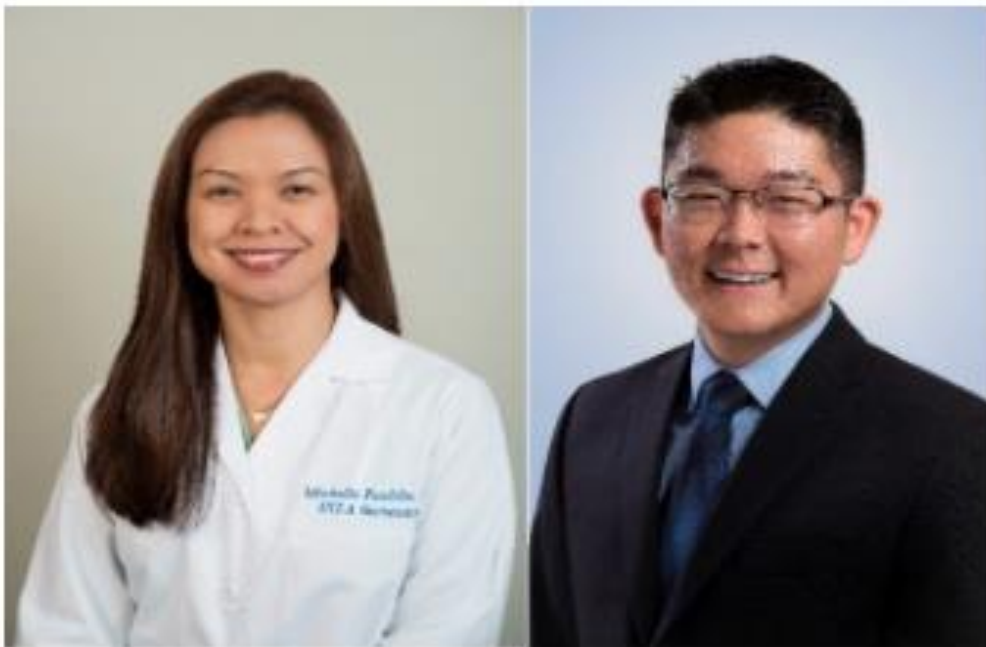# Screening is Just the Beginning: Programs Supporting the Transformation of Dementia Care in Primary Care Practices

Speakers

Financial Disclosures

- All presenters report that they have no financial disclosures.

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JUNE IS
ALZHEIMER'S & BRAIN AWARENESS MONTH

The Alzheimer's Association is at the center for help and hope for people living with Alzheimer's disease and their families.

In 1980, our founder united caregivers, researchers, and activists to create the Alzheimer's Association—bringing people and science together, for the benefit of all. Today, the Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

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ALZHEIMER'S ASSOCIATION

Goals of the Alzheimer's Association's Health Systems Initiative

- To understand the needs of clinicians so we can help them meet the complex care needs of individuals and families

- To support clinicians with strategies and solutions that can ensure quality care for people living with dementia
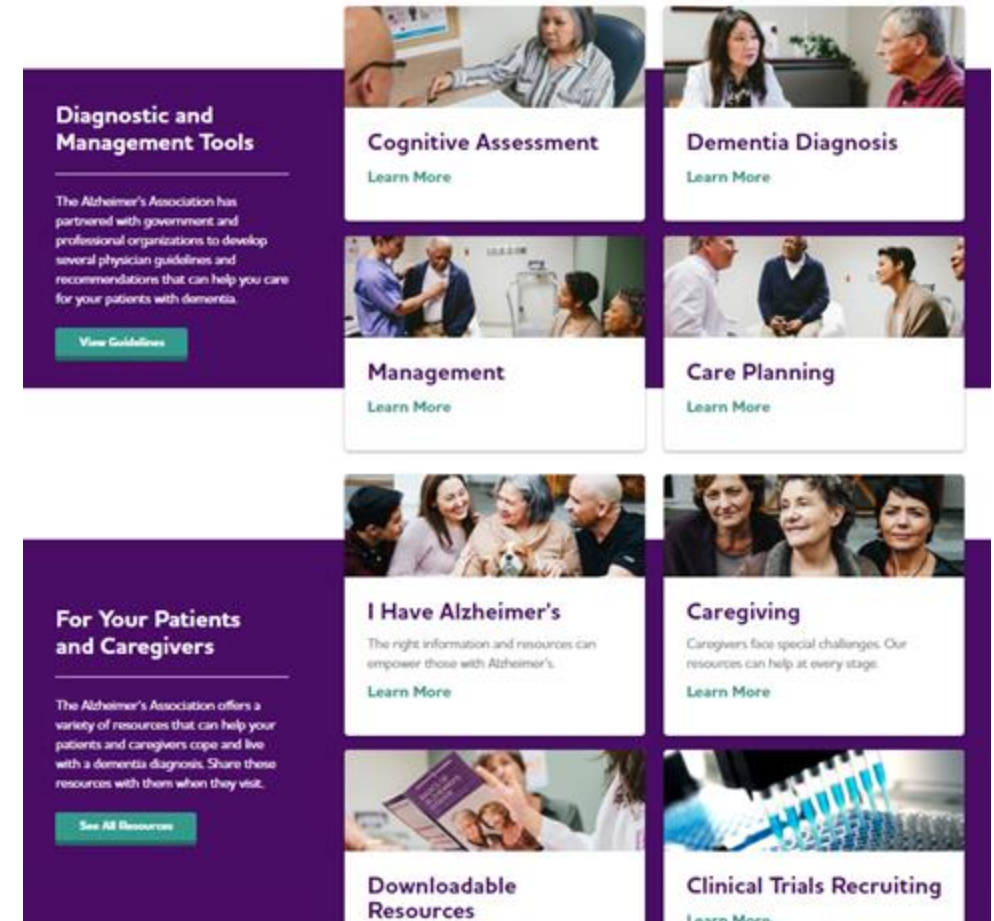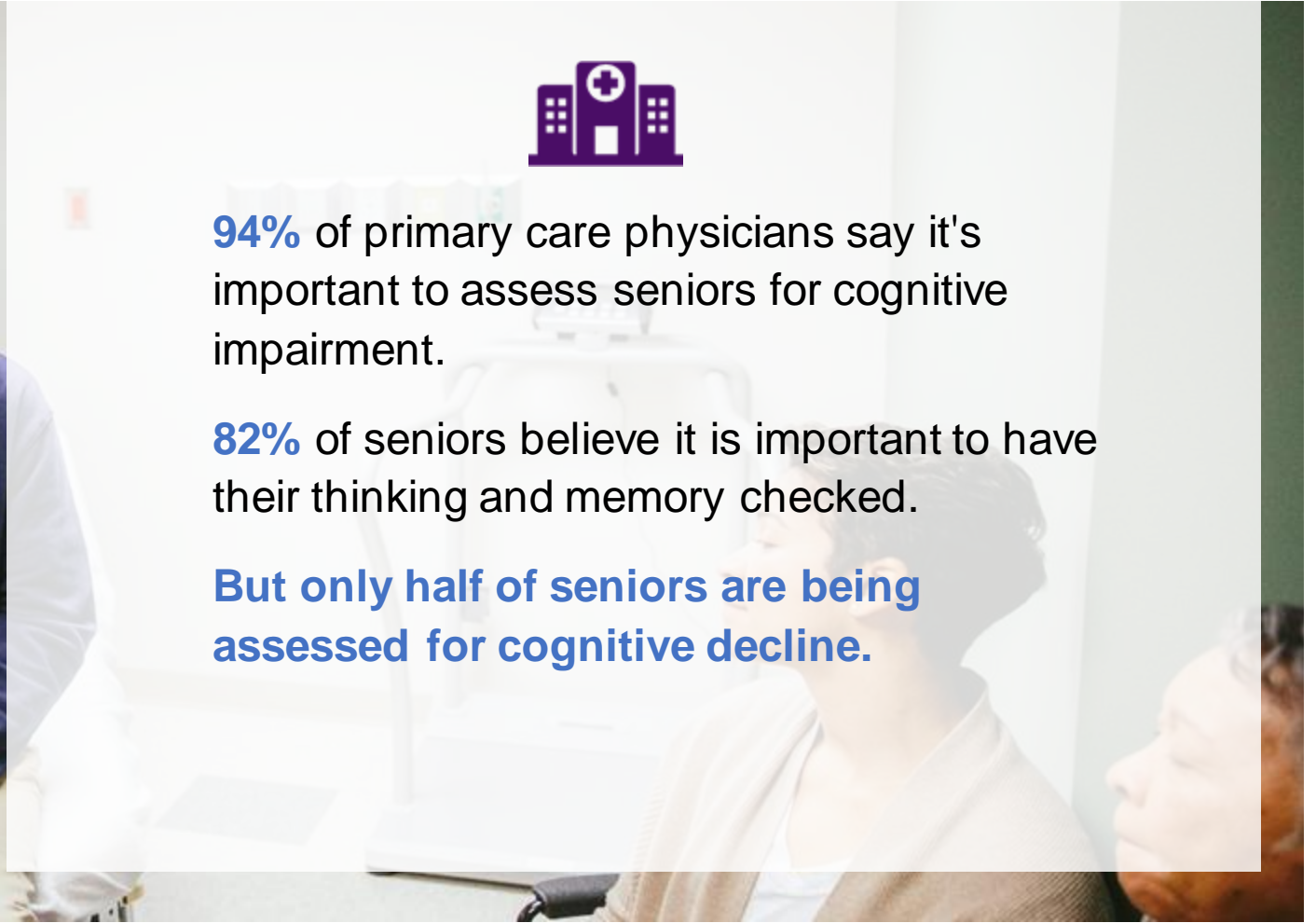
Cognitive Screening: The First Step

94% of primary care physicians say it's important to assess seniors for cognitive impairment.

82% of seniors believe it is important to have their thinking and memory checked.

But only half of seniors are being assessed for cognitive decline.
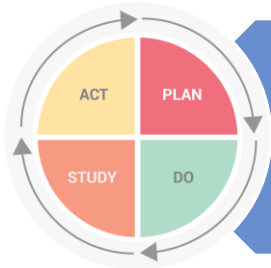
Health Systems Implementation

Alzheimer's Association - Health Systems Directors

CHA Training Completed
Connect with Health Systems Team

Assess Clinic's Dementia Readiness
Identify Opportunities to Enhance Care

Implement/Evaluate
Engage in Ongoing Process Improvement

Alzheimer's Association Offerings for Health Professionals

The Alzheimer's Association provides a variety of no-cost resources for health professionals to help enhance care and improve outcomes.

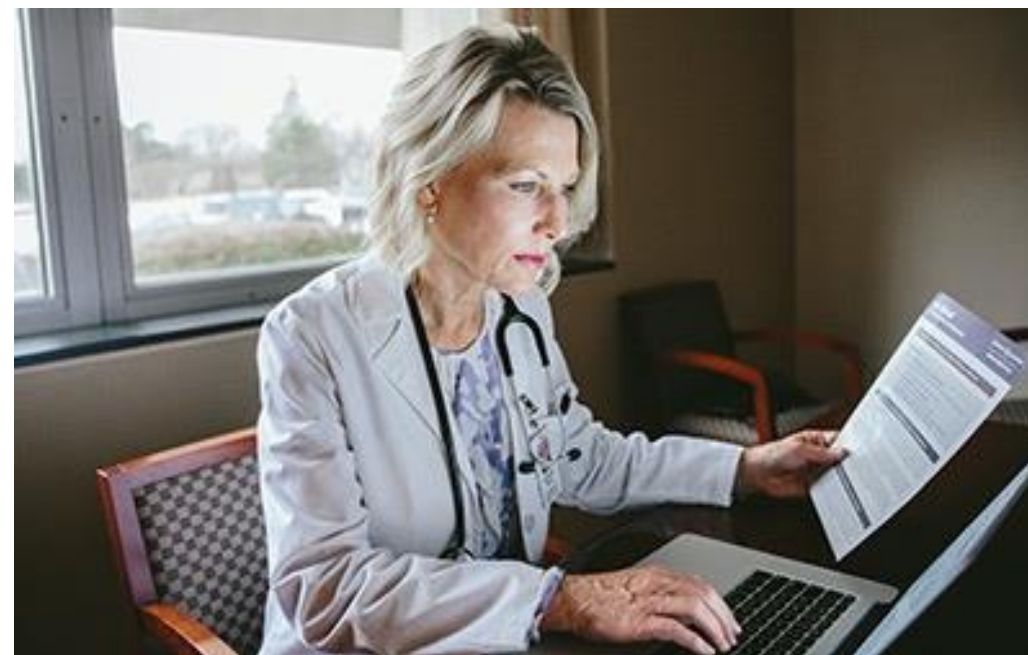## Continuing Education
- Project ECHO
- AAIC

Toolkits and Topic Sheets
- Care Planning and Reimbursement
- Managing Behaviors

Medical Management
- Diagnostic Criteria
- ALZ-NET

Health System Transformation: Consultation, Quality Improvement and Implementation
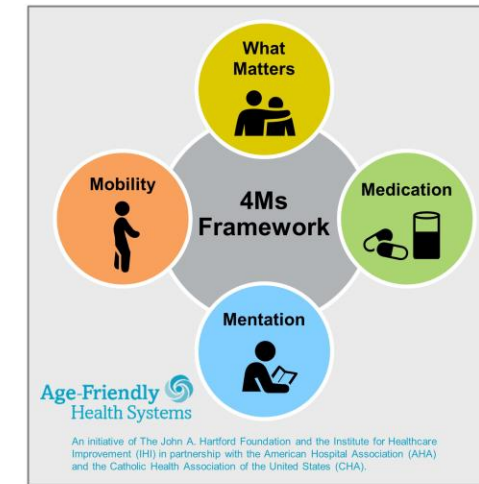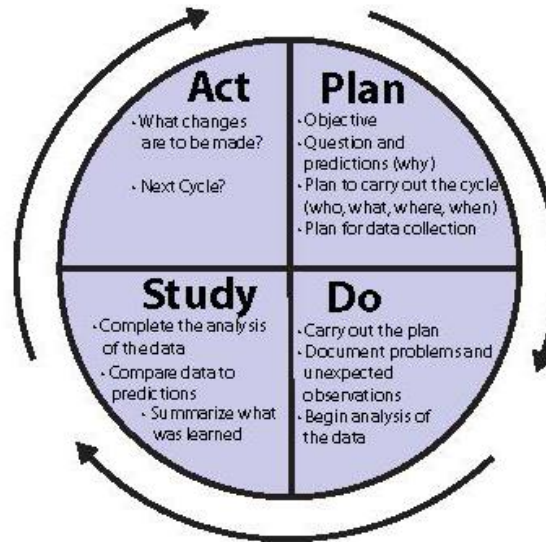
Case Examples

Health System Transformation

Project ECHO® Alzheimer's Association United States	DEMENTIA Care Aware — Early detection. Better care.	Age-Friendly Health Systems — Committed to Care Excellence for Older Adults
2021 Clinical Education Community Engagement	**2023** CHA Training QI Consulting	**2024** CHA for all 65+ AFHS EHR Integration

Case Example: FQHC in SF Bay Area

65K pts

5% Homeless

15% Seniors

17% Uninsured

98% Below 200% FPL

94% Medi-Cal, Medicare or Dual

34% LEP

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Health System Transformation
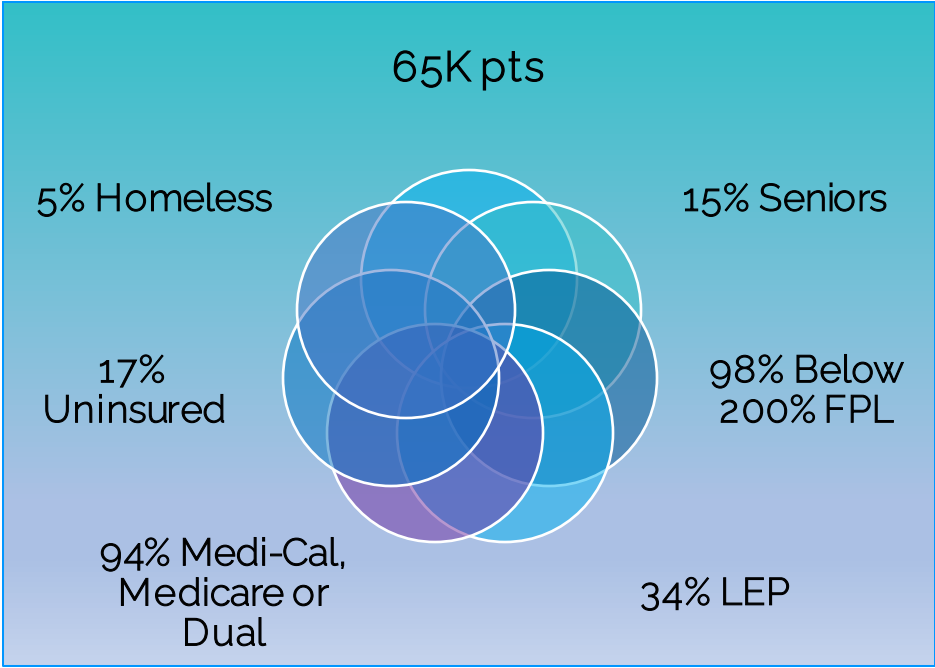
2021	2022-2023	2024
Clinical Education	CHA Training	Full System:
Full Mission Proposal	QI-single site	QI
	Care Pathway-single site	Care Pathway
		EHR Integration

Case Example: Central Valley Network

25K pts

65% Hispanic

10% Seniors

53% Medi-Cal, Medi-Medi or uninsured

20% Below 200% FPL
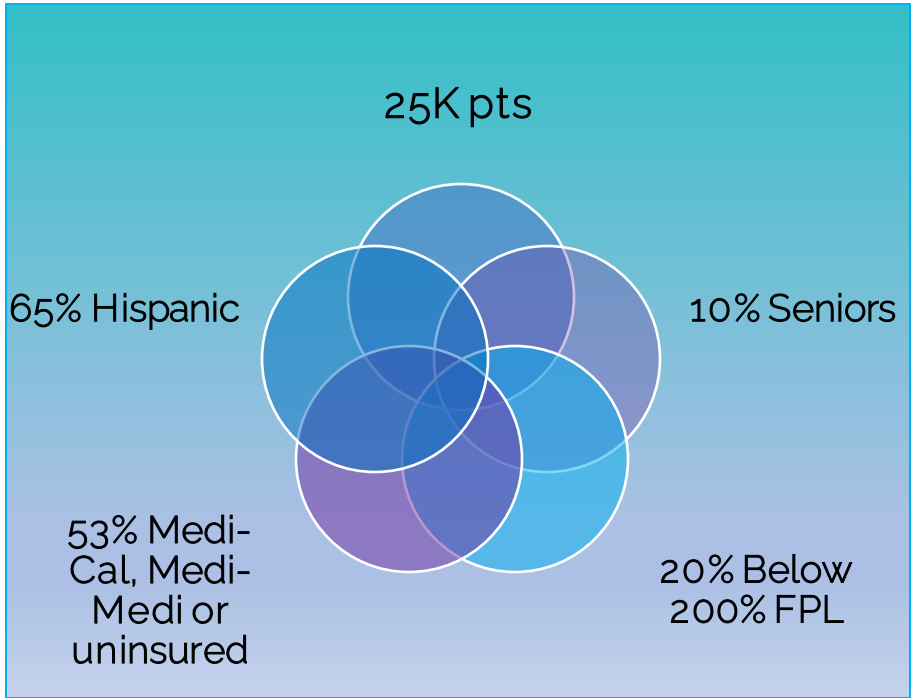
Alzheimer's Association Offerings for Patients and Families

The Alzheimer's Association provides a variety of no-cost resources to support for families + caregivers on the dementia journey.

Helpline available 24/7 in over 200 languages

ALZ.ORG (English + Spanish)

Support Groups

TrialMatch

alzheimer's association
VIRTUAL EDUCATION PROGRAM SCHEDULE

Understanding Alzheimer's & Dementia
Available Mondays & every 4th Saturday of the month at 12:00 PM CT & Wednesdays at 6:00 PM CT
Alzheimer's is not normal aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

10 Warning Signs of Alzheimer's
Available Mondays at 6:00 PM CT & Tuesdays at 12:00 PM CT
Learn what to watch for in yourself and others. Discover the difference between normal aging and Alzheimer's. We'll cover common warning signs, the importance of early detection and benefits of diagnosis, next steps and expectations for the diagnostic process, and Alzheimer's Association resources.

Effective Communication Strategies
Available Tuesdays at 6:00 PM CT, Fridays at 12:00 PM CT & every 2nd Saturday of the month at 1:00 PM CT
Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Understanding & Responding to Dementia-Related Behavior
Available Wednesdays & every 2nd Saturday of the month at 12:00 PM CT & Fridays at 4:00 PM CT
Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

Healthy Living for Your Brain & Body
Available Thursdays at 12:00 PM CT
Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Programas en español sobre la enfermedad de Alzheimer
Disponibles los jueves a las 6:00 PM CT y cada cuarto sábado del mes a la 1:00 PM CT
Únase a nosotros para aprender más sobre la enfermedad de Alzheimer y descubrir información y recursos que puede utilizar al cuidar a su ser querido.

To register and receive online access to any of the above programs, please call our 24/7 Helpline at
800.272.3900 or visit alz.org/crf

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Thank You

For more information please contact:

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hsdca@alz.org

ALZ.ORG/CaliforniaHealth

24/7 Helpline: 1.800.272.3900

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UCSF | DHCS

UCLA Practice Support

To be covered today

1. Components of Dementia Care Management

2. Practice Support through Different Models of Comprehensive Dementia Care

3. Practice Support through the Alzheimer's and Dementia Care Program

4. Additional Training Through UCLA

Strategies for Dementia Care Management

- This is a lifelong disease

- Play the ball where it lies
  - If disease is early, include person living with dementia
  - If late, rely on family and caregiver

- Aim for the highest level of independence that works for everyone

- Treat the disease

- Manage hot-button issues (e.g., driving)

- Manage other diseases

- Manage symptoms

- Advance Care Planning

- Caregiver support

Importance of Caregiver Support

- Caregivers are the most important resource

- Over 50% of caregivers develop depression

- The more knowledgeable and empowered the caregiver is, the better the care

- Caregiver training/support programs work
  - REACH II (12 individual and 5 telephone support groups over 6 months)
  - NYU CI (2 individual counseling sessions, 4 family counseling sessions, weekly support groups, ad-hoc counseling)
  - Alzheimer's Association and other community resources

Comprehensive Dementia Care focuses on patient and caregiver

Includes:

- Continuous monitoring and assessment
- Ongoing care plans
- Psychosocial interventions
  - Aimed at person living with dementia
  - Aimed at caregivers
- Self-management
- Medication management
- Treatment of related conditions
- Coordination of care

Boustani M, et al. An Alternative Payment Model To Support Widespread Use Of Collaborative Dementia Care Models. Health Aff (Millwood). 2019 Jan;38(1):54-59. PMID: 30615525.

Practice Support through Different Comprehensive Dementia Care Models

Models of Comprehensive Care for Dementia

Focus on patient and caregiver

- **BRI Care Consultation**: by phone at CBOs by SWs, RNs, MFTs
- **MIND at Home**: in person at home by staff, RNs, geri psychiatrists
- **The Care Ecosystem**: by phone by staff, APN, SW, pharmacist
- **Indiana University Healthy Aging Brain Center**: in-person visits in the community by staff, RN, SW, psychologist, MD
- **The UCLA Alzheimer's and Dementia Care Program**: in-person NP or PA co-management with PCP
- **Integrated Memory Care**: NPs providing in-person primary care of PLWD

Lees Haggerty K, et al. Recommendations to Improve Payment Policies for Comprehensive Dementia Care. J Am Geriatr Soc. 2020 Nov;68(11):2478-2485. PMID: 32975812.

How Comprehensive Care Models Differ

- Staffing
- Base of operations
- Scope of services
- Intensity
- Cost
- Efficacy/Effectiveness (pragmatism)
- Potential ROI
- Level of evidence

Comparison of Some Dementia Care Models

Structure and Process	BRI – CC	Care Ecosystem	MIND	HABC	UCLA ADC	IMCC
Key personnel	Non-licensed, SW, RN, MFT	Non-licensed care navigator, CNS, SW, Pharmacist	Non-licensed staff, RN, MD	Non-licensed staff, MD, SW, RN, Psychologist	NP, PA, SW, non-licensed staff, MD	NP, SW, RN
Key personnel base	CBO or Health system	Health System or Community	Community or Managed Care Organization	Health system	Health system	Health system
Face-to-face visits	No	No	Yes	Yes	Yes	Yes
Access 24/7/365	Optional	No	No	Yes	Yes	Yes
Communication w/ PCP	Mail, fax, phone	Fax, phone	Phone, mail, fax	EHR, phone, mail	EHR, phone	N/A
Order writing	No	No	No	Yes	Yes	Yes
Medication management	No	Yes	No	Yes	Yes	Yes
Benefits						
High quality of care	N/A	N/A	N/A	Yes	Yes	Yes
Patient benefit	Yes	Yes	Yes	Yes	Yes	Yes
Caregiver benefit	Yes	Yes	Yes	Yes	Yes	Yes
Costs of the program	+++	++	+++	+++	++++	++++
Costs savings, gross	++	++	+++ (Medicaid)	++	++++	++++

Practice Support Through the Alzheimer's and Dementia Care Program

The UCLA Alzheimer's and Dementia Care Program

Mission: To partner with families, physicians, and community organizations to:

- maximize person living with dementia function, independence, and dignity, while
- minimizing caregiver strain and burnout.

The Program

Approaches the patient and caregiver as a dyad; both need support

Provides comprehensive care based in the health system that reaches into the community

Recognizes that this care is a long journey.

Uses a co-management model with Nurse Practitioner Dementia Care Specialist (DCS) who does not assume primary care of patient

The UCLA Alzheimer's and Dementia Care Program

- Works with primary care and specialty 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
- Partners with community-based organizations (CBOs) to provide direct services (e.g., adult day care) and caregiver training
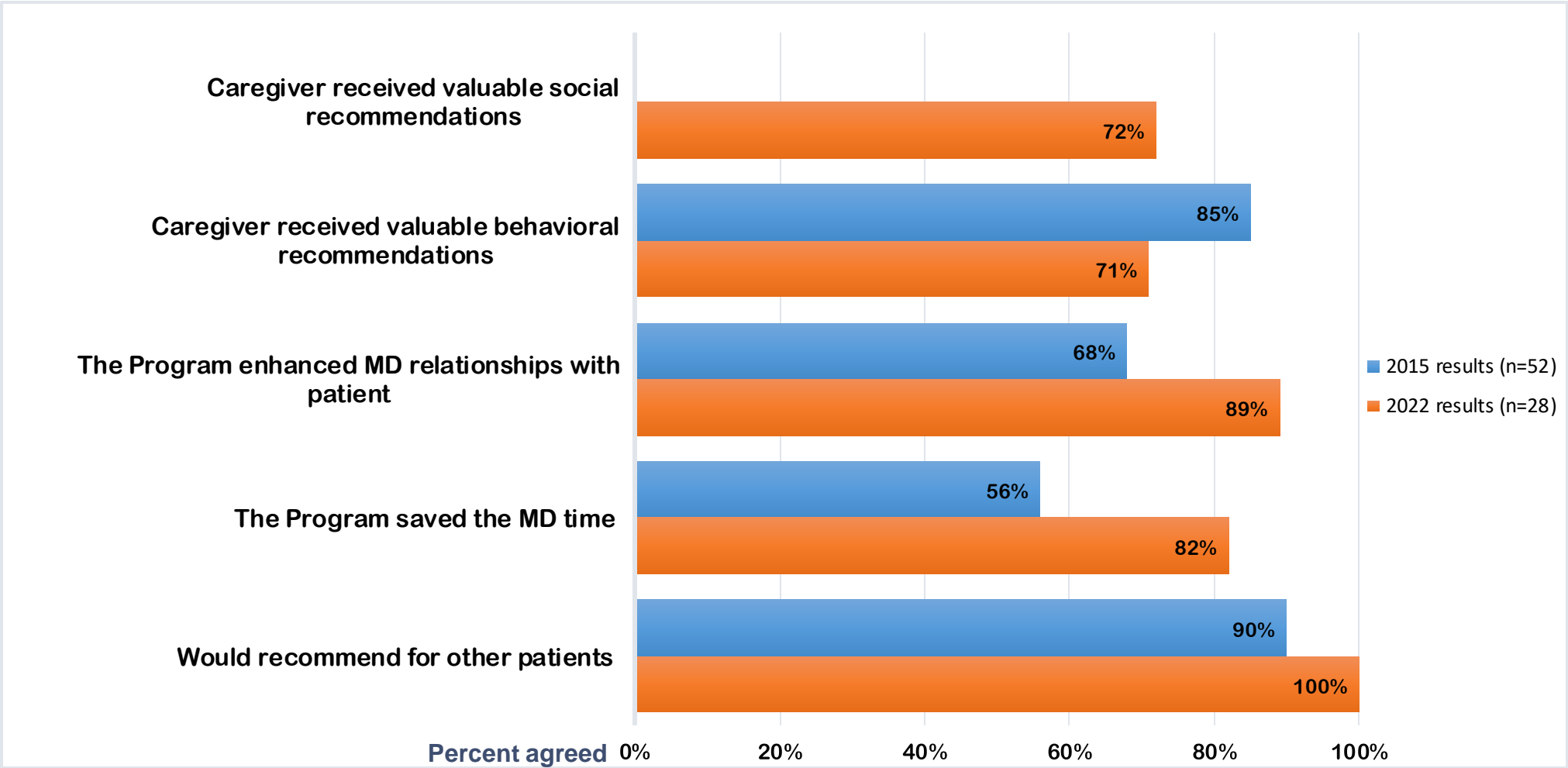
Services Provided by Partner CBOs

Services for patients:

- Adult day services
- Programs for enhancing brain health (for early stage memory loss)

Services for families/caregivers:

- Education (workshops, classes, informational sessions, handouts)
- Counseling and peer-to-peer support
- Case management
- Legal and financial counseling
- Support groups

Physician Satisfaction

Chart showing "Percent agreed" comparing 2015 results (n=52) in blue and 2022 results (n=28) in orange:

- **Caregiver received valuable social recommendations**
  - 2022: 72%
- **Caregiver received valuable behavioral recommendations**
  - 2015: 85%
  - 2022: 71%
- **The Program enhanced MD relationships with patient**
  - 2015: 68%
  - 2022: 89%
- **The Program saved the MD time**
  - 2015: 56%
  - 2022: 82%
- **Would recommend for other patients**
  - 2015: 90%
  - 2022: 100%

Legend:
- 2015 results (n=52)
- 2022 results (n=28)

1 Year Outcomes for Patients and Caregivers

	Patient	Caregiver
Cognition (MMSE)	Worse	
Functional status (FAQ)	Worse	
Behavioral symptoms (NPIQ)	Improved	
Distress because of behavioral symptoms (NPIQ)		Improved
Caregiver strain		Improved
Caregiver depression (PHQ9)		Improved

Utilization and Costs

Type of Care	Impact
Hospitalizations	▼ 12%
ED visits	▼ 20%*
ICU stays	▼ 21%
Hospital days	▼ 26%*
Nursing home placement	▼ 40%*
Hospice in last 6 months	▲ 60%*

Total Medicare costs of care:
▼ $2,404/year *

* p<.05
Based on NORC external evaluation of CMMI Award using fee-for-service claims data and UCLA ACO data September 2015- September 2017

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ADC Program Dissemination

- ADC partners with Community-Based Organizations (CBOs) to provide comprehensive, coordinated, person-centered care for patients with Alzheimer's and other dementias. The program aims to maximize patient function, independence, and dignity, minimize caregiver's strain and burnout and reduce costs through improved care.

Process of participation:	Time commitment :	Target Audience:	Fee:	CME Credits available:
Fill out an interest form https://www.adcprogram.org/interest-form to schedule a call with the team	UCLA will provide support for two years to implement	• Academic and Non-academic health centers • Health Plans • CBO • Medical groups • VA facilities • CCRCs • PACE	Through DCA, the $50,000 fee is waived for the first 20 sites	N/A

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Additional Training Through UCLA

Dementia Mini-Course

- An evidence-based, practical, and functional approach to the comprehensive care of older adults

Process of participation:	Time commitment :	Target Audience:	Fee:	CME Credits available:
Recorded videos can be viewed on the DCA website	1 hour to 6 hours	• geriatricians • internists • PCP and family medicine clinicians • hospitalists and intensivists • pharmacists • other interested healthcare providers	Free of charge	1 CME credit for 1 hour

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National Learning collaborative (NLC)

- National community of health systems and others such as developers of complementary models, health policymakers, and government staff interested in spreading the ADC and improving the care of persons with dementia and their caregivers.

Process of participation:	**Time commitment:**	**Target Audience:**	**Fee:**	**CME Credits available:**
connect with the NLC team ADCProgramNLC@edc.org	ongoing participation	• Sites that have implemented the ADC • Sites interested in implementing the ADC	Free of charge	N/A

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ADC ECHO Series

- Connects dementia care experts with health care teams from community-based settings in a free continuing education series of interactive, case-based video conferencing sessions.

Process of participation:

Sign up for free by emailing the Alzheimer's Association

rbgoldberger@alz.org

Time commitment:

an ECHO series lasts six months with a bi-weekly meeting. Each ECHO topic is 1 hour long

Target Audience:

Health care providers who would like to better understand Alzheimer's and other forms of dementia and emphasize high-quality, person-centered care

Fee:
Free of charge

CME Credits available:
1 CME credit for 1 hour

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Thank You

For more information please contact:

jagrupkaur@mednet.ucla.edu

Q&A