



NEWSLTR

A PUBLICATION OF THE FLORIDA DEPARTMENT OF ELDER AFFAIRS

PICTURED BELOW

State Representative Scott Plakon speaks to attendees of the Creating Dementia Capable Communities event in Longwood, Florida. Read more on page 6.

TRIALMATCH

The Alzheimer's Association has created a free and accessible clinical trial matchmaking service. For information on what TrialMatch offers, as well as how to sign up, go to page 4.



PHONE: 850.414.2120
TDD: 850.414.2001
EMAIL: LIVABLEFL@ELDERAFFAIRS.ORG

FLORIDA PLACES IN THE TOP 10 OF BICYCLE FRIENDLY STATES

By John McQuillan, Livable Communities Coordinator, Florida Department of Elder Affairs

The League of American Bicyclists has ranked Florida as the tenth most bicycle friendly state in the country - an impressive five-spot jump from the Sunshine State's 2017 placement.

The League's bi-annual report on bicycle friendliness evaluated all 50 states based on five different categories:

- Infrastructure & Funding
- Education & Encouragement
- Legislation & Enforcement

- Policies & Programs
- Evaluation & Planning

Florida currently leads the country in the Infrastructure & Funding category, placing first in the United States. Florida also places among the top five states in Education & Encouragement and the top ten in Policies & Programs.

Notably, Florida is the only state in the South with more residents using a bike to get to work than the national average. The League's report also applauded the state's adoption

of a ban on texting while driving, a policy that hopes to reduce vehicular fatalities, including for those who commute by bicycle.

Additionally, the report highlighted the Florida Department of Transportation's \$100 million investment in installing LED lighting at intersections. This project, which is now almost 50% complete, is designed to improve the visibility of bikers during the night and in other low-light environments.

State	Rank	Overall Score	Infrastructure & Funding	Education & Encouragement	Legislation & Enforcement	Policies & Programs	Evaluation & Planning
Washington	1	71.9	B-	B	B	A	B+
Oregon	2	71.8	B	A	B	B	A-
Minnesota	3	71.4	B	B	C+	B	B+
California	4	71.3	B+	B	C	A	B+
Massachusetts	5	66.9	B	B	D	A	B+
Delaware	6	66.7	B+	B	B	B	B+
Colorado	7	66.7	B	B	A-	B	B+
Utah	8	66.6	B	C	B	C+	A-
Virginia	9	66.5	B	C	C+	B	B+
Florida	10	66.5	B+	B	C	B+	B

The League of American Bicyclists' 2019 Report



UPCOMING EVENTS:

February 4

The Alzheimer's Disease Advisory Committee (ADAC) will be meeting in Tallahassee. For more information click [here](#).

February 21

The 2020 Caregiver's Mardi Gras Masquerade will be held at the Hilton Garden Inn in Fort Walton Beach. For more information click [here](#).

April 20 - April 25

The Vision 2020 Tour: Looking Towards Your Age-Friendly Future will be a five day event, with each day highlighting the age-friendly work from a different Florida community. More information will be available in the next NEWSLTR.

EFFORTS UNDERWAY TO RAISE ALZHEIMER'S AWARENESS IN FLORIDA COMMUNITIES

By Kristi Kreuger & Kathleen Corso, WPLG Local 10 News

For over a decade, a converted motor home called the Brain Bus has been making the rounds across SW Florida, providing education and resources on the spot for people concerned about Alzheimer's disease.

A recent grant from the state provided the funding necessary for the Brain Bus to travel to every county in Florida.



Alzheimer's Association's Brain Bus

"It's definitely needed. You go through and talk to someone about the disease process and they say 'I wish I would have known this,'" said Rob Harris, a dementia specialist with the Alzheimer's Association of Florida.

Weston, Florida, resident Berth Brooks said greater education and awareness about the disease is desperately needed. She began searching for information when her husband Charles was diagnosed four years ago.

"The journey is one that's so hard to prepare yourself for. You can only

over-educate yourself so that you know what you're talking about when someone asks you about it," she said.

More than 10% of people over the age of 65 have Alzheimer's disease and it affects nearly half of all people over the age of 85.

"I saw the transition from him being able to drive to seeing him lock himself out of the house and forget where he was going and trying to say words but not being able to say words," she said.

Brook's passion to help her husband

has led her to become County's No. 1 Alzheimer's Association fundraiser.

"I have thrown myself into the Alzheimer's Association to find out what I can learn, where to go. I joined a support group that has kept me afloat and I believe to this day that without that support group, I probably would have just hid somewhere," Brooks said.

She's glad to see outreach efforts like the Brain Bus providing help and support in the community. "If we reach one person to help them, it's worthwhile," said Harris.

NEW DIGITAL LIVABLE FLORIDA MAP

By John McQuillan, Livable Communities Coordinator, Florida Department of Elder Affairs

The Florida Department of Elder Affairs has developed an interactive and user-friendly digital map through Google Maps. The map displays the counties, cities, and universities in Florida that are Age-Friendly. The map also includes the locations of Memory Disorder Clinics (MDCs), Dementia and Cure and Cure Initiative Taskforces (DCCI), Planning & Service Areas (PSAs), memory cafes, and the county health departments participating in the Age-Friendly Public Health Learning and Action Network.

Each of these locations is represented with an icon that is customized with a profile that includes images, links, and descriptions. For example, if you select an

Age-Friendly community that has completed their action plan or survey, you will be able to view those items by selecting the attached link on the community's map profile. Also, each Age-Friendly county includes a link to its health profile created by the Department.

Furthermore, you can select which categories you want the map to display. If you would only like to see the MDCs in the state, for example, you just need to check off the other categories located on the left side of the map.

Click [here](#) to view the map.

TRIALMATCH: HELP FIND A CURE FOR ALZHEIMER'S DISEASE

By Alzheimer's Association

Individuals with dementia or those who are at risk of developing it, caregivers, and healthy volunteers with no dementia issues are needed today to help advance Alzheimer's research. By participating in clinical research, you can help to accelerate progress and provide valuable insight into potential treatments and methods of prevention.

By 2025 there will be approximately 720,000 Floridians living with Alzheimer's, meaning the need for clinical research is greater than ever; without the participation of people like you, finding a cure is nearly impossible.

Recruiting and retaining trial participants is now the greatest obstacle, other than funding, to developing the next generation of Alzheimer's treatments.

The Alzheimer's Association has TrialMatch: a free, easy-to-use matching service that generates customized lists of studies based on user-provided information.

The studies are safe, free, and do not obligate participants. TrialMatch allows you to easily see what studies you may qualify for.

The continually updated database contains more than 250 studies, including both pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at sites across the country and online.

The Alzheimer's Association TrialMatch® database includes:

- Treatment trials to test new treatments or combinations of treatments.
- Diagnostic studies that find new tests or procedures for diagnosing a disease or condition.
- Prevention trials that investigate ways to prevent the onset of diseases. These studies look at whether a certain medication, vitamin or lifestyle change (for example, healthy eating or exercise) might prevent Alzheimer's.
- Quality of life studies that explore ways to improve quality of life for individuals who have a chronic illness, their caregivers and family members. The goal of these studies is to figure out what types of support, education or training solve some of the challenges that those impacted by the disease face.



- Online studies that are web-based and conducted entirely online. These studies often explore the same kinds of questions as other studies, but are able to be completed online, without requiring a visit to a particular site.
- You can receive expert medical care at leading healthcare facilities — often free of cost — while participating in important medical research.
- You can help future generations by contributing to Alzheimer's research.

Participating in clinical trials also helps both the individual participant and other individuals who have Alzheimer's disease or are at risk of developing it:

- You can play a more active role in your own health care.
- You can gain access to potential treatments before they are widely available.

By using TrialMatch, you are playing a crucial role in our state's fight against dementia.

To create a free TrialMatch account and begin viewing available studies locally and online, please visit www.alz.org/TrialMatch or call 1.800.272.3900.

Elder Update

Elder Update is a bi-monthly news publication produced by the Department of Elder Affairs. It is distributed for free to more than 50,000 Floridians including seniors, caregivers, policymakers, and elder-care service providers. Click [here](#) to sign up.



STUDY FINDS OLDER ENTREPRENEURS ARE THE RULE, NOT THE EXCEPTION

A recent study has found that, on average, the most successful entrepreneurs are not youthful figures like Mark Zuckerberg, but rather much older and more experienced individuals. Among the top 1,000 successful start-up companies based in the United States, the mean age of the founder is 45.

Titled "Age and High-Growth Entrepreneurship," the 2019 study was conducted by Dr. Kim and Dr. Azoulay from MIT, Dr. Jones from Northwestern University, and Dr. Miranda from the U.S. Census Bureau. By examining various factors of success, the study concluded that "entrepreneurial resources such as human capital, financial capital, and social capital, accumulate with age," which places older entrepreneurs at an advantage to their younger enterprising counterparts.

In an interview at the Wharton School at the University of Pennsylvania, Dr. Kim was asked what he hopes older professionals will take away from his research, he said, "I've heard many perspectives that it might be too late for them to become entrepreneurs. What we want to do is discourage and dispel that myth because what we're finding is they actually might be in the best position to start new companies." Please view the complete study by clicking [here](#).



Source: "Age and High-growth Entrepreneurship," by Pierre Azoulay, Benjamin Jones, J. Daniel Kim and Javier Miranda.



ALZHEIMER'S DISEASE ADVISORY COMMITTEE SURVEY

By Ronald Lucchino, Ph.D.,
Alzheimer's Disease Advisory Committee Member

The Alzheimer's Disease Advisory Committee (ADAC) is comprised of 15 members: eleven appointed by the Governor and four by the Legislature. The goal of ADAC is to assess Florida's future needs and suggest policies to prepare for the increasing prevalence of Alzheimer's disease in Florida.

ADAC is now compiling information related to Alzheimer's disease and caregivers in Clinical Care, Community Care, Institutional Care, and Research activity. Currently, ADAC is conducting surveys on the availability, accessibility, and coordination of the resources of the clinical, community, and institutional care networks.

The results will be reviewed and, based on survey findings, ADAC will make any needed recommendations.

Also, the results of the surveys will provide regional information from the eleven Planning and Service Areas. This will be used in the annual report for the summary of findings across the entire state of Florida.

We are pleased to invite you to participate in the online caregiver survey. Please click [here](#) to take the survey.

The survey will close on May 18th.

CREATING DEMENTIA CAPABLE COMMUNITIES

By John McQuillan, Livable Communities Coordinator, Florida Department of Elder Affairs

On December 5th, a panel of state leaders, Floridians living with dementia and caregivers impacted by Alzheimer's disease and related dementias (ADRD), participated in the first-ever "Creating Dementia Capable Communities: An Interactive Listening Session." Hosted by the Alzheimer's Association, the nearly three-hour community forum focused on identifying current ADRD policy challenges and solutions. The Alzheimer's Association facilitated this forum and the panel included Representative Scott Plakon, Surgeon General Scott Rivkees, DOEA Secretary Richard Prudom, and ADAC Chair, Dr. Rosemary Laird of AdventHealth Medical Group.

Following a series of presentations from the panel members, the other participants shared their own personal experiences to inform where they saw gaps or barriers in ADRD services and care. Topics that were discussed included a lack funding, the need for a baseline tool to assist with early detection, and long wait times to see a specialist.

Ed Patterson, who is living with Alzheimer's, shared a compelling story of when he got lost while driving to his part-time job at Disney World. Not knowing where he



DOEA Secretary, Richard Prudom (right), and the Alzheimer's Association's Vice President of Public Policy, Michelle Branham (left).

was, he went to a nearby hospital and asked for help. The staff on the first level did not recognize that he had Alzheimer's disease and kept repeating directions on how to get to the theme park. "The staff on the floor and the reception at hospitals need to be trained," he said, "We go through foggy days, days where we are emotional and anxious, and if we are lost, we need staff who know how to help us." The forum concluded with a powerful speech by Representative Plakon, "Alzheimer's disease is a fierce enemy, but I believe it will be beaten one day by some of the people in this room."

FLIP THE SCRIPT: SPEAKING UP ABOUT PAIN

*By Dr. Kathy Hyer, M.D.,
Professor and Director,
Florida Policy Exchange Center on Aging*

On behalf of the University of South Florida School of Aging Studies & Florida Policy Exchange Center on Aging and the Florida State University College of Medicine, we want to share some important materials developed to 'flip the script' on how Florida's older adults think and talk about pain.

Last year, leaders in geriatrics at USF & FSU collaborated with pain management, substance use disorder, and media experts to create an awareness campaign aimed at reducing opioid prescription misuse in older adults by encouraging conversations about pain, non-opioid options for managing pain, and the safe use and disposal of opioid medication when it is the best option for individual patients with pain.

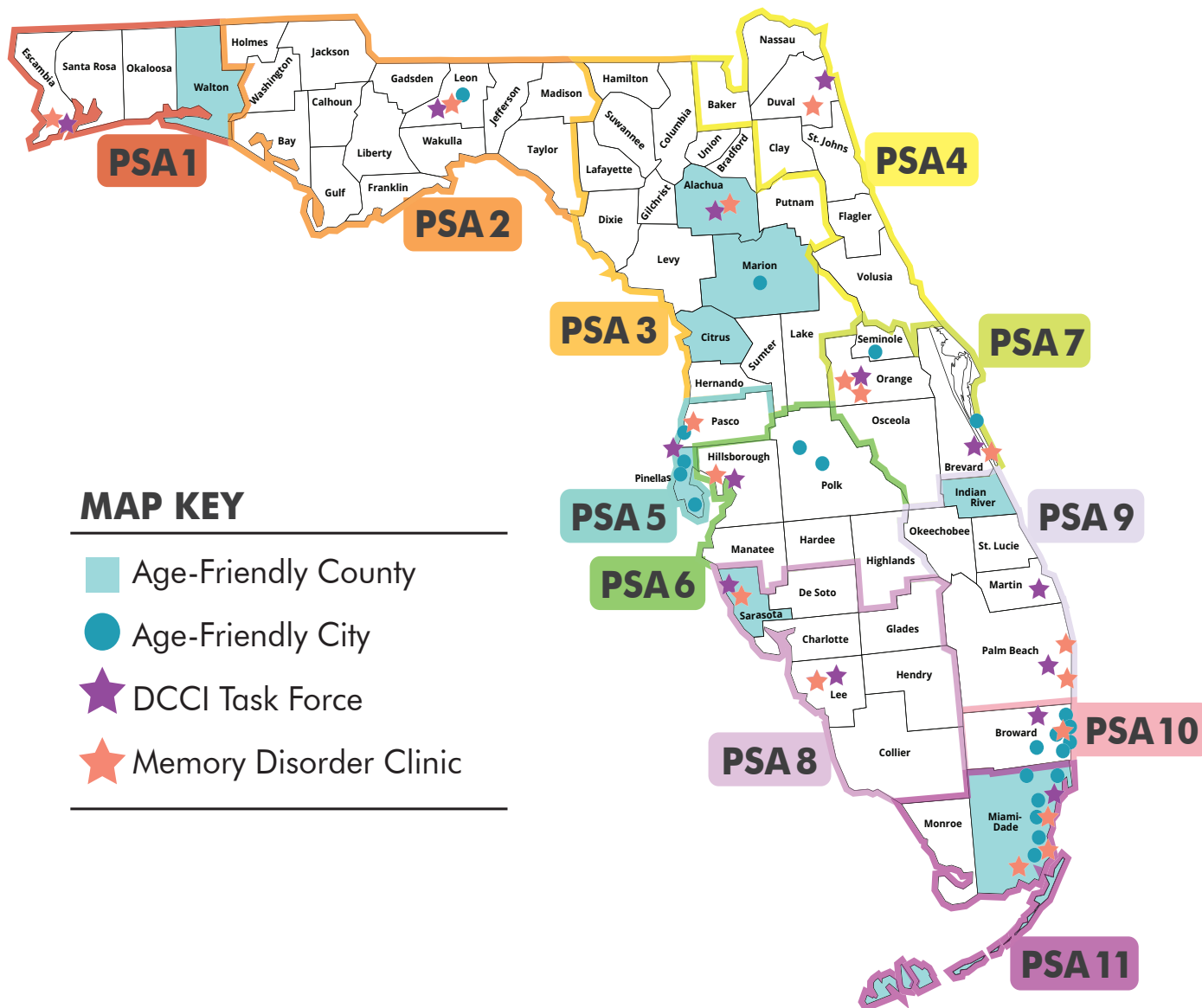
The result, Flip the Script, was developed with input from older adults, community organizations, health care providers, and state agencies to ensure its usefulness

as an educational resource. It includes checklists and questions about pain to guide conversations between older adults, their families, friends, and health care providers. The campaign's website includes information and downloadable forms to:

- **LEARN MORE** about the types of pain and the impact of pain.
- **BE PREPARED** to describe and track the pain they feel and safely use pain medications.
- **TAKE ACTION** by talking about pain with health care professionals and deciding together how best to treat it.

Flip the Script is one of the first education campaigns that encourages people to take a whole-body approach to reduce the physical and emotional symptoms of pain. By understanding pain, the emotions associated with it, and the available treatment options, patients are empowered to have conversations with health care providers. To get more information, visit Flip the Script's website by clicking [here](#).

LIVABLE FLORIDA AND MDC MAP



WELCOME TO THE NETWORK

Nassau County has joined the Age-Friendly Network! With their admittance, Florida now has 35 communities dedicated to ensuring all residents of the Sunshine State may thrive at any age or ability.

Age-Friendly communities are being formed throughout the country and across the globe. If you are interested in your community joining,

please visit AARP's Network of Age-Friendly Communities Page by clicking [here](#).



World Health Organization

