- \* Determine interests of those you care for
- \* What are their needs?
  - \* PT, OT assessments
  - \* Advanced Directive, Health Care Proxy
  - \* Medical orders, including medication, MOLST, if applicable
  - \* Special accommodations
- \* How would you make it easier to access resources?



# Getting the Process Started

If you are an agency director, group home manager or caregiver, **how do you start building a community network?**

- \* Executive Office of Elder Affairs website
- \* Local resources
- \* Businesses that serve the needs of people you serve
- \* Make contacts
  - \* Visit programs
  - \* What can you offer each other?



# Reaching Out in Both Directions

- \* Community resources, businesses and programs can also reach out
- \* Visit your neighbors and start the conversation about how you may be able to meet their needs



# Building Bridges

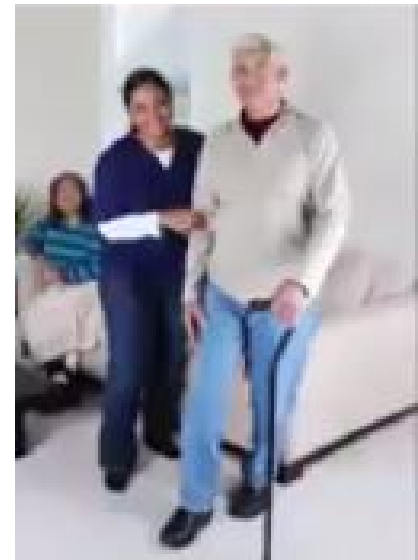
- \* Where do you start?
  - \* Identify the correct person at the agency to talk with
  - \* Start with short visits
  - \* Knowledge reduces fear



# Planning Together

## Strategize about:

- \* Accommodations
- \* Staffing needs
- \* Training needs – program staff and community employees
- \* Adaptations to ensure physical safety
  - \* Evaluation physical obstacles or hazards
  - \* Ramps and rails
  - \* Lighting and noise





# Aging in Place

- \* We work to support people in their own home as they age
- \* We do not want individuals to have to move to a nursing home
- \* Sometimes we have to modify the environment or bring in additional supports
- \* Hospice is an option



# Dementia Friendly Massachusetts Initiative: Community Toolkit Phases

- \* **Convey** key community leaders and members
- \* **Engage** key leaders to assess current strengths and gaps in your community
- \* **Analyze** your community needs and issues, and set community goals
- \* **Act together** to establish implementation plans and identify ways to measure progress



# Key Lessons from Dementia Friendly Massachusetts Leadership Summit

- \* Find ways to **share existing tools and knowledge**
- \* **Collaboration** helps resources go farther
  - \* Dementia friendly initiatives should work closely with the age-friendly movement
  - \* Regional or statewide organizations, associations, and business chains can spread knowledge and increase participation
- \* **One size does not fit all.** Initiatives need to fit the local community or sector
- \* **Cultural Inclusion** requires focused attention and resources



# Key Lessons from Dementia Friendly Massachusetts Leadership Summit

- \* Start with a broad, representative action team and learn together about strengths and gaps to achieve **sustainable results**
- \* **Language matters.** Use respectful, empowering, and accurate language to educate and reduce stigma about dementia
- \* Massachusetts is emerging as a **national leader and we are a part of a national movement**
- \* **Dementia Friendly America** offers free sector guides, and an in-depth toolkit for geographic or cultural communities to follow



# Dementia Friendly America initiative in Massachusetts

For more information on the Dementia Friendly America Initiative in Massachusetts, you may contact:

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Dementia Friendly Massachusetts Initiative

[www.jfcsboston.org/DementiaFriendlyMA](http://www.jfcsboston.org/DementiaFriendlyMA)



# Resources

- \* Dementia Friendly America  
[www.dfamerica.org](http://www.dfamerica.org)
- \* Executive Office of Elder Affairs  
[www.mass.gov/elders](http://www.mass.gov/elders)
- \* Jewish Family and Children's Services (JF&CS)  
Massachusetts Memory Café List  
[www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory)



# Additional Webinars

## Adapting to Age-Related Changes in the Home, Day Program and Community Series:

- \* Adapting the Residence for Aging Adults with IDD
- \* Adapting the Day Program for Aging Adults with IDD
- \* Honoring Cultural Practices and Individual Preferences
- \* Community Inclusion and Solutions



# Additional Resources

Massachusetts Department of Developmental Services (DDS)  
[www.mass.gov/eohhs/gov/departments/dds/aging-with-id.html](http://www.mass.gov/eohhs/gov/departments/dds/aging-with-id.html)

Center for Developmental Disabilities Evaluation & Research  
[https://shriver.umassmed.edu/cdder/aging\\_idd\\_education/](https://shriver.umassmed.edu/cdder/aging_idd_education/)





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