

Academic-community Partnerships to Improve Dementia Care:

The UCLA Alzheimer's and Dementia Care Program

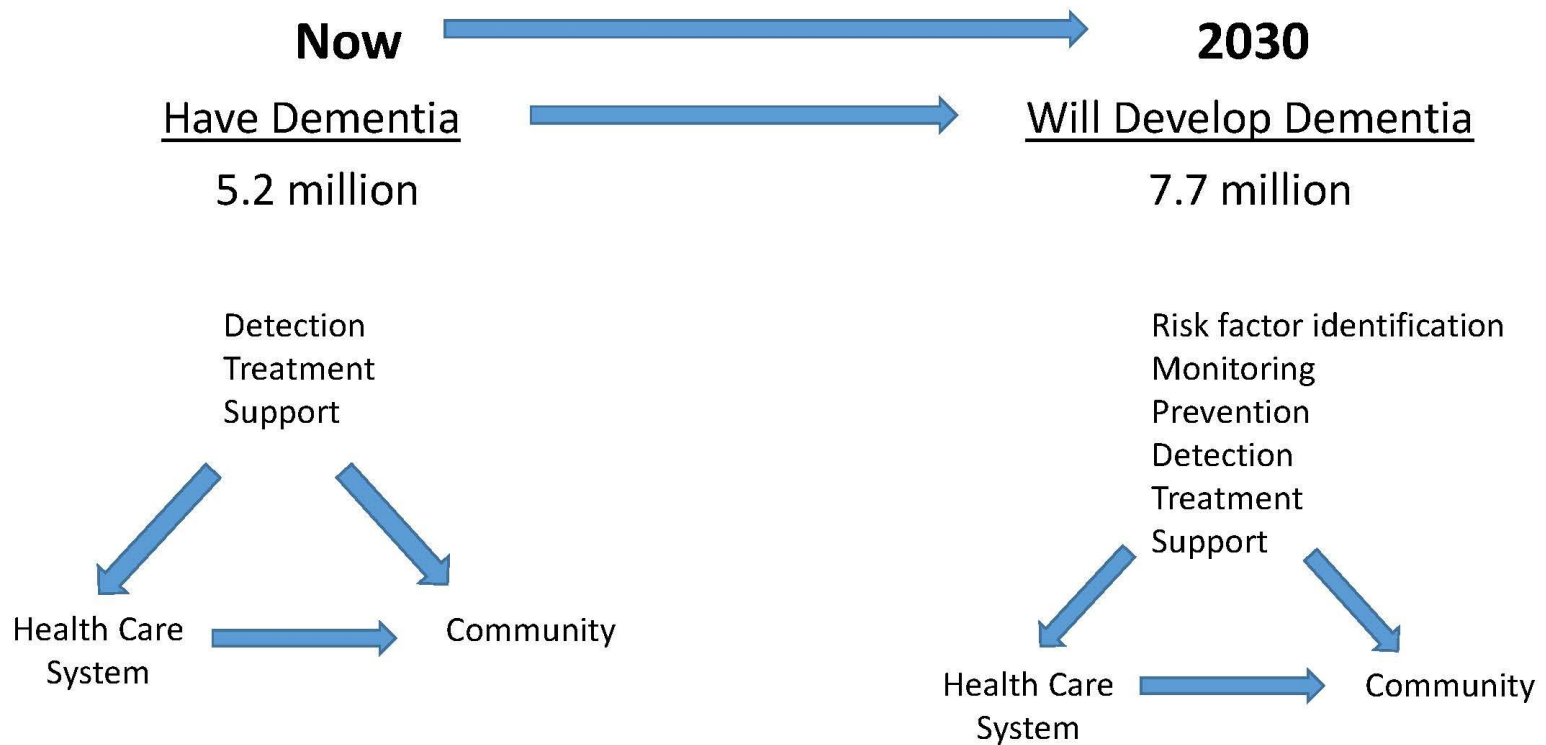
The Gray Plague

- Prevalence of dementia

<u>Age range</u>	<u>% affected</u>
• 65-74	5%
• 75-84	15-25%
• 85 and older	36-50%

- 5.4 million Americans have Alzheimer's

Alzheimer's Disease: A Two-Phase Strategy



The UCLA Alzheimer's and Dementia Care Program

- Clinical program with goals:
 - Maximize patient function, independence, & dignity
 - Minimize caregiver strain
 - Reduce unnecessary costs
- Began in 2011 with philanthropic funds
 - Planned 250 patients
- Round 1 CMMI Award July 2012—Dec 2015
 - To expand the program to 1,000 patients
- Now, over 2100 patients have been cared for

The UCLA Alzheimer's and Dementia Care Program

- Approaches the patient and caregiver as a dyad; both need support
- Recognizes that this care is a long journey
- Provides comprehensive care based in the health system that reaches into the community
- Uses a co-management model with Nurse Practitioner Dementia Care Manager (DCM) who does not assume primary care of patient

The UCLA Alzheimer's and Dementia Care Program

- Works with physicians to care for patients by
 - Conducting in-person needs assessments
 - Developing and implementing individualized dementia care plans
 - Monitoring response and revising as needed
 - Providing access 24 hours/day, 365 days a year

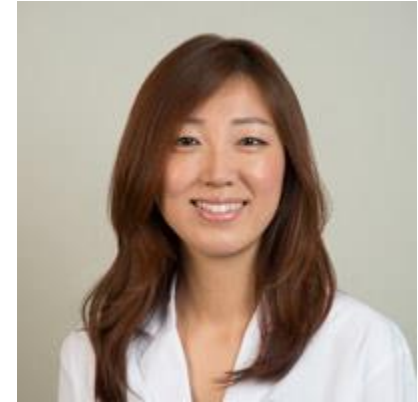
Dementia Care Managers



Leslie Evertson, GNP



Michelle Panlilio, GNP



Mihae Kim, AGNP



Claudia Wong, FNP



Kelsey Stander, AGNP

Dementia Care Managers

- Nurse Practitioners
 - Certification in Adult/Geriatric, Geriatric or Family
 - Background experience in primary care, long term care, hospice care, and specialty care with older adults

Initial Assessment

- Meet with patient and a family member and/or legal decision maker (90 minutes)
 - Review dementia history
 - Focused physical and mental status exam
 - Current concerns (e.g., meds, behaviors, safety)
 - Assess resources
 - Advance Care Planning
 - Education and Support
 - Establish co-management w/ referring MD

On-going Care

- Follow up phone calls to touch base
- Additional phone calls as needed
- Follow up in person visits if needed or desired
- Phone call after ED visits and hospitalizations
- Annual visit with patient and caregiver

Patients

- Must have diagnosis of dementia
- Live outside nursing home
- Must have a referring/partnering UCLA physician

Community-based Organization (CBO) Services

- Direct services to patients and families
 - Adult day care
 - Counseling
 - Case management
 - Legal and financial advice
- Workforce development focusing on training family and caregivers

Community-based Organization (CBO) Services

- 8 CBOs in LA and Conejo Valley
- 3 private counselors/case managers
- Paid for using voucher system
 - Authorized by DCM
 - Counseling typically begins with 3 sessions
 - Case Management is typically 1-3 sessions

WISE
& *Healthy Aging*

ADULT DAY SERVICE CENTER

The right choice for you and your loved one

**Somos
Amigos**

A Program of WISE & Healthy Aging

WISE Minds



WISE & Healthy Aging's Mission

**To advance the dignity and quality of life
of older adults through leadership, advocacy
and high-quality, innovative services.**

Adult Day Service Center

Caregiver Training and Support

**“Club 1527” – Senior Recreational
and Enrichment Programming**

Care Management

**City & County of Los Angeles Long-Term Care
Ombudsman Program**

Elder Abuse Prevention Services

WISE & Healthy Aging **Programs and Services** *(continued)*

Benefits Enrollment Center

Medicare Insurance, Legal and Financial Counseling
Information & Referral Services

AARP Tax Aid Program

Training & Education Center

Mental Health Services

Senior Peer Counseling

WISE Diner – Congregate Meals Program

WISE HomeCare

Volunteer Opportunities

WISE Adult Day Service Center

Licensed for 60

One of two adult day care centers on the LA Westside

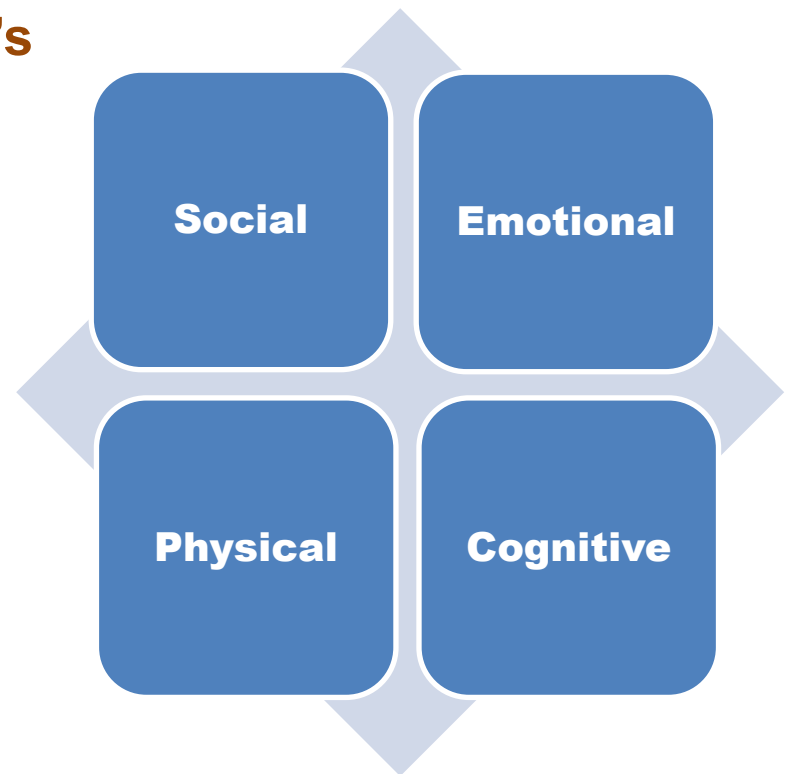
Only state-designated Alzheimer's Day Care Resource Center (ADCRC) on Westside
(one of 36 in California)



**adult day care
versus adult day
health care**

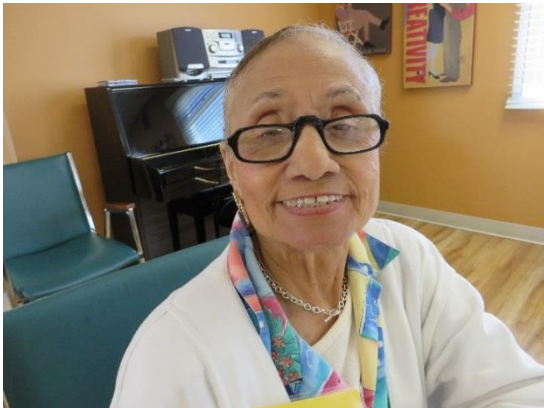
WISE Adult Day Service Center

- Safe, supervised, structured environment
- Specialized monitoring for those with dementia and Alzheimer's Disease
- Dancing and music therapy
- Art classes
- Brain fitness projects



WISE Adult Day Service Center

- Balance & strength training
- **Health education**
- Nutritious hot lunch and snacks
- **Shower service by request**
- Assistance with feeding and toileting when needed



WISE Adult Day Service Center



- **40% are Santa Monica residents**
- **53% female**
- **47% male**
- **Average age: 86**



- **95% with dementia or Alzheimer's Disease**
- **5% other conditions (stroke, Parkinson's)**



Evidence-Based Caregiver Training (and in Spanish)

Counseling

Care Management

Personal Notes

Personal Notes

Personal Notes

ADULT DAY SERVICE CENTER
The right choice for you and your loved one

Brentwood School Dancers Visit the ADSC!

Happy Birthday!

February 01 Dalia Meyer
February 08 George Ozawa
February 16 James Edwards
February 19 Joan Demond
February 19 Thomas McMahon
March 09 Kathleen O'Brien
March 19 Lucille Cayton
March 26 Hernan Mendez
March 26 Carmen Albuja
March 30 Richard Goodseal

Happy Birthday to Mark - ADSC volunteer extraordinaire!

Evelyn and Maude

Dorothy's tree is pretty!

Mini tree trimming with the Joy Catchers Group

February - March 2017

Adult Day Service Center New Year's celebration!

1527 4th Street, 2nd Floor • Santa Monica, CA 90401 • (310) 394-9871

ADULT DAY SERVICE CENTER
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TrueCar Volunteers with Us on Impact Day!



entertained clients and staff at our Memorial Day Celebration

• (310) 394-9871

October - November 2016

• (310) 394-9871

ADULT DAY SERVICE CENTER
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Father's Day at the Adult Day Service Center!

▲ Clients enjoy the festivities at our Father's Day celebration!

Happy Birthday!

▲ Eva & Socorro lead the Spanish Language Program.

Memories Making

g the "Making" ile with e with create lity e and

August - September 2016

Benefits Enrollment

Caregiver Support Groups



SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

Adult Day Program

- ❖ Staff are Certified Dementia Care Practitioners and Clinical Interns
- ❖ Exercise twice a day
- ❖ Interactive Cognitive and Sensory stimulation programs
 - Storytelling
 - Music Therapy
 - Therapeutic Art or Art Therapy every day
 - Live music and dancing (Bring a dance card!)





SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

OPICA Brain Train

for early-stage memory loss

- ❖ Four hour program delivered by a professional multi-disciplinary team once a week
- ❖ Discuss healthy ways to cope with their emotions, learn techniques to support memory, enhance creativity and provide opportunities for friendship
- ❖ A support group for family CAREgivers offered concurrently
- ❖ Provides peer-to-peer support, a greater understanding of dementia and specific care management strategies.





SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES



Caregiver Support

- ❖ Daily Caregiver Support Groups for spouses and adult children
- ❖ Individual & Family Counseling
 - Telephone Counseling sessions available
 - Education
 - Powerful Tools for Caregivers
 - Savvy Caregiver



Dementia is a journey that impacts the whole family. Support is needed for the diagnosed individual & the caregiver(s).

OPICA Benefits

Adult Day Program

- ❖ 55% Increased level of interaction with others
- ❖ 35% Better sleep at night and greater mobility
- ❖ 30% Decreased agitation & depression



Caregiver Support Group

- ❖ 85% Delayed premature placement into care community & kept loved one at home
- ❖ 66% Decreased stress level
- ❖ 47% Gained valuable resources from staff

Enrollment to Date

(9/14/2017)

- Patients enrolled: 2174
- Referrals waiting to be seen: 364
- Patients actively being followed: 993
- Some patients have been followed for up to 5 years

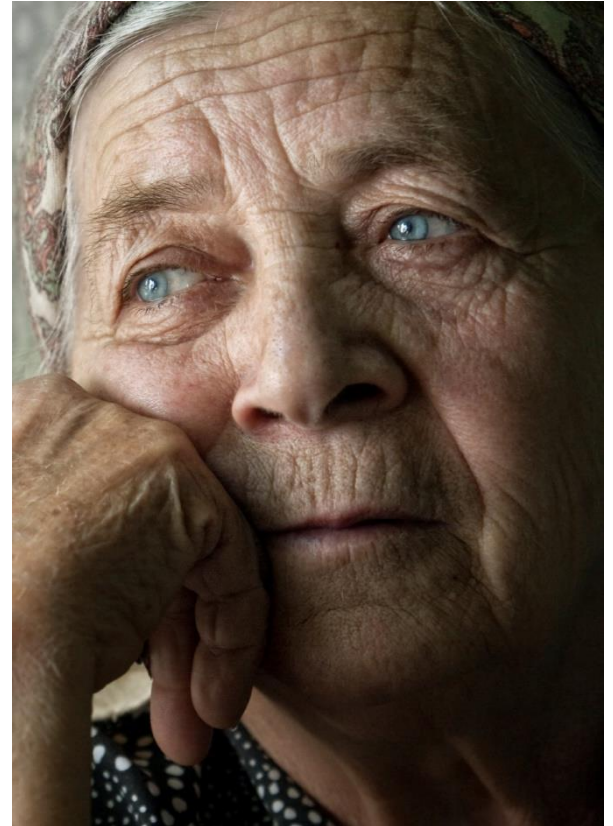
Patients in the Program

- Mean age 82; 66% female
- Diagnosis
 - Alzheimer's disease: 35%
 - Lewy-Body: 4%
 - Vascular: 4%
 - Other, mixed or unknown: 53%
- Mean MMSE score 17.4
- Caregiver: 34% spouse, 54% child
- Dually insured 18%



Caregivers at Baseline

- Depression & strain
 - 14% mod/sev depressive sx
 - 36% high stress
- Low self-efficacy
 - 21% knew how to access services
 - 36% confident handling dementia problems
 - 26% have healthcare professional who helps work through dementia issues



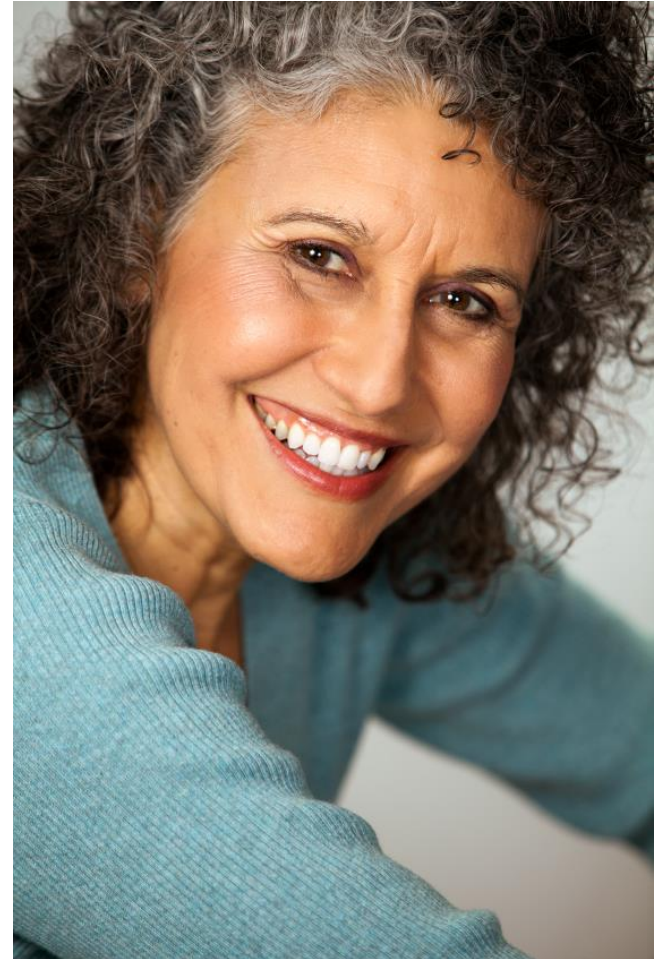
Services Provided

- Support group referral: 84%
- Caregiver training: 75%
- Refer to CBO: 56%
- Recommend additional evaluation: 25%
- Adjust medication: 16%
- POLST: 20%



Caregiver Satisfaction

- 90% felt the intake visit was time well spent
- 91% felt concerns listened to and addressed
- 92% would recommend the program to others



Physician Satisfaction



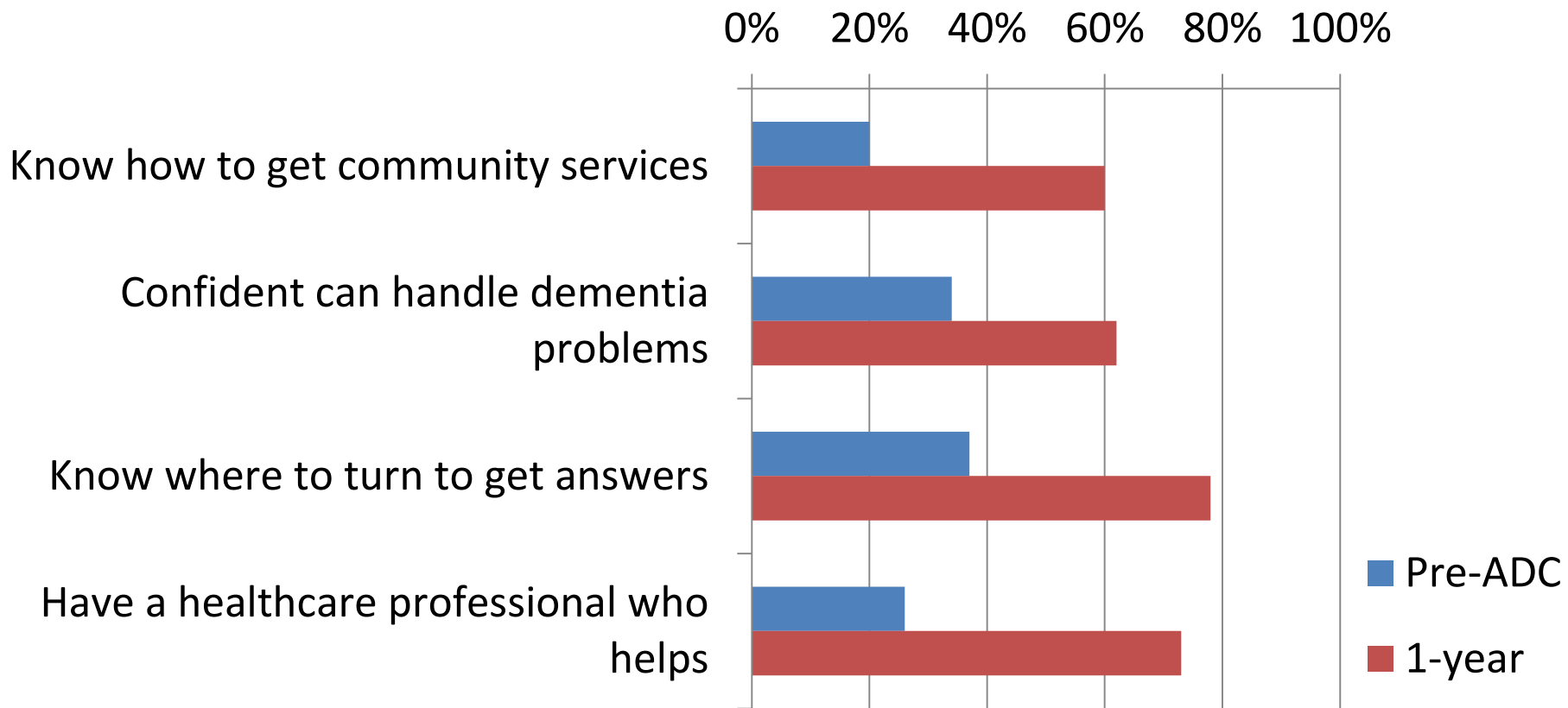
- Valuable medical recommendations: 61%
- Valuable behavioral recommendations: 85%
- Enhanced MD relationship with patient: 68%
- Saved MD time: 56%
- Would recommend for other patients: 90%

Overall Dementia Quality of Care (ACOVE-3 and PCPI QIs)*

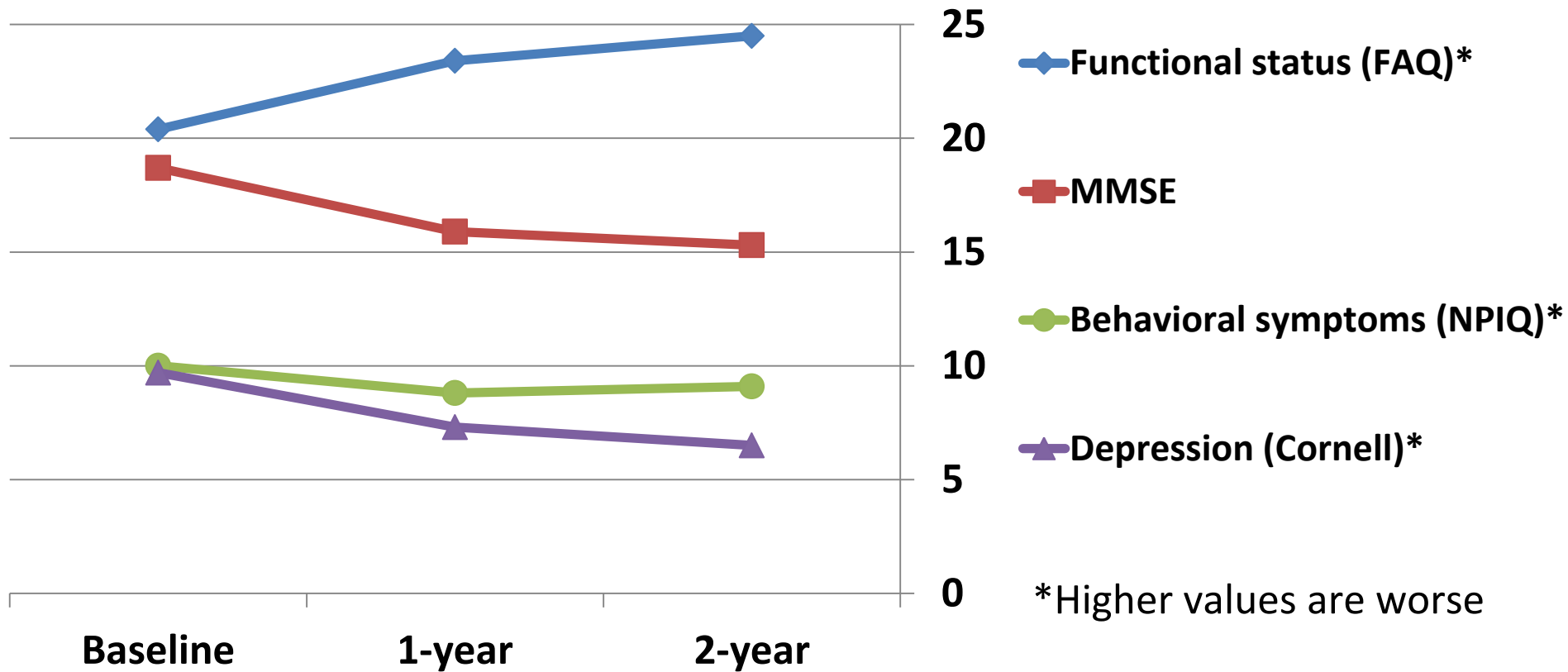
- Community-based physicians 38%
- Community-based physicians & NP 60%
- UCLA Alzheimer's and Dementia Care 92%
- * Based on medical record abstraction of first 797 patients

Jennings LA, et al. J Am Geriatr Soc, Jun 2016. PMID: 27355394

1-year Changes in Caregiver Experience and Self-efficacy

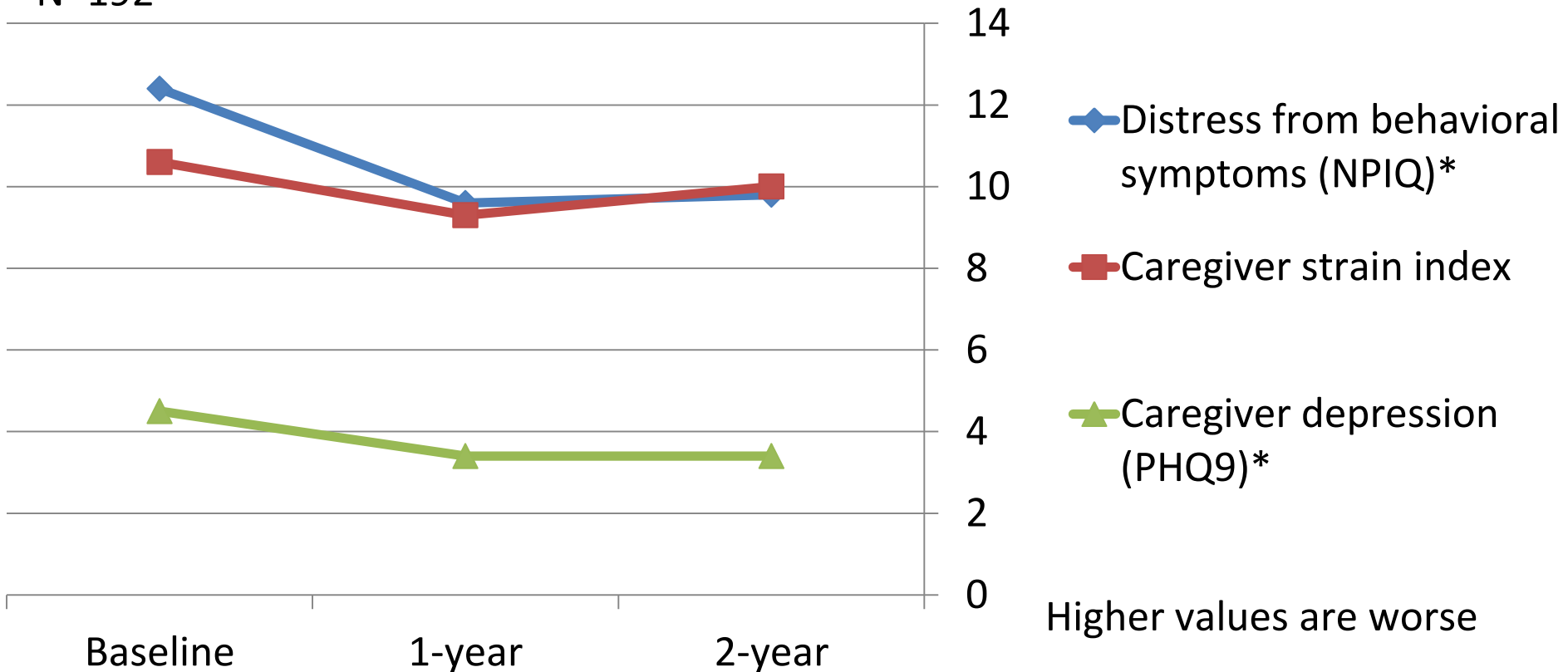


2-year Outcomes: Patients



2-year Outcomes: Caregivers

N=192



*Baseline and year 2 comparisons, $p < 0.01$.

Utilization/Cost Results

Measure

Effect

Hospitalizations

None

ED Visits

None

Readmissions

None

Total Cost of Care

Cost savings
\$2100 per year

Nursing home placement

Reduced by 33%

Analysis of Deaths in the Program

- By August 2016, 330 participants had died
- Chart review of first 233 who died
- 100% had a goals of care conversation
- 56% had completed a POLST
- 74% had a hospice discussion
- 69% died on hospice

Spinoffs

Infrastructure

- Website with caregiver training videos (> 250K hits) and webinars

(<http://dementia.uclahealth.org>)

Enhanced support for caregivers

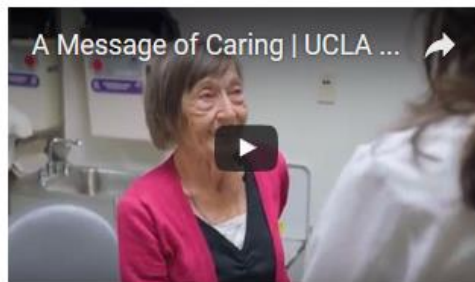
- Geri's List
- I-CareD (personalized caregiver training program)
- Support Groups (English, Spanish, Early Onset, FTD, and Lewy Body)
- Music Mends Minds



For Patients and Families

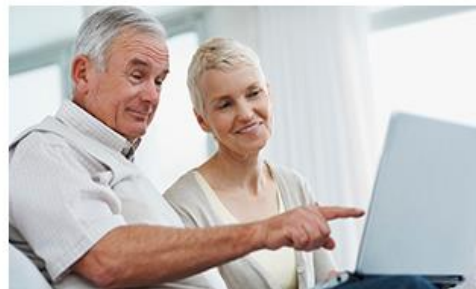


Welcome to UCLA Alzheimer's and Dementia Program



Our program is designed to help patients and their families with the complex medical, behavioral and social needs of Alzheimer's disease and other types of dementia. Our

Join our Alzheimer's UCLAMDCHAT Webinars



UCLA MDChat Webinars featuring Alzheimer's Caregiver Education gives you the opportunity to learn and to also ask questions in real-time

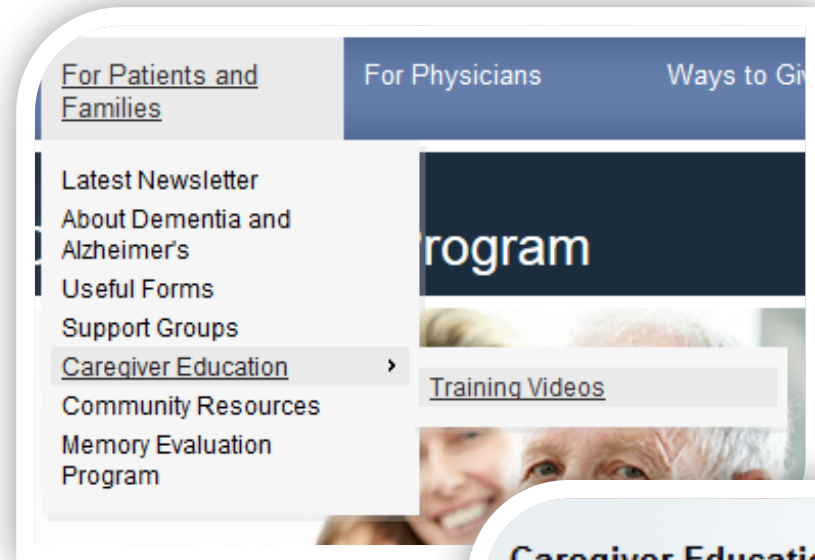
Heartache and Hope: America's Alzheimer's Epidemic



This three-part series reveals the heartache for those suffering from and coping with Alzheimer's disease and the hope offered by

Caregiver Training Section

- Resources for patients and caregivers are a major emphasis of the site
- Wanted to highlight the caregiver training videos
- Professional actors showing potential situations for caregivers, and typical vs recommended reactions



Caregiver Education

> Training Videos

Hallucinations

Refusal to Bathe

Refusal to Take
Medications

Repetitive Behaviors

Repetitive Questions

Sundowning

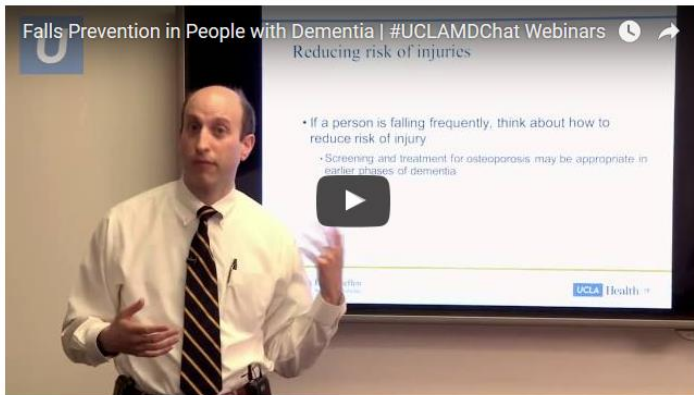
Wandering

Alzheimer's Caregivers Education Webinars Archive

Past Webinars on Demand

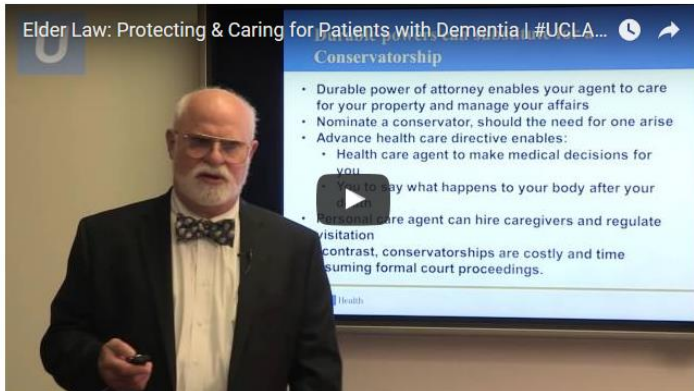
Falls Prevention in People with Dementia

Dr. David Ganz discusses the best ways to prevent falls in older people, with a particular focus on people with dementia. This talk is especially intended for caregivers who are concerned about their loved one's risk of falls and fall-related injuries.



Elder Law: Making Sure the Right People Can Protect and Care for Patients with Dementia

Attorney Marc B. Hankin discusses how to use a durable power of attorney, an advance health care directive and a living trust when someone is diagnosed with dementia. He will discuss what to do if the patient did not sign any of those documents while competent, the good and bad of conservatorships and how to preserve the patient's independence as long as possible.



- Past Webinars Include:
- Falls Prevention in People with Dementia
- Elder Law: Making Sure the Right People Can Protect and Care for Patients with Dementia
- Spanish Webinar: “Que tiene que ver la enfermedad de Alzheimer con mi familia?”
- Dementia: Special Issues Related to Ethnic and Racial Minorities



Health

Geri's List

Gerri's List

- List of non-medical service providers similar to Angie's List
- Anyone can use, no UCLA affiliation needed (Access code: ADC)
- Search by provider name or service
 - 500+ vetted and listed
 - South Bay to Simi Valley
 - Closest providers listed first
 - User feedback (reviews, submit providers)

Search for a Provider

Provider Name

Enter a provider's name to search for them. Or, leave this field blank to search for all providers.

OR

Your Location

We'll show you the results closest to you.

Provider Category

Select a category to narrow your search results.

 Adult Day Care	 Caregiver Training	 Case Management Care Coordination
 Counseling	 Disability Services	 Disease-specific Resources
 Educational Programs	 Exercise & Fitness Programs	 Financial Services
 Housing	 In Home Services	 Legal Services
 Nutrition	 Respite Care	 Transportation

[UCLA Health](#) [UCLA Alzheimer's & Dementia Care](#) [GeroNET](#) [Terms of Use](#) [Contact Site Admin](#)

The research described was supported by NIH/National Center for Advancing Translational Science (NCATS) UCLA CTSI Grant Number UL1TR000124



Improving Caregiving for Dementia

Zaldy S. Tan, M.D., M.P.H.

Funded by the Archstone Foundation

I-CareD Interventions

- **Caregiver 101/ Lending library**
 - Educational resources has been active since January 1, 2015
- **Caregiver Bootcamp**
 - One-day, intensive caregiver training
- **Tailored Multicomponent Caregiver Training**
 - Social work intern program that provides 1:1 in home support and training for caregivers

I-CareD Caregiver Bootcamp

- Addresses need for dementia caregiver training
- Taught by interdisciplinary faculty
 - Geriatric medicine, nursing, social work, recreation therapist, neuropsychologist
- Community-based, free-of-charge
- Respite care provided on-site
- <http://www.clickondetroit.com/health/caregiver-boot-camp-helps-families-deal-with-dementia>

Tailored Multicomponent Training Program (TMCT)

- Partnership with Jewish Family Services (JFS)
- Geriatric Social Work Education Consortium
- 4 social work interns (USC, UCLA, CSU-LB/Fullerton/LA/Northridge/Dominguez Hills)
- Home visits, clinic 'warm' hand-offs, telephone counseling
- Supported by the Uslan Family Foundation

Progress to Date Summary

- UCLA ADC Program proof of concept
 - Longitudinal, co-management model
 - Patients and doctors like it
 - Fills a gap in care
 - Substantial demand for services
- Improved quality of care
- Improved outcomes for patients and caregivers
- Saves money for Medicare FFS

Improving the Program

Increasing Caregiver Training

- Additional caregiver training videos
 - Aggressive language and behaviors
 - Anxiety/agitation
 - Disinhibition including sexually inappropriate behaviors
 - Depression/dysphoria/apathy
 - Sleep problems
 - Ensuring home safety

Supported by the Arthur N. Rupe Foundation

Increasing Caregiver Training

- Sharing experiences managing situations
 - Eating problems
 - Drinking alcohol
 - Getting the patient to stop driving
 - Paranoid thoughts (e.g., stealing, sexual infidelity)

Supported by the Arthur N. Rupe Foundation

National Institute on Aging

- Determine characteristics of caregivers who benefit
- Conduct a cost analysis focusing on cost per beneficial health outcome
- Interview people who didn't benefit to determine what additional services might help

Disseminating the Program

Commonwealth Fund

- Conduct research to identify patients who are more likely to benefit
- Return-on-investment analyses and the creation of a guide to support adoption will help other organizations go through the decision-making process to adopt the program
- Partnering with Lynn Spragens & Associates

John A. Hartford Foundation

- Partnering with EDC to prepare for dissemination by:
 - Convening stakeholders
 - Create on-line training curriculum for DCMs
 - Preparing materials for adoption
 - Identifying potential adopting sites

Celebrate

- 5-year anniversary celebration
- November 9, 2017
- Connect patients and caregivers
- Honor major donors
- Honor staff
- Honor community partners
- Honor patients and caregivers

Thank You: Community-based partners

- Alzheimer's Greater Los Angeles
- Jewish Family Services of Los Angeles
- Liza's Connection
- OPICA
- WISE & Health Aging
- Senior Concerns
- ONEgeneration
- Alzheimer's Association Central California
- Coast Caregiver Resource Center

Thank You: Funders

- CMMI
- PCORI
- Archstone Foundation
- Anna and Harry Borun Foundation
- Eisner Foundation
- Arthur N. Rupe Foundation
- Rosalinde and Arthur Gilbert Foundation
- Commonwealth Fund
- John A. Hartford Foundation
- National Institute on Aging

Thank You: Donors

- Robert Draine
- James and Carol Collins
- Sam and Sooky Goldman Charitable Foundation
- JoAnn Stichman
- The Uslan Family Trust
- And more than 240 individual donors



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