DEMENTIA EDUCATION IN RURAL MINNESOTA

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OBJECTIVES

- Increase awareness about dementia as a public health crisis
- Understand the unique challenges of dementia
- Learn the components of a successful dementia education program
- Learn how to increase community support through effective strategies
WHAT IS DEMENTIA?

- General term for decline in mental ability severe enough to interfere with one's daily life
- Affects memory, thinking ability, social ability
- Many dementias are progressive

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SCOPE OF PUBLIC HEALTH CRISIS (U.S.)

- Over 5 million adults in US
- 1 in 9 adults age ≥65
- 1 in 3 adults age ≥85
- 2/3 are women
- Every 67 seconds a new case is diagnosed
- Minnesota rate of growth of Alzheimer’s is 35% over the next 5 years

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ALZHEIMER’S DEATHS

- 6th leading cause of death
- Deaths increased 71% from 2000-2013
- Only cause of death among top 10 that cannot be prevented, cured, or slowed
- Most expensive disease to treat in the US
- Annual cost of direct care is over $200 Billion

DEMENTIA BACKGROUND

Change in older adults, age 65+ (in thousands)

Sources: U.S. Census Bureau, MN State Demographic Center
NUMBER OF CHILDREN & OLDER ADULTS OVER THE NEXT 20 YEARS

Minneapolis, 2015-2035

- 0-17
- 65+

Sources: Minnesota State Demographic Center projections
Demographic shifts will change demand for public services

**General Fund Expenditures 2016-2017**

- Health & Human Services: 29%
- K-12: 42%
- Other: 17%
- Higher Ed: 7%
- Public Safety and Judiciary: 5%

**Within Health & Human Services**

- Medical Assistance Expenditures: 25% of GF spending (8.5 billion)
- Medical Assistance Expenditures for the Elderly and Disabled: 16% of GF spending (5.5 billion)
- MA expenditures include basic care, long-term care waivers and long-term institutional care

Sources: Minnesota Management and Budget, 2016. House Research, Long-Term Care Services for the Elderly, November 2012
CAREGIVERS

- Caregiving responsibilities:
  - Help with dressing, bathing, toileting, feeding
  - Shopping, meal preparation, transportation
  - Medication management, financial management
  - Emotional support
- Requires increasing levels of care until complete dependence
- 40% suffer from depression

Population age 65 years and older
By county, 2015
ISANTI COUNTY BACKGROUND

- Population: 39,025
  - 15.5% age 65 and older (6,050)
  - 10.8% residents serve as primary caregivers
- Mental Health is a top priority
ROLES FOR PUBLIC HEALTH

- Awareness and Education
- Surveillance/monitoring
- Primary prevention (risk reduction)
- Early detection and diagnosis
Health care that promotes early diagnosis and uses dementia care best practices along the care continuum.

Residential settings that offer memory loss services and supports.

Dementia-aware and responsive legal and financial planning.

Welcoming and supportive faith communities.

Businesses with dementia-informed services and environments for customers and employee caregivers.

Dementia-friendly public environments and accessible transportation.

Dementia-aware local government services, planning and emergency responses.

Supportive options for independent living and meaningful community engagement.
DEMENTIA FRIENDLY COMMUNITY TOOLKIT

- ACT on Alzheimer’s has a toolkit with a four-phase process for bringing people together to help your community become dementia friendly.

- ACTonALZ.org
CONVENE

1. Determine Community Readiness: Convene with key community leaders and members; Review current CHA data/survey’s; Map out current initiatives.

2. Start building your Action Team. Invite interested individuals and groups.

3. Host a community gathering to publicly announce your intentions to address dementia; Educate about the diseases; and garner support.

4. Hold an Action Team meeting.
CONVENE

Action Team

- People with Dementia
- Family Caregivers
- Residential Setting
- Local Government
- Legal & Financial
- Hospital
- Home Care
- Faith Community
- Diverse & Underserved Populations*
- Caregiver Services & Supports
- Community Member
- Community Services & Supports
- Clinic

Public Health
Prevent. Promote. Protect.
Isanti County Public Health
ASSESS

Assess current community strengths and gaps concerning dementia. (The toolkit has interview questioners and a detailed five step community assessment process.)

1. Understand assessment sectors
2. Perform a Community Assessment/Interviews
3. Conduct a focus group
Open-ended Questions
What do you see as our community’s main strengths for addressing the needs of people living with dementia and their families?
What do you see as our community’s main gaps for addressing the needs of people living with dementia and their families?
What resources and organizations would you suggest to individuals who may show signs of dementia?
ANALYZE

- Analyze the community assessment findings and determine action priorities for your community.
- When all data is compiled a subgroup (2-3 people) of the Action Team needs to analyze the data and identify the top priorities in your community.
- Determine your community’s strengths (high level of activity) and gaps/opportunities (low level of activity) for each key area.
- Use responses from the open-ended questions to identify themes and compare these themes with what the team has identified as high priority and low level of activity.
ACT TOGETHER

- Create a community action plan and take action community-wide to become dementia friendly.
- **Step 1: Share Assessment Findings with the Community**
- **Step 2: Create a Community Action Plan**
- **Step 3: Communicate about Your Action Plan**
- **Step 4: Implement the Plan**
JULIETOOKER LETTER

- How Cambridge ACT started
- How we did our assessment and analyzing
- Action Team projects and activities
ACT ON ALZHEIMER’S- CAMBRIDGE

- Committed to creating a dementia-friendly community
- Dementia Friendly at Work trainings
- Memory Café
- Community Resource guides
COMMUNITY SUPPORT

- Created group of invested stakeholders
  - Sheriff’s Office, Family Pathways, Allina Health/local healthcare, Central MN Council on Aging, ACT on Alzheimer’s, MN Board on Aging, Public Health, Senior Activity Center, Long Term Care
- Assessment of what is already happening
- Created work plan
PRIORITIES

- Raise awareness of ADRD
- Increase cognitive testing
- Connect caregivers to services
- Embed tools into healthcare EHR
RAISE AWARENESS OF ADRD

- Community Trainings
  - Dementia Friends
  - Dementia Friendly at Work
- Healthcare Trainings
INCREASE COGNITIVE TESTING

- Traveling Health Fairs
  - Isanti, two in Cambridge, Braham
- Working with healthcare system, Allina
CONNECT CAREGIVERS TO SERVICES

- Powerful Tools for Caregivers
- REACH Training
- County Resource guides
- Project Lifesaver
EMBED TOOLS INTO HEALTHCARE EHR

- Referral Tool
  - Patients
  - Caregivers
- Cognitive Testing Workflow
MN ACT ON ALZHEIMER’S

- Alzheimer’s and Dementia EMR tools
- Trainings for healthcare providers
FAMILY PATHWAYS

- Non-profit community organization
- Dementia Friends training
- Powerful Tools for Caregivers training
- REACH training
ALLINA HEALTH

- Cambridge Medical Center as a pilot site
- EMR referral tool for patients and caregivers
- EMR diagnosis tools and workflow
CENTRAL MN COUNCIL ON AGING

- Area Agency on Aging
- Collaboration with local nursing college for traveling health fairs
- Technical assistance
- Senior LinkAge Line
- Return to Community Specialist
ISANTI COUNTY COMMISSION ON AGING

- Senior Activity Center
- Social connectedness
- Health information sessions
- Newsletters
- Bi-monthly outings
ISANTI COUNTY SHERIFF’S OFFICE

- Project Lifesaver
- Provide timely responses to save lives
- Monthly visits from law enforcement
- Training for staff
CHALLENGES

- Coordinating many partners
- First time with many activities
- Marketing to non-traditional partners
- Moving upstream to primary prevention
SUCCESSES

- Implemented referral tool into EMR
- Created and distributed 15,000 resource guides
- Educated businesses, caregivers, patients, community members
- Expanding partnerships
LESSONS LEARNED

- What is already happening in your community
- Partners that are self-motivated and passionate
- Communication
- Celebrate success and learn from disappointments
RESOURCES

- MN Board on Aging
  - MNaging.org
- MN/ND Alzheimer’s Association
  - ALZ.org
- MN ACT on Alzheimer’s
  - www.ACTonALZ.org
- National Alzheimer’s Plan Act
  - aspe.hhs.gov/national-alzheimers-project-act
2016-2017 GRANTEES

- A.C.E. of Southwest MN, Slayton
- Age Well Arrowhead Inc, Duluth
- Centro Tyrone Guzman, Minneapolis
- Chippewa County Montevideo Hospital, Montevideo
- Comunidades Latinas Unidas En Servicio, St. Paul
- Northwoods Interfaith Volunteer Caregivers Program, Bemidji
- University of Minnesota, Minneapolis
- Three Rivers Community Action, Inc., Zumbrota
- Volunteers of America of Minnesota, Minneapolis
2016-2017 GRANTEEES CONT.

- East Side Neighborhood Services Inc., Minneapolis
- Helping Hands Outreach, Holdingford
- Jewish Family and Children’s Services of Minneapolis, Minnetonka
- Jones-Harrison Residence, Minneapolis
- Koochiching Aging Options, International Falls
- Korean Service Center, Lauderdale
- Lao Advancement Organization of America, Minneapolis
- Mid-Minnesota Development Commission, Willmar
- Morrison-Todd-Wadena CHB, Little Falls