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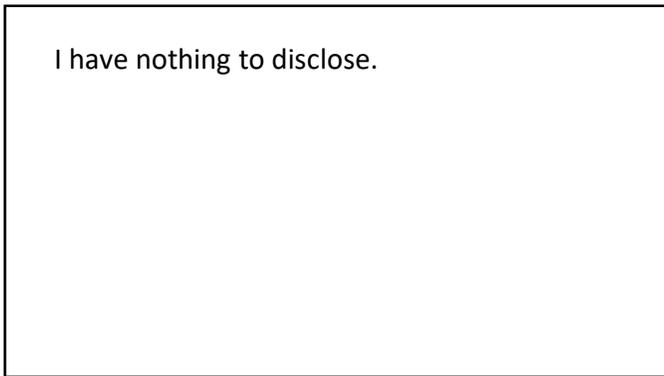
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### Benefits of Religion & Spirituality

**Religion & Spirituality:**  
THEIR IMPACT ON HEALTH AND HAPPINESS

Children who were raised in a religious or spiritual environment subsequently were better protected from the "big three" dangers of adolescence:





DEPRESSION      SUBSTANCE ABUSE      RISKY BEHAVIORS

- Women who attended more than once per week had 33% lower mortality during 16 years of follow-up, with depressive symptoms, smoking, social support, and optimism as potential mediators

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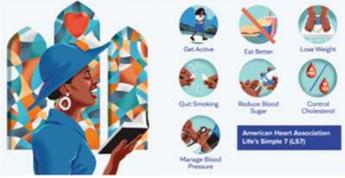
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### Benefits of Religion & Spirituality

Religiosity/Spirituality and Cardiovascular Health:  
**The American Heart Association Life's Simple 7 in African Americans of the Jackson Heart Study**



Results: Higher levels of each religiosity/spirituality measure associated with higher odds of achieving intermediate/ideal levels of indicated LST component.

[J Am Heart Assoc. 2022;Sep 6; 11\(17\): e024974.](#)

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### Benefits of religion and spirituality

- For people with dementia, spirituality and religious activity may provide guidance, relief from anxiety, reduced behavioral disturbances, and improved quality of life (Ennis & Kazer, 2013; Vance, 2004)
- For caregivers of people with dementia, religious involvement may reduce caregiver burden (Sun et al., 2009); and one study showed a relationship between caregivers' contact with a church/synagogue and positive emotional states, health, absence of psychiatric symptoms, and positive coping patterns (Burgener, 1999)



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**Efforts of faith communities to provide services and support**

- Formal dementia care training for clergy is limited, but clergy work to aid people with dementia and their caregivers (Stansbury et al., 2010; Tompkins & Sorrell, 2008)
- Some activities that may help in maintaining spiritual connections for people with dementia include:
  - Singing familiar songs or participating in familiar prayers
  - Performing simple religious rituals
  - Holding items associated with one's faith (Tompkins & Sorrell, 2008; Vance, 2004)
- Faith communities may assist people with dementia by providing reminders about activities, transportation, a safe environment, and social support (Stansbury et al., 2010)



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Clergy Against Alzheimer's Faith United Against Alzheimer's

**Mobilizing faith communities in the fight against Alzheimer's.**

We are committed to creating dementia friendly faith communities.

[Join Us](#)

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**Alzheimer's | ORANGE COUNTY**

Alzheimer's ORANGE COUNTY  
**Interfaith Services**

**Alzheimer's Orange County Interfaith Outreach**

**CARE SUPPORT CURE**

1-844-373-4400  
www.alzoc.org

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## Interfaith Outreach



**Alzheimer's Orange County**  
September 15 at 6:53 PM · 🌐

On Tuesday, over 50 guests attended our monthly interfaith outreach service at St. Vincent de Paul Catholic Church. Guests were treated to a delicious luncheon following the service.

On Wednesday morning, our VP of Outreach, Patty Mouton attended the Laguna Niguel Interfaith Council's "Breakfast of Compassion" for a constructive discussion with many houses of worship, community volunteers, thought leaders and elected officials.

<https://www.alzoc.org/events/interfaith/>

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## Interfaith Outreach



**Alzheimer's Orange County**  
August 11 at 1:01 PM · 🌐

Heritage Pointe and Alzheimer's Orange County invite you to a specially adapted Koi Parade service designed for people coping with memory loss and dementia, to attend with their families. To RSVP, email a@aol/alzoc.org

**a very special Koi Parade**  
Sunday, September 24, 2023  
10-10 am

Heritage Pointe Senior Living  
17550 Del Lago  
Mission Viejo

**HERITAGE  
POINTE**  
Senior Living in the South Coast

**Breaking Through the Dementia Taboo**  
Presented by Alzheimer's Orange County  
**St. Timothy Catholic Church**  
21221 Central Valley Parkway, Laguna Hills, CA 92653  
Saturday, July 29th, 9:00am - 11:30am  
in the Chapel Room

Sometimes we may not recognize when our older loved ones struggle with cognitive decline, and as a result, avoid conversations that can help them. There are many signs of dementia, and signs of dementia will vary by person. Cognitive decline can occur and affect high functioning, and the hope that new research is providing. Elizabeth Sosa has worked in senior clinical and research settings and has extensive experience working with seniors with cognitive impairment and dementia. She has over 10 years of experience with neuroimaging testing and is a published author with her research papers. She holds a PhD in Clinical Health Psychology from Alliant International University.

**Speakers:**  
Elizabeth Sosa, PhD  
Clinical Scientist, Senior Clinical Research  
Patty Mouton, MSW  
Vice President, Alzheimer's Orange County

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### Keys to Success

**Alzheimer's** | ORANGE COUNTY

- Short services 20 – 30 minutes
- Familiar versions of scriptures, hymns
- Prep and support the minister
- Make things very easy and relaxed – no “tight” scheduling at the church

CARE SUPPORT GROUP

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**Alzheimer's** | ORANGE COUNTY

Keys to Success

- Make a commitment to support the activity for at least 2 – 3 years, or don't bother
- Budget for at least 8 hours a week of staff time, choosing the right staff member to support the volunteers
- Offer 1 service per month
- Give meticulous attention to logistics

CARE SUPPORT GROUP

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**Alzheimer's** | ORANGE COUNTY

Volunteers Needed!

We invite you to join our dedicated group of volunteers who facilitate specially tailored interfaith religious services for individuals with Alzheimer's disease or related disorders and their families & caregivers. These services are held at various houses of worship throughout Orange County.

- Enjoy messages of hope and comfort.
- Share the experience for spiritual expression
- Monthly commitment of approximately 8-10 hours, which includes:
  - Participation in monthly committee meetings
  - Participation in monthly interfaith services
  - Outreach to local memory cares

For any questions or interest regarding our program please contact either Kristen Maahs-Kolberg at 714-595-2665 or [Kristen.maahs@alzoc.org](mailto:Kristen.maahs@alzoc.org) or Patty Mouton at [patty.mouton@alzoc.org](mailto:patty.mouton@alzoc.org)

Alzheimer's Orange County is not a faith-based organization and welcomes all faith centers and traditions.

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## Respite



**Does your church want to be a leader in solving a growing community need? To find new ways of outreach to isolated neighbors? Or maybe you're an organization ready to bring new hope to your community.**

• A complete, step-by-step launch plan showing you how to launch and operate a Respite Ministry.

The Roadmap to a Respite for All Community video training was produced for local visioning and leadership teams to understand the theory, processes, and benefits of launching a Respite Ministry. This series was developed to help church staff, board of directors, educators, and leaders understand the best practices that have helped sustain the 27 communities in the Respite for All network.

<https://respiteforall.org/>

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# Respite



**Respite for All communities are based on a social model of care.**

No medical staff is required because no medical care is provided.  
No medications are given during the 4-hour day Respite day.  
Our friends living with dementia must:

- Be able to care for their own restroom needs
- Be comfortable in a large group setting.
- Eat on their own
- Ambulation requirements, along with paid care attendants, are decided by local communities.

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# Respite

Tennessee

Abide Respite Ministry  
At First-Centenary United  
Methodist Church  
419 McCallie Ave  
Chattanooga, TN 37402



Michelle Hunter

<https://firstcentenary.com/abide>

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# Dementia Capable Faith Communities



Creating Dementia Friendly Congregations

Inspiring and Equipping Faith Communities

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## Dementia Capable Faith Communities



### Creating Inclusive Congregations

Faith Communities are not always aware of the needs of families affected by dementia nor have the access to resources that are available to support them.

- ↓ Reduced dementia stigma
- ↗ Resources for congregations
- 👂 Enhanced empathy
- 🎓 Education and awareness
- 🤝 Social and spiritual connectedness

The program recognizes the church as a member of the care team and incorporates faith-based interventions supporting the well-being of African Americans living with dementia and their families.

<https://www.alterdementia.com>

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## Dementia Capable Faith Communities



Home About Alter Resources Summit 2024
Partner with Alter



### African American Community Focused

Organized by African American health professionals to build resources and awareness around dementia in African American and faith communities.



### Support Tailored for Faith Communities

We partner with faith communities to develop a supportive environment that enhances the well-being of African American families affected by dementia.



### Complimentary Services

The Alter program works closely with faith communities to sustain dementia-friendly initiatives. This program offers support and services at no cost.

<https://www.alterdementia.com>

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## Dementia Capable Faith Communities

Our churches are more than just a place of worship.

They're our safe haven, our community, and our second home. The spiritual needs of families living with dementia are the same as everyone else. The impacts of dementia can push members away from their church for all the wrong reasons. **Alter works to preserve access to churches for families living with dementia.**



**Fayoon Epps, PhD, RN**  
Founder of Alter  
Assistant Professor  
Emory University

Our Solution

Alter is a faith-based program with the aim to give churches and faith leaders of predominantly African American churches the resources and tools they need to ensure that members affected by dementia are welcome, supported, and accepted—whatever their burdens might be.

Some of the resources and tools we provide include:

- Training sessions, materials, and videos for church leaders
- In-person and virtual support for members with dementia and their families
- Education sessions for all members on becoming more dementia-friendly
- Tools and techniques for addressing the cultural taboos associated with dementia.

Are you ready to become a part of our growing, trailblazing dementia-friendly faith community?

Alter your faith community today.

 (770) 486-7730

 [www.alterdementia.com](http://www.alterdementia.com)

 [outreach@alterdementia.com](mailto:outreach@alterdementia.com)

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## Dementia Capable Faith Communities



HELPING CHURCHES IDENTIFY OLDER ADULTS WHO MAY NEED ASSISTANCE AND CONNECTING THEM TO THE SUPPORT AND RESOURCES THEY NEED



<https://www.amazingplacehouston.org/family-caregiver-support/faith-care-connection/>

Working alongside pastoral care/senior ministers in churches, we have a **licensed professional** reach out to those individuals identified to be at risk for cognitive changes.

Our role is to assess social isolation, depression, and quality of life; and provide recommendations, referrals, and **follow-ups with their care over the course of a year.**

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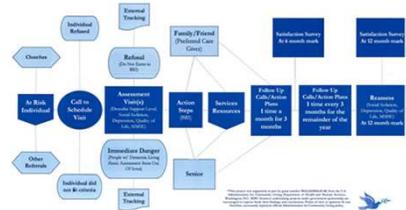
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## Dementia Capable Faith Communities



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## Dementia Capable Faith Communities



<https://www.amazingplacehouston.org/family-caregiver-support/faith-care-connection/>

Range of Hours/minutes spent with client over 12 months			
	Total Time	Direct Time	Indirect time (Travel and documentation)
Client with most contact time	26 hr/8 minutes	19 hr/8 minutes	7 hours
		In person: 8 hours	
		Telephone: 24hr/8 minutes	
		Email: 14 hrs	
Client with least contact time	3 hours/6 minutes	1hour/56minutes	1 hour/10 minutes
		In person: 1 hours	
		Telephone: 56 minutes	
Average contact time	8 hours		

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## Dementia Capable Faith Communities



FAITH CARE CONNECTION

- 2022-AP-FCC-Church-Discussion-Questions-09152022.pdf
- 2022-AP-FCC-Flyer-09262022.pdf
- 2022-AP-FCC-Caregiver-Letter-09262022.pdf
- 2022-AP-FCC-Church-Publicity-09262022.pdf
- 2022-AP-FCC-Dementia-Stages-Guide-Churches-09262022.pdf
- 2022-AP-FCC-Introduction-Letter-09262022.pdf
- 2022-AP-FCC-Toolkit-for-Church-09262022.pdf
- 2022-AP-FCC-Sociodemographic-Questionnaire-09262022.pdf
- 2022-AP-FCC-Protocol-Flowchart-09302022.pdf
- 2022-AP-FCC-Church-Orientation-Materials-09302022.pdf
- 2022-AP-FCC-Handouts-Visuals-10032022.pdf
- 2022-AP-FCC-Educational-Mailout-10032022.pdf
- 2022-AP-FCC-Toolkit-Article-Abstract-10032022.pdf

<https://nadrc.acl.gov/details?search1=20230527025018>

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### Questions?

- Two key ways religion is important across the lifespan & two benefits of religion and spirituality for people with dementia
- Examples of innovative faith-related programs focused on dementia

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