



Community Based Dementia Resources in DC

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LeadingAge[®]DC



Agenda

- Who is LeadingAge DC?
- The Power of Community-Based Dementia Care
- Spotlight: Iona Dementia Navigator Program
- Spotlight: Home Care Partners Caregivers Institute
- Other Vital DC Resources
- Q&A

A group of diverse senior citizens, including a Black man in the foreground, are smiling and looking towards the camera. They are outdoors in a grassy area. The image is framed by green geometric shapes in the corners.

LEADINGAGE DC

LeadingAge DC is an organization of mission-driven senior service providers throughout the District dedicated to making Washington, DC, a better place to age well.



LeadingAge DC

Mission

To expand the world of possibilities for aging. We advocate for, educate, and serve mission-driven aging services providers in the District of Columbia.

Members

A diverse network of non-profit organizations providing a continuum of care and services, including:

- Assisted living communities
- Nursing homes
- Home and community-based services
- Affordable senior housing
- Adult day programs
- And more, all committed to quality and person-centered care.

The Power Of Community-Based Dementia Care

These programs support aging in place, address health disparities, reduce social isolation and help to build an Age-Friendly city where all residents can age well with dignity.



Evidence-Based Impacts

For Individuals with Cognitive Decline:

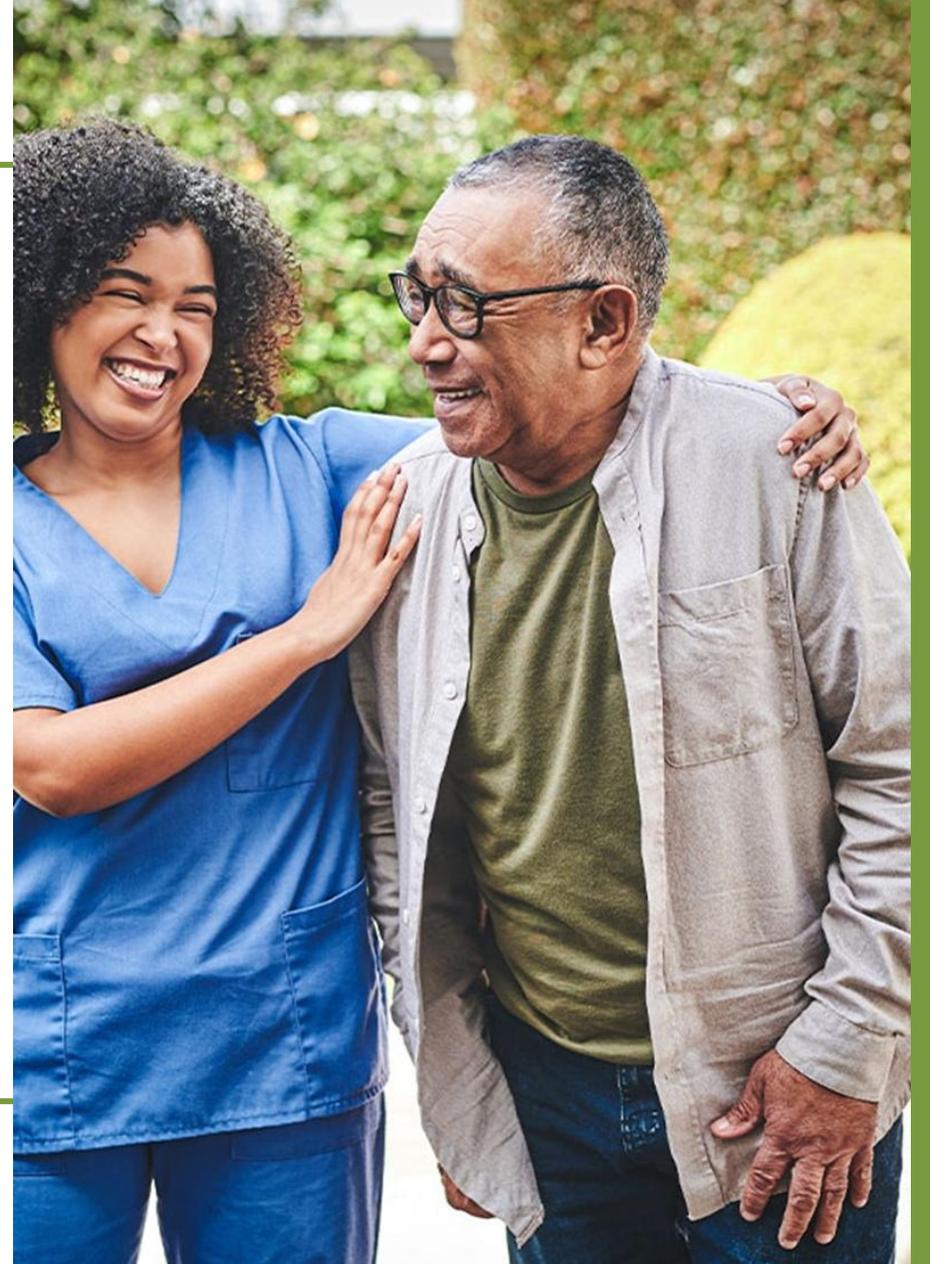
- Improved quality of life and engagement
- Reduced isolation and loneliness
- Maintenance of cognitive function (through stimulation)
- Delayed progression of symptoms
- Enhanced safety and well-being in familiar environments

For Family Caregivers:

- Reduced stress and burnout
- Access to vital information and support networks
- Improved coping strategies and caregiving skills
- Respite opportunities
- Better understanding of dementia progression and behaviors

Iona Dementia Navigator Program

Addresses complex needs for residents across the District, especially in underserved communities, through personalized, expert guidance.



Dementia Navigators

Program Overview:

- Led by licensed clinical social workers.
- Provides ongoing care management and navigation for individuals and families.
- Links participants to aging and dementia-specific resources.

Impact & Demographics (Data from 2017-Spring 2024):

- Served: 329 people with dementia and their family members.
 - Geographic Reach: 59% of those served live in Wards 5, 7, and 8.
 - Racial Demographics: Over 84% of participants are African-American.
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Home Care Partners DC Caregivers Institute

Equips caregivers with tools to provide better care and maintain their own well-being, reducing caregiver burden.



DC Caregivers Institute

Program Overview:

- Focuses specifically on empowering and educating family caregivers.
- Offers workshops, training, respite care, financial resources and more.
- Provides practical skills and emotional support for the challenges of caregiving.

Key Offerings:

- Caregiver training on various topics (e.g., communication strategies, managing challenging behaviors, self-care).
 - Peer support groups for shared experiences and advice.
 - Access to resources and referrals.
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Other Vital DC Resources

Programs offered by Senior Villages and local organizations, many supported by the DC Office of Aging and Community Living, offer knowledge, support, and connection for those living with cognitive loss and their loved ones.



More Community-Based Resources

Capitol Hill Village's Memory Studio Program:

- A weekly program designed to provide social and cognitive engagement for residents living with early-to-moderate memory loss.
- Uses art, music, storytelling, and other creative outlets, drawing on brain functions most likely to be intact to foster expression and connection.

Sibley Club Memory Program:

- A social engagement program for individuals with early-stage memory loss and their care partners, offering a variety of stimulating activities in a supportive, non-judgmental environment.



Adult Day Care

An important option for family caregivers, Adult Day services offer socialization, activities and necessary supervision. Assistance with tasks of daily living and medical therapies may also be provided, as are nutritious meals. Providers include:

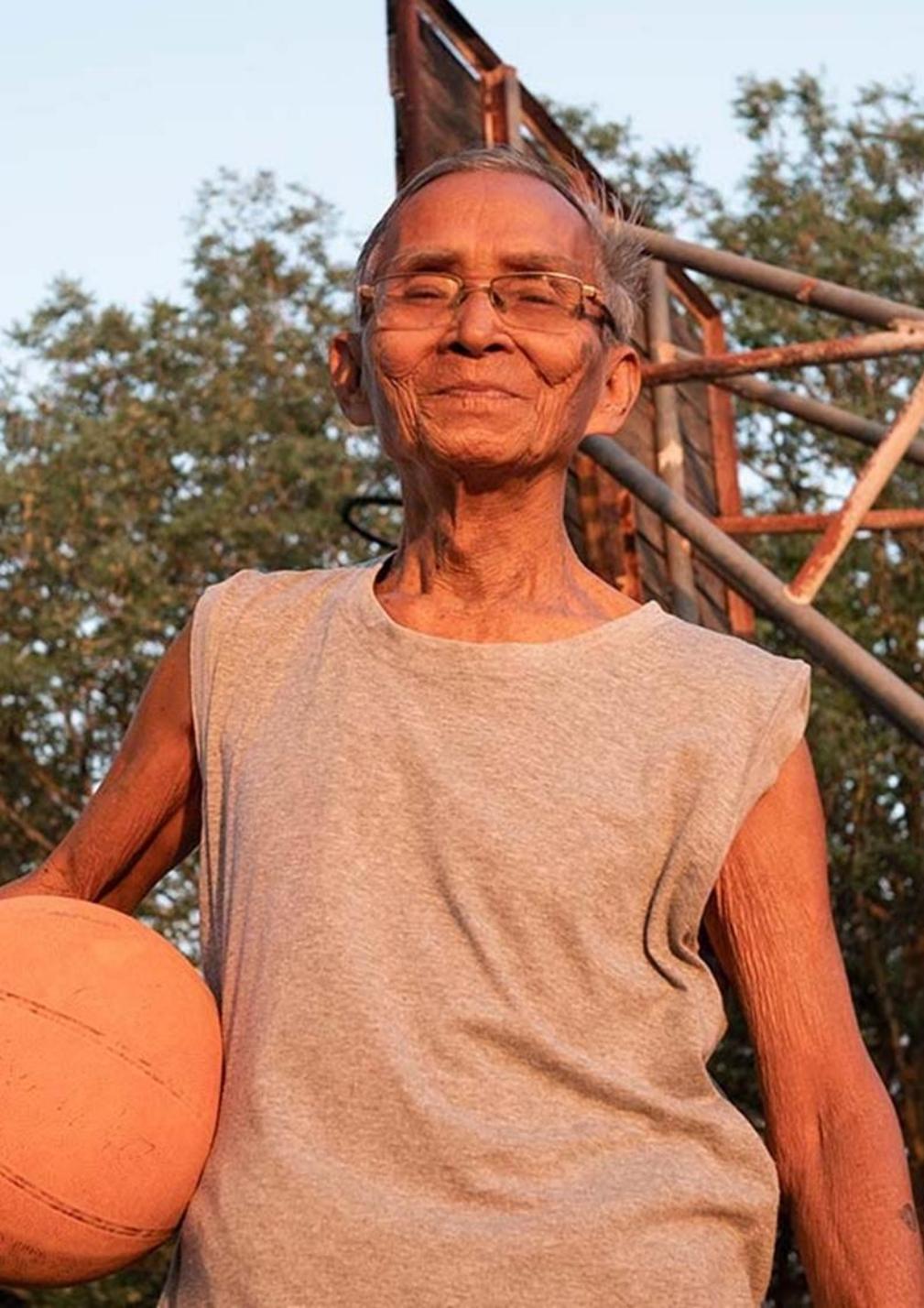
- IONA Wellness and Arts
- Ingleside Engaged Day Program
- Brookland Senior Day Care
- Center Care Day Treatment
- PACE (Program of All-Inclusive Care for the Elderly)*



Residential Memory Care

Dedicated Memory Care environments within Life Plan Communities provide a safe, home-like environment with activities and programs that support various levels of cognitive ability. Providers include:

- Forest Hills of DC by Goodwin Living
- Residences at Thomas Circle
- Ingleside at Rock Creek
- Knollwood Community
- Armed Forces Retirement Home



Key Takeaways

Community-based resources empower individuals and families living with memory loss, cognitive decline and dementia.

The various programs available in the District offer knowledge, support, connection and patient-centered care.

As the population of older adult continues to rise, continued and expanded support will be needed to adequately serve the needs of DC residents and family caregivers.

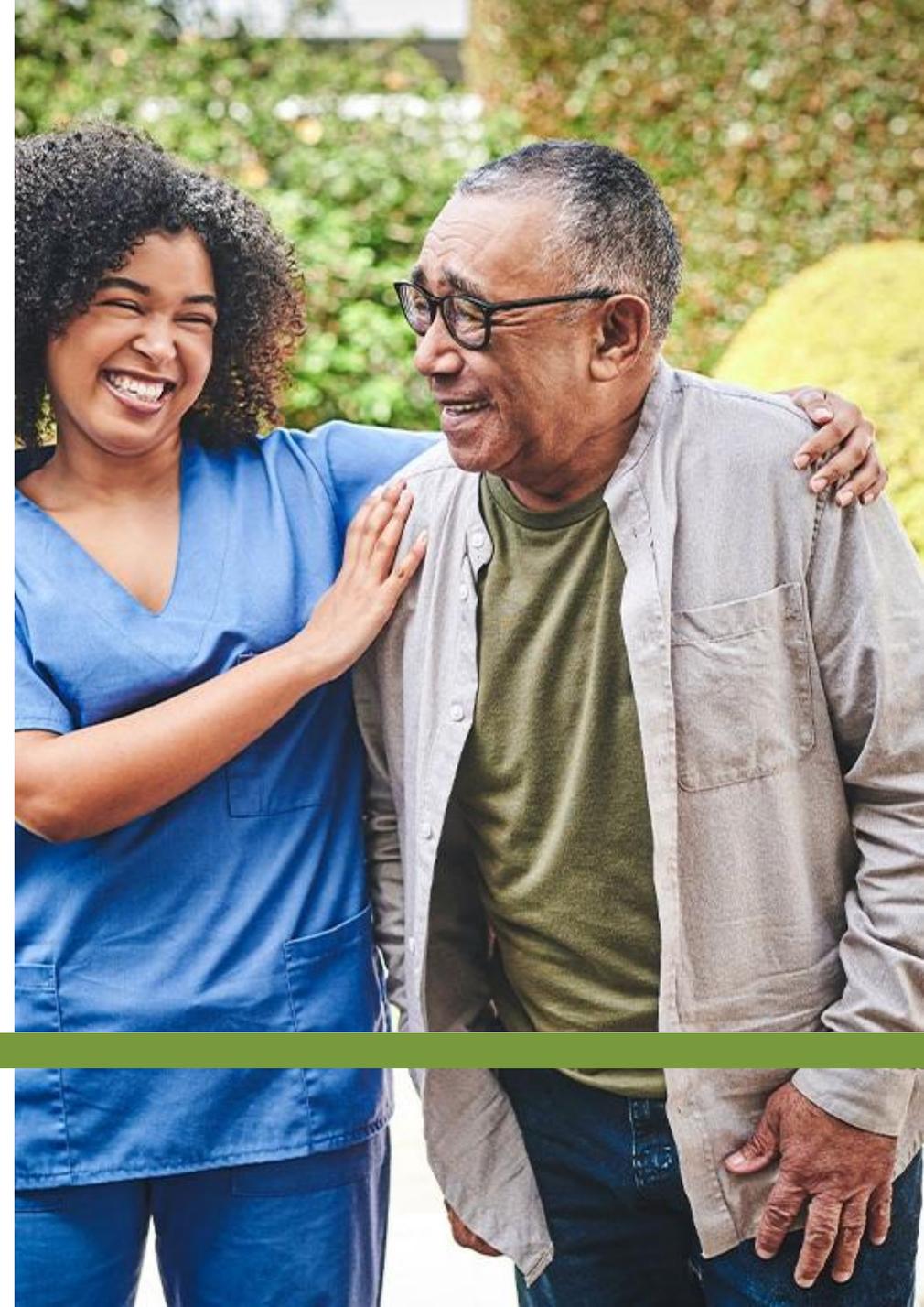


Q & A

Thank You

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