Dementia Friendly San Antonio
Caring for the Caregiver
UT Health San Antonio, School of Nursing

What is dementia friendly?
Dementia friendly cities address dementia at a community level by establishing a network of individuals, organizations, programs, institutions, and agencies across the community in an initiative to adopt behaviors, practices, and policies that support people living with dementia and their family caregivers.

Dementia Friendly San Antonio is an initiative led by the Caring for the Caregiver program and guided by a community advisory board to address priorities identified by stakeholders.

Dementia Friendly San Antonio Town Hall
A Town Hall was held in October 2018 to gather feedback from stakeholders. Input from the Town Hall and the Dementia Friendly Advisory Board has guided this initiative in San Antonio.

Concerns & fears for safety
We are working with the Bexar County Sheriff’s Office (BSCO) to implement dementia friendly policies and practices at their agency.

Community engagement & awareness
A memory café is a safe space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities.

Caregiver support across settings
We present monthly at senior centers to keep members informed about dementia, caregiving, and community resources.

Priorities from Town Hall

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<thead>
<tr>
<th>Concerns &amp; fears</th>
<th>Caregiver support</th>
<th>Community engagement &amp; awareness</th>
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<tbody>
<tr>
<td>Fear of miscommunication</td>
<td>More education for caregivers and professionals</td>
<td>Educating medical professionals and community on dementia, caregiving, and resources</td>
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<td>Too few safe socialization opportunities</td>
<td>Better information coming from the doctors and nurses about how to live well with dementia.</td>
<td>Promoting interactions between people living with dementia and caregivers</td>
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<td>Stigmatization and judgement</td>
<td>Making room for the voices of people living with dementia and family caregivers</td>
<td>Increased awareness of dementia, caregiving, and what it means to a person living that experience</td>
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University Health System is becoming dementia friendly. A Dementia Friendly Awareness Day in January 2019 informed hospital staff, patients, and families about dementia, caregiving, and resources.

Caregivers need to be heard more across all settings
- Caregivers are members of two advisory boards that guide our program in community efforts and research.
- Family caregivers teach classes for other community members and health professionals
- Several members of our team are family caregivers, including a part-time Family Caregiver Specialist.

The Grace Notes Community Choir is for people living with dementia and family caregivers. The choir engages community members in an inclusive environment in which they can be creative, relieve stress, and build relationships with others.

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