

ACT on Alzheimer's Dementia Friendly Communities

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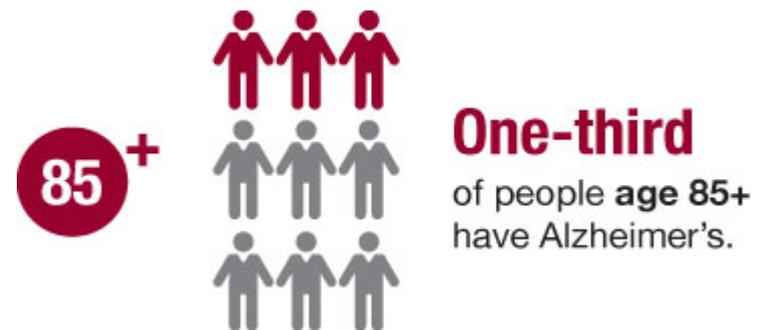
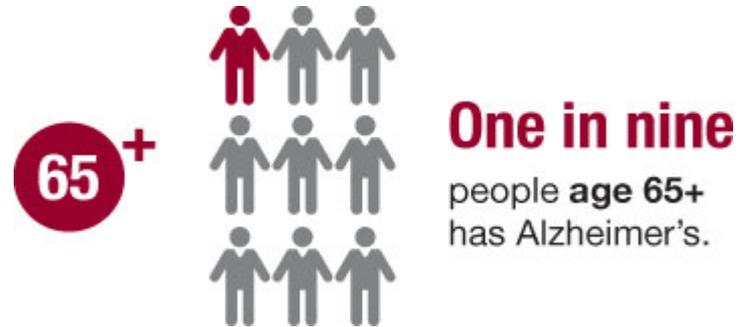
Today's Presentation

- Overview of ACT on Alzheimer's
- Introduce ACT on Alzheimer's Dementia Friendly Communities Toolkit and community engagement process
- Review resources, programs, practice tools
- Funding opportunity for new communities



Realities of Alzheimer's Disease

- Approximately 91,000 Minnesotans age 65+ are living with Alzheimer's.
- Annual number of new cases of Alzheimer's and other dementias over age 65 is projected to triple by 2050.





Background

- Alzheimer's Disease Working Group formed in 2009
- Recommendations to legislature in 2011; coalition formed to implement them
- Prepare Minnesota for Alzheimer's 2020 becomes ACT on Alzheimer's

<http://actonalz.org/about>



2011 to 2015

- Five interconnected goals:
 - Identify and invest in promising approaches
 - Increase detection and improve ongoing care and support
 - Sustain caregivers
 - Equip communities to be “dementia friendly”
 - Raise awareness and reduce stigma
- Beyond MN in 2015: Dementia Friendly America applies the ACT tools and learnings to catalyze a movement across America (<http://dfamerica.org>)



2016

- ACT's work moves from developmental to implementation
- Two focus areas: Community engagement and health care practice change
- Continue health equity goal
- Collaborative structure is streamlined



Dementia Friendly Accomplishments

Creating Supportive Communities Across Minnesota

ACT on Alzheimer's is a statewide, volunteer-driven collaboration seeking large-scale social change and community capacity-building to transform Minnesota's response to Alzheimer's disease.



Minnesota communities
working to become dementia friendly; small rural to large urban

40+



Over 1,500
physicians and care coordinators trained on dementia care best practices



2,100+

interviews completed
across 11 community sectors to assess a community's dementia readiness



3,000+

Dementia Friends trained
and taking action to change the way we think, talk, and act about dementia

28 formative evaluation reports
of ACTonALZ initiative, work, and impact



Dementia Friendly @ Work training
developed to equip all community environments to better serve and support people touched by dementia



Dementia Friendly America

ACTonALZ methodologies and successes **underlie DFA** work

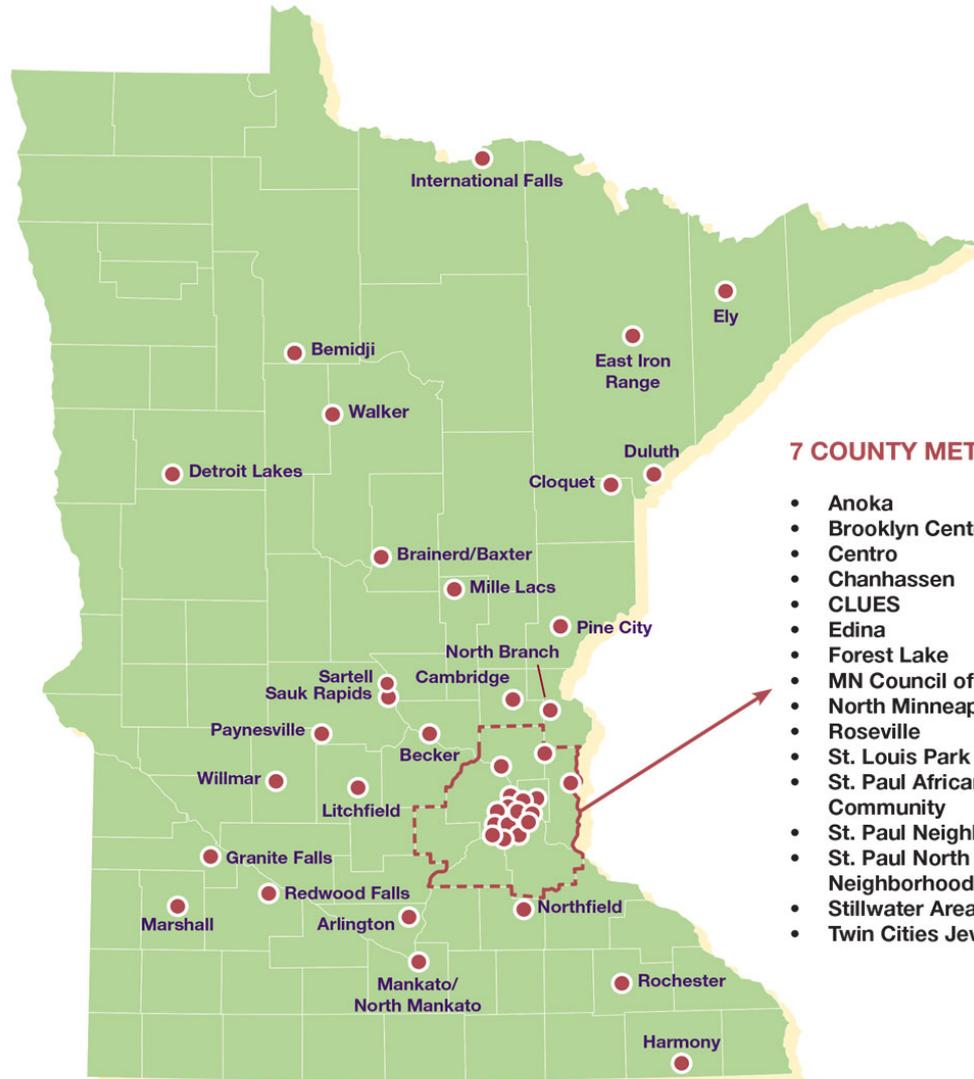


Dementia Friendly (DF) Community





Communities Underway in MN

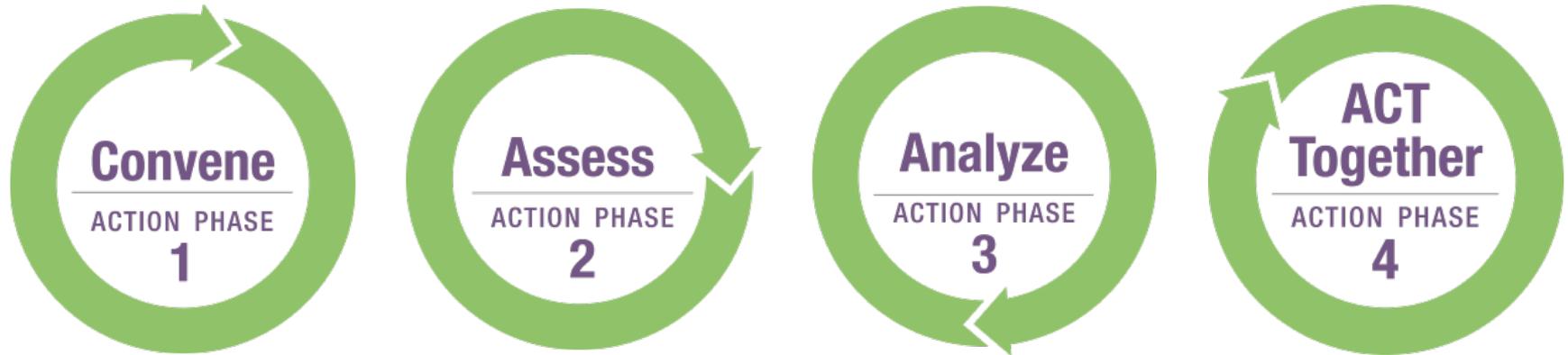


7 COUNTY METRO AREA:

- Anoka
- Brooklyn Center
- Centro
- Chanhassen
- CLUES
- Edina
- Forest Lake
- MN Council of Churches
- North Minneapolis
- Roseville
- St. Louis Park
- St. Paul African American Faith Community
- St. Paul Neighborhoods
- St. Paul North East Neighborhoods
- Stillwater Area
- Twin Cities Jewish Community



4-Phase Toolkit Process



1. **Convene** key community leaders and members to form an Action Team.
2. **Assess** current strengths and gaps within the community.
3. **Analyze** findings to understand your community's needs and develop a plan to take action.
4. **ACT Together** to pursue priority goals that foster community readiness for dementia.



Phase: Convene

- Step 1: Determine Community Readiness
- Step 2: Build an Action Team
- Step 3: Host a Community Meeting
- Step 4: Hold an Action Team Meeting
- *Timeframe: up to 4 months*



Convene: Build an Action Team



*Diverse, marginalized and underserved communities include those that experience inequities because of their race, ethnicity, culture, language, sexual orientation, gender identity, mental illness, intellectual or physical abilities, hearing or other sensory differences, and economic status.



Toolkit: Best Practices

- Building your Action Team
 - Diverse communities, adult protection, food shelf, local arts community, newspaper staff
- Communication templates
- Phase 1 – Phase 4 workplan



Toolkit: Best Practices

- Strong, organized coordinator or co-coordinators
- Active, engaged action team members
- Not an effort of one organization but a collective effort
- Engage local government early



Phase: Assess

- Step 1: Understand Assessment Sectors
- Step 2: Form a Community Assessment Team
- Step 3: Hold an Interview Training Session
- Step 4: Establish a Process Flow and Timeline
- Step 5: Conduct the Interviews
- *Timeframe: up to 3 months*



Phase: Analyze

- Step 1: Prepare to Analyze the Assessment Findings
- Step 2: Compile the Collected Data
- Step 3: Analyze the Data
- *Timeframe: up to 2 months*



Phase: ACT Together

- 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
- *Timeframe: up to 2 months – ongoing*



ACT Community: Walker

Dementia-friendly businesses:

- Education on Alzheimer's disease
- Communication techniques
- Community resource brochure



Walker

**DEMENTIA-FRIENDLY
Business Of The Week
*Thrivent Financial***



Kyle and Jill Duclos
Thrivent Financial

Dementia friendly training has been very helpful in our business. We occasionally work with clients who are dealing with some form of cognitive impairment and need to make financial decisions. The training gave both Jill and I further insight in how to help them and their children do what is in their best interest.

For an opportunity for your business to get certified, contact the Walker Chamber of Commerce at (218) 547-1313.



ACT Community: Paynesville

- Training for Dementia Friends
- Sunday Awareness Day
- Facebook presence
- Created a video
- Books and book marks for public library and schools





ACT Community: Cambridge

- Private screening of “I’ll be Me”
- Dementia education for physicians
- Guest editorials in local paper
- ‘Business card’



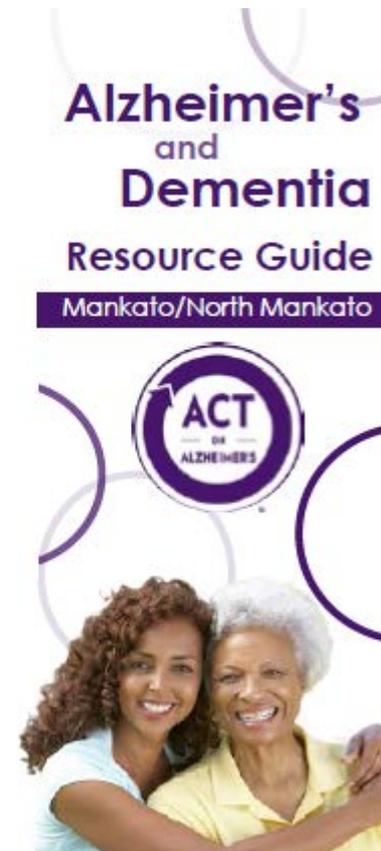
The person
I am with has
ALZHEIMER'S.
Please be patient!

~ *Thank you* ~



ACT Community: Mankato/North Mankato

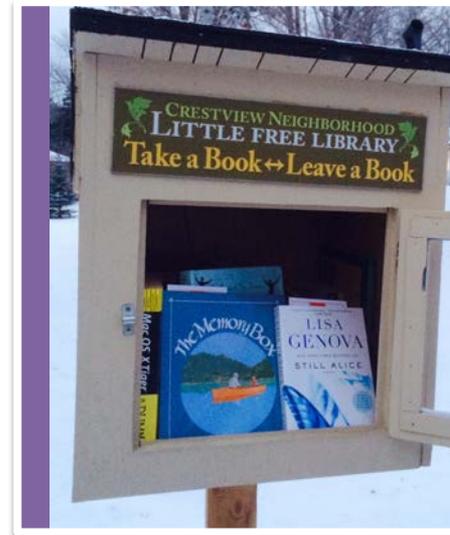
- Created resource brochure
- Offered education series for 225+ people
- Trained 15 volunteers to do presentations
- Held Community Conversations
- Awareness: newspaper, radio, social media





ACT Community: St. Louis Park

- City Council declared June 20 Alzheimer's Awareness Day
- Trained nursing home and assisted living staff on dementia basics and behaviors
- Hosted "Still Alice" screening
- Alzheimer's books in Little Free neighborhood libraries
- Trained police officers as Dementia Friends





ACT Community: Latino Collaborative at Centro

- Trained a network of Spanish speaking professionals who offer Alzheimer's education
- Wrote script and delivered play about the 10 warning signs
- Monthly support group for Spanish speaking caregivers
- Raising awareness through local TV and radio





Increase Awareness

- Educate on the 10 signs of Alzheimer's disease
- Community resource brochure
- Hold community education events
- Sector specific approach

Regional & National Resources

Senior Linkage Line
800-333-2433
MinnesotaHelp.info

Minnesota Chippewa Tribe-
Minnesota Indian Area Agency on Aging
218-335-8581
MNChippewaTribe.org/human_services.html

Minnesota Commission Serving Deaf
and Hard of Hearing People
651-297-7305 (T/V)
mncdhh.org

Minnesota State Services for the Blind
651-642-0500
651-642-0506 (TDD/TTY)
mnsssb.org

Minnesota Legal Services
651-228-9105
MNLegalServices.org

Alzheimer's Association
800-272-3900 (24/7)
alz.org/mnood

10 Signs of Alzheimer's

- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgment
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality

If you or a loved one are concerned about memory loss, talk with your doctor.

Walker
ACT on Alzheimer's is a volunteer-driven, statewide collaboration preparing Minnesota for the impacts of Alzheimer's disease and related dementias.

Is your loved one experiencing memory loss, and you don't know where to go for help?

Walker, MN
Resource Guide



Dementia Friendly Best Practices and Tips

- Available for:
 - Businesses
 - Faith Community
 - Health Care
 - Hospitals
 - Legal Services
 - Libraries



Dementia Friendly Faith Community

People who have dementia, particularly those raised in faith-based households, can be uplifted by worship services and clergy visits. Their family members also have spiritual needs. Faith communities play a vital role in offering supportive and welcoming environments for people touched by dementia.



Understanding Common Practices

Some people with dementia may stop attending regular worship services to avoid social situations they fear or no longer understand. Others will find peace and comfort in a place of worship. Caring for a loved one can span many years, leaving family caregivers weary, isolated, frustrated and depressed. Some may feel embarrassed or reluctant to ask for help from their place of worship.

What is Dementia?

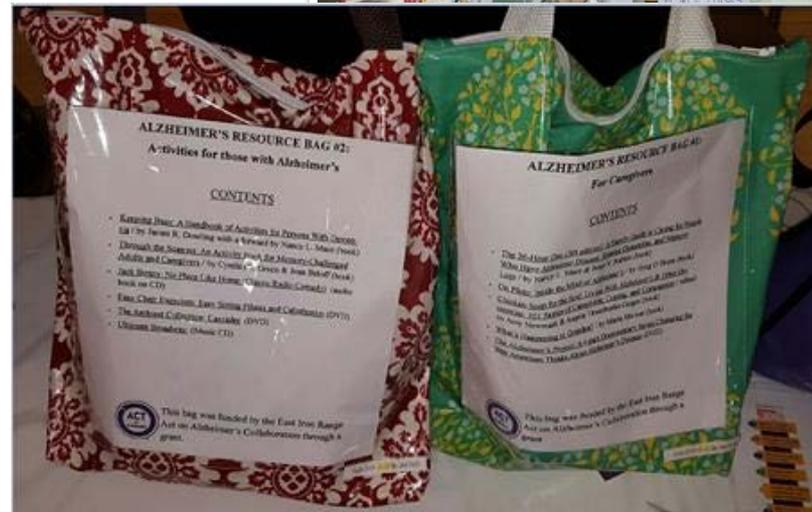
Dementia is a general term for a loss of memory and other thinking abilities that is serious enough to interfere with activities of daily life. Dementia has many causes. Alzheimer's disease, the most common cause of dementia, is a disease of the brain that leads to problems with memory, thinking, and behavior. Alzheimer's and other dementias are not a normal part of aging.

www.actonalz.org/community-resources



Best Practice Tips: Libraries

- Display Alzheimer's disease books
- Take home resource bag
- Offer a one-person "bookmobile"
- Host site for educational programs on Alzheimer's disease and brain health





Programs: dementia friendly @work

dementia friendly @ work training

Participant's Guide



In our communities, nearly 60 percent of people with Alzheimer's disease, a form of dementia, live in their own homes and need support from families and community members. THANK YOU for taking action to learn more about creating dementia-friendly environments for everyone touched by Alzheimer's.

This training will help you understand dementia and the 10 warning signs of Alzheimer's disease. It will give you tips on what's involved in creating an informed, safe, and respectful environment for a person living with dementia so that dementia friendly is "at work" everywhere.

- In person training
 - Alzheimer's disease facts
 - Tips for communicating
 - Tips for creating dementia friendly physical space
 - Community resources

www.actonalz.org/dementia-friendly-work



ACT Provider Practice Tools



- Evidence and consensus-based practice standards for providers of Alzheimer's care
- Tools and resources for:
 - Primary care providers
 - Care coordinators
 - Patients and families
 - Community organizations

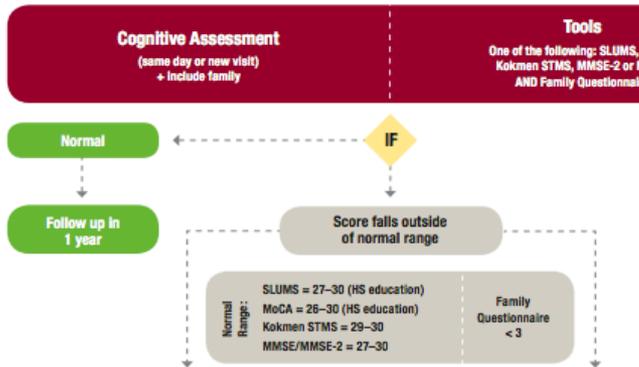
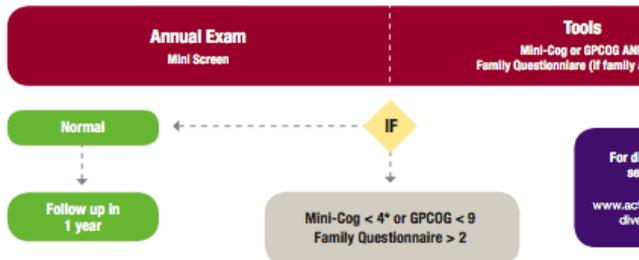
www.actonalz.org/provider-resources



ACT Provider Practice Tools

CLINICAL PROVIDER PRACTICE TOOL

COGNITIVE IMPAIRMENT IDENTIFICATION



Option 1
Do complete dementia workup (see provider checklist)

Option 2
Refer to: Champion in your neurologist, neuropsychologist

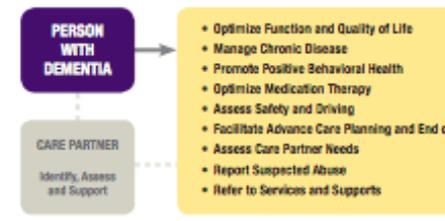
*A cut point of <3 on the Mini-Cog has been validated for dementia screening, but many individuals with clinically meaningful cognitive impairment will score higher. When greater sensitivity is desired, a cut point of <4 is recommended as it may indicate a need for further evaluation of cognitive status.

**Neuropsychological evaluation is typically most helpful for differential diagnosis, determining nature and severity of cognitive functioning, and the development of an appropriate treatment plan. Testing is typically maximally beneficial in the following score ranges:

SLUMS
MoCA
Kokmen
MMSE



MANAGING DEMENTIA ACROSS THE CONTINUUM (MID TO LATE STAGE)*



Using Dementia as the Organizing Principle when Caring for Patients
www.mmed.org/Portals/mms/MMA_Events/CME/Schoephoerster

Optimize Function and Quality of Life

- Assess cognitive and functional status
- Identify preserved capabilities and preferred activities; encourage activities
- Refer to an occupational therapist and/or physical therapist to establish routines for person with disease and care partner)
- Encourage lifestyle changes that may reduce disease symptom
- Work with health care team to appropriately treat conditions that lead to poor outcomes, including depression and existing medical issues

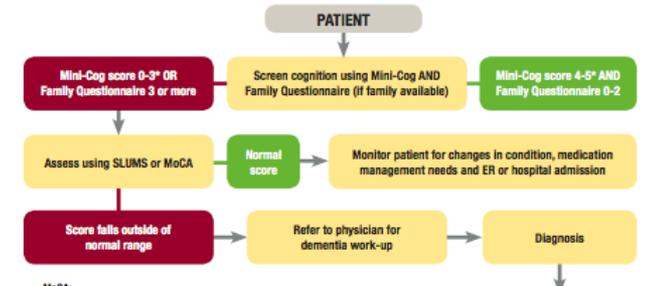
Manage Chronic Disease

- As dementia progresses, modify treatment goals and thresholds
- Create an action plan for chronic conditions (e.g., CHF) and potentially harmful hospitalization
- Schedule regular health care provider visits, encourage care partner

* The latest DSM-5 manual uses the term "Major Neurocognitive Disorder" for dementia and "Minor Neurocognitive Disorder" for mild cognitive impairment. This ACT on Alzheimer's resource uses the more familiar terminology, as the new terms have yet to be universally adopted.

CARE COORDINATION PRACTICE TOOL

COGNITIVE IMPAIRMENT IDENTIFICATION AND DEMENTIA CARE COORDINATION**



MoCA:

Normal	26-30
Mild Cognitive Impairment	21-25
Moderate	15-20
Severe	0-14

SLUMS (high school education)

Normal	27-30
Mild Cognitive Impairment	21-26
Dementia	1-20

SLUMS (Less than high school education)

Normal	25-30
Mild Cognitive Impairment	20-24
Dementia	1-19

DEMENTIA CARE COORDINATION

- Identify care partner
- Conduct comprehensive assessment of patient
- Provide disease education
- Develop care plan based on patient's diagnosis and stage of disease (MCI, early, middle, late), needs and goals
- Arrange services and supports
- Determine visit frequency
- Develop plan for communication
- Monitor patient for changes in condition, medication management needs and emergency room or hospital admission
- Re-evaluate and modify care plan as needed

Family Questionnaire
www.actonalz.org/pdf/Family-Questionnaire.pdf

Mini-Cog
www.mini-cog.com

Montreal Cognitive Assessment (MoCA)
www.mocatest.org

St. Louis University Mental Status (SLUMS)
http://pdfs.uoregon.edu/agingsuccessfully/pdfsurveys/slumsexam_05.pdf

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Key Partners

- Alzheimer's Association
- Area Agencies on Aging
- People living with the disease
- Family caregivers
- Health care
- Businesses
- Faith communities
- Legal/Financial Services
- City and County Government
- Law Enforcement





2016 Request for Funding Applications

- Link to Request for Funding Applications (with a September 1 deadline) is on homepage of ACT website: www.ACTonALZ.org
- Up to six (6) new communities that are new to using ACT's Dementia Friendly Communities Toolkit
- Must use Toolkit and community engagement process and implement at least one goal area
- Up to \$14,000



Eligible Applicants

- 501c (3) nonprofit organizations, governmental units, for-profit organizations
- Geographic, such as a neighborhood, city, or county, or a community of shared interest, such as a faith, ethno-racial, or cultural community
- Visit www.ACTonALZ.org to learn more



Contact Information

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