



Practice Tools and Resources for Age-Friendly and Dementia-Friendly Care



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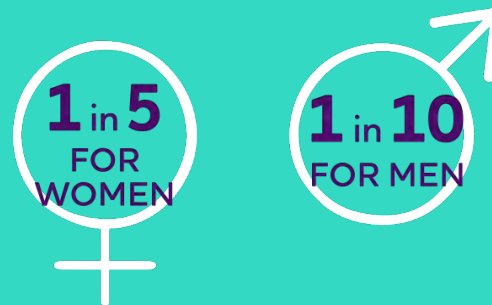
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2024 ALZHEIMER'S DISEASE FACTS AND FIGURES



NEARLY
7 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S

THE LIFETIME RISK FOR
ALZHEIMER'S AT AGE 45 IS

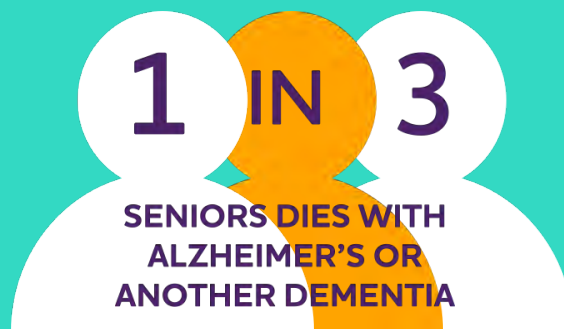


Older Black Americans are
2X AS LIKELY
to have Alzheimer's or other
dementia than Whites.

BETWEEN 2000 AND 2021, DEATHS
FROM HEART DISEASE HAVE
DECREASED 2.1%



WHILE DEATHS FROM
ALZHEIMER'S DISEASE HAVE
INCREASED 141%



IT KILLS MORE THAN
**BREAST CANCER AND
PROSTATE CANCER**

COMBINED



Older Hispanic Americans are
1.5X AS LIKELY
to have Alzheimer's or other
dementia than Whites.

Native Americans and Alzheimer's Disease

By 2060, the number of American Indian/Alaska Native individuals 65 and older living with dementia is projected to increase by **4 times**.



As many as **1 in 3** will develop Alzheimer's or another dementia.



61% say that affordability of care is a barrier.

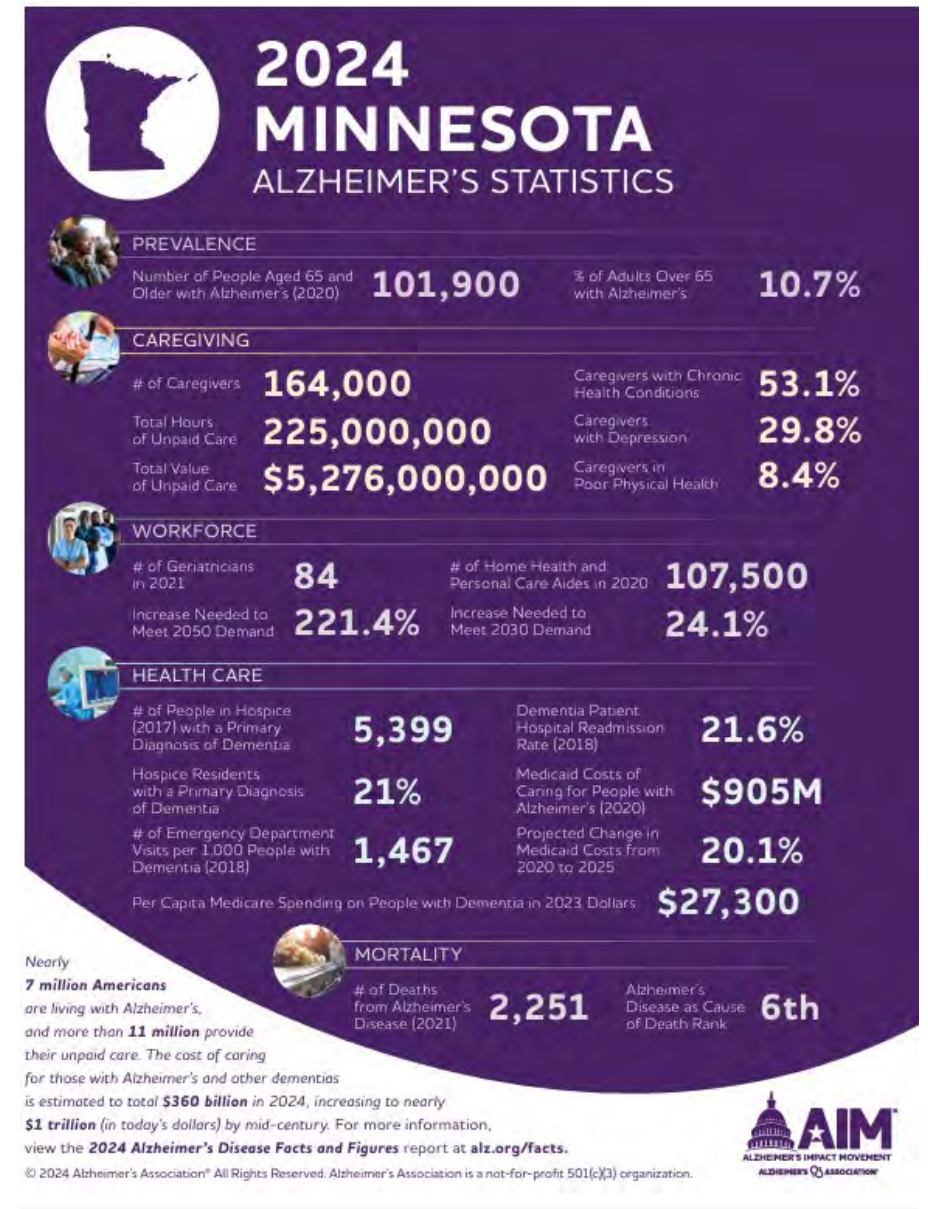


Source: Racial and ethnic estimates of Alzheimer's disease and related dementias in the United States (2015–2060) in adults aged ≥65 years," Alzheimer's & Dementia®: The Journal of the Alzheimer's Association 2019.

Minnesota

- Disease Prevalence: 101,900 MN residents
- Family Impact: 164,000 Caregivers
 - 53.1 % have chronic conditions
 - 29.8% have depression
 - 8.4% poor physical health

A 24.1% increase in geriatric workforce is needed to meet the projected 2030 demand



What is Dementia?

- Dementia is a collection of symptoms related to cognitive decline
- This can include
 - Cognitive symptoms
 - Behavioral symptoms
 - Psychological symptoms
- **Alzheimer's is the most common cause of dementia**
- Not everyone with cognitive decline has dementia. Some causes of cognitive decline are reversible.

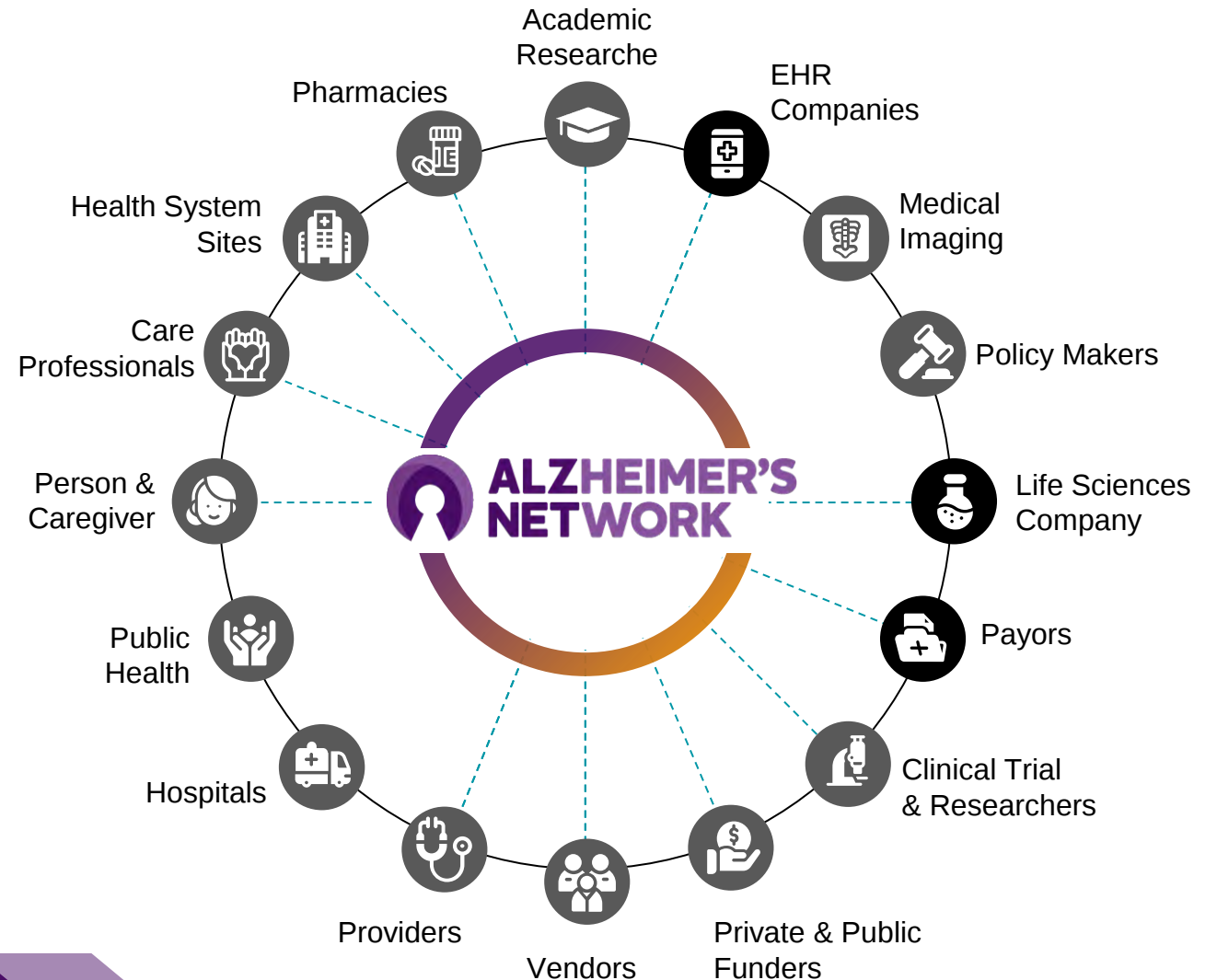
TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- 💧 **Alzheimer's**
- 💧 **Vascular**
- 💧 **Lewy body**
- 💧 **Frontotemporal**
- 💧 **Other**, including Huntington's
- ★ **Mixed dementia:** Dementia from more than one cause

EXPANDING COMMUNITY IMPACT ACROSS HEALTHCARE SETTINGS

Building an integrated network of experts collaborating to improve detection, diagnosis, and access to treatments and quality care planning, inclusive of all communities





What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

Resources for clinicians, preceptors, and learners in healthcare



MDH Healthy Brain Initiative

Patty Takawira, MPH

MDH Healthy Brain Initiative Director

MDH Healthy Brain Initiative

- BOLD (Building our Largest Dementia) Infrastructure for Alzheimer's Act funding
 - [CDC Healthy Brain Initiative RoadMap](#)
- Connecting and convening statewide partners
 - Dementia risk reduction
 - Early detection and diagnosis
 - Caregiver health and wellbeing



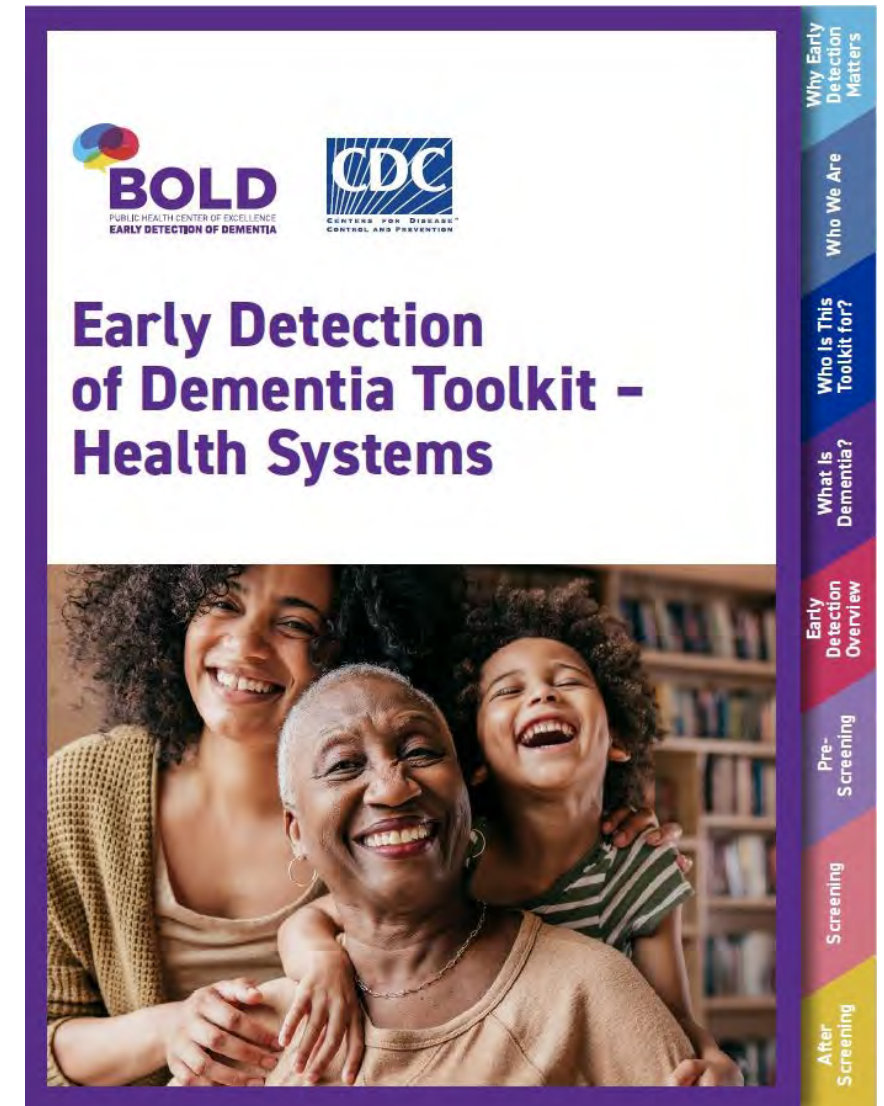
 **HEALTHYBRAIN
INITIATIVE**
State and Local Road Map
for Public Health, 2023–2027

 **ALZHEIMER'S
ASSOCIATION**

 **CDC**
DEPARTMENT OF HEALTH & HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

Public Health Center of Excellence on Early Detection of Dementia

- Build understanding of dementia as a manageable chronic condition
- Promote systems that improve early detection and open the door to better, more comprehensive care.
- [Early Detection of Dementia – Health System Provider Toolkit](#)
- Approaching conversations about dementia
 - [Pre-screening conversations](#)
 - [Post-screening conversations](#)



Us Against Alzheimer's BrainGuide

- **BrainGuide: Toolkit for Health System Providers**

- Communications Guides
- Clinical guidance
- Risk reduction information
- Patient resources
- Continuing education
- Digital and print materials



BrainGuide helps you wherever you are in your brain health journey. We offer:

- ✓ Confidential memory questionnaires
- ✓ Tailored resources that match your answers
- ✓ Access to trusted information and local resources



Hold your smartphone camera over this QR Code so that it is clearly visible and visit BrainGuide today.

Take your first step today
mybrainguide.org | 855-BRAIN-411 (855-272-4641)

*BrainGuide was created with in-kind and financial support from Biogen

Cognition in Primary Care



**Cognition in
Primary Care**

Version: 8/23/2022

Quick Questions if Memory is a Concern

1. Have you noticed that you forget things that just happened more often?
For example: Repeating the same question or the same story 30 minutes later.

YES	NO	UNSURE
-----	----	--------

2. Have you noticed it's difficult to finish a complex task that used to be easy for you?
For example: Cooking a complex recipe, organizing your documents, or putting up outdoor holiday lights.

YES	NO	UNSURE
-----	----	--------

3. Have you noticed being unsure where you are in a place you've been to many times?
For example: Becoming disoriented on a usual route or in a building you know well.

YES	NO	UNSURE
-----	----	--------

- 1 hr Free self-directed web-based training with CEs
- Training Link:
<https://familymedicine.uw.edu/cpc/>
- Clinical tools
 - workflows
 - EHR checklist
 - plans for newly diagnosed patients
 - quick questions
 - tips for talking to patients
 - advance care planning

ADRD in Primary Care: Addressing Risk Factors, Early Diagnosis, and Care Planning

- CMEs available
- 90-120 minutes
- For primary care clinicians and teams
- Learning Objectives
 - Identify risk factors for ADRD.
 - Implement risk reduction strategies for primary care patients at risk for dementia.
 - Initiate conversations about brain health with patients at risk for dementia.
 - Use culturally-sensitive cognitive assessments to support early diagnosis of dementia.
 - Describe the importance of care planning after a dementia diagnosis, including identifying a care partner (caregiver) and their needs.
- <https://cuelearning.org/courses/adrd/>



Maren Levad, Dementia Friendly initiatives
Program Manager



A Program of TRELLIS™



Training

- Dementia Friendly for Healthcare provides a free 60-or 90-minute educational session for staff working in health and dental care settings
- Dementia Friendly Dental Practices
- Advanced Clinical Training
 - for Medical Providers: Best Practices for Optimizing Dementia Care
 - Medical Providers: Best Practices: Simplify and Optimize Dementia Care for Care Coordinators



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PROVIDER RESOURCES

Medical Practice Tools

Use these ACT on Alzheimer's® provider practice tools and resources to support patients and clients who have memory concerns and their care partners. These best practice tools incorporate the expertise of clinical and community-based service providers.



Summary list of Tools on ACT on Alzheimer's website

A summary list of tools and resources for healthcare providers. These best practice tools incorporate recognized care standards as well as input from community stakeholders and people with dementia.



Practice Tools

- Clinical Provider Practice Tool
 - Provides physicians a streamlined protocol for managing cognitive impairment and guiding decisions for screening, diagnosis, and disease management.
 - Also available for Dentists
- Community-Based Service Provider Practice Tool
- Electronic Medical Record (EMR) Decision Support Tools
- After the Diagnosis Tip Sheet

Bringing Together Minnesota's Best Minds in Geriatrics Care and Education

- Transform primary care clinics for Age-Friendly care & learning
- Educate current & future health professionals in Age-Friendly care
- Dementia care, support, & safety for families & direct care workers



GWEP: Educating Current & Future Health Professionals in Age-Friendly Care

Age-Friendly Care & Education Collection



Geriatric Education Toolkits



Age-Friendly Care and Education *Collection*

z.umn.edu/AgeFriendlyCollection

- **What it is:** Searchable repository of over 1,300 educational resources on Age-Friendly care
- **Audience:** educators, health professionals, learners seeking quality material on aging care, education, and research



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Age-Friendly Care and Education Collection

Top 10 Resources

Title	Resource Type	View count
Post Traumatic Stress Disorder Case Study	Case Study	3643
Millie Larsen - Unfolding Case	Case Study	3377
Julia Morales and Lucy Grey - Unfolding Case	Case Study	2649
ConsultGeri	Other	2536
Henry and Ertha Williams - Unfolding Case	Case Study	2279
Sherman "Red" Yoder - Unfolding Case	Case Study	2062
Recommended Baccalaureate Competencies and Curricular Guidelines for the Nursing Care of Older Adults	Unpublished Document	1803
Case Study: Mrs. Parker	Case Study	1566
STOPP/START criteria for potentially inappropriate prescribing in older people: version 2	Journal Article	1480
Palliative Care Fast Facts and Concepts	Other	1424



Add Resources to the Collection

Contribute

Unique Views
as of April 2024:
506,703



GWEP Geriatric Educational Toolkits

<https://mngwep.nexusipe.org/toolkits>



What it is: Digital Learning Module and List of Resources for Faculty

Audience: educators looking for online learning activities and other resources on geriatric topics, interprofessional learners

Created by experts and peer reviewed interprofessionally



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GWEP Geriatric Educational Toolkits

<https://mngwep.nexusipe.org/toolkits>



Available toolkits: Geriatric Assessment, Managing Urinary Incontinence, Maximizing Mobility, Effective Medication Self-Management, What Matters, Suicide, LGBTQ Friendly Practices in Aging, Substance Use Disorder, Ageism, Understanding Medicare Medicaid and Hospice Benefits

Toolkits in production: HIV & Aging, Immigrant Aging, Delirium



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A photograph of three elderly individuals sitting in a room. On the left, a man with white hair and glasses is looking towards the center. In the middle, a man with a balding head and a wide smile is looking towards the right. On the right, a woman with dark hair is smiling and looking towards the center. They are all seated in a room with wood-paneled walls. A purple semi-transparent banner is overlaid across the middle of the image, containing the text 'Resources for Family and Community'.

Resources for Family and Community

TRELLIS™



Resources for Family and Community

- Dementia Friends Info Session
- ACT on Alzheimer's Sector Guides
- ACT on Alzheimer's Dementia Friendly Toolkit
- Dementia Friendly@Work

Resources for Caregivers of those with Memory Loss

- <https://mngwep.umn.edu/dementia-resources>
- Free Conference in June: Caring for People with Memory Loss
- LGBTQ+ Aging
- African Immigrants Memory Loss Project
- Memory Keepers Medical Discovery Team



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Alzheimer's Association
alz.org

MN Geriatrics Workforce Enhancement Program
mngwep.umn.edu

ACT on Alzheimer's
actonalz.org

UMN Department of Public Health
health.state.mn.us/diseases/alzheimers/dementia.html