

Designing for Longevity

Sharon Vanzego-Johnson

Certified Case Manager | Dementia Care Practitioner

240-542-2029 sjohnson@greenbeltmd.gov

Our Journey Together

Building Stronger Communities for Cognitive Health



Community-driven solutions



Programs that reduce isolation



Support for older adults, caregivers, and families



GAIL
PROGRAM

GREENBELT ASSISTANCE
IN LIVING PROGRAM



The GAIL Program and Dementia Friendly Prince George's are working together to build a dementia-inclusive community where everyone can live, connect, and thrive.

FRAMING: LOCAL WORK = LRM IN ACTION

*Longevity is not just about living longer—
it's about how well communities are
designed to support people as they age.*



The vision of **Longevity Ready Maryland** is already happening locally—through community-based, relationship-driven work.



• LRM PRIORITIES IN ACTION AT THE COMMUNITY LEVEL •



AGING IN PLACE

Supporting people to remain safely and independently in the communities they love.



CAREGIVER SUPPORT

Strengthening caregivers with knowledge, resources, and community support.



CROSS-SECTOR COLLABORATION

Bringing together government, nonprofits, businesses, and residents to create solutions.



HEALTH & WELL-BEING

Promoting connection, prevention, and whole-person well-being across the lifespan.



Local impact. Statewide vision. Together, we are designing for longevity.



WHAT'S WORKING

Three Keys to Our Impact



1. CONNECTION AS A HEALTH INTERVENTION

- Memory Cafés
- Caregiver Support Groups (in-person & virtual)
- Stronger Memory / cognitive engagement programs



These programs are **lifelines**—reducing isolation, decline, and crisis.



2. SUPPORTING CAREGIVERS AS PREVENTION

- Powerful Tools for Caregivers
- Care Companion volunteer model
- Reducing burnout and increasing caregiver confidence



Supporting caregivers is **prevention work**. It helps people remain in the community longer.



3. DEMENTIA-FRIENDLY AS A SYSTEMS STRATEGY

- Dementia Friends trainings
- Awareness across sectors
- More inclusive communities and everyday spaces



When you design for dementia, you design better for everyone.



Our work is building stronger, more connected, and more inclusive communities—where people can age with dignity, purpose, and support.



WHAT'S WORKING

Programs That Make a Difference



MEMORY CAFÉS

Social connection, meaningful conversation, and dementia-friendly support.



STRONGER MEMORY

Cognitive stimulation and social engagement for brain health.



RELIEF FOR CAREGIVERS

Education, peer support, and resources that reduce stress.



BROADER REACH

Virtual options, community partnerships, and outreach.



These programs build connection, strengthen minds, and support the whole community.



BARRIERS WE HEAR

Real Challenges. Real Impact.



Social Isolation

Loneliness and disconnection impact health and well-being.



Financial Strain

Limited resources create barriers to participation and support.



Transportation

Getting to programs and services is often difficult.



Awareness & Access

Many don't know what's available or how to get help.



These are solvable—together.

MOVING FORWARD TOGETHER

Stronger Together. Better for All.

The GAIL Program is more than services—it's a shared commitment to building communities where people can *age with dignity, purpose, and support.*



• WAYS TO GET INVOLVED •



GET CONNECTED

Join programs, attend events, and build relationships.



VOLUNTEER

Share your time and talents to support older adults and caregivers.



PARTNER

Collaborate across sectors to create stronger, more inclusive communities.



SPREAD THE WORD

Help raise awareness about dementia and available resources.



BUILD COMMUNITY

Support policies, practices, and places that make aging better for all.



Let's continue to listen, learn, and lead—*together, for today and for generations to come.*



VILLAGE & COMMUNITY-BASED MODEL

Relationships Are the Foundation



**NOT JUST SERVICES—
IT'S ABOUT TRUST,
ENGAGEMENT, AND BELONGING.**

We build relationships that create meaningful connections and lasting impact.



**NETWORKS OF SUPPORT
THAT HELP PEOPLE THRIVE.**

We bring together caregivers, older adults, volunteers, and partners to strengthen our community.



**REFLECTING THE PRINCIPLES
OF AGE-FRIENDLY COMMUNITIES
AND VILLAGE MODELS.**

We honor choice, independence, inclusion, and the power of community.



People want to age in their homes, in their neighborhoods, and in their communities.
We're here to make that possible—together.



DATA + RESEARCH

Evidence That Guides. Stories That Inspire.

Research shows that community-based programs improve outcomes for individuals, caregivers, and communities.

THE EVIDENCE



reduction in cognitive decline with regular cognitive and social engagement.¹



lower risk of depression in older adults who participate in social activities.²



greater sense of belonging among participants in community programs.³



return on investment for every \$1 spent on community-based programs.⁴

KEY FINDINGS

✓ Connection Protects

Social connection supports brain health and overall well-being.

✓ Caregivers Benefit Too

Support and education reduce stress and improve outcomes.

✓ Communities Save

Early support reduces crisis care and healthcare costs.

✓ Inclusion Matters

Accessible programs reach more people and close gaps.

WHAT SCIENCE TELLS US

- ✓ Higher social engagement is linked to better cognitive function and lower risk of decline.¹
- ✓ Social connections and participation are among the strongest protective factors against cognitive decline.²
- ✓ Social isolation can reduce cognitive stimulation and neuroplasticity—impacting brain health.³
- ✓ Social engagement can slow cognitive decline, even among individuals experiencing loneliness or depression.⁴
- ✓ Programs that combine social interaction and cognitive stimulation show the strongest benefits.⁵

PEER-REVIEWED REFERENCES

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2. Holt-Lunstad J, Smith TB, Layton JB. Social relationships and mortality risk: A meta-analytic review. *PLoS Med*. 2010;7(7):e1000316.
3. Luchsinger JA, Stern Y, Tang MX, Mayeux R. Dementia risk and Alzheimer's disease incidence in a community sample with Puerto Rican ancestry. *Neurology*. 2001;57(4):634–639.
4. Cacioppo JT, Cacioppo S, Capitanio JP, Cole SW. The neuroendocrinology of social isolation. *Annu Rev Psychol*. 2015;66:733–767.
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AN INSPIRING EXAMPLE: CHILE'S KINTUN CENTERS



Chile has established Kintun Centers—community spaces that provide cognitive stimulation, social connection, and support for people living with dementia and their caregivers.



Promote well-being, autonomy, and participation in community life.



Offer activity programs, caregiver support, and links to services.



Part of Chile's national dementia strategy to build dementia-friendly communities.



LEARN MORE

Chile National Dementia Plan 2023–2027
(Plan Nacional de Demencias 2023–2027)
https://diprece.minsal.cl/wrdprss_minsal/wp-content/uploads/2023/06/Plan-nacional-de-demencias-2023-2027.pdf



Data informs us. Stories move us. Together, they drive change.



CLOSING THOUGHTS

Our Vision. Our Commitment. Our Community.



The GAIL Program reflects what is possible when communities come together with *compassion, collaboration, and purpose.*



Together, we are building a future where everyone can *age with dignity, purpose, and support.*



KEY TAKEAWAYS



CONNECTION

Relationships are the foundation of health and well-being.



CARE SUPPORT

Supporting caregivers today prevents crisis tomorrow.



DEMENTIA-FRIENDLY STRATEGY

Creating inclusive communities benefits everyone.



VILLAGE & COMMUNITY MODEL

Partnerships and local leadership drive lasting change.



TOGETHER WE THRIVE

Stronger together.
Better for all.



Thank you for your time, your partnership, and your commitment to creating communities where *everyone can age with dignity, purpose, and support.*



Stronger Together. Better for All.

KEY TAKEAWAYS

What We've Learned and What's Next

Our work shows that connection, support, and community partnerships create powerful change.



Connection Works

Programs that bring people together reduce isolation and improve well-being.



Partnerships Matter

Collaborating across communities helps us reach more people and create lasting impact.



Looking Ahead

We will continue to innovate, expand access, and build a future where everyone can thrive.



Together, we are creating a more connected, *compassionate, and cognitively healthy future for all.*



OUR COMMITMENT MOVING FORWARD



EXPAND REACH

Bring programs to more communities and individuals.



STRENGTHEN EDUCATION

Provide resources and learning opportunities for all.



LEVERAGE TECHNOLOGY

Use innovative tools to improve access and engagement.



SUSTAIN IMPACT

Build a strong foundation for future generations.

