



AGE & DEMENTIA FRIENDLY CAPE ANN

Gloucester • Rockport • Essex • Manchester By-The-Sea

To: Dementia Friendly America

From: Age & Dementia Friendly Cape Ann

Date: April 11, 2019

Subject: Joining the DFA Network of Communities:

We write to request the opportunity to join the DFA Network of Communities. Cape Ann is comprised of the towns of Essex, Manchester-by-the-Sea, and Rockport and the city of Gloucester. SeniorCare, Inc is the federally designated Area Agency on Aging for the region and the state designated Aging Services Access Point for this region.

Connecting Across Sectors

ADFCA has established a Steering Committee comprised of older adults, caregivers and a regional representation from the Dementia Friendly Sectors. This includes older adults, care partners, municipal employees, and professionals from the fields of transportation, housing, Veterans services, health, fitness, banking, independent living centers, emergency responders, food security, and the Chamber of Commerce. We are currently actively seeking the participation of a person or persons living in the community with dementia and additional care partners.

Inclusion and Leadership of People Living with Dementia

We continue to seek out the input of people living with dementia and their care partners. During the community assessment process we facilitated a focus group specifically for care partners to share what they feel are strengths and areas for improvement in the community. Our Steering Committee initially included two care partners, each has had to leave the group due to personal reasons. As we enter the second year of our Steering Committee we intend to fill those slots with new care partners. We also are seeking an individual or individuals living with dementia to serve in leadership capacities.

Champion Organization

SeniorCare Inc in the convener of the Age and Dementia Friendly initiative on Cape Ann and established Age & Dementia Friendly Cape Ann (ADFCA) through a generous donation from the Tufts Health Plan Foundation. This funding allows for SeniorCare Inc to fund a 20 hour per week position solely focused on moving the initiative forward and partnering with the municipal leadership of the four communities of Cape Ann.

Dementia Friendly Practices and Change Goals

The first step in Cape Ann's progress toward becoming more age and dementia friendly was to assess the strengths and needs of the community. ADFCA worked with the Gerontology Institute at University of Massachusetts Boston on a regional needs assessment. In order to include additional community



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input, ADFCA supplemented the UMass Boston assessment with a written and online survey for community residents. Through the community assessment process, priority areas have become apparent. Among these areas are transportation, housing, communication & information, education, and caregiving. A key finding of both assessments was the need for regionalization of services and information. ADFCA will now work with the ADFCA Steering Committee, Councils on Aging (COAs), and municipal representatives, to craft an Action Plan. ADFCA will establish action teams in the key areas discussed above to gain a deeper understanding of the community strengths and needs as well as develop actionable goals to make Cape Ann more Age and Dementia Friendly.