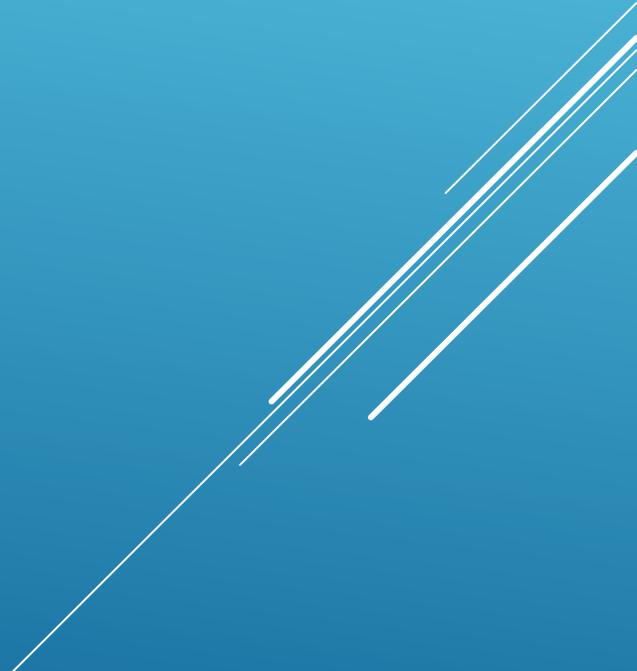
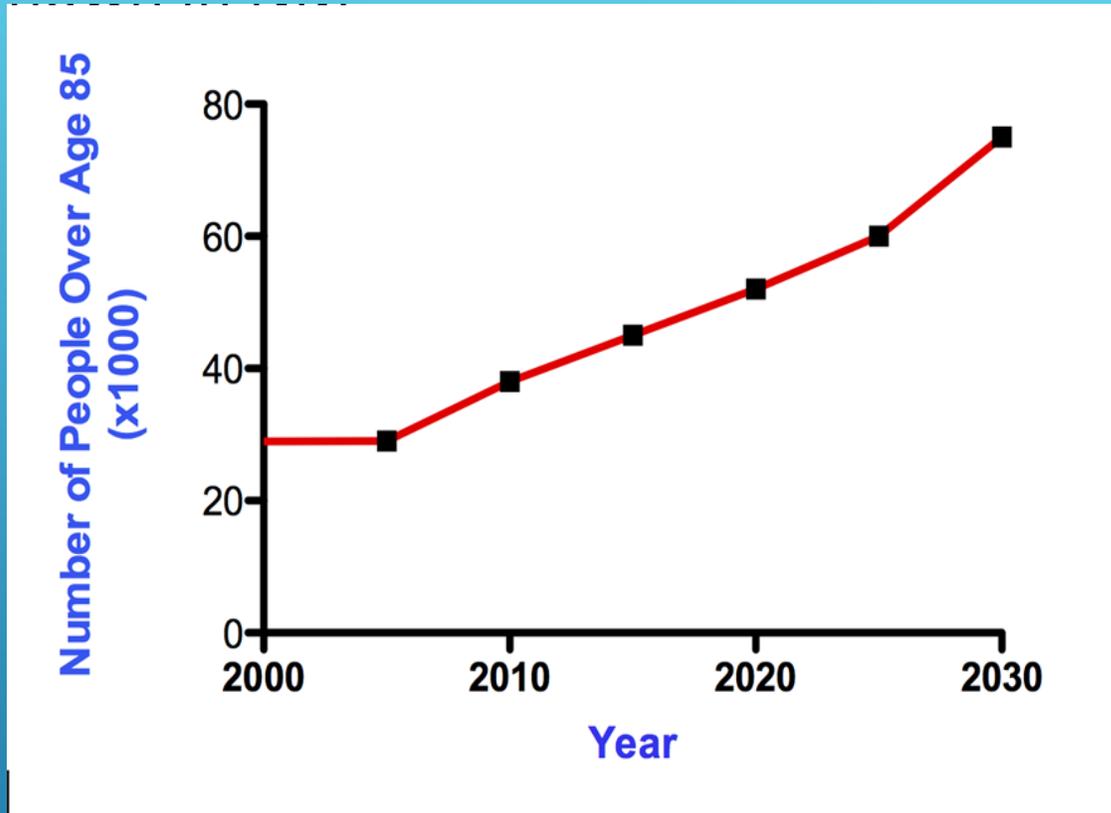


LEGISLATIVE HEALTH AND HUMAN
SERVICES COMMITTEE
SEPTEMBER 22, 2015 MEETING

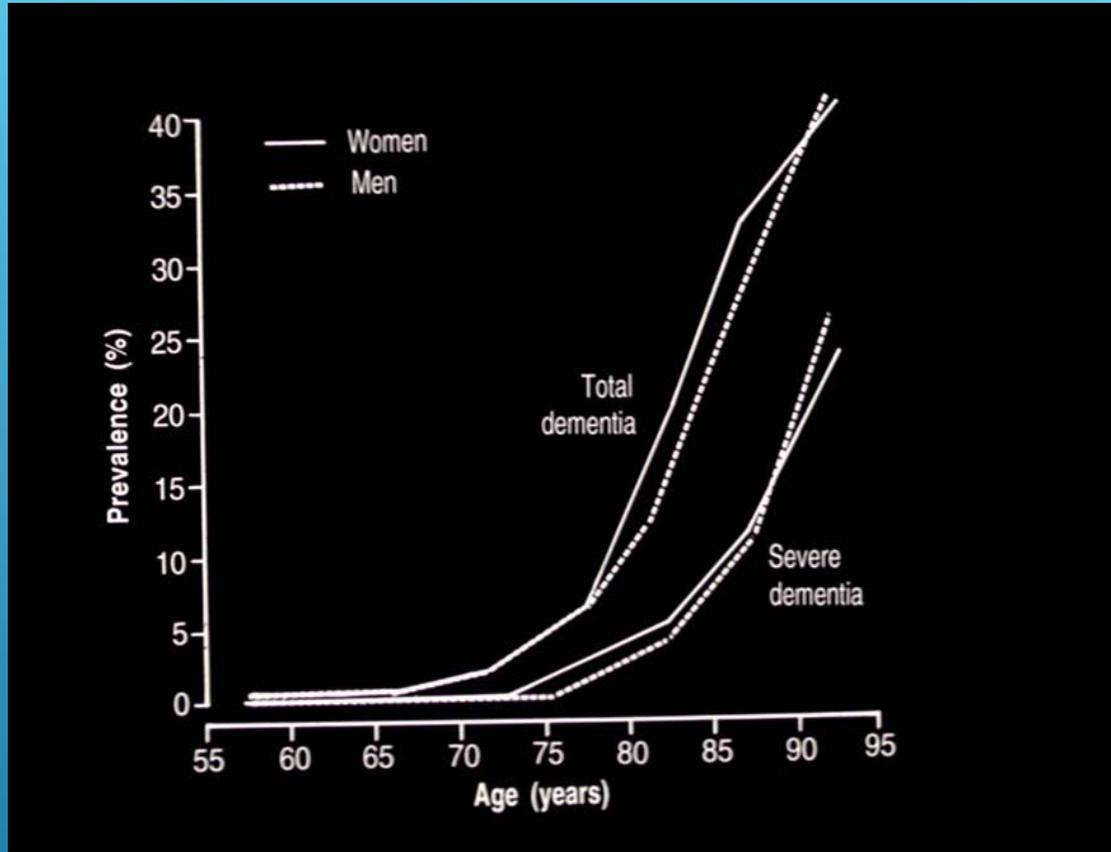
ADDRESSING BEHAVIORAL HEALTH ISSUES
OF SENIORS

JANICE E. KNOEFEL, MD, MPH
GERIATRICS & NEUROLOGY
UNM





AGING IN NEW MEXICO



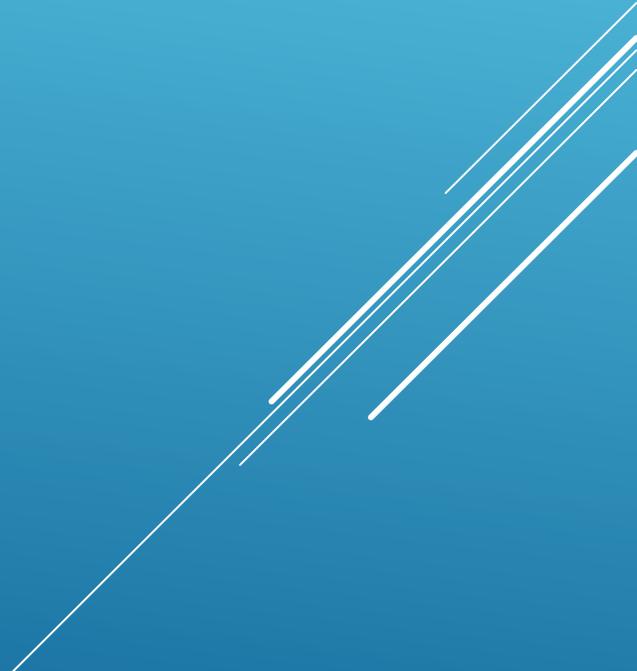
DEMENTIA IN NEW MEXICO

- ▶ Many new cases of dementia and Alzheimer's Disease expected in New Mexico in the future
- ▶ Healthcare systems, providers and consumers claim there is inadequate dementia care in New Mexico NOW, what will future increases bring?

DEMENTIA IN NEW MEXICO

- ▶ Too few health care providers
- ▶ Too concentrated in urban areas
- ▶ Too little geriatric knowledge and skills
- ▶ Too little neurology knowledge and skills
- ▶ Too little geropsychiatry knowledge and skills

HEALTHCARE IN NEW MEXICO

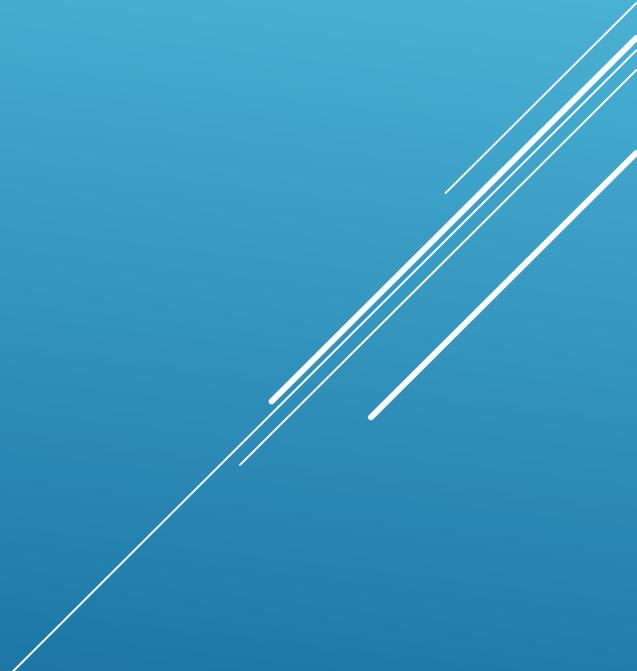
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- ▶ Rapidly aging population in NM
- ▶ Dementia very strongly tracks aging
- ▶ Prevalence expected to grow exponentially
- ▶ Too few providers with too little knowledge and few skills in dementia care
- ▶ Is this the face of the silver tsunami in NM?

DEMENTIA IN THE HEALTHCARE SYSTEM

- ▶ Needs assessment from involved individual caregivers
- ▶ Focus groups (caregivers; care professionals)
- ▶ Opinion of community (Alz Ass, CG support groups)
- ▶ Quality indicators for dementia care excellence (national organization initiatives)
- ▶ Suggested topics from participants at conferences
- ▶ Where do we start?

HOW TO YOU GET TO THE NEEDS?



- ▶ Dementia Care ECHO Clinic 2011-2015:
 - ▶ Train cadre of dementia care providers of all disciplines
 - ▶ Interprofessional emphasis
 - ▶ Educate community and rural providers in dementia
 - ▶ Expand access to dementia specialty care in NM
 - ▶ Improve quality and outcomes of dementia care
 - ▶ Funded by time-limited grant to UNM Geriatric Division

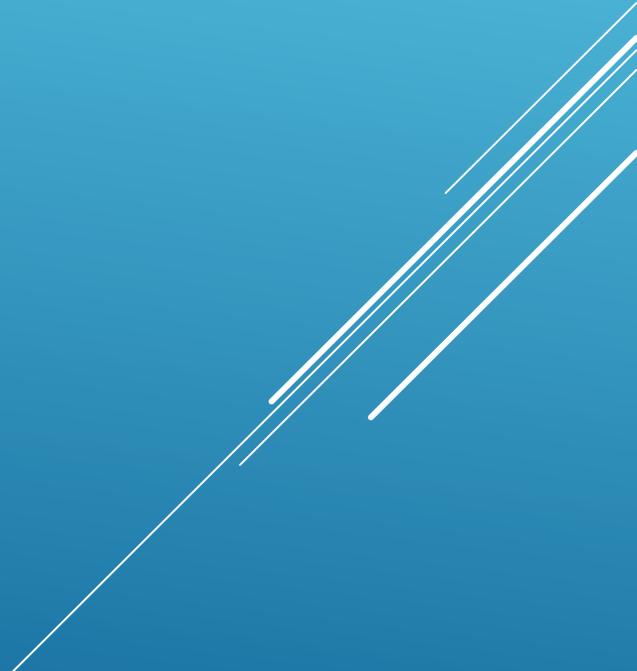


- ▶ Dementia Care Clinic 2011-2015:
 - ▶ UNM Geriatrics, Neurology, PharmD, RN, SW, OT, PT
 - ▶ Community partners:
 - ▶ NM Chapter of Alzheimer Association, volunteers
 - ▶ NM Aging and Long Term Services Department
 - ▶ VA Healthcare
 - ▶ Industry Partners:
 - ▶ ALF, NH, residential care and home care professionals
 - ▶ Elder law, guardianship professionals



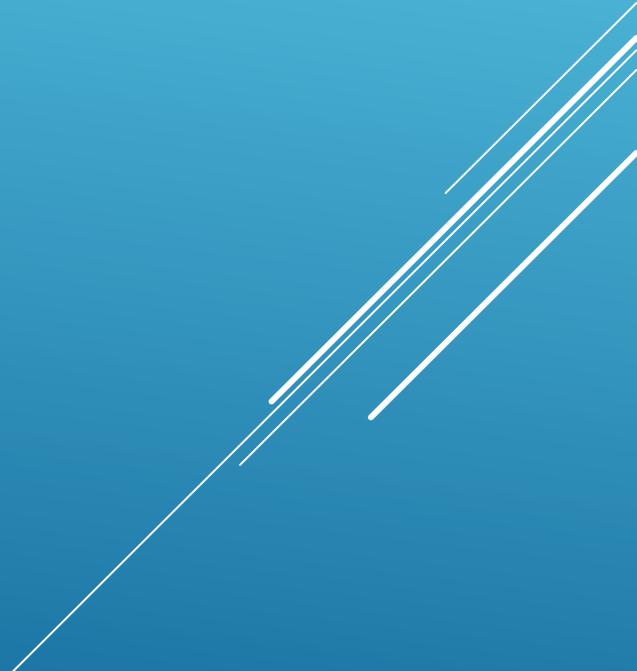
- ▶ Involved Professionals:
 - ▶ MD, DO, NP, PA, SW, RN, RD, PhD, OT, PT, RT, MA
- ▶ Alzheimer Association staff and administrators
- ▶ LTC/ALF staff and administrators
- ▶ NM ALTS Department staff and administrators
- ▶ Volunteers:
 - ▶ support group leaders

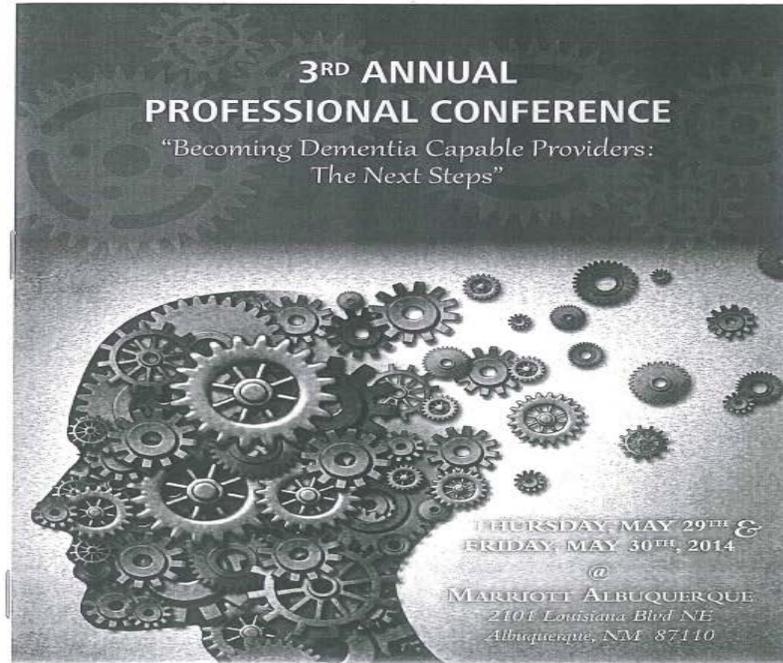
RESULTS AFTER 4 YEARS OF CLINICS



- ▶ A working and involved community
- ▶ Lots and lots of long discussions
- ▶ Multi-layered activities
- ▶ Broad, engaged coalition:
 - ▶ Organizations
 - ▶ Agencies
 - ▶ Businesses
 - ▶ Individuals

SO WHERE DID THIS LEAD US?

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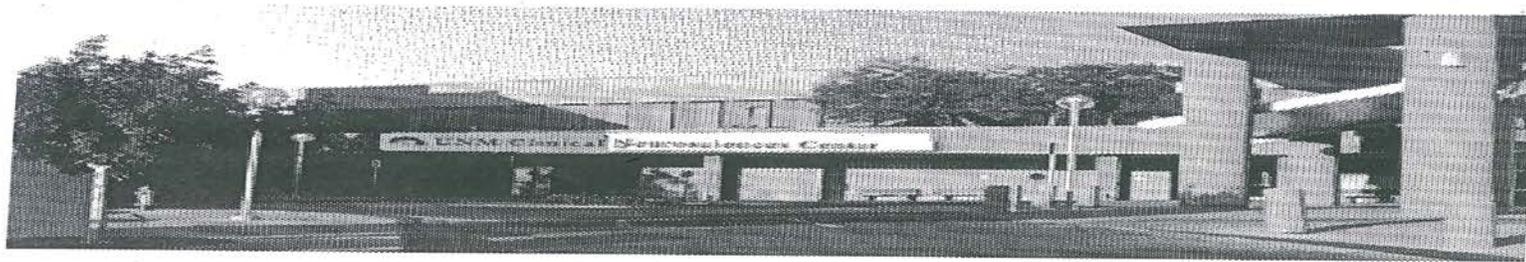


Jointly Sponsored by:

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new mexico chapter



FOUR YEARS OF STATEWIDE AA
EDUCATIONAL DEMENTIA CONFERENCE



THREE YEARS OF A DEDICATED
DEMENTIA CLINIC AT UNM

2
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1
3

New Mexico State Plan

For Alzheimer's Disease and Related Dementias



A TWO YEAR OLD STATE PLAN FOR
ALZHEIMER'S DISEASE AND RELATED
DEMENTIAS

PubMed

Display Settings: Abstract

FULL FINAL TEXT
OXFORD JOURNALS

Gerontologist. 2003 Dec;43(6):908-15.

The savvy caregiver program: developing and testing a transportable dementia family caregiver training program.

Hepburn KW¹, Lewis M, Sherman CW, Tornatore J.

Author information

Abstract

PURPOSE: This article reports on the development and field testing of the Savvy Caregiver Program, the transformation of a successful, academic-based caregiver psychoeducational program into a self-contained program that can be adopted in other locations.

DESIGN AND METHODS: Program development began with a prototype of a 12-hr course with the aims of introducing family caregivers to the caregiving role, providing them with the knowledge, skills, and attitudes needed to carry out that role, and alerting them to self-care issues. Results from initial field trials dictated a substantial revision of the workshop materials. The next version was field tested in multiple sites in southern rural Minnesota, Colorado, and Alaska. In this expanded testing, participants evaluated the program, and cross-group comparisons were conducted by use of well-established caregiver well-being scales.

RESULTS: Virtually all respondents reported increased skill, knowledge, and confidence, and all would recommend the program to others. A preintervention versus postintervention analysis indicates that caregivers' reaction to the overall behavior of the persons for whom they provide care (i.e., "total reaction"), their self-reported burden, and their beliefs about caregiving (emotional enmeshment) changed significantly in directions indicating better caregiver well-being.

IMPLICATIONS: Results suggest that it is feasible to translate a research-based caregiver intervention into a packaged program that can be adopted in other settings without the direct involvement of the program initiators.

PMID: 14704391 [PubMed - indexed for MEDLINE]

Publication Types, MeSH Terms, Grant Support

LinkOut - more resources

<http://www.ncbi.nlm.nih.gov/pubmed/14704391>

2/6/2015

ONE YEAR OF EXPANDED SAVVY
CAREGIVER CLASSES – AA/ALTSD



CUIDANDO CON RESPECTO

S. Liliana Oakes, MD
Melissa Talamantes, PsyD
Jeanette Silva Ross, MD
Cindy Alford, PhD

SAVVY CAREGIVER CLASS - HISPANICS



The Savvy Caregiver in Indian Country

TRAINER'S MANUAL

A Product of

**National Minority Aging Organization Technical Assistance Center for
the Development of Dementia Care Resources for American Indians and Alaska Natives**

at the

**National Indian Council on Aging
Albuquerque, New Mexico**

**ADMINISTRATION ON AGING
NATIONAL INDIAN COUNCIL ON AGING
UNIVERSITY OF OKLAHOMA HEALTH SCIENCES CENTER**

SAVVY CAREGIVER CLASS - NATIVE AMERICANS

Do you care for someone with Alzheimer's disease or a related dementia?

Are you so overwhelmed by taking care of someone else that you have neglected your own physical, mental and emotional well-being? If you find yourself without the time to take care of your own needs, you may be putting yourself and your health at risk.

Do you...

- Feel like you have to do it all yourself?
- Worry that the person you care for is safe?
- Withdraw from family, friends and activities you once enjoyed?
- Feel grief or sadness that your relationship with the person isn't what it used to be?
- Get frustrated and angry when the person continually repeats things and doesn't seem to listen?
- Have health problems that are taking a toll on you?
- **If so...we have programs to**

The Veteran's Project:

- A state funded grant which will enable persons caring for a veteran with Alzheimer's and/ or a veteran caring for a loved one with Alzheimer's to develop a sense of control with practical tools and skills for caregiving
- Education and overview of Alzheimer's disease and Related Dementias
- A Savvy and informed approach to effective caregiving

Topics covered in the Veteran's Project Savvy Caregivers training course:

12 hours of class work

- Daily Life of Dementia Care giving
- Dealing with Behaviors
- Utilizing friends, family, healthcare providers and the Alzheimer's Association for advice, and help.
- Self-Care



The Veteran's Project is offering the SAVVY Caregiver training for veterans throughout the state of New Mexico

The Alzheimer's Association is currently taking registrants and referrals to this new program

Please call on us for information and assistance 1-800-272-3900

SAVVY CAREGIVER CLASS - VETERANS

- ▶ SIX GOALS:
 - ▶ Develop an Adequate Network Structure
 - ▶ Expand Public Awareness and Dementia Resource Connections
 - ▶ Support and Empower Unpaid Caregivers
 - ▶ Expand Research Opportunities in New Mexico
 - ▶ Support education and training for a Dementia-competent workforce
 - ▶ Promote quality in all aspects of Alzheimer's disease care, education, public awareness, and research

FULL IMPLEMENTATION OF THE NM STATE PLAN



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Medicare & Medicaid Services
Center for Medicare and Medicaid Innovation

Initial Announcement
Cooperative Agreement

Transforming Clinical Practice Initiative (TCPI)
Support and Alignment Network (SAN)

Funding Opportunity Number CMS-1L1-15-002
CFDA 93.639

Applicable Dates:

FOA Posting Date:	October 23, 2014
Letter of Intent to Apply Due Date:	November 20, 2014
Electronic Cooperative Agreement Application Due Date:	February 5, 2015
	(3:00 p.m. Eastern - Baltimore MD -Time)
Anticipated Issuance of Notices of Award:	April 10, 2015
Anticipated Cooperative Agreement Period of Performance:	May 1, 2015 – April 30, 2019

SO WHERE WILL THIS LEAD US NEXT?
?FEDERAL FUNDING TO RESUME ECHO?



**Tier I Cycle 2 Pipeline to Proposal Awards
Application Guidelines**

Published November 21, 2014
Revised January 2015

AUGUST PCORI TRAINING FOR 30
STAKEHOLDERS AT UNM

- ▶ Dementia is the number one behavioral health issue in seniors based upon:
 - ▶ Numbers directly affected – patients
 - ▶ Numbers indirectly affected – family and caregivers
 - ▶ Amount of lost productivity – patients and caregivers
 - ▶ Amount of money directly and indirectly spent on care
 - ▶ Quality of life for all affected NM residents

SO, HOW CAN THIS HELP SENIORS
WITH BEHAVIORAL HEALTH ISSUES?

- ▶ We, a broad coalition from academia, state and local government bodies, private organizations, businesses, affected individuals and families are working with to:
 - ▶ Improve diagnosis of dementia and Alzheimer's Disease
 - ▶ Improve treatment and management of symptoms
 - ▶ Prevent the development of behaviors leading to acute intervention and long-term institutional care
 - ▶ Provide community-based education and support to allow individuals to live at home based on quality-of-life care

SO, HOW CAN THIS HELP SENIORS
WITH BEHAVIORAL HEALTH ISSUES?

- ▶ To today's Quarterly Meeting of the State Dementia Plan Leadership Team starting at 10am this morning at the Association offices!
- ▶ http://www.nmaging.state.nm.us/uploads/FileLinks/93d89f60b10b4732be44e6c31f403060/Alz_State_Plan.pdf = state plan on line
- ▶ Contact information:
 - ▶ Janice E. Knoefel, MD, MPH
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 - ▶ University of New Mexico
 - ▶ 800 Bradbury Dr. SE Suite 215
 - ▶ Albuquerque, NM 87106
 - ▶ jknoefel@salud.unm.edu
 - ▶ Fx 505-272-4056
 - ▶ Cell 505-917-3639

SO WHERE WILL THIS LEAD ME?