



A PUBLIC HEALTH APPROACH TO ALZHEIMER'S AND OTHER DEMENTIAS

DEMENTIA CAPABLE SYSTEMS AND
DEMENTIA FRIENDLY COMMUNITIES



Emory Centers
for Training and
Technical Assistance



LEARNING OBJECTIVES

- Define “dementia capable”
- Explain how public health can contribute to dementia capable systems through: research and translation, support services/programs, workforce training, and dementia-friendly communities
- List at least 3 services that may benefit someone with Alzheimer’s/dementia
- List at least 2 services that may benefit a caregiver
- Identify at least 3 professions that would benefit from workforce training
- Describe at least 2 components of a dementia friendly community



COMPETENCIES

Association of Schools and Programs of Public Health:

- Domain 1: Appreciate the role of community collaborations in promoting population health.
- Domain 2: Discuss the interconnectedness among the physical, social, and environmental aspects of community health.

Council on Linkages Between Academia and Public Health Practice:

- IAI. Describes factors affecting the health of a community (e.g., equity, income, education, environment)
- IAII. Describes assets and resources that can be used for improving the health of a community (e.g., Boys & Girls Clubs, public libraries, hospitals, faith-based organizations, academic institutions, federal grants, fellowship programs)
- 8A3. Describes the ways public health, health care, and other organizations can work together or individually to impact the health of a community



COMPETENCIES CONT.

Council on Linkages Between Academia and Public Health Practice (cont.):

- 8A4. Contributes to development of a vision for a healthy community (e.g., emphasis on prevention, health equity for all, excellence and innovation)
- 8A6. Describes needs for professional development (e.g., training, mentoring, peer advising, coaching)

National Association of Chronic Disease Directors (NACDD):

- Domain 7: Articulate evidence-based approaches to chronic disease prevention and control.

National Commission for Health Education Credentialing, Inc. (NCHEC):

- I.7.4 Identify emerging health education needs.
- 3.3.2 Identify training needs.

INTRODUCTION: DEMENTIA & ALZHEIMER'S DISEASE

- Dementia is a decline in mental ability severe enough to interfere with daily life
 - Caused by damage to brain cells, primarily affects older adults
- Alzheimer's disease is the most common type of dementia
 - Progressive loss of memory and brain function, behavior and personality changes
 - No cure and limited treatment options
 - Caregivers provide increasing assistance
- Huge impact on individuals, families, caregivers, and the health care system
- Public health plays important role in addressing Alzheimer's disease through surveillance, prevention, detection, and support of dementia-capable systems

¹ Alzheimer's Association. *2016 Alzheimer's Disease Facts and Figures*.

ALZHEIMER'S:A LARGER CONTEXT

- States/communities play significant role
 - Assessing burden
 - Risk reduction
 - Care services: health care, support services, government agencies
 - Public and private resources: transportation, grocery stores, places of worship, financial institutions, law enforcement





DEMENTIA CAPABLE SYSTEMS

- Accommodate needs of population with:
 - Memory loss
 - Physical, cognitive, behavioral symptoms
 - Co-morbidities
- Knowledgeable workforce/residents:
 - Identify people with dementia
 - Work effectively with them
 - Inform/refer to services

³ Alzheimer's Association and Centers for Disease Control and Prevention. (2013) The Healthy Brain Initiative: The Public Health Road Map for State and National Partnerships, 2013-2018.

⁴ U.S. Administration on Aging. (2011) Dementia Capability Toolkit.

⁵ Tilly, J., Weiner, J., Gould, E., and O'Keefe, J. (2011) Making the Long-Term Services and Supports System Work for People with Dementia and Their Caregivers.

DEMENTIA CAPABLE: PUBLIC HEALTH

- Public health research and translation
- Support services and programs
- Workforce training
- Dementia friendly communities





PUBLIC HEALTH RESEARCH

DEMENTIA CAPABLE SYSTEMS AND DEMENTIA FRIENDLY COMMUNITIES



DISCUSSION QUESTION



What is public health research?
What does it mean to translate findings?

PUBLIC HEALTH RESEARCH & TRANSLATION

- Public health research: generalizable knowledge to improve practice
- Translation: evidence-based practice
- Sources:
 - Published peer-reviewed articles
 - Authoritative guidelines, recommendations
 - Surveillance systems



DISCUSSION QUESTION



How can public health research and translation be used to reduce the burden of Alzheimer's disease?

PUBLIC HEALTH RESEARCH & TRANSLATION

- Measure burden
- Create policies
- Identify/design practices and interventions
- Promote risk reduction and cognitive health



⁸ Centers for Disease Control and Prevention. (2010) *Distinguishing Public Health Research and Public Health Nonresearch*.

⁹ CDC & Alzheimer's Association. (2013) *The Healthy Brain Initiative: The Public Health Road Map for State and National Partnerships, 2013-2018*.



SUPPORT SERVICES & PROGRAMS

DEMENTIA CAPABLE SYSTEMS AND DEMENTIA FRIENDLY COMMUNITIES



DISCUSSION QUESTION



What kinds of support services might people with Alzheimer's and their caregivers need?

SUPPORT SERVICES:ALZHEIMER'S

- Support groups
- Wellness programs
- Care services
- Legal, financial services
- Residential care
- Transportation
- Adult day care

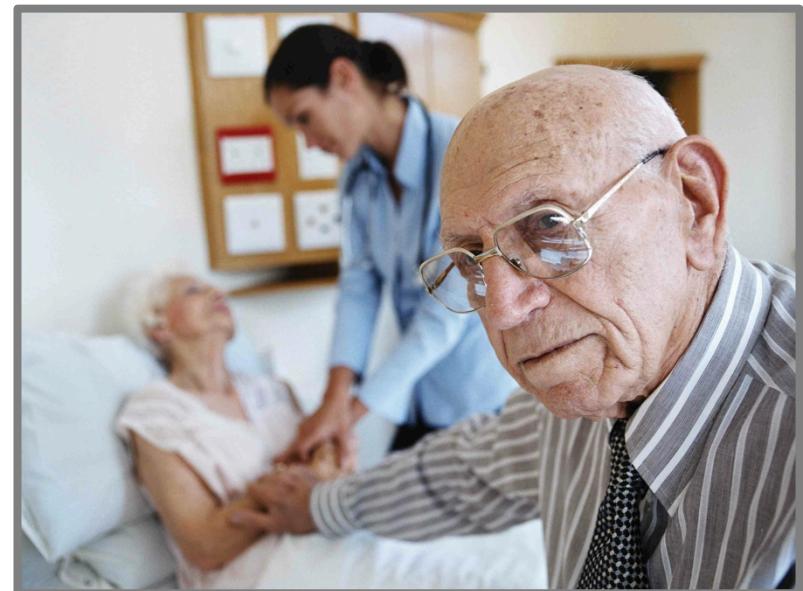


¹⁰ U.S. Administration on Aging. (2011) *Dementia Capability Toolkit*.

¹¹ ACT on Alzheimer's. *Dementia Capable Community: Key Elements & Resources*. Accessed August 4, 2015 from website: <http://www.actonalz.org/elements-and-resources>

SUPPORT SERVICES: CAREGIVERS

- Education/information/training
 - Alzheimer's/dementia
 - Behavioral management
 - Available resources
 - Self-care
- Counseling/support groups
- Care management
- Respite services



¹² ACT on Alzheimer's. (2014). *Alzheimer's Disease Curriculum, Module X: Caregiver Support*.



EVIDENCE-BASED PRACTICE

- Reducing Disability in Alzheimer's Disease (RDAD) – University of Washington
 - Focus on teaching family caregivers strategies
- Minds in Motion (MIM)
 - Focus on improving function in early stages with mild cognitive impairment
- Skills2Care – Thomas Jefferson University
 - Focus on occupational therapy based strategies for caregivers

DISCUSSION QUESTION



What is the role of public health in connecting people to the services they need?

SUPPORT SERVICES: PUBLIC HEALTH

- Evidence-based programs and interventions
- Information and referrals
- Identifying service needs
- Funding, space, expertise



SUPPORT SERVICES: PARTNERSHIPS

- Offices on Aging / Aging and Disability Resource Centers / Agencies on Aging
 - Education
 - Cognitive assessments
 - Support programs
 - Resources
- Non-profit organizations
- Residential care facilities



¹⁵ ACT on Alzheimer's. (2014). *Alzheimer's Disease Curriculum, Module X: Caregiver Support*.



WORKFORCE TRAINING

DEMENTIA CAPABLE SYSTEMS AND DEMENTIA FRIENDLY COMMUNITIES

WORKFORCE TRAINING

- Health care
- Direct care
- Public health
- First responders
- Other support services:
transportation, customer
service, faith-based
organizations





DISCUSSION QUESTION



What training should **health care and
direct care professionals receive?**

WORKFORCE TRAINING: HEALTH CARE & DIRECT CARE

- Basics of dementia
- Benefits of early diagnosis
- How to address physical, cognitive, emotional, behavioral symptoms
- Assisting caregivers
- Managing co-morbidities
- Use of validated assessment tools (health care)





DISCUSSION QUESTION



What training should public health professionals receive?

WORKFORCE TRAINING: PUBLIC HEALTH

- Alzheimer's as a public health priority
- Importance of early detection
- Cognitive health and risk reduction
- Caregiver needs and burden
- Surveillance
- Health disparities
- Unique issues (stigma, abuse, advance planning)





DISCUSSION QUESTION



What training should **first responders receive?**

WORKFORCE TRAINING: FIRST RESPONDERS

- Situations involving stress or fear
- Training needs:
 - Identifying Alzheimer's and dementia
 - Interaction/communication
 - Resources
 - Registries, technologies



WORKFORCE TRAINING: OTHER PROFESSIONS

- Public transportation, customer service, faith or spiritual communities, etc.
 - Awareness
 - Recognizing need for help
 - Resources
 - Communication
 - Ways to assist and support





DEMENTIA FRIENDLY COMMUNITIES

DEMENTIA CAPABLE SYSTEMS AND DEMENTIA FRIENDLY COMMUNITIES

DISCUSSION QUESTIONS



Imagine you or someone you care about has Alzheimer's or dementia.

What might be some of your concerns or fears about going out in your community?

How could those be addressed at a community level?

DEMENTIA FRIENDLY COMMUNITIES

- Health care, community services, resources
- Safety and accessibility
 - Transportation
 - Mobility
- Respectful and supportive
- Public education and workforce training
- Technology
 - GPS, GIS
 - Registry



²¹ U.S. Administration for Community Living/Administration on Aging. (2014) *Dementia-Capable States and Communities: The Basics*.

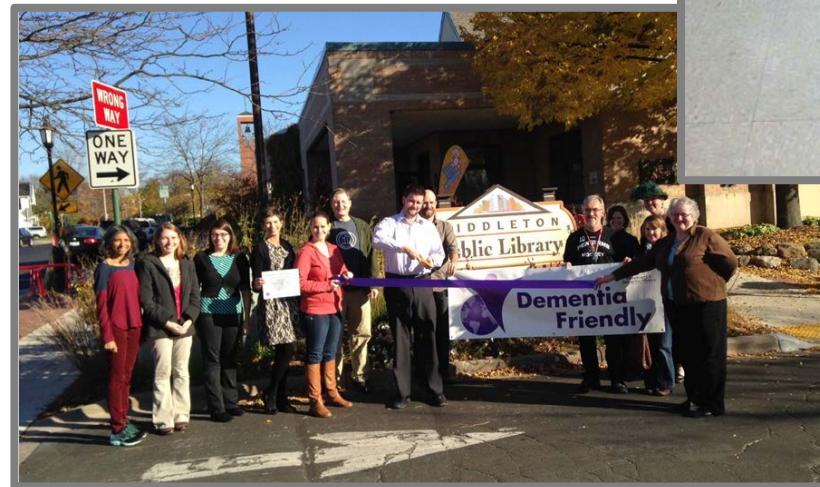
²² The Gerontological Society of America. (2015) *Dementia Friendly, Dementia Capable, and Dementia Positive: Concepts to Prepare for the Future*.

DEMENTIA FRIENDLY COMMUNITIES



DEMENTIA FRIENDLY: MIDDLETON, WI

- Business trainings
- Business promotions
- Memory trail/park
- Evaluation criteria



²⁴ Wisconsin Healthy Brain Initiative. *A Tool Kit for Building Dementia-Friendly Communities*

²⁵ Alzheimer's and Dementia Alliance of Wisconsin. Dementia Friendly Community.
<http://www.alzwisc.org/Dementia%20Friendly.html>

DEMENTIA FRIENDLY:ACT ON ALZHEIMER'S

- Minnesota's statewide, volunteer-driven collaboration
- Community toolkit
 - Form action team
 - Assess community strengths and gaps
 - Analyze needs and develop action plan
 - Pursue priority goals



DEMENTIA FRIENDLY AMERICA (DFA)

- Raising awareness about dementia
- Supportive options that foster quality of life
- Supporting caregivers and families
- Meaningful participation in community life
- Reaching the underserved



²⁷ Dementia Friendly America press release, *Dementia Friendly America Initiative Launches in Communities Across the U.S., from Maryland to California*, July 13, 2015.

DEMENTIA FRIENDLY TEMPE

- Arizona's first dementia friendly city
- Formed Action Team led by Chamber of Commerce
- Weekly Memory Café at library where people with dementia and caregivers can meet others
- “Dementia Friends” training to educate community on how to support dementia friendly efforts



²⁸ Dementia Friendly America press release, *Dementia Friendly America Initiative Launches in Communities Across the U.S., from Maryland to California*, July 13, 2015.

CONCLUSION: DEMENTIA CAPABLE AND DEMENTIA FRIENDLY

- States/communities play significant role
- Dementia capable systems
 - Public health research and translation
 - Support services and programs
 - Workforce training
- Dementia friendly communities



FOR MORE INFORMATION

For more information, please visit the Alzheimer's Association website at: <http://www.alz.org>

