

“It’s difficult to navigate through a health system with a complex medical condition like dementia. The UCLA Alzheimer and Dementia Care Program have been the missing link for me. To get the best health care and quality of life possible with a broken brain. My Dementia Care Specialist has been there to help me and my doctors communicate in a medical system frustrated by limited time and money. She’s made my life so much more manageable which lets me be my best.”

-Jane W., patient



**Physician:** The program is great and I felt it was extremely helpful to me as a physician... It’s very collaborative. Wonderful work!



**Caregiver:** The program has turned my life around. I now have a grip on things. I do not feel totally overwhelmed. I have been given some counseling and adult day care... I can honestly say she has sort of saved me.

**Caregiver:** The Dementia Care Program at UCLA has been extremely beneficial for our family. We know that our Dementia Care Specialist is here both for our uncle and our family with smiles, support, guidance and education. We don’t feel alone in dealing with the memory decline that has impacted our uncle and her suggestions have been invaluable.



To learn more about establishing ADC at your site, our services, and pricing, contact us at [info@adcprogram.org](mailto:info@adcprogram.org) or visit our website, [adcprogram.org](http://adcprogram.org)

The Alzheimer’s and Dementia Care Program™ was developed by the UCLA Health Care System and is supported by The John A. Hartford Foundation.



The John A. Hartford Foundation



Support for Alzheimer’s and Dementia Patients and Caregivers



Visit [adcprogram.org](http://adcprogram.org)

## What is the Alzheimer's and Dementia Care Program™ (ADC Program)?

The ADC Program, based on the award-winning UCLA Alzheimer's and Dementia Care Program, is designed to help patients and their families meet the complex medical, behavioral, and social needs of Alzheimer's disease and other types of dementia. Dementia Care Specialists who are Advanced Practice Providers (nurse practitioners or physician assistants) are at the heart of the program and work with the patient's primary care doctor/specialist to create and implement a personalized care plan.

## What are the ADC Program's goals?

- Maximize patient function, independence and dignity
- Minimize caregiver strain and burnout
- Reduce unnecessary costs through improved care

The ADC program was developed based on theory and evidence for enabling, empowering, and supporting caregivers as well as providing disease management/care coordination to navigate the complicated health care system.

## What are the core components of the ADC Program?

### Care for the patient include:

- A 90-minute in-person visit with a Dementia Care Specialist.
- A personalized care plan developed with the referring physician.
- Follow-up phone calls or in-person visits to make sure the plan is implemented or modified as needed.
- 24/7, 365-day-a-year access to assistance and advice for caregivers, avoiding unnecessary Emergency Department visits and hospitalizations.
- Ongoing patient monitoring with at least one annual in-person visit to ensure that ongoing and emerging needs are met.
- The Program also partners with Community-based organizations to provide additional services (e.g. Adult day care).

## How to bring the ADC Program to your Health System?

The ADC Dissemination Center can help bring the Program to your Health System by adopting it to fit your local resources while maintaining fidelity to the main program.

The project team will work with you to help build the case to your health care organization.

## What types of health systems can implement the ADC Program?

- Academic health centers
- Non-academic health centers
- Health plans
- Community-based organizations
- Small and large medical groups
- Veterans Affairs facilities
- Continuing Care Retirement Communities (CCRCs)
- Program of All-Inclusive Care for the Elderly (PACE)

## What services will your health system receive?

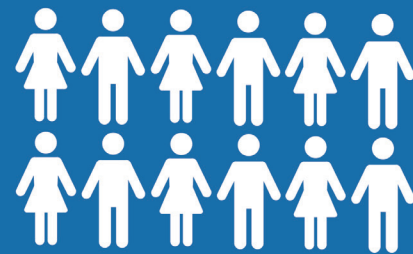
### Over the course of two years, your site will receive:

- Access to a full suite of vetted operational and clinical materials
- Use of the ADC name and logo
- Access to a DCS training curriculum
- Tailored training with a dementia expert, including 1:1 sessions
- Coaching and personalized support by a dementia expert
- EHR build guidance
- Up-to-date billing information
- A community of Dementia Care Specialists through the National Learning Collaborative
- Metrics to track progress and evaluation
- Access to supplemental dementia programs/activities



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## ADC Program

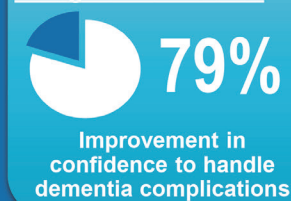


More than  
**6500**

People living with Alzheimer's and other dementias and their loved ones, served by the UCLA ADC Program since 2012.

Based on the UCLA experience, implementing the ADC Program has led to the following outcomes:

### Caregiver Confidence



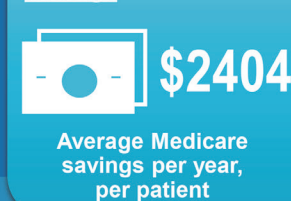
### Quality Indicators



### Caregiver Stress



### Savings



### Placement



### Behavioral Symptoms



The ADC Program achieves Medicare's quadruple aims of reducing costs, improving population health, enhancing patient experience, and improving the work life of the healthcare team.