



Helping Ohioans living with dementia, along with their loved ones, care partners and broader community, live with meaning, purpose and joy.

## Our Approach

The Ohio Council for Cognitive Health focuses on the intersection of the community and individuals impacted by cognitive changes and impairments. We do this because we recognize the importance – the true interdependence – between what goes on in the home and what CAN be provided by the larger community. That is, we work from the *inside out* and the *outside in*. Our work blends time-tested and emergent clinical approaches along with broader community involvement. By giving voice to care recipients, care partners and the broader community, we are taking person-centered care and caring and the mantra, “*nothing about me without me,*” to a new level.



Our goal is to ensure that Ohioans living with cognitive impairment, along with their care partners, continue to live the highest quality of life possible. As both an incubator and an accelerator, we are outcome driven; we focus on sustainable efforts; we emphasize evidence based or promising practices; and most importantly, we are obsessed with being person focused. We have chosen to concentrate initially on those impacted by Alzheimer’s disease and other dementias.

## Our Core Values



### DRIVEN

by positive outcomes. We believe there is always something that can be done to improve the lives of those affected by dementia.



### FOCUSED

on sustainable impact and scalable efforts in Ohio. A primary goal is achieving long-term, lasting change in the way people in Ohio view dementia.



### INSPIRED

by evidence based and promising practices. We implement innovative strategies based on credible research to achieve the best possible outcomes.



### ARDENTLY

person-focused. We listen to Ohioans with dementia and their care partners, and empower them to direct their lives.

### We are re-framing life with dementia in Ohio by:

**HELPING** create and modify environments so that individuals can thrive using and enhancing their preserved abilities;

**PROVIDING** tools, approaches and resources for loved ones, care partners and community members;

**ENCOURAGING** the concept of interdependence; and

**INTRODUCING** community members to strategies that can enhance cognitive health throughout the lifespan.

## Hand in Hand, Ohio

Our initial program, **Hand in Hand, Ohio** has several different initiatives focused on leading, facilitating and supporting cognitive health-related opportunities, programs and services focused on care and caring locally, regionally and statewide.

“If you want to go fast... *go alone.*  
If you want to go far... *go together.*”

AFRICAN PROVERB

### Empowering Care Partners

Our website contains a large library of practical, simple and effective tools to allow people to focus on what matters most – building a new approach to life with dementia. Care partners will find the information they need to feel equipped to meet the daily challenges associated with dementia and learn simple modifications they can make to transform their home into a supportive place for the person with dementia.

[ocfch.org/caregiving-tools](http://ocfch.org/caregiving-tools)

### Maintaining Cognitive Health

There is no magic pill – at least not yet – that can prevent memory loss, ward off cognitive decline, or keep us young and healthy forever, but we can help to maintain our brain health by reducing stress, having a positive attitude, engaging in social activities, being more physically active and challenging ourselves mentally. Our website offers a variety of tips to help people stay mentally fit. [ocfch.org/cognitive-health](http://ocfch.org/cognitive-health)

### Educating Dementia Friends in Ohio

We are working to change the way that individuals think, act, and talk about dementia. **Dementia Friends** is an international public awareness initiative delivered through both volunteers and an online tool. As the administrator for Dementia Friends in Ohio, The Ohio Council for Cognitive Health is helping to teach Ohioans how dementia can affect individuals, tips for communicating and engaging with those affected and perhaps most importantly, specific actions for supporting people who are living with dementia. Individuals can work with us to become Dementia Friends Champions and teach others throughout the state.

[ocfch.org/dementia-friends](http://ocfch.org/dementia-friends)

### Creating Dementia Inclusive Communities

A dementia inclusive community means that a wide range of community members share responsibility for the challenges and opportunities associated with dementia. Meeting this goal requires expanding the types of supports for people with dementia and their families, enhancing public awareness and engagement, promoting high quality and affordable care, and taking a person-centered approach to memory care and related health and social services. We are partnering with a variety of Ohio organizations to encourage everyone in the community to examine their role in supporting people living with dementia.

[ocfch.org/dementia-inclusive-ohio](http://ocfch.org/dementia-inclusive-ohio)



**The Ohio Council for Cognitive Health** is growing a network of individuals, organizations, and providers across the state dedicated to not changing—but truly transforming care—and even life itself—for those living with Alzheimer’s and other dementias, their loved ones and their communities. This approach, often called **Collective Impact**, will ensure scalable, sustainable transformation across systems, within communities and throughout our state.

**For more information** contact Dr. Bonnie Burman at [bburman@ocfch.org](mailto:bburman@ocfch.org) or visit [www.ocfch.org](http://www.ocfch.org)