Dementia Friendly Nahant
A MEMORY CAFÉ AND MORE
Nahant, Massachusetts

Small “tombolo” community north of Boston – pop. 3,488

Smallest town by landmass in Massachusetts

Aging population -- about 50% are 50+

https://www.census.gov/
Dementia: not just “getting old”

While symptoms of dementia can vary greatly, at least 2 of the following core mental functions must be significantly impaired to be considered dementia:

• Memory
• Communication and language
• Ability to focus and pay attention
• Logical thinking
• Visual perception

https://medlineplus.gov/dementia.html
https://vimeo.com/193649886

And you are already working with patrons with various cognitive impairments.
Mild cognitive impairment (MCI) causes cognitive changes that are serious enough to be noticed by the individuals experiencing them or to other people, but the changes are not severe enough to interfere with daily life or independent function. Approximately 15 to 20 percent of people age 65 or older have MCI.
Alzheimer’s disease

• The most common dementia in older adults
• Affects as many as 5.6 million Americans aged 65 and older, or 1 in 10 over age 65
• Usually it is first detected in the hippocampus, affecting memory
• Primary markers for the disease are beta amyloid protein plaques and tau protein neurofiber tangles. Eventually neurons in the brain die, and the disease and inflammation spread to the rest of the brain
• There is still no cure for Alzheimer’s disease, but people can live for ten years or more post-diagnosis, and there are treatments that slow disease progression and improve quality of life
• People with dementia often can still read, and usually enjoy the music they enjoyed when young, for many years. Libraries can help with books, music, and information
Alzheimer’s disease

How many people in your community have Alzheimer’s disease? According to the 2019 Alzheimer’s Association *Facts and Figures* report:

- 3 percent of people age 65-74
- 17 percent of people age 75-84
- 32 percent of people age 85 and older


<table>
<thead>
<tr>
<th>Population of Nahant, MA, ages 55+, 2016 estimate</th>
<th>population</th>
<th>with Alzheimer’s dementia</th>
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</thead>
<tbody>
<tr>
<td>50 to 54 years</td>
<td>196</td>
<td></td>
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<tr>
<td>55 to 59 years</td>
<td>367</td>
<td></td>
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<tr>
<td>60 to 64 years</td>
<td>317</td>
<td></td>
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<tr>
<td>65 to 74 years</td>
<td>467</td>
<td>14</td>
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<tr>
<td>75 to 84 years</td>
<td>181</td>
<td>31</td>
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<tr>
<td>85 years and over</td>
<td>199</td>
<td>64</td>
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<tr>
<td>Total population, 50+</td>
<td>1,727</td>
<td>109</td>
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It’s hard on the family, too

Very often, caregivers are the spouses or adult children of the person with dementia. They themselves may be near retirement age, or sandwiched between aging parents and young adult children.

It’s tough!
Here is where Nahant Public Library came in....

With the partnership of:

1. Nahant Council on Aging
2. Nahant Public Library
3. Nahant Village Church

And funding from 2 federal agencies:

1. Institute of Museum and Library Services/LSTA
2. National Library of Medicine/NNLM

We created the “Dementia Friendly Nahant” project.
The goal:

To provide information, enhance positive interaction and reduce feelings of isolation among people with cognitive decline, their caregivers, and the Nahant community.

increase information -- decrease stigma
Offer circulating materials that are inviting to people with cognitive difficulties:

- Large print books
- Audio books
- Music, including downloadables
- Movies
- Memory Kits
Provide authoritative information:

- Books and weblinks to information on diagnosis, treatment, coping strategies, and more
Host a town-wide book read

March-April, 2019
Host a monthly “Memory Café”

Monthly since November, 2018
Here’s more on the Memory Café...

https://vimeo.com/280399553
Libraries increase information, and decrease stigma, so your community can thrive.

Thank you.
The Dementia Friendly Nahant project has been funded in part with federal funds from the National Library of Medicine, National Institutes of Health, under Cooperative Agreement UG4LM012347-01 with the University of Massachusetts, Worcester.

Additional funding was provided by the Institute of Museum and Library Services, administered by the Massachusetts Board of Library Commissioners.

Additional services and support are provided by the Nahant Police Department, the Nahant Council on Aging, the Nahant Village Church and the Friends of Nahant Public Library.
# References

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