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

Photo provided by JFCS
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?
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
Where do you start?
  * Identify the correct person at the agency to talk with
  * Start with short visits
  * Knowledge reduces fear
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
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
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
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
For more information on the Dementia Friendly America Initiative in Massachusetts, you may contact:

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Resources

* Dementia Friendly America
  www.dfamerica.org

* Executive Office of Elder Affairs
  www.mass.gov/elders

* Jewish Family and Children’s Services (JF&CS)
  Massachusetts Memory Café List
  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
Massachusetts Department of Developmental Services (DDS)

Center for Developmental Disabilities Evaluation & Research
https://shriver.umassmed.edu/cdder/aging_idd_education/
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