

# Keep Moving, Stay Connected, Live Well with Memory Loss

Engaging Aging Women's Equity Forum  
Marigrace Becker, UW Memory & Brain Wellness Center

# The Challenge...

Physical activity and social connection are vital parts of healthy aging, yet older adults report low levels of physical activity and social contact.

# Current City of Seattle Solution: Sound Steps Walking Program



# The Challenge...

Staying active and socially connected is important for all of us as we age, but it can be especially important – and uniquely challenging – for people with dementia and their loved ones.

# Current City of Seattle Solution: Dementia-Friendly Recreation





# Current City of Seattle Solution: City-Funded Senior Centers



**Greenwood Senior Center:  
Alzheimer's Cafe**



**Southeast Seattle Senior Center:  
Dementia-Friendly Drum Circle**



**Senior Center of West Seattle, Greenwood  
Senior Center, Dementia-Friendly Recreation:  
Camp Momentia**

# Momentia Seattle



[www.momentiasattle.org](http://www.momentiasattle.org)

# Proposed Age Friendly Seattle Action Step:

## **Ensure development of dementia-friendly social and physical activity programming in every city-funded senior center**

### How:

- \* Provide dementia training and education modules (✓ already included in plan)
- \* Increase awareness about dementia-friendly programs and models (✓ already included in plan) .
- \* Provide mentorship resources (refer to Momentia Seattle Stewardship Team)
- \* Provide funding resources (Continue HSD Innovations Fund and give priority to applications addressing dementia-friendly programs)
- \* Add an incentive for developing dementia-friendly programs in the senior center RFP process