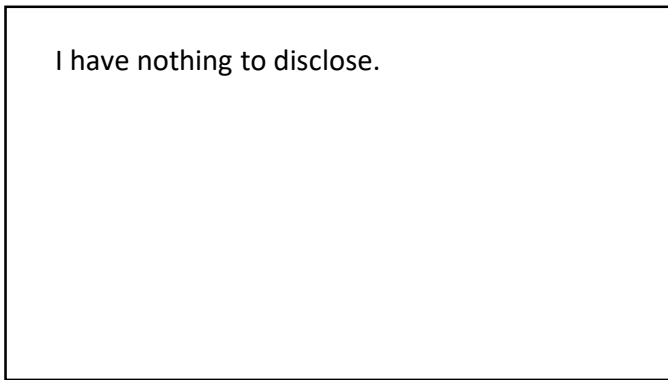
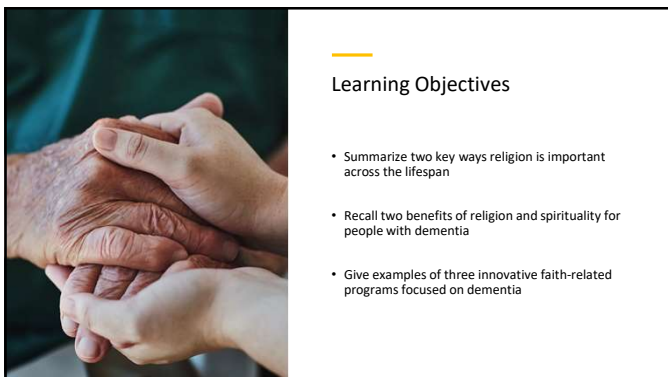




1



2



3

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

4

Benefits of Religion & Spirituality



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)



7

Mobilizing faith communities in the fight against Alzheimer's.

We are committed to creating dementia friendly faith communities.

[Join Us](#)

8

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 "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



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Keys to Success

- 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

12

Keys to Success

Alzheimer's | ORANGE COUNTY

- 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 or Patty Mouton at 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

18

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.**



Fayron Epps, PhD, RN
Founder of Alter
Assistant Professor
Emory University

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

✉️ outreach@alterdementia.com

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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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