Keep Moving, Stay Connected, Live Well with Memory Loss

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

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

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

www.momentiaseattle.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