

## **Let's Talk About Dementia and Culture: How We Talk and Teach About Dementia in Cultural and Linguistic Communities**

**November 10, 2020**

### **Resource List**

#### Free Telephone Helplines

##### **Alzheimer's Association Helpline: 1-800-272-3900**

*Free telephone information and assistance, 24 hours a day, 7 days a week. Counselors can provide services in over 200 languages, using interpreters.*

*Español: Información y asistencia telefónica gratuita, las 24 horas del día, los 7 días de la semana. Los consejeros pueden brindar servicios en más de 200 idiomas, utilizando intérpretes.*

*Português: Informação e assistência telefónica gratuita, 24 horas por dia, 7 dias por semana. Os conselheiros podem fornecer serviços em mais de 200 idiomas, usando intérpretes.*

*每周7天, 每天24小时提供免费电话信息和帮助。辅导员可以使用口译员提供200多种语言的服务。*

*Бесплатная телефонная информация и помощь 24 часа в сутки, 7 дней в неделю. Консультанты могут предоставлять услуги более чем на 200 языках, используя переводчиков.*

##### **National Asian Pacific Center on Aging Community Resource Helpline:**

<https://www.napca.org/helpline/>

*Free telephone information, Monday through Friday, 8:30 a.m. – 1:00 p.m. PST.*

*Español: Información telefónica gratuita, de lunes a viernes, de 8:30 a.m. a 1:00 p.m. PST.*

*Português: Informações gratuitas por telefone, de segunda a sexta-feira, das 8h30 às 13h00 PST.*

*周一至周五上午8:30- 下午1:00提供免费电话信息太平洋标准时间。*

*Бесплатная телефонная информация с понедельника по пятницу с 8:30 до 13:00.*

*Тихоокеанское стандартное время.*

##### **English**

1-800-336-2722

##### **日本語 / Japanese**

1-800-398-1117

##### **廣東話 / Cantonese**

1-800- 582-4218

##### **Tagalog / Filipino**

1-800-593-8087

##### **普通话 / Mandarin**

1-800-683-7427

##### **Tiếng Việt / Vietnamese**

1-800-582-4336

**한국어 / Korean**  
1-800-582-4259

**Español / Spanish**  
1-800-948-3844

### **Massachusetts:**

- **MassOptions: 1-800-243-4636** or <https://massoptions.org/massoptions/>  
*Free information and resources for older adults and their families in Massachusetts, Monday through Friday, 9:00 a.m. to 5:00 p.m. 180 languages available.*  
*Español: Información y recursos gratuitos para adultos mayores y sus familias en Massachusetts, de lunes a viernes, de 9:00 a.m. a 5:00 p.m. 180 idiomas disponibles.*  
*Português: Informações e recursos gratuitos para idosos e suas famílias em Massachusetts, de segunda a sexta-feira, das 9h00 às 17h00 180 idiomas disponíveis.*  
*周一至周五上午9:00至下午5:00, 为马萨诸塞州的老年人及其家庭提供免费信息和资源。提供180种语言。*  
*Бесплатная информация и ресурсы для пожилых людей и их семей в Массачусетсе с понедельника по пятницу с 9:00 до 17:00. Доступно 180 языков.*
- **CJP SeniorDirect: 1-800-980-1982** or [info@CJPSeniorDirect.org](mailto:info@CJPSeniorDirect.org)  
*Provides free expert advice and information for older adults and their families in Massachusetts. Monday through Friday, 9:00 a.m. to 5:00 p.m. in English.*

### More Information

#### **Culturally-specific dementia articles and videos**

- Alzheimer's Disease International: <https://www.alz.co.uk/other-languages>  
*Links to information about dementia in 49 languages.*  
*Español: Enlaces a información sobre la demencia en 49 idiomas.*  
*Português: Links para informações sobre demência em 49 idiomas.*  
*链接到49种语言的痴呆症信息。*  
*Ссылки на информацию о деменции на 49 языках.*
- Alzheimer's Los Angeles:
  - <https://www.alzheimersla.org/videos/>  
*Educational videos about dementia, including a telenovela in Spanish, and a series focusing on Japanese and Japanese American caregivers.*
  - <https://www.alzheimersla.org/chinese/> *Caregiver tip sheets in Chinese.*  
*照顾者提示表中文。*

- [Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer's](#) by B. Smith and Dan Gasby, 2016
- “Dementia Friends: The River”: [https://www.youtube.com/watch?v=qT\\_2CZ89TZY](https://www.youtube.com/watch?v=qT_2CZ89TZY)  
*Native American cultural analogy about dementia. 2.7 minute video by Dr. Anton (Waagosh) Treuer, Professor of Ojibwe, Bemidji State University.*
- Diverse Elders Coalition: <https://www.diverseelders.org/what-to-know/alzheimers-disease-and-dementia/>  
*Resource page on Alzheimer’s and related dementias*
- “Forget Me Not” play, written and directed by Garrett Davis. Watch here: <https://www.youtube.com/watch?v=EJYJtz-8b3o>  
*Takes the audience into the life of an African American family facing Alzheimer’s disease and shows the disease’s impact on relationships between family members, friends and people in the community.*
- “It’s not a disgrace, it’s dementia”: <https://www.youtube.com/playlist?list=PLAwhBH-4GO5iKAMS5wIMSFsuncvoBYuRM>  
*Short video (15-20 minutes) in several languages (Arabic, Assyrian, Cambodian, Croatian, Hindi, Italian, Mandarin, Portuguese, Serbian, Spanish, Ukranian and Vietnamese) produced by Dementia Australia*

### ***Technical assistance and information for people who are running initiatives***

- Federal grants for community dementia initiatives: <https://acl.gov/grants/alzheimers-disease-programs-initiative-grants-states-and-communities>
- Cultural Humility: People, Principles and Practices <https://melanietervalon.com/wp-content/uploads/2013/08/Cultural-Humility-A-Video.pdf>  
*Guidance on the core principles of cultural humility from one of the concept’s founders*
- [Ethnicity and the Dementias](#), third edition, edited by Gwen Yeo, Linda A. Gerdner, Dolore Gallagher-Thompson, 2019.
- [Medical Apartheid: The dark history of medical experimentation on Black Americans from Colonial times to the present](#), by Harriet A. Washington, 2006.  
*Award-winning chronology of medical abuses against Black Americans.*

- National Asian Pacific Center on Aging resource guide: <https://www.napca.org/resource/>  
*Technical assistance resource center dedicated to building the capacity of long-term service and support systems to equitably serve AAPI older adults and their caregivers.*
- National Culturally and Linguistically Appropriate Services (CLAS) Standards in Health and Health Care: [https://www.thenationalcouncil.org/wp-content/uploads/2018/07/CLAS\\_handout-pdf\\_april-24.pdf?daf=375ateTbd56](https://www.thenationalcouncil.org/wp-content/uploads/2018/07/CLAS_handout-pdf_april-24.pdf?daf=375ateTbd56)
- SAGE Advocacy and Services for LGBT Elders - issues brief “LGBT and Dementia”:  
<https://www.sageusa.org/resource-posts/issues-brief-lgbt-and-dementia/>
- Trauma-Informed Care for People Living with Dementia  
[https://nadrc.acl.gov/sites/default/files/uploads/docs/TraumaInformedCarePeopleDementia\\_508.pdf](https://nadrc.acl.gov/sites/default/files/uploads/docs/TraumaInformedCarePeopleDementia_508.pdf)
- #WhosYourCoco public awareness campaign, USAgainstAlzheimer’s,  
[https://www.dropbox.com/s/1dgil37ll066fcf/WhosYourCocoCampaign\\_2020.pdf?dl=0](https://www.dropbox.com/s/1dgil37ll066fcf/WhosYourCocoCampaign_2020.pdf?dl=0)
- Words Matter, Dementia Action Alliance guide: <https://daanow.org/wp-content/uploads/2020/05/WORDS-MATTER-Revisions.pdf>

### Research on disparities

- “Landmark Study Finds Dementia Risk Varies Significantly Among Racial And Ethnic Groups”:  
<https://www.ucsf.edu/news/2016/02/401576/landmark-study-finds-dementia-risk-varies-significantly-among-racial-and-ethnic>; “Elders at Risk: New Study Finds Higher Dementia Rates for Natives”:  
<https://indiancountrytoday.com/archive/elders-at-risk-new-study-finds-higher-dementia-rates-for-natives-3spFys3TEkOOS-tZ6HjxDA>

“Why are Black Americans twice as likely to have Alzheimer’s or other dementias as white Americans: New research into a ‘silent epidemic’ suggests experiencing racism may damage the brain,” Boston Globe Magazine, October 29, 2020

<https://www.bostonglobe.com/2020/10/29/magazine/why-are-black-americans-twice-likely-have-alzheimers-or-other-dementias-white-americans/>

### Guidance from the CDC

- CDC COVID19 Guidance for Older Adults: <https://www.cdc.gov/aging/covid19-guidance.html>

- CDC Know Someone with Memory Loss? <https://www.cdc.gov/aging/data/infographic/cognitive-decline.html>
- CDC Helping Alzheimer's Caregivers: [https://www.cdc.gov/aging/publications/features/alzheimers\\_caregivers.html](https://www.cdc.gov/aging/publications/features/alzheimers_caregivers.html)

## **Dementia statistics**

- Alzheimer's Association 2020 Facts and Figures: <https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>

## Organizations

- Association for Frontotemporal Degeneration (AFTD), the most common form of dementia in people under 60. [www.theaftd.org](http://www.theaftd.org) or 866-507-7222 (English only)
- Alzheimer's Association: <https://www.alz.org/> or in Massachusetts/New Hampshire: [alz.org/manh](http://alz.org/manh)
- Alzheimer's Disease International: <https://www.alz.co.uk/>
- Alzheimer's Los Angeles: <https://www.alzheimersla.org/>
- Balm in Gilead, National Brain Health Center for African Americans - Memory Sunday: <http://brainhealthcenterforafricanamericans.org/memory-sunday-2/> ; Memory Sunday New England: <https://www.madrc.org/memory-sunday-2020>
- Community Access, Research and Engagement (CARE) Research Center: <https://www.massgeneral.org/research/division-clinical-research/centers-units-and-faculty/care>
- Dementia Action Alliance: <https://daanow.org/>
- Dementia Friends USA: <https://www.dementiafriendsusa.org/>
- Dementia Friends Massachusetts: <https://www.dementiafriendsma.org/>
- Dementia Friendly America: <https://www.dfamerica.org/>
- Dementia Friendly Massachusetts: <https://dfmassachusetts.org/>
- Diverse Elders Coalition: <https://www.diverseelders.org/>
- Forget Me Not: <https://www.fmnproject.org/>
- Memory Cafés: Massachusetts - [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory); national - <https://www.memorycafedirectory.com/cafe-connect/>
- UsAgainstAlzheimer's: <https://www.usagainstalzheimer.org/>
  - AfricanAmericansAgainstAlzheimer's: <https://www.usagainstalzheimer.org/networks/african-americans>
  - Center for Brain Health Equity: <https://www.usagainstalzheimer.org/center-brain-health-equity>

- ClergyAgainstAlzheimer's: <https://www.usagainstalzheimers.org/networks/faith>
- LatinosAgainstAlzheimer's: <https://www.usagainstalzheimers.org/networks/latinos>
- WomenAgainstAlzheimer's: <https://www.usagainstalzheimers.org/networks/women>
- VeteransAgainstAlzheimer's: <https://www.usagainstalzheimers.org/networks/veterans>

Learn more about our speakers' organizations:

- Greater Boston Chinese Golden Age Center: <https://www.gbcgac.org/>
- Inquilinos Boricuas en Accion (IBA): <https://www.ibaboston.org/>
- 2Life Communities: <https://www.2lifecommunities.org/>
- Rounding the Bases: <https://www.facebook.com/RoundingTheBases/>

*Thank you for sharing resources so that we can all learn together!  
Contact information: Beth Soltzberg, [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org)*