

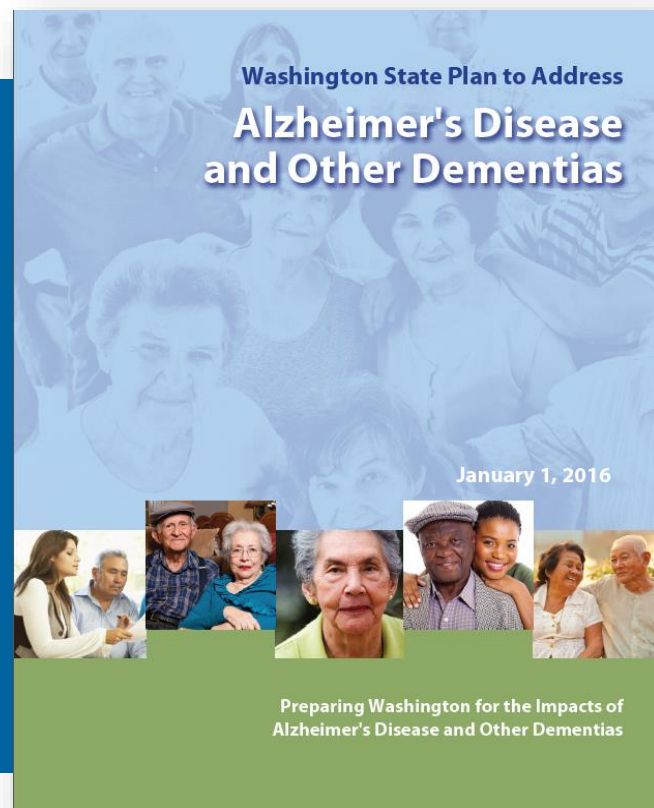


WASHINGTON STATE PLAN TO ADDRESS ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

LYNNE KORTE, AGING AND LONG-TERM SUPPORT
ADMINISTRATION

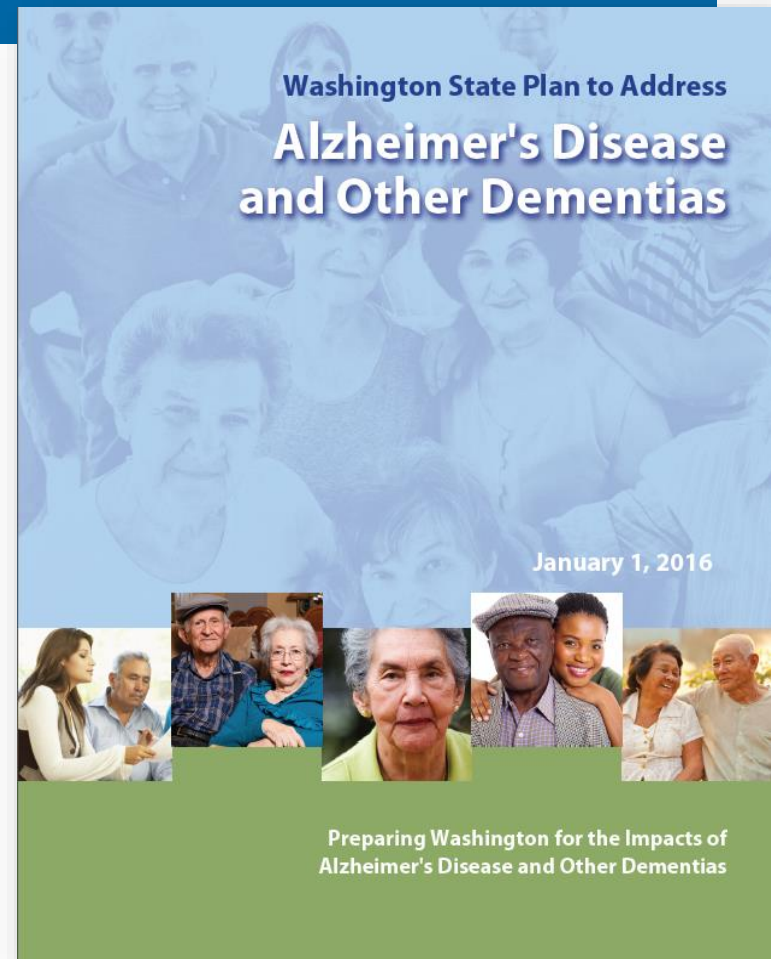
DEPARTMENT OF SOCIAL AND HEALTH SERVICES

OCTOBER 19, 2017



PLAN'S 7 GOALS

1. Increase public awareness
2. Prepare communities
3. Ensure well-being and safety
4. Ensure access to family caregiver supports
5. Identify dementia early and provide evidence-based health care
6. Ensure long-term services and supports in setting of choice
7. Promote innovation and research related to causes and care



2016 – 2017 ACTIVITIES

- Next generation group formed
- Focus on what we can do
 - Through heightened collaboration
 - Within existing resources



LEADERSHIP - THREE SUBCOMMITTEES

Dementia Action Collaborative

- Bill Moss, Aging and Long-Term Support Administration

Long Term Services and Support

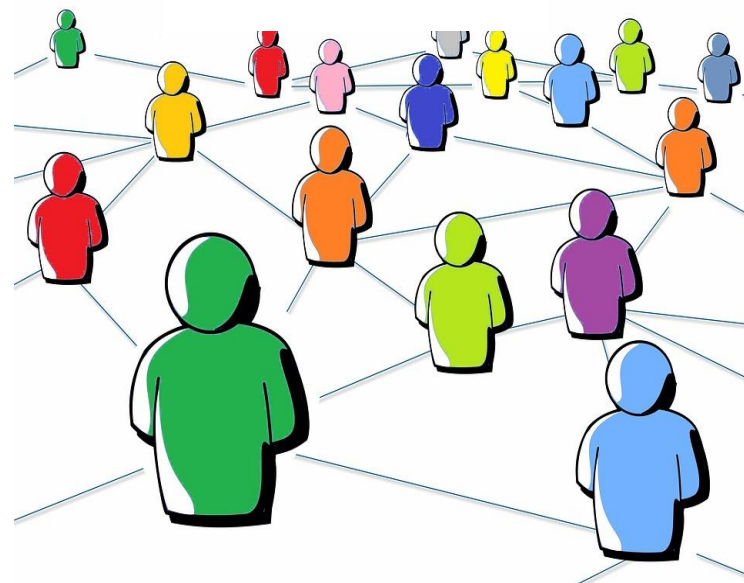
- Bob LeRoy, Alzheimer's Association

Health & Medical Care

- Kris Rhoads, UW Memory & Brain Wellness Center

Public Awareness & Community Readiness

- Cheryl Townsend-Winter, State Council on Aging



60+ organizations & individuals

IDENTIFY AND ENDORSE EVIDENCE-BASED STANDARDS

- Bree Collaborative
- Evidence-based recommendations for primary care
- Draft for public comment on website below through Oct 27, 2017
 - <http://www.breecollaborative.org/topic-areas/alzheimers/>

ACTION



Working together to improve health care quality, outcomes, and affordability in Washington State.

Alzheimer's Disease and Other Dementias Report and
Recommendations

2017

COGNITIVE SCREENING POSITION PAPER

- Position paper on cognitive screening tools for primary care – identifies tools/guidance
- Draft for public comment on website below through Oct 27, 2017
- <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>
- Comments to krhoads@uw.edu



ACTION



Brief Cognitive Screening Tools for Primary Care Practice

Abstract

Early detection and diagnosis of Alzheimer's disease and other cognitive impairment presents as a critical issue facing primary and specialty care providers in Washington State. In order to address the gaps and challenges faced by providers, the Dementia Action Collaborative offers the current paper to provide information and guidance around early detection and diagnosis. At the conclusion of this paper, providers should be able to identify indications and opportunities for detection, appropriate tools, and care pathways for individuals and families with memory loss and dementia.

Introduction

Alzheimer's disease (AD) is a neurodegenerative disorder that poses one of the most formidable healthcare challenges of the 21st century. Of the 5.3 million Americans currently diagnosed with AD, 5.1M are over the age of 65, a population expanding by 10,000 people every day (1). The financial burden of AD on the U.S. economy in 2015 alone is estimated to be \$226 billion, a cost predicted to significantly swell in upcoming decades (2). A recent study by Kelley and colleagues (3) indicates the average total cost per descendent with dementia exceeds that of all other conditions, including heart disease and cancer. Emerging evidence also highlights the importance of early detection and accurate diagnosis in terms of improving management of comorbid conditions, reducing preventable hospitalizations and emergency room visits (4).

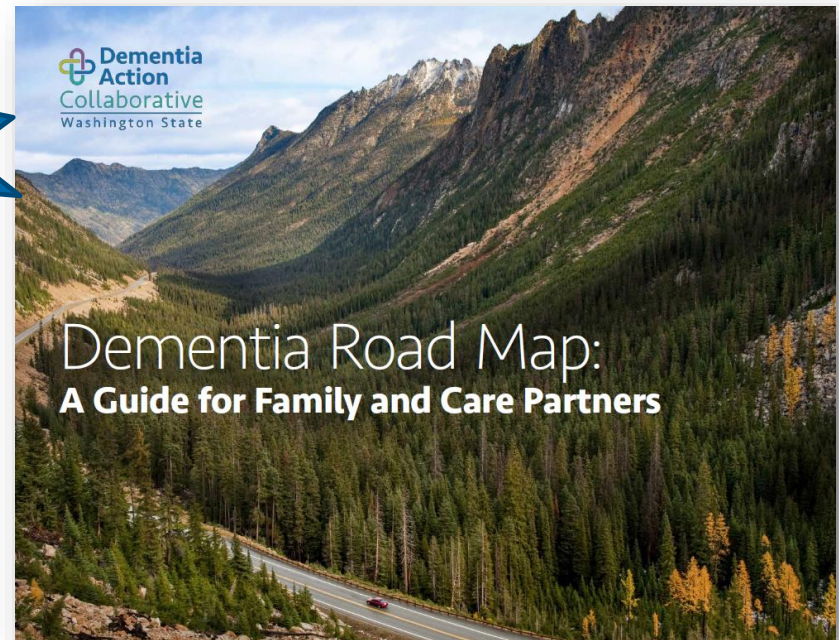
Early detection is a critical issue for treating Mild Cognitive Impairment (MCI) and dementia, including AD. Emerging research suggests that MCI may be slowed or reversed via modifying cardiovascular and other risk factors through interventions addressing diet, exercise, sleep and alcohol consumption (5-7). Additionally, treating depression and monitoring and treating metabolic, vitamin and endocrine abnormalities (i.e., preventing hyperhomocysteine) has also been shown to decrease risk of developing AD as well as cerebrovascular disease (5-6, 8). The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER), a two year randomized controlled trial, found a positive effect of the multicomponent intervention on change in cognitive function reinforcing the importance of a shift towards holistic, multimodal

Fewer than half of all patients with dementia carry a diagnosis in their medical record.

Alzheimer's & Dementia: The Journal of the Alzheimer's Association, March 2015

DEMENTIA ROAD MAP: A GUIDE FOR FAMILY AND CARE PARTNERS

- Families want to know:
 - What to expect over time
 - Steps they should take
 - Resources and services available
- Link to online PDF
 - <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>
- For print version, request at
 - Dementiaroadmap@dshs.wa.gov



EXPAND EARLY STAGE PROGRAMS

- Staying Connected - Adults with early stage memory loss and their care partner
- Walking Programs/Zoo Walks
- Alzheimer's/Memory Cafes

Free Four-Week Group Seminar
"Staying Connected"
for people with mild memory loss

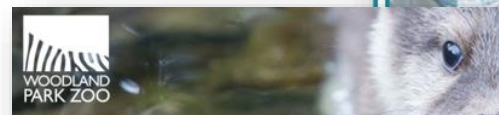
- Four 90 Minute Sessions
- Samaritan Hospital Moses Lake
- Starting in early April 2017

Participants will need a family member or friend to accompany them to all sessions.



alzheimer's association

Call Diane at Aging & Adult Care
509-886-0700 ext. 225.
Registration is required.



Alzheimer's Zoo Walkers
Experience Nature and Community



Memory Café

Meet old friends and make new ones.
Join us for a light meal, entertainment and conversation.



What it is

A Memory Café (Alzheimer's Café) is a regular gathering of individuals with memory loss along with their care-partners, friends and/or family.

When and Where?

Wednesday, January 27th
(monthly on the 4th Wednesday)
3:00 p.m. to 4:30 p.m.
Elmer's Restaurant
7427 S. Hosmer St., Tacoma, WA

ALZHEIMER'S CAFÉ MODEL

- Upcoming networking opportunity
- For more information, and to register:
 - <http://bit.ly/2gqtsNM>

ACTION

Join us for a
Free Webinar!

Want to build a dementia-friendly community? An Alzheimer's Café (or Memory Café) is one way to start! In this simple model, people with memory loss and their loved ones enjoy a monthly social gathering at a local café. Join us to learn how to bring this exciting program to your area!

Presenter **Cecily Kaplan**, Director of Greenwood Senior Center, helped launch the first Alzheimer's Café in Washington State in 2010.



The Alzheimer's Café Model:

A Guide to Getting Started in Your Community

Wednesday,
January 24
10—11 a.m.
FREE



More info and register: <http://bit.ly/2gqtsNM>

DEMENTIA SAFETY INFO KIT

- Available on DAC webpage
 - <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>
- Home safety
- Falls
- Driving
- Wandering
- Emergency preparedness
- Elder abuse & financial exploitation



Info Kit

Safety Concerns for People with Dementia

Not all memory loss is due to dementia. Memory loss and/or confusion may be a result of many conditions, some of which are reversible. If you or someone you know has memory loss or confusion that's getting worse, it's important to talk with a health care professional about it. If it does turn out to be dementia, there are steps you can take to live well, and plan for a future with it.

Dementia affects each person differently, but symptoms typically include increasing memory loss, confusion, and disorientation. Changes in the brain can also impact how individuals interpret what they see, hear, feel, taste or smell, and their sense of time, place and judgment – each of which can impact safety.

The best environment for a person with memory loss or dementia is one that helps them feel as independent and supported as possible. For people with dementia wanting to stay at home, it's key to find the right balance between independence and safety - and to anticipate changes. With creativity and flexibility, it's possible to make adaptations that make the home safer and less stressful for all.

This "info kit" is a resource for family members and caregivers to assist in evaluating the home and taking steps to promote safety over the course of dementia. Materials highlight information and tips related to the following:

- | | |
|---------------------|---|
| 1. Home Safety | 4. Wandering |
| 2. Falls Prevention | 5. Emergency Preparedness |
| 3. Driving | 6. Elder Abuse & Financial Exploitation |



You may click on the links provided below each resource to view or print the information yourself. When a computer icon appears, the information is intended to be viewed online, and not in a printable format.

IT'S HELPFUL TO PLAN AHEAD, AND PUT SAFETY MEASURES IN PLACE BEFORE
THEY'RE REALLY NEEDED

DEMENTIA-FRIENDLY

- Available on DAC webpage
 - <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>
- Create/disseminate fact sheets
- Survey exploring opportunities for statewide resource sharing and networking
- Outreach to libraries
- Integration of age-friendly/dementia-friendly initiatives



ACTION



Dementia-Friendly Communities An Introduction for Washington State

Over 100,000 people in Washington state live with Alzheimer's disease or other dementias, and that number continues to grow. For many people with memory loss, social stigma and barriers to inclusion can lead to shame, fear, and isolation. However, it doesn't have to be this way. We recognize that people with memory loss are a vital part of our communities, retain remarkable strengths and stories, and deserve the right to fully participate. Here in Washington state, we're joining the worldwide movement to build dementia-friendly communities.

Do you want to get involved? This introduction will help! Read on to learn more about the key elements of a dementia-friendly community, examples from our state and beyond, sample action steps, and additional resources.

What is a dementia-friendly community?

Put simply, a dementia-friendly community is one in which people with memory loss fully belong. People with memory loss remain actively involved in community life, knowing that whether riding the bus, going to the store, or volunteering at the elementary school, they and their loved ones will be met with respect, understanding, kindness and support. Community members are informed about dementia, equipped to be helpful as needed, and committed to inclusion. As a result, everyone enjoys a vibrant, connected community in which nobody is left out, everyone can fully participate and contribute, and everyone can fully belong.

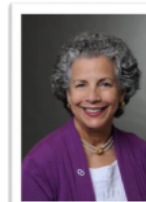
As experts on their own experience, your family, friends and neighbors with memory loss are the ones who can best define what would make your own community more dementia-friendly. If you want to learn more, try asking: "What kinds of things help you feel you belong and can stay actively involved here in this community?" Let what you hear be your guide!

Below, two Washington state advocates describe their own perspectives on dementia-friendly communities:



Bob, Tacoma

"Awareness and respect of persons with dementia and their caregivers help us feel comfortable. There are people in the community where I go routinely (like Denny's, or volunteering at the golf course) who are aware of my dementia. I am treated with acceptance, patience and respect. I feel good about it."



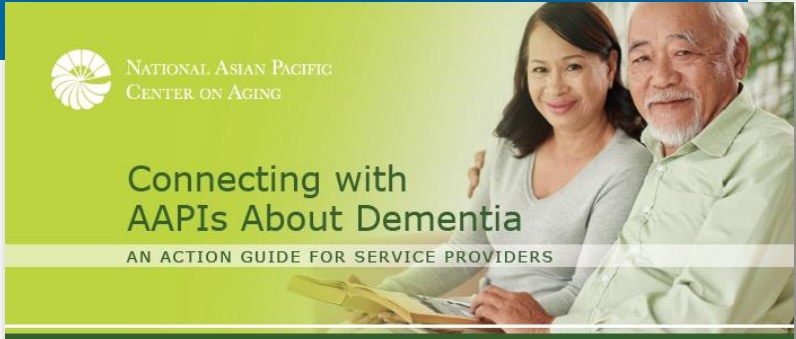
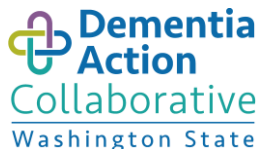
Myriam, Seattle

"A dementia-friendly community is where people care for people with dementia. The point is respect - caring about people. I live alone, but I have many, many friends in my apartment building. I tell everyone at some point that I have Alzheimer's, and they watch out for me."

Photo credit: Alzheimer's Association

BRAIN HEALTH MESSAGING

- Action Guide – connect and empower Asian-American and Pacific Islander communities around dementia
- Messaging with African American community
 - Center for MultiCultural Health
- DOH Webpage on Alzheimer's/Dementia coming soon



The cover of the National Asian Pacific Center on Aging Action Guide for Service Providers features a photograph of an elderly Asian couple sitting together. The title "Connecting with AAPIs About Dementia" is prominently displayed in a large, bold, black font, with the subtitle "AN ACTION GUIDE FOR SERVICE PROVIDERS" in a smaller, black, sans-serif font below it. The National Asian Pacific Center on Aging logo is in the top left corner.

This action brief is for community-based organizations working to educate and empower Asian-American and Pacific Islander (AAPI) communities about dementia. The purpose of the brief is to share information on:

- Why dementia is such an important issue for the AAPI community,
- Barriers to dementia detection, treatment, and support for the AAPI community,
- Recent findings from a research study to test culturally appropriate messages to improve early identification of dementia by engaging adult children and their families,
- Recommendations and resources for better reaching the AAPI community.

Background


Asian Americans and Pacific Islanders (AAPI) are the fastest growing minority group in America.¹ Between 2010 and 2030, the AAPI older adult population is projected to increase by 145%.¹ As this aging population rapidly increases, AAPI older adults face a public health crisis similar to older adults from other ethnic backgrounds, as age is the largest risk factor for Alzheimer's disease.²

The prevalence and incidence of Alzheimer's disease and related dementias within AAPI communities is not well understood. Researchers acknowledge that data on AAPI subpopulations is lacking.³ Limited disaggregated research unveils that rates may vary by subpopulation, as Vietnamese older adults have a disproportionately high prevalence of cognitive problems (16.6%), more than double the rate for Koreans at 7.6%.⁴ Native Hawaiians and Pacific Islanders have a higher risk of cognitive issues and activities of daily living impairments, which is two times the risk as compared to Chinese older adults.⁴

In 2011, 13.8% of older AAPIs reported an increase in confusion or memory loss, which was the second highest of all ethnic groups.⁵ This finding is based on Behavioral Risk Factor Surveillance System (BRFSS) self-reports, and so whereas this data is limited by the lack of clinical measurement, it highlights the need to facilitate linkages to health care providers to ensure timely and accurate diagnosis of Alzheimer's disease and related dementias. Despite high rates of self-disclosure through BRFSS interviews, many AAPIs do not report symptoms of dementia to a medical professional, and consequently, AAPIs are unlikely to receive a diagnosis of Alzheimer's disease until the disease has progressed to the later stages.²

HOPES FOR 2018 - REACH DEPENDS ON SUPPORT

- **Disseminate Bree's Recommendations for Alzheimer's and Dementia Care** to primary care providers – create mechanisms for training across state
- **Expand and promote early stage and dementia-friendly programs** Alzheimer's Cafes, walking programs, Dementia-Friendly Community building
- **Increase public awareness to promote brain health and increase awareness** of early warning signs, value of diagnosis, importance of legal and advance care planning, and about available services



**Support for
these and future
efforts!**

HOW YOU CAN HELP

- Increase awareness and momentum around dementia - state and local levels
- Share DAC's products in your community and networks
- Help build links between public health, health care and long term care



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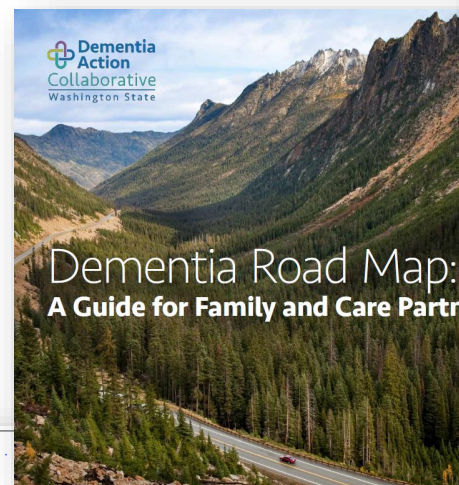
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Photo credit: Alzheimer's Association



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Working together to improve health care quality, outcomes, and affordability in Washington State.



NATIONAL ASIAN PACIFIC
CENTER ON AGING

Connecting with AAPIs About Dementia

AN ACTION GUIDE FOR SERVICE PROVIDERS

This action brief is for community-based organizations working to educate and empower Asian-American and Pacific Islander (AAPI) communities about dementia. The purpose of the brief is to share information on:

- Why dementia is such an important issue for the AAPI community.
- Barriers to dementia detection, treatment, and support for the AAPI community.
- Recent findings from a research study to test culturally appropriate messages to improve early identification of dementia by engaging adult children and their families.
- Recommendations and resources for better reaching the AAPI community.

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The prevalence and incidence of Alzheimer's disease and related dementias within AAPI communities is not well understood. Researchers acknowledge that data on AAPI subpopulations is limited, and that more research is needed to understand the unique experiences of AAPI communities.

Alzheimer's Disease and Other Dementias Report and Recommendations

LET PEOPLE KNOW – HELP IS AVAILABLE NOW!

- **Alzheimer's Association**

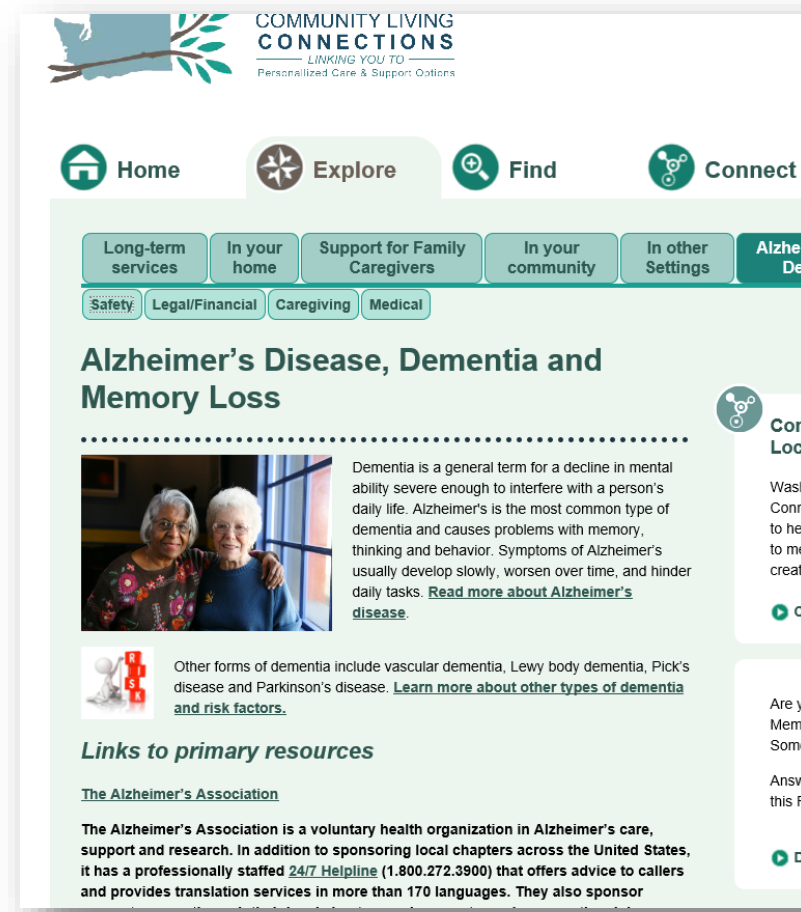
800-272-3900 or www.alzwa.org

- **Community Living Connections/AAAs**

855-567-0252 or
www.waclc.org/connect

- **Alzheimer's, Dementia and Memory Loss Webpage**

https://www.waclc.org/consumer/explore/alzheimers_and_dementia/index.php



The screenshot displays the 'COMMUNITY LIVING CONNECTIONS' website, which is dedicated to 'LINKING YOU TO Personalized Care & Support Options'. The navigation bar includes 'Home', 'Explore', 'Find', and 'Connect'. Below this, a series of buttons categorize services: 'Long-term services', 'In your home', 'Support for Family Caregivers', 'In your community', 'In other Settings', and 'Alzheimer's Disease'. A secondary row of buttons lists specific topics: 'Safety', 'Legal/Financial', 'Caregiving', and 'Medical'. The main content area features a section titled 'Alzheimer's Disease, Dementia and Memory Loss'. This section includes a photograph of two elderly women and a text block explaining that dementia is a general term for a decline in mental ability that interferes with daily life. It notes that Alzheimer's is the most common type and describes its symptoms. A link is provided to 'Read more about Alzheimer's disease'. Below this, a small icon of a brain is accompanied by text listing other forms of dementia (vascular, Lewy body, Pick's, and Parkinson's) and a link to 'Learn more about other types of dementia and risk factors'. A 'Links to primary resources' section follows, featuring 'The Alzheimer's Association' as a key resource. The text describes the association as a voluntary health organization that provides care, support, and research, including a 24/7 helpline (1.800.272.3900) and translation services in over 170 languages.

COMMUNITY LIVING CONNECTIONS
LINKING YOU TO
Personalized Care & Support Options


Home Explore Find Connect


Long-term services In your home Support for Family Caregivers In your community In other Settings Alzheimer's Disease

Safety Legal/Financial Caregiving Medical

Alzheimer's Disease, Dementia and Memory Loss

.....

 Dementia is a general term for a decline in mental ability severe enough to interfere with a person's daily life. Alzheimer's is the most common type of dementia and causes problems with memory, thinking and behavior. Symptoms of Alzheimer's usually develop slowly, worsen over time, and hinder daily tasks. [Read more about Alzheimer's disease.](#)

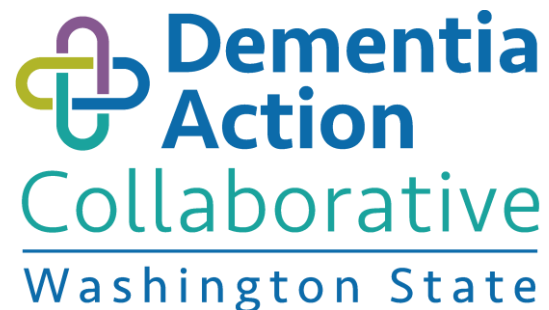
 Other forms of dementia include vascular dementia, Lewy body dementia, Pick's disease and Parkinson's disease. [Learn more about other types of dementia and risk factors.](#)

Links to primary resources

[The Alzheimer's Association](#)

The Alzheimer's Association is a voluntary health organization in Alzheimer's care, support and research. In addition to sponsoring local chapters across the United States, it has a professionally staffed [24/7 Helpline](#) (1.800.272.3900) that offers advice to callers and provides translation services in more than 170 languages. They also sponsor

MORE INFORMATION ON THE DEMENTIA ACTION COLLABORATIVE



Lynne Korte, Program Manager

- Aging and Long-Term Support Administration
 - Lynne.Korte@dshs.wa.gov
- [Washington State Alzheimer's Plan](#)