

Old Friends Club

Filling the Gap in Dementia Care

Dan Gray, Executive Director
Dementia Support Northwest | 2023



“Adult Day Care”

-But *Better*

- Small Social Groups
- Staffed to Support Engagement
- Community-Based
- Affordable and Sustainable



Before you knew it, we were connected in a friendship web. What an honor to be surrounded by willingness, vulnerability, courage, and kindness. What fun to be part of a social engagement group!

-Karen R., OFC Sammamish
Staff

Impact at *Every* Level

- People living with Dementia
- Dementia Caregivers
- Community Organizations
- Diverse Communities
- Health Care Systems
- Society



"It is difficult to describe the life-changing gift given us through Old Friends Club. It provides consistency to schedule necessities and even some respite for me."

-Carol S., Family Caregiver

Replacing Isolation with Engagement and Belonging

Members attend 2 days each week for:

- Conversation and Games
- Music and Art
- Lunch and Exercise
- Friends



“We all agree it feels good to create and even better to build things together.”

-Club Members after making a quilt together

Respite for Caregivers Promotes *Resilience*

5 hours of guilt-free respite 2 or more days a week means caregivers can:

- Rest, read, shower
- Meet with friends
- Work, run errands, clean the house
- Schedule and attend appointments
- Garden, golf, exercise
- An endless list of self-care options

This dedicated caregiver walked into the Club and saw the person he cared for telling a story and laughing. Relief washed over his face and the feeling was palpable.

Community-Based, Community-Led

Honoring Community

- An affiliate model offering nonprofit and faith-based organizations a self-sustaining way to meet real needs and improve lives in their community
- Respite programs can be nestled in a community, led by people with shared culture and values



I will never forget your
wonderful Club across
the street from my
parents' house and
how dear it was for
them.

-Sandra H, Family Caregiver

Supporting the Healthcare System

- More than 120,000 people living with Alzheimer's in WA state
- 295,000 caregivers provide 426 million hours of unpaid care valued at \$9.6 billion

There is a **shortage** of paid caregivers (CNAs, HCAs)

Demand is growing and **availability is declining**



Dementia care is expensive.
Consider common supports and who can access them.

OFC's Vision: *System Change*

Imagine a network of community-led respite programs that reduce stigma and improve care.

Imagine a society where all people with dementia — and those who care for them — are included, respected, supported, and have the resources they need to live well.



“To walk out of this world full, loved, knowing you are valued and appreciated- that's what this is all about.” - Joan W., OFC Carnation Staff

*“Today is a day to reflect on how we can
contribute to a better tomorrow.
Help a neighbor, help a neighborhood,
become a leader in your community and
share your expertise in an effort
to strengthen the future
for others, and the entire community!!
There is still time!!”*

-R.E. Smith, OFC Member

Questions? Reach out!

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