



Dementia  
Friendly  
America®

FaithUnited  
AgainstAlzheimer's

## CREATING DEMENTIA FRIENDLY FAITH COMMUNITIES

Fostering spiritual connection and meaningful engagement for those living with dementia and support for families, as we work together to stop Alzheimer's.

### Here are steps to get started today:

#### Know your church members

Keep track and keep in touch. Taking note of church attendance is a critically important basic step in developing a ministry of connection to families who may be facing dementia.

#### Educate congregation members and your community about dementia

Education empowers and prepares community members to serve the needs of those living with dementia and their care partners, reduces stigma, and increases awareness about cognitive health.

- Invite a person living with dementia to speak about his or her personal experience.
- Share materials on the Alzheimer's crisis, brain health and clinical trial opportunities.
- Become a Dementia Friend at [www.dementiafriendsusa.org](http://www.dementiafriendsusa.org)  
[https://dementiafriendsusa.org/?utm\\_source=UsA2](https://dementiafriendsusa.org/?utm_source=UsA2)
- Speak about dementia.

#### Create a safe and friendly environment

- Assess congregation facilities for safety and accessibility for people living with dementia.
- Display signs clearly identifying areas, such as restrooms.
- Accept and be sensitive to behaviors that people with dementia may display, such as talking, calling out, or walking about at inappropriate times; respond flexibly to encourage people to remain involved or help them to another area if necessary.

#### Invite members facing dementia to congregational events

- Make a special effort to invite individuals and families coping with dementia to participate in congregational events, such as church programs, concerts, plays, preschool programs. Greet them warmly and participate with them.
- Offer a volunteer companion for a member with dementia when extra support is needed.
- Wear name tags.
- Provide a quiet area where the person may go during the service as needed.
- Arrange worship at home or in care facilities if a member can no longer attend in person.

## **Encourage members with dementia to participate within your faith community**

Enable members living with dementia to continue engaging in ministry roles that have been crucial ways they serve God and others. As their dementia progresses, consider new ways to engage and involve them in the life and ministry of the church.

## **Encourage participation in community ministry opportunities**

Feeling a sense of purpose and the satisfaction of using God-given skills to help others is invaluable. Invite people living with dementia and their caregivers to join in service projects and ministry opportunities for as long as possible.

## **Assess existing resources and how to share them with people living with dementia**

- A youth group interested in service projects
- Members willing to provide meals for members in need
- An adult Sunday school or discipleship group that could be empowered to provide care
- Prayer groups enlisted to pray for people living with dementia and their caregivers
- Service groups and service days dedicated to practical projects
- Singing groups or bands willing to perform
- Church van and driver to take members to church or appointments

## **Offer respite care to alleviate care partner stress and isolation**

Respite care for loved ones and care partners of people experiencing dementia offers a short period of rest or relief. While caregivers have a break, church volunteers can lead art, physical exercise, music, games, a meal and other activities for family members with dementia to enjoy.

## **Host a support group**

Organize or host a support group for caregivers using *Seasons of Caring: Meditations for Alzheimer's and Dementia Caregivers* and its companion *Leader's Guide by ClergyAgainstAlzheimer's*.

## **Encourage congregation members to adopt healthy lifestyles**

Facilitate a physical, emotional and spiritual wellness program in support of holistic care of body, mind and spirit. People living with dementia can participate with all members in living life well through exercise, nutrition and social engagement.

## **Collect and lend resources**

Compose a list of community resources to share—doctors, memory care facilities, adult day care centers, senior advocacy groups—and collect good, used adaptive medical equipment which families can borrow, as needed.

## **Educate and assist families in completing legal and financial planning**

Offer a seminar for the congregation and local community on legal and financial planning focused on the difficult decisions which may surface following a dementia diagnosis.



## Offer the joy of music through choirs and bands

Emerging research underscores the validity of music programs for people with dementia. Consider developing choirs and bands tailored for people with dementia and their caregivers.

## Get involved in advocacy and fighting for a cure

Encourage members to join Faith United Against Alzheimer's—a coalition of UsAgainstAlzheimer's dedicated to mobilizing faith communities in the fight against Alzheimer's—to take action on critical topics, such as Alzheimer's research funding, caregiver support and patient-focused drug development.

## Encourage members to volunteer for clinical trials

The first person cured of Alzheimer's will be in a clinical trial. But eighty percent of clinical trials finish late due to difficulties enrolling participants—delaying the finding of a treatment or a cure. Volunteers, both with and without Alzheimer's, are urgently needed to participate in clinical trials and studies.

## Host a Memory Café

A Memory Café is a safe, supportive gathering for caregivers and those with cognitive impairment to participate in fun and engaging activities—enjoying the company of others as they interact, share concerns, celebrate, cry and find friendship.

## Plan a ministry

If your congregation is interested in forming a ministry dedicated to serving people living with dementia and their caregivers, start by forming a small group to examine options and resources and prayerfully consider ministry opportunities. Create a plan and methodically work toward coordination. Collaborate with other church communities and regional non-profit organizations.

## Pray

Never underestimate the power of ongoing prayer. Encourage your pastors, lay leaders and congregants to remember in prayer those who travel the path of memory loss. Consider a daily or weekly prayer chain and check-in program for families and caregivers of those who have dementia.

*Excerpts from When Words Fail: Practical Ministry to People with Dementia and Their Caregivers by Rev. Kathy Fogg Berry. Used by permission of Kregel Publications, 2450 Oak Industrial Dr. N.E., Grand Rapids, MI, 49505-6020 and Westminster Canterbury Foundation, [www.whenwordsfail.com](http://www.whenwordsfail.com); "The Dementia Friendly Church," by Rev. Dr. William B. Randolph, Discipleship Ministries, The United Methodist Church; "10 Steps," by ClergyAgainstAlzheimer's; and the Faith Sector Guide, Dementia Friendly America.*