

DEMENTIA FRIENDLY BALTIMORE COUNTY

GROWING DEMENTIA FRIENDLY
COMMUNITIES



A MULTI-SECTOR MODEL

EQUITY INCLUSION ACCESS AWARENESS EQUITY INCLUSION ACCESS AWARENESS EQUITY INCLUSION

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REMEMBERING – WHY WE ARE HERE AGE AND DEMENTIA FRIENDLY



THE DEMOGRAPHIC PRESS

- **Opportunity and challenge – 7.5 million living with Alzheimer's in the US; 127,000+ in Maryland; 258,000+ caregivers in Maryland**
- **Living longer – half of all 5 year old today will live to 100**
- **Good news?**
- **Tough news?**
- **Physical and cognitive challenges**
- **Caregivers - fewer**



INSTITUTIONAL CONSTRAINTS

- **Government Spending – competing priorities**
- **Medical Care – difficulty getting appointments**
- **Family Systems - dispersed**

DISEASE CONSTRAINTS

- **Dementia Diseases – no cure**
100+ diseases; Alzheimer's most common
- **Dementia “Imposters” – requiring proper diagnosis; treatable**



BRAIN HEALTH RESEARCH REFRAMING MEANS OPPORTUNITIES

- **Genetics – only small percentage**
- **Lifestyle – Dr. Sanjay Gupta, *Keep Sharp***
- **Access to Resources = Social Determinants of Health**

SOCIAL DETERMINANTS OF HEALTH – 1 OF 2

Impacting Brain Health, including dementia:

- **Food Environment – food insecurity and brain health**
- **Availability of food stores**
- **Physical Environment, geography, and pollution – air pollution, indoor pollution (cooking fuel, radon, etc.**
- **Housing and Sanitation – homelessness/housing instability**
- **Income, Employment, Working Conditions, Socioeconomic Status, and Poverty (shift work, exposure to magnetic field, traumatic brain injury)**

SOCIAL DETERMINANTS OF HEALTH – 2 OF 2

- **Social Inclusion and Ethnicity – African American and Caribbean American populations, and immigrants**
- **Neighborhood – “neighborhood social vulnerability, social isolation, lower social capital”**
- **Education – low formal education attainment**

(Source: *Social determinants of dementia: A Scoping review*, *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. 2025 [Social determinants of dementia: A scoping review](#))



GOING FORWARD = INCREASING ACCESS

- **Age and Dementia Friendly – Better Together**
- **Leverage Existing Multi-Sector Initiatives**
 - **Villages, age-friendly, dementia friendly**
 - **Expand by finding and evolving hidden gems**
 - **Sustainable Development Models – Appreciative Inquiry and more!**

CONTACT INFORMATION

Emily Kearns, PhD

Coordinator, Dementia Friendly Baltimore County

Baltimore County Department of Aging

Caregivers Program

- **dementiafriendly@baltimorecountymd.gov**
- **887-410-4751: Dementia Friendly Initiative**
- **887-410-4724: Caregivers Support Program**