

# The New Mexico State Plan for Alzheimer's Disease & Related Dementias

Presented to the

Legislative Health and Human Services Committee

October 3, 2013

- Gino Rinaldi, Cabinet Secretary, Aging & Long-Term Services Department
- Agnes Vallejos, Executive Director, Alzheimer's Association, New Mexico Chapter
- Myles Copeland, Deputy Secretary, Aging & Long-Term Services Department



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# AGENDA

- State Plan process
- Alzheimer's disease as a public health crisis
- Impacts of Alzheimer's
- New Mexico challenges
- Goals & strategies



# PROCESS

## House Memorial 20

- Sponsored by Representative Danice Picraux
- Passed February, 2012
- Called for Task Force to be Convened to Study & Develop a State Plan for Alzheimer's Disease
- Called for a Report by November 1, 2013



# PROCESS

- Task Force convened by ALTSD, April, 2012
  - 60+ stakeholders participated
  - 6 Task Force meetings
  - 2 town halls
  - Feedback forms at events & online



# PROCESS

- Task Force Membership:

- Dept. of Health
- Dept. of Veterans Services
- Dept. of Human Services
- Dept. of Indian Affairs
- Person with Alzheimer's
- Alzheimer's caregiver
- Healthcare Assoc.
- Assisted Living
- Assoc. of Adult Daycare
- Assoc. for Home & Hospice Care

- UNM Geriatrics
- Alzheimer's researcher
- AARP
- Primary Care & Rural Health
- Developmental Disabilities Planning
- Alzheimer's Association
- Medical Assistance Division
- Each Area Agency on Aging
- Community Care



# PROCESS

## Five Work Groups Formed to Study Key Areas:

- Needs of Caregivers
- Public Awareness
- Research
- Quality of Care
- Healthcare System Capacity



# PROCESS

## Guiding Principles:

- Address NM's rural and frontier nature
- Respect & incorporate ethnic & cultural traditions
- Recognize & address high rate of poverty
- Ensure recommendations have action plans



# WHAT IS DEMENTIA?

Dementia is a condition of global deterioration of memory and cognition that impairs thought and social functioning.

- Alzheimer's accounts for 60-80% of Dementia

# PUBLIC HEALTH CRISIS

- 5.3 Million Americans Affected
  - 31,000 New Mexicans
- 15+ Million Unpaid Caregivers
  - 105,000 New Mexicans
- Greatest risk factor: Age
  - 1 in 9 among 65+
  - 1 in 3 among 85+

# PUBLIC HEALTH CRISIS

- 10,000 Baby boomers turn 65 each day
- 15+ million in U.S. will have Alzheimer's by 2050
- Costs up to \$215 billion annually
- Will cost \$1 trillion annually by 2050

*2013 Alzheimer's Disease Facts and Figures.*

Hurd, M., Martorell, P., Delavande, A., Mullen, K., & Langa, K. (2013, April 4). *Monetary Costs of Dementia in the United States.* New England Journal of Medicine



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# PUBLIC HEALTH CRISIS

- Age 65+ population in NM estimated to more than double by 2030
  - 4<sup>th</sup> largest 65+ population % in the country
  - US Hispanic elder population with AD will increase 6x
  - 43,000 New Mexicans with Alzheimer's by 2025

# FACTS ABOUT UNPAID CAREGIVERS

- Provide 80% of community care
- \$1.48 billion annual value in NM

# FACTS ABOUT UNPAID CAREGIVERS

- 61% rate their stress from caregiving as high or very high
- 33% report symptoms of depression
- \$61 million in higher healthcare costs in NM



# FACTS ABOUT UNPAID CAREGIVERS

## Task Force caregiver feedback:

- Don't know where to turn
- Stigma & isolation prevent access to help
- Financial stress
  - Work changes
  - Lost income
  - Lost Social Security



# NM HEALTHCARE SYSTEM

- Current capacity issues
  - 43.5% of practicing physicians report their practices are full
- Dementia capability of primary care physicians
- Fast-growing senior population

# AT-RISK POPULATIONS

- Older Hispanics 1.5 times as likely to have dementia as older Anglos.
- Older Veterans with PTSD almost 2 times as likely have age-related dementia.
- Lack of Native American-specific research.

2013 Alzheimer's Disease Facts and Figures.

Boyles, S. (2010, June 7) *Posttraumatic Stress Disorder Linked to Dementia*.  
WebMD. <http://www.webmd.com/mental-health/news/20100607/posttraumatic-stress-disorder-linked-to-dementia>



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# WHAT'S BEING DONE NOW

- Area Agencies on Aging
  - 379,000 hours of respite provided
- Aging & Disability Resource Center
  - Benefits counseling & resource connection (43,220 calls)
- Alzheimer's Association, New Mexico Chapter
  - 3,826 Helpline Contacts
  - Reimbursed for 8,842 hours of respite
  - 147 education events to 2,929 people



# WHAT'S BEING DONE NOW

## Caregiver training

- Savvy Caregiver (Alzheimer's Association)
  - Evidence-based to
    - Increase caregiver skill, confidence & knowledge
    - Reduce caregiver stress
  - Metro & rural delivery (27 courses statewide/216 trained)
    - Alamogordo, Albuquerque, Burnham, Carlsbad, Crownpoint, Deming, Farmington, Gallup, Jemez, Las Cruces, Las Vegas, Raton, Roswell, Santa Fe, T or C, Taos.



# WHAT'S BEING DONE NOW

## Caregiver training

- Cuidando con Respeto (Southern Area Health Education Center & Alzheimer's Association)
  - Spanish linguistic & cultural translation of Savvy Caregiver
  - 86 trained Nov. 2012-Feb. 2013
  - Las Cruces-area
  - Expanding to Northern NM



# GOAL 1: DEVELOP AN ADEQUATE NETWORK STRUCTURE (OFFICE OF ALZHEIMER'S)

## Establish an Office of Alzheimer's Disease in ALTSD

- 1: Identify current resources and enhance communication and collaboration between these resources in a manner which maximizes their state impact in all areas of the State Plan, including:
  - Meeting **Caregiver Needs**;
  - Elevating **Quality** of care;
  - Broadening **Public Awareness** of dementia and available resources;
  - Matching **Health Care System Capacity** to consumer need; and
  - Increasing **Research** effectiveness.
- 2. Serve as an advocate and champion for policies, funding and structure to improve public awareness, research, quality, caregiver support and health care system capacity to address the needs of those with Alzheimer's disease and related dementias in New Mexico and their caregivers;



# GOAL 1: DEVELOP AN ADEQUATE NETWORK STRUCTURE (OFFICE OF ALZHEIMER'S)

- 3. Align the State Plan with the National Alzheimer's Plan;
- 4. Work with identified partners to develop and implement an integrated quality management system to ensure effective implementation of the goals and strategies of the State Plan;
- 5. Establish a timeline for implementation of the goals and recommendations, and appropriate metrics to measure success of the strategies; and
- 6. At least annually, review progress toward achieving the goals of the State Plan.



# GOAL 2: EXPAND PUBLIC AWARENESS AND DEMENTIA RESOURCE CONNECTIONS:

## Strategies

- 1. Identify and encourage coordination, collaboration and inter-entity communication with both public and private, local, state and national entities to advance Alzheimer's readiness and dementia capable systems;
- 2. Conduct a public awareness campaign, particularly addressing the diverse ethnic, cultural, linguistic and literacy differences in our state;
- 3. Expand access to culturally appropriate resources and supports for family caregivers and all populations and entities dealing with the care and treatment of individuals suffering from Alzheimer's disease and related dementias;



# GOAL 2: EXPAND PUBLIC AWARENESS AND DEMENTIA RESOURCE CONNECTIONS:

## Strategies

- 4. Emphasize the benefits of healthy lifestyle choices in the prevention of Alzheimer's disease, including exercise and healthy eating, and proper treatment of chronic conditions such as diabetes and hypertension;
- 5. Partner with the Public Education Department to advance curricula in elementary and secondary schools regarding Alzheimer's disease and related dementias;
- 6. Enhance community knowledge and access of supports for people living alone with Alzheimer's disease;



# GOAL 2: EXPAND PUBLIC AWARENESS AND DEMENTIA RESOURCE CONNECTIONS:

## Strategies

- 7. Publicize availability of public safety training and protections through the Department of Public Safety and the State Police; and
- 8. Enhance early access to and awareness of both financial planning and medical advanced directives.



# GOAL 3: SUPPORT & EMPOWER UNPAID CAREGIVERS:

## Strategies

- 1. Increase access to culturally competent support services, including respite, care coordination and case management services in a time, manner and location that meets family needs; and
- 2. Expand evidence-based caregiver training in a manner that is effective across New Mexico cultures and locations.



# GOAL 4: EXPAND RESEARCH OPPORTUNITIES IN NM

## Strategies

- 1. Establish a research consortium overseen by a medical/scientific advisory committee to promote successful and collaborative medical, scientific and social research in New Mexico;
- 2. Conduct an annual research symposium incorporating medical, scientific, social and behavioral research findings and approaches;



# GOAL 4: EXPAND RESEARCH OPPORTUNITIES IN NM

## Strategies

- 3. Study the incidence, impact and other aspects of Alzheimer's disease and related dementias in New Mexico with a focus on underrepresented populations;
- 4. Identify and expand existing data sources and develop new data sources; determine how best to ensure analysis and use of data; and
- 5. Actively seek sources of private and public funding in support of Alzheimer's disease and related dementia research in New Mexico.



# GOAL 5: SUPPORT EDUCATION & TRAINING FOR A DEMENTIA-COMPETENT WORK FORCE

## Strategies

- 1. Re-establish the Geriatric Education Center previously housed at the University of New Mexico in order to ensure widespread availability of expert knowledge and resources; and
- 2. Expand education and training through collaborations between and among New Mexico state universities, branch colleges, community and technical colleges and private institutions.



# GOAL 6: PROMOTE QUALITY IN ALL ASPECTS OF DEMENTIA CARE, EDUCATION, PUBLIC AWARENESS & RESEARCH

## Strategies

- 1. Adopt the National Alzheimer's Association Dementia Care Practices; and
- 2. Develop and implement strategies to embed them in all service delivery systems.



# CONTACT

**Aging & Long-Term Services Department**

**1-866-451-2901**

**<http://www.nmaging.state.nm.us>**

**Aging & Disability Resource Center**

**1-800-432-2080**

**<http://www.nmaging.state.nm.us/Services.aspx>**

**Alzheimer's Association, New Mexico Chapter**

**1-800-272-3900**

**[www.alz.org/newmexico](http://www.alz.org/newmexico)**



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