

Aging and People with Disabilities

Toward a Dementia-Capable State: Creating Systems to Address the Growing Impact of Dementia in Oregon

HCBS Conference – September 3, 2015



Safety, health and independence for all Oregonians

Dementia in Oregon

- 20.1% of Oregon population is age 60+ (769,676 out of 3.8 million)
- 60,000 Oregonians estimated to be living with dementia
- 54% of residents with dementia in licensed care settings (assisted living, residential care, nursing facilities, adult foster homes).
- 175,000 estimated unpaid caregivers in Oregon

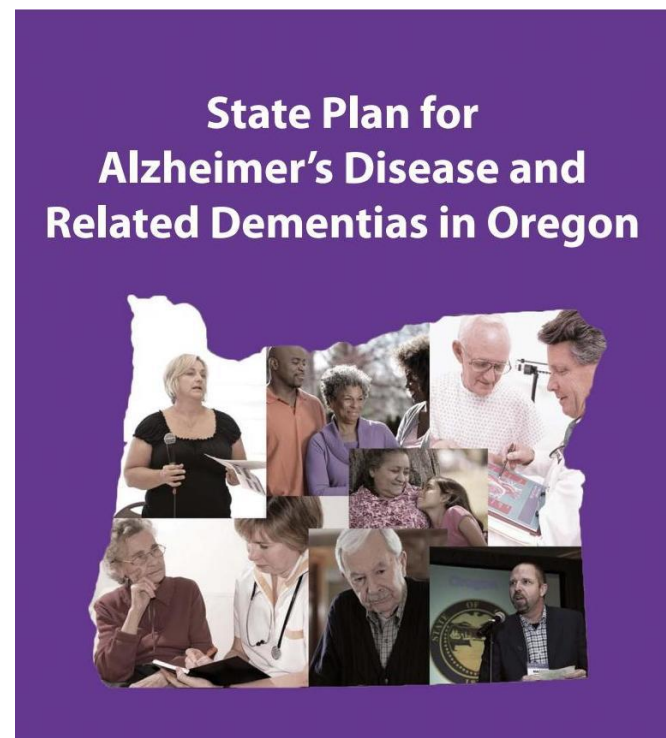


ACL's Focus on Dementia-Capability

- **Administration for Community Living papers in 2011 and 2014 defined 7 components of a model system**
 - Education the public about brain health and risk factors of dementia
 - Identify people with dementia and refer for diagnosis
 - Ensure programs and resource allocation take cognition into account
 - Ensure staff communicate effectively (person/family-centered, offer self-direction, are culturally appropriate)
 - Educate workers to identify and understand dementia
 - Implement quality assurance systems
 - Encourage development of dementia-friendly communities

State Plan for Alzheimer's Disease & Related Dementias in Oregon

- First taskforce meeting - November 2010
 - Divided into work groups to develop recommendations
 - Included legislators, non-profits, government agencies, academic researchers, issue experts, physicians, care providers, and family caregivers



State Plan for Alzheimer's Disease & Related Dementias in Oregon

- Seven town hall meetings and survey in 2011 and 2012
- Plan released July 2012; endorsed by Oregon Legislature 2013
- More town hall meetings (dissemination) in 2013

State Plan for Alzheimer's Disease and Related Dementias in Oregon



ACL Model & Oregon's State Plan

ACL Model (2014)

1. Educate the public about brain health and risk factors of dementia
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Oregon's State Plan (2012)

1. Enhance public awareness and engagement
2. Optimize care quality and efficiency
3. Protect individuals with dementia
4. Improve access to quality care
5. Prevent and effectively treat dementia and its impact (data & research)

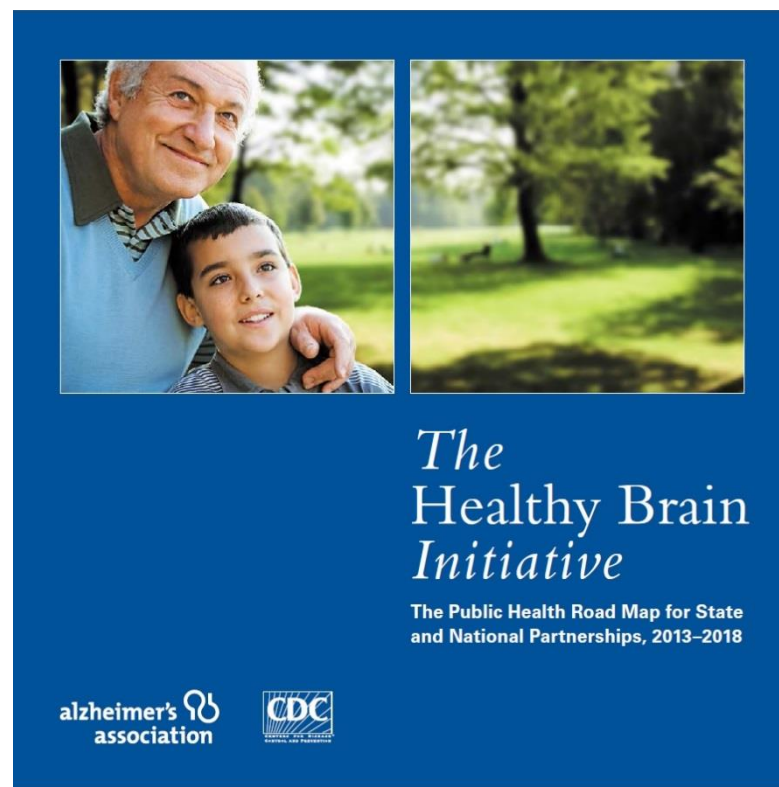
Addressing the ACL Model in Oregon

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1. Educate the public about brain health

State Public Health messaging to address on brain health

- Work to include brain health messaging in with CDC-funded cardiovascular health programs – diabetes, heart disease, tobacco, physical activity, nutrition



1. Educate the public about brain health

The screenshot shows the ADRC Oregon website homepage. At the top, there is a navigation bar with a search bar labeled 'Site Search', a language selection dropdown 'Select Language', and social media icons for Facebook, Twitter, and YouTube. The main header features the ADRC logo (Aging and Disability Resource Connection of OREGON) and the tagline 'Get connected to local information and services for seniors and people with disabilities.' Below the header, the page is organized into four main content areas: 'Explore your options' (featuring a photo of an elderly woman), 'Search for resources' (featuring a photo of a person in a wheelchair), 'Connect with your local ADRC' (featuring a photo of a person's hand on a wheelchair wheel), and 'Plan and prevent' (featuring a photo of a person's hand on a wheelchair wheel). Each area includes a brief description and a call-to-action button. On the right side, there is a 'Planning Toolkit' section with links to 'DOWNLOAD', 'Give feedback', and 'TAKE A SURVEY'. Below this is a 'Find us on Facebook' section showing a Facebook post from ADRC Oregon with 415 likes. The footer contains a table with links to various services and contact information.

ADRC
Aging and Disability
Resource Connection
of OREGON

Get connected to local information and services for seniors and people with disabilities.

Explore your options

Learn about resources, services and facilities in Oregon.

Search for resources

Find resources and services available in your local area.

ZIP or county Keyword Go

Connect with your local ADRC

Contact your local ADRC if you have questions or would like to talk with someone in person about your situation. Staff are available to help you.

Plan and prevent

Access information, tools and guidance to help you plan for future needs before they arise.

Planning Toolkit

Find information, resources and tools to help you start planning.

Give feedback

We want to hear from you. Tell us what you think about the website.

Find us on Facebook

ADRC Oregon 415 likes

Liked

Explore	Search	Connect	Plan
Long-term services	Search by keyword	About ADRC	Why plan
In your community	Search by need	Inclusion in database	First steps
In your home	Assess your needs	Provider request form	Funding your care

1-855-ORE-ADRC
1-855-673-2372
ADRC.WebMessages@state.or.us

Development of Alzheimer's website and outreach

1. Educate the public about brain health



Long-term services In your community In your home In a facility **Alzheimer's** More options

Safety Legal/financial Caregiving Medical Research

Alzheimer's disease and related dementias



Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time. In time, they hinder daily tasks.

Alzheimer's is the most common form of dementia, and it accounts for 50 to 80 percent of cases of dementia. Dementia is a general term for a decline in mental ability severe enough to interfere with a person's daily life. Other forms of

dementia include vascular dementia, Lewy body dementia, Pick's disease and Parkinson's disease. This information focuses on Alzheimer's disease, the most common type of dementia. This information can apply to any form of dementia, however.

Learn more about Alzheimer's disease and other types of dementia

- [Alzheimer's Association](#)
- [National Institute on Aging](#)

Alzheimer's is not a normal part of aging. But the greatest known risk factor is age. Most people with Alzheimer's are 65 and older. But up to 5 percent of people with the disease have younger-onset Alzheimer's. Younger-onset often appears between age 40 and

www.helpforAlz.org



Find Alzheimer's resources in your local area.

ZIP or county



Connect with your local ADRC.

ADRC of Oregon staff are available to help you explore your options to meet your current needs or create a plan for the future.

[CONNECT NOW](#)

[Understanding Memory Loss](#)

1. Educate the public about brain health

Ads in statewide newspapers

I've told Mom the same thing three times
...but she seems to keep forgetting.

IT'S NOT LIKE HER.



WE CAN HELP.

Call us with questions
about aging and Alzheimer's.

1-855-ORE-ADRC
HelpForAlz.org

ADRC
Aging and Disability
Resource Connection

OREGON DEPARTMENT OF HUMAN SERVICES PROGRAM

Dad got lost coming home from the store again...Mom is worried.

IT'S NOT LIKE HIM.



WE CAN HELP.

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about aging and Alzheimer's.


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Mom has always been so patient, but now
when I ask her questions she gets angry.

IT'S NOT LIKE HER.



WE CAN HELP.

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about aging and Alzheimer's.


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I found Dad's remote in the fridge again.
...I'm beginning to get worried.

IT'S NOT LIKE HIM.



WE CAN HELP.

Call us with questions
about aging and Alzheimer's.

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OREGON DEPARTMENT OF HUMAN SERVICES PROGRAM

1. Educate the public about brain health

Caregiver & early memory loss programs

- ***Powerful Tools for Caregiving*** – 6-week program for caregivers
- ***Savvy Caregiver*** – 8-week program for caregivers of persons with dementia
- ***STAR-C*** – in-home program for caregivers of people with dementia
- ***Staying Connected*** and ***Staying in Motion*** – 4 week programs for people with early memory loss

Addressing the ACL Model in Oregon

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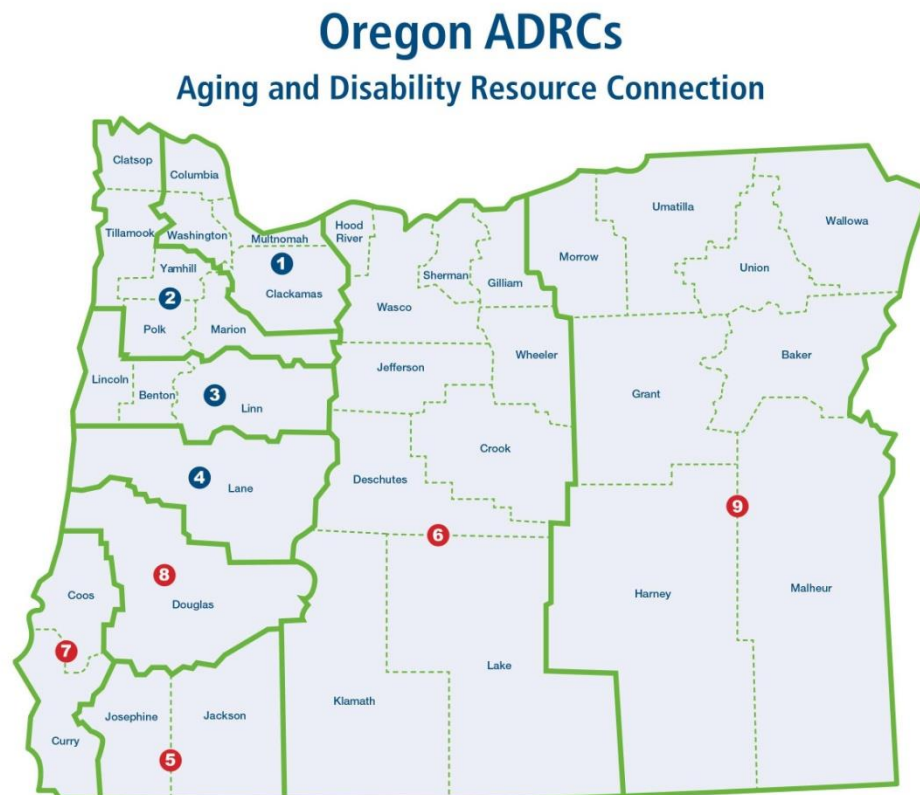
2. Identify people with dementia

On-line ADRC staff training

- Tier 1: dementia support, communication & behavioral expression, medical & clinical issues, information and referral
- Tier 2: decision-support tools, person-centered planning, care transitions, advanced care planning and end-of-life issues

Tracking of cognition in statewide ADRC data system

Referral protocols between each ADRC and Alzheimer's Association



2. Identify people with dementia

Gatekeeper program

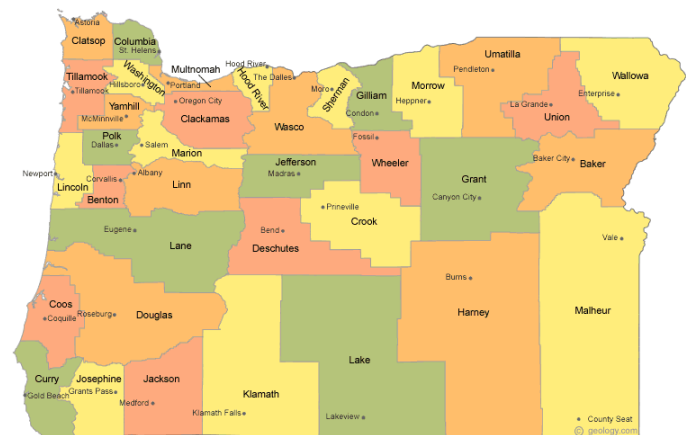
- State funding in 2014 to expand through 9 ADRCs
- Training and statewide outreach resulting in approximately 2,000 Gatekeeper referrals in 2014-15
- Funding discontinued by Legislature as of July 1, 2015; but program being continued at reduced level by ADRCs in hopes of resumed funding in the future



2. Identify people with dementia

Coordination between aging, healthcare, and mental health

- **Long-Term Services & Supports Innovator Agents** coordinate efforts between Medicaid healthcare systems (Coordinated Care Organizations) and aging services. (*7 statewide*)
- **Older Adult Behavioral Health Specialists** coordinate efforts between community mental health and aging services. (*24 statewide*)



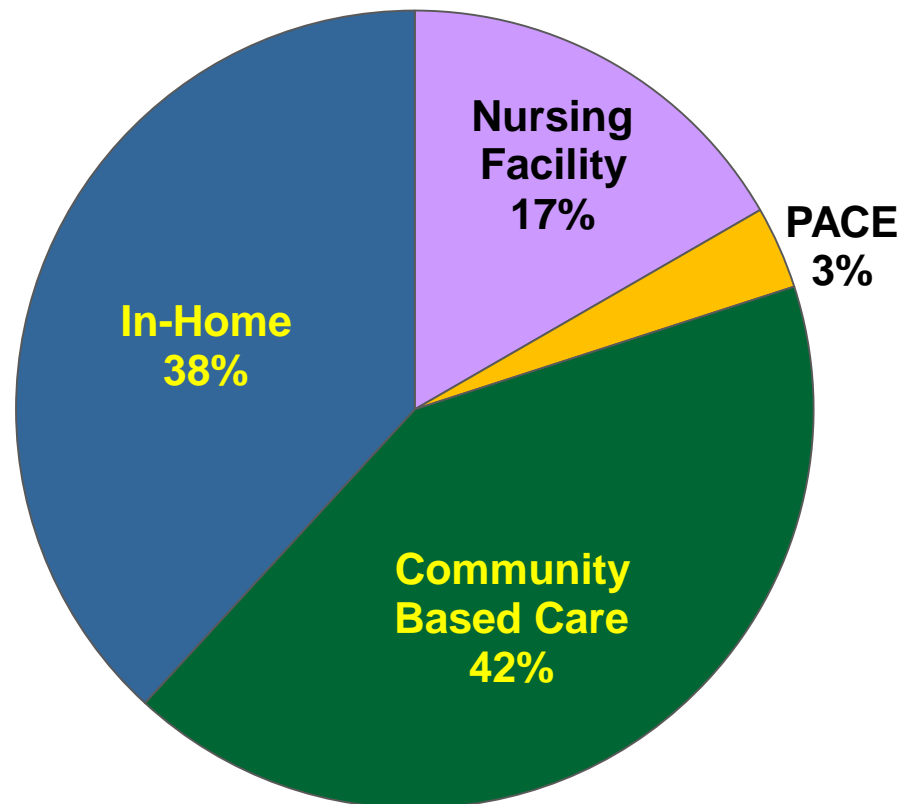
**What is your state, community,
or organization doing to
educate the public about brain
health and/or identify people with
dementia and refer for
diagnosis?**

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3. Ensure programs and resources take cognition into account

Where Oregonians Needing Medicaid LTC are Served (2014)



3. Ensure programs and resources take cognition into account

411-015-0010 Priority of Paid Services

1	Requires Full Assistance in Mobility, Eating, Elimination, and Cognition.	7	Requires Substantial Assistance with Mobility and Assistance with Elimination.	13	Requires Assistance with Elimination. (13 is cutoff for Medicaid)
2	Requires Full Assistance in Mobility, Eating, and Cognition.	8	Requires Minimal Assistance with Mobility and Assistance with Eating and Elimination.	14	Requires Assistance with Eating.
3	Requires Full Assistance in Mobility, or Cognition, or Eating.	9	Requires Assistance with Eating and Elimination.	15	Requires Minimal Assistance with Mobility.
4	Requires Full Assistance in Elimination.	10	Requires Substantial Assistance with Mobility.	16	Requires Full Assistance in Bathing or Dressing.
5	Requires Substantial Assistance with Mobility, Assistance with Elimination and Assistance with Eating.	11	Requires Minimal Assistance with Mobility and Assistance with Elimination.	17	Requires Assistance in Bathing or Dressing.
6	Requires Substantial Assistance with Mobility and Assistance with Eating.	12	Requires Minimal Assistance with Mobility and Assistance with Eating.	18	Independent in the above levels but requires structured living for supervision for complex medical problems or a complex medication regimen.

3. Ensure programs and resources take cognition into account

Need for Assistance with Cognition in Oregon CBC settings (2014)

	AFH % (n)	ALF % (n)	RCF % (n)	MCC % (n)	Total % (n)
Full Assist	57% (2,141)	32% (1,425)	54% (673)	92% (2,284)	55% (6,523)
Assist	28% (1,045)	40% (1,807)	29% (367)	6% (144)	28% (3,363)
Independent	16% (593)	28% (1,237)	17% (213)	2% (48)	18% (2,091)
Total	3,779	4,469	1,253	2,476	11,977

3. Ensure programs and resources take cognition into account

Behavior Support Services

- Medicaid funded Community First Choice (K) State Plan Option
- Certified Behavior Consultants using Positive Behavior Support
- Focused on person-centered support within environment and improving interactions with caregivers



3. Ensure programs and resources take cognition into account

Quality Care Fund

- Making Oregon Vital for Elders (MOVE) - Person-Centered Living Project

Innovation Fund

- Volunteers of America (VoA), Sundance Adult Day Program





**What is your state, community,
or organization doing to ensure
programs and resources take
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4. Staff Communicate Effectively

- SPADO workgroup provider and family roadmaps
- Self-direction options for persons with dementia
- Tier 2 ADRC dementia training for I & A and options counselors



State Plan for Alzheimer's Disease and Related Dementias in Oregon



4. Staff Communicate Effectively

CARE Act – HB3378

Requires hospitals to develop discharge plans to help lay caregivers assist elderly patients and others in need of extended care with their treatment when they return home.



Addressing the ACL Model in Oregon

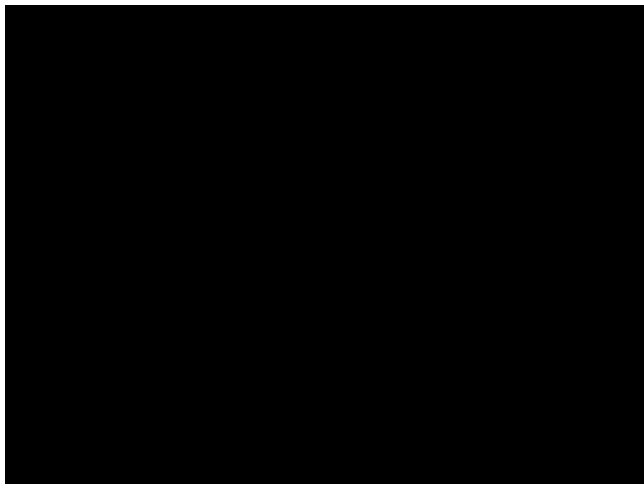
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5. Staff training

Educate workers to identify and understand dementia

- Home Care Commission training
- Case manager training (Advanced Service Planning)
- State-funded caregiver training (Oregon Care Partners)
- CMS anti-psychotic reduction efforts
- MOVE: Person Centered Living video series





**What is your state, community,
or organization doing to ensure
staff communicate effectively
and are educated to identify and
understand dementia?**

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6. Quality assurance

Training for Aging and People with Disabilities (APD) Licensing Complaint Unit

- Person-centered dementia care and service planning
- Oregon Administrative Rules related to LTC settings in which people with dementia reside

Behavioral Risk Factor Surveillance System



- Cognitive Decline and Caregiver Modules added in 2013
- Cognitive Decline Module measures respondents' perceptions about any confusion or memory loss (in the past 12 months) that is happening more often or is getting worse

6. Quality assurance

(SPADO) Standards of Dementia Care for LTC Residents in Oregon

1. I have the right to an accurate and timely diagnosis.
2. I have the right to be regarded as a unique individual and to be treated with dignity and respect.
3. I have the right to access a range of treatment, care, and supports, regardless of age and current condition.
4. I have the right to well-coordinated care transitions.
5. I have the right to be as independent as possible and to be included in my community.
6. I have the right to have formal caregivers who are well supported and educated about dementia.
7. I have the right to end-of-life care that respects my wishes.

**What is your state, community,
or organization doing to
implement quality assurance
systems?**

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7. Dementia-friendly communities

Encourage development of dementia-friendly communities

- Portland State University work based on *Age Friendly Cities & Communities* efforts
- Coordination with Public health in their systems/policy work to build *Communities for All Ages*
- Growth of *Village* model

Law enforcement and first responder dementia training - provided by Alzheimer's Association

New state legislation supporting retirement savings & sick leave

Action Plan for an Age-Friendly Portland



Prepared by:

The Age-Friendly Portland Advisory Council

**What is your state, community,
or organization doing to
encourage dementia-friendly
communities?**

What else? Where we're headed...

- Aging–Public Health partnership to address brain health and cognitive decline from a population perspective
- Strengthening ADRC network as no-wrong-door information and support for the public
- Healthcare transformation, with opportunities to strengthen connections between healthcare, aging, and mental health
- State Alzheimer's plan to support diverse partnerships to address dementia statewide.



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