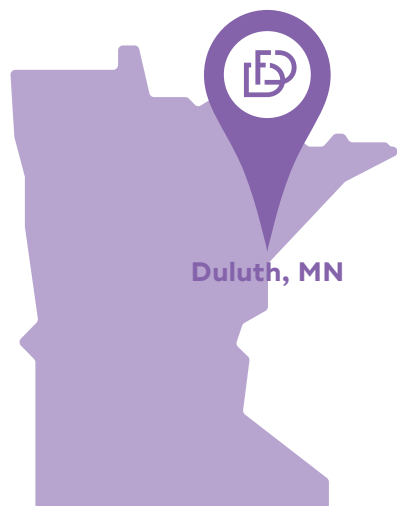


OVER THE NEXT DECADE THE NUMBER OF MINNESOTANS WITH ALZHEIMER'S WILL RISE 32%

Our senior population is growing, and with it, the number of those with different types of dementia, such as Alzheimer's. Communities like Duluth are taking notice, and are taking a larger role to aid those affected.



Proud to be an ACT on
Alzheimer's® action community



130 West Superior St.
Suite 700
Duluth, MN 55802

DementiaFriendlyDuluth.org

Kind to All Minds

Currently, an astonishing one
in nine people age 65 or older
has Alzheimer's.





Dementia Friendly Duluth is an initiative to foster a community that is kind to all minds—by helping local public service organizations and businesses understand and better support our neighbors experiencing or caring for those with dementia.

This project is led by The Victory Fund, a foundation created to help communities in northeastern Minnesota identify, address and resolve chronic health issues. Dementia Friendly Duluth will follow a process identified as the Dementia Friendly Communities Toolkit, developed by ACT on Alzheimer's®. You can find more information about the toolkit at [ActOnALZ.org](https://actonalz.org).

BE OBSERVANT

Every day, people with dementia face little struggles that can be overwhelming and scary. If you notice someone showcasing signs of dementia, give them a little more time and attention. It will make their day better, and help nurture a Dementia Friendly Duluth.

KNOW THE 10 SIGNS

Early detection matters.

- Memory changes that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing ability to retrace steps
- Decreased or poor judgement
- Withdrawal from work or social activities
- Changes in mood or personality

Learn more about Dementia Friendly Duluth and its partners at DementiaFriendlyDuluth.org.

