

## What priorities should Minnesota focus on to respond to the impact of Alzheimer's Disease?

Use this *Conversation in a Box* to share thoughts from your group.

In 2017, the Minnesota Legislature directed the Minnesota Board on Aging to convene an Alzheimer's Disease Work Group (ADWG) to make recommendations on several areas of specific concern. Public interest in the Work Group is likely no surprise to you. The energy from citizens impacted by the disease and those professionally committed to support this community has resulted in an incredibly engaged, interconnected web across the state. You all share a commitment to ensure our state supports Minnesotans living daily with the realities of Alzheimer's disease. That's a powerful force for change!

ADWG and its five subcommittees includes approximately 85 medical experts, care providers, researchers, and care persons. They are busy reviewing data, listening to experts and studying the previous legislative report to develop new key findings and recommendations for the legislature. These volunteers also know the value of hearing your thoughts. Needless to say, they are very excited about *Conversation in a Box*!

Are you interested in hosting a conversation?

**Turn over for the three simple steps involved inside this Conversation in a Box.**

## How do I use Conversation in a Box?

Conversation in a Box includes three basic steps: meet with a group of people, discuss one of the topics enclosed, and share your feedback with us. Here is a little more detail - but not much – it's really pretty simple!

**#1 Meet:** Do you know some people with thoughts about where Minnesota should prioritize its focus to best support Minnesotans impacted by Alzheimer's Disease? How about your support group, work colleagues, or people you know whose voices haven't been clearly heard in this work? Use your imagination! You'll want participants to plan on 20 minutes for one topic for a group of four participants.

**#2 Discuss:** Have one participant use the enclosed Facilitator's Guide to lead the conversation about one of the following topics:

- Health Equity - supporting *all* Minnesotans faced with Alzheimer's in ways that are culturally appropriate.
- Public Awareness - attending to the public's knowledge gaps and community support systems.
- Diagnosis and Treatment – considering the health care experience from doctor skills to cost of treatment.
- Residential Services – acknowledging the impact of cost to families as well as the impact of regulations and licensing gaps.

**#3 Share:** You will also need one participant to capture the group's thoughts by filling out the *on-line "Our Thoughts" form* as the conversation is happening. You can also complete the enclosed "Our Thoughts" form by hand and mail it to us no later than Monday, June 11. Organizers will compile the information and share it at the appropriate time with the Work Group or sub-committees.

# Facilitator's Guide

## Before you start:

- Roughly, plan on 20 minutes for four people and another 5 minutes for each additional person.
- Secure a location that is quiet and comfortable.
- Read the note taker directions and decide whether you want to facilitate and take notes or recruit someone else to take notes

## Introduction:

Thank you for joining me for this important conversation about preparing Minnesota for the impact of Alzheimer's Disease. The insights we gather here will be shared with a Work Group appointed by the Legislature to explore several aspects of the impact of this disease across Minnesota and share their findings with the Legislature in a report due in December. Our objective is to **pick one** of the following four topics and work through a list of four discussion areas. I will list the topics and then we will select one of them to discuss:

- Health Equity - supporting *all* Minnesotans faced with Alzheimer's in ways that are culturally appropriate.
- Public Awareness - attending to the public's knowledge gaps and community support systems.
- Diagnosis and Treatment - considering the health care experience from doctor skills to cost of treatment.
- Residential Services - acknowledging the impact of cost to families as well as the impact of regulations and licensing gaps.

## Questions:

1. Invite each participant to share one example of how has your life been impacted by (topic) using no more than 3 minutes.
2. Having heard these stories, what common themes emerge?
3. How could *Minnesota's state and local government* influence more positive outcomes related to (topic category)?
4. How could *Minnesota's organizations, service providers and individuals* influence more positive outcomes related to (topic category)?

## Conclusion:

Thank you for taking the time to share your thoughts. (Note taker's name) will get our thoughts sent in to the Work Group organizers right away. If you want more information about the Alzheimer's Disease Work Group, you can find it at [www.mnaging.org/Advocate/ADWG.aspx](http://www.mnaging.org/Advocate/ADWG.aspx)



# **Thank you!**

**Your willingness to share the voices of your community  
with us is inspiring.**

**[www.mnaging.org/Advocate/ADWG.aspx](http://www.mnaging.org/Advocate/ADWG.aspx)**