**Dementia Friendly Sudbury Action Plan**

**September 28, 2022**

Dementia-friendly Sudbury strives to create a community that addresses the needs specific to our residents, advocating for dementia awareness and providing services, programs, and public spaces that support people with dementia and their care partners. Each dementia-friendly community is different, but all dementia-friendly communities share one thing: a mission to help their neighborhood be inclusive and welcoming to those touched by dementia and to help them to continue to be active, contributing citizens.

The Dementia-friendly Sudbury Action Team works closely with Dementia-Friendly Massachusetts (DFMassachusetts.org) - an initiative of the Massachusetts Councils on Aging (MCOAOnline.com) and a member of Dementia Friendly America (DFAmerica.org), the Sudbury Senior Center and the MA/NH Chapter of the Alzheimer’s Association.

**Town of Sudbury Statistics**

Information from the 2018 Massachusetts Health Aging Community Profile TUFTS Health Plan Foundation (2018)

Sudbury is a town in Boston’s metro west with about 2,713 residents aged 65 or older (2018). According to the Healthy Aging Profile data, Sudbury’s older residents do better on many indicators of healthy aging, compared to the state average with lower rates of many chronic illnesses. They are more likely to get the recommended hours of sleep, live in a non-smoking home, have a regular doctor, and have an annual dental exam. However, the incidence of Alzheimer’s disease in the Sudbury population is estimated to be slightly higher than the state average with about 14.9% of Sudbury’s older population having Alzheimer’s disease. This translates to about 404 individuals (as of 2018 when the survey was conducted).

Town of Sudbury Statistics

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| --- | --- | --- |
| Key Population Characteristics of Sudbury in Reference of Massachusetts | Community Estimate | State Estimate |
| Total Population All Ages  Total Population 60 years or older as % of total population  Total Population 60 years or older  Population 65 years or older as % of total population  Total population 65 years or older  % of 65+ population living alone  % 65+ with Alzheimer’s disease or other related dementias | 18,594  21.1%  3,917  14.6%  2,713  16.5%  14.9% | 6,742,143  21.2%  1,428,144  15.1%  1,016,679  30.2%  13.6% |

2018 Massachusetts Health Aging Community Profile TUFTS Health Plan Foundation (2018)

**Mission**

The mission of Dementia Friendly Sudbury is to create a community that is safe, respectful, and welcoming for people living with dementia through awareness, education, and community engagement.

Dementia Friendly Sudbury cooperates through community partners to advocate for structural change and to deliver education, resources, and services that will improve the lives of those living with dementia and their care partners. We provide educational opportunities for everyone to increase their awareness and understanding of dementia.

The Town of Sudbury is proud to continue its Outreach efforts to safeguard that the Dementia Friendly Sudbury Team will continue to promote more educational programs for residents and local business raising awareness about dementia.

**Action Plan and Goals**

1. Maintain a strong and diverse Dementia Friendly Sudbury Action Team
   1. Continue to hold monthly meetings (ongoing)
   2. Continue to reach out to potential new members who represent sectors as well as individuals living with dementia and their care partners (ongoing)
   3. Encourage team members to become Dementia Friends, and Dementia Champions (ongoing)
   4. Analyze and review Sudbury’s community needs and revise goals accordingly; at least on an annual basis
2. Increase Community Awareness and Provide Community Education
   1. Plan a Kickoff event with important town and community leaders as speakers and attendees \*
      1. Include Town leadership, Police Chief, Goodnow Library, Select Board
      2. Include local businesses
      3. Include Mass. Alzheimer’s Association
      4. Invite community members
   2. Publicize the Dementia Friendly Sudbury initiative (ongoing)
   3. Offer Dementia Friend Info Sessions to community residents as well as sessions for Senior Center staff and volunteers (ongoing)
   4. Offer a Community Education Series for Caregivers (ongoing)
   5. Ongoing outreach to other sectors of the community
      1. Target overall community
      2. Target specific sectors including schools and businesses
   6. Provide a Portraits of Dementia exhibit at the Goodnow Library (tentatively May or June 2023)
   7. Work with the Lincoln-Sudbury High School liaison to offer interactive Dementia Friendly programs for students (ongoing)
      1. Offer an interactive program for high school students to participate in the DF Info Session, and an activity/lunch with participants in a local Adult Day Care program
3. Provide Caregiver Support
   1. Deliver Caregiver Baskets to homes in the winter months (ongoing)
   2. Offer a monthly caregiver support group, with respite care during support group that includes engagement for caregivers (ongoing)
   3. Offer Memory Cafes for those with dementia and their care partners (ongoing)

\*Please note: Dementia Friendly Sudbury held a successful Kick-off event in November 2019 and there are many successful ongoing projects.