

## **North Dakota Alzheimer's Disease Demonstration Grant Update**

The Department of Human Services, Aging Services Division, was awarded a three-year Alzheimer's demonstration grant from the Administration on Aging, U.S. Department of Health and Human Services, to develop and implement a systems-change approach to save public expenditures by activating disease management efforts and helping families use community-based supports to significantly delay out of home placement of individuals with Alzheimer's disease and related dementias. A one year, no-cost extension was requested and granted by the Administration on Aging (Grant Period 7/1/2004 – 6/30/2008).

The North Dakota Alzheimer's Disease Demonstration Grant Project focuses on building an alliance between the medical community, the community services network, and the North Dakota Family Caregiver Support Program to increase early dementia identification, treatment options, and caregiver respite. Project partners are using dementia-screening tools developed by the Chronic Care Networks for Alzheimer's Disease.

The Department of Human Services, Aging Services Division, has contracted with one community provider, the Alzheimer's Association of Minnesota/North Dakota; and two medical providers, MeritCare Medical Group and St. Alexius Medical Center, to implement the project. The North Dakota Family Caregiver Program collaborates with the Alzheimer's Association to provide "Training for Caregivers of Individuals With Dementia." Enhanced respite care services are also available through the caregiver program. Lake Region State College developed an informational manual for training of family caregivers. The Dakota Medical Foundation is providing cash match (\$150,000) to assist in meeting the federal match requirement.

### **Outcomes to Date**

#### **Year One: July 2004 – June 2005**

- ❑ Received required spending authority from the Emergency Commission.
- ❑ Submitted/received grant (\$150,000) from the Dakota Medical Foundation to assist in meeting the federal match requirement.
- ❑ Requests for proposal (RFP) issued; only one bid received from a medical provider – RFP re-issued. Contracts issued.
- ❑ Project partners reviewed/modified existing tools and protocols, determined educational needs, and scheduled training dates.
- ❑ The ND Alzheimer's Association conducted the first community education session in Beulah – 12 participants. The community sessions are designed to raise awareness of Alzheimer's disease and other dementias, identify signs and symptoms of memory loss/dementia, and provide information on resources available in the community. The target audience is community service providers and the general public.

#### **Year Two: July 2005 – June 2006**

- ❑ The ND Alzheimer's Association completed 17 community education sessions to raise awareness about dementia, identify signs and symptoms of memory loss/dementia, and provide information on resources available in the community. A total of 205 individuals attended.
- ❑ The ND Alzheimer's Association conducted 13 professional trainings, "Responding to Dementia through Early Detection and Diagnostic Referral," with the primary audience being parish nurses, district health nurses, and county social service workers. A total of 230 individuals attended.
- ❑ Lake Region State College completed a training manual to assist caregivers in caring for individuals with dementia. Through a collaborative effort, Lake Region State College, the ND Alzheimer's Association, and the ND Family Caregiver Support Program completed 34 trainings throughout the state entitled

“Training for Caregivers of Individuals with Dementia.” A total of 476 individuals received training. Of that number, 163 were primary caregivers; 89 were family members; 185 were respite care providers; and 39 were staff from agencies. Pre/post tests indicate 97% maintained or showed improvement in knowledge and skills in caring for an individual with dementia.

- Family caregivers who complete the “Training for Caregivers of Individuals With Dementia” are eligible to receive increased respite care through the ND Family Caregiver Support Program. A total of 121 caregivers were enrolled; a total of 12,739 hours of respite care were provided.
- Family caregivers no longer receiving the respite care service are surveyed to determine if the service assisted in reducing stress related with providing care and if the caregiver was able to provide care for a longer period of time. A total of 35 surveys were sent; 26 were returned. Of that number, 100% indicated reduced stress due to the services received; 100% perceived that they were able to provide care for a longer period of time due to the services provided.
- The ND Alzheimer’s Association and MeritCare Medical Group co-sponsored two sessions entitled the “Alzheimer’s Caregiver Conference.” The primary audience was family caregivers, family members, and the community. A total of 150 individuals attended; 97% indicated improvement in knowledge; 99% indicated knowledge could be applied to the caregivers’ given situations.
- The St. Alexius Medical Center conducted memory loss screening clinics on 28 dates. A total of 507 individuals were screened. Of the individuals screened, 88 were referred to their primary physician for memory loss, 75 were referred for depression, and 27 were referred for both memory loss and depression. All participants scoring below normal are encouraged to receive additional care from their primary care physician.
- The St. Alexius Medical Center provided two educational opportunities for medical providers: “Differentiating Between Early Dementia and Depression in the Elderly” was presented using the BTWAN (bio-terrorism network). There were 51 participants; on post evaluation, 90% indicated ability to recognize the early signs of dementia; 98% indicated an understanding of the treatment options. Agitation Syndromes in the Elderly: The “Black Hole of Dementia Care” was presented to an audience of 24 participants; 96% indicated ability to recognize the early signs of dementia and an understanding of the treatment options.
- The St. Alexius Medical Center conducted 11 trainings on *Memory Loss: Screening and Prevention* for medical providers. Eight of the sessions were conducted via the BTWAN (bio-terrorism network). A total of 603 participated; 98% indicated an increase in knowledge and skills. A similar session was conducted at the 9<sup>th</sup> Annual Geriatric Healthcare, Alzheimer’s and Hospice Conference; a total of 50 individuals attended the session.
- The MeritCare Medical Group developed and implemented a ‘dementia assessment protocol’ and adapted it to the medical group’s software system. The tool is accessible to over 600 providers at MeritCare Health Systems. Training on use of the tool/protocol was conducted for primary care providers. A total of 59 physicians, physician assistants, and nurse practitioners used the electronic assessment tool/protocol to complete 239 assessments.
- The MeritCare Medical Group conducted training on identification and screening for dementia for 25 parish nurses. Four dementia assessments were completed.
- The MeritCare Medical Group conducted a full day seminar “Advances in the Assessment and Management of Dementia” for physicians, practitioners, nurses, social workers, and therapists. There were 263 participants. Of those participating, 95% indicated the training will enhance their professional effectiveness.

### Year Three: July 2006 – June 2007

- The ND Alzheimer's Association completed seven community education sessions to raise awareness about dementia, identify signs and symptoms of memory loss/dementia, and provide information on resources available in the community. A total of 144 individuals attended.
- The ND Alzheimer's Association conducted six professional trainings addressing early memory loss. A total of 93 individuals attended with 100% maintaining/showing an increase in knowledge/skills.
- The ND Alzheimer's Association conducted three trainings for law enforcement personnel addressing "Tactics for Encountering Individuals with Alzheimer's Disease & Related Dementia." A total of 99 participated; of those participating, 93% indicated maintaining or increasing knowledge and skills.
- The ND Alzheimer's Association and the ND Family Caregiver Support Program completed 20 "Training for Caregivers of Individuals with Dementia." A total of 167 individuals received training. Of that number, 64 were primary caregivers; 21 were family members; 25 were respite care providers; and 57 were staff/community. Pre/post tests indicate 93% maintained or showed improvement in knowledge and skills in caring for an individual with dementia.
- Family caregivers who complete the "Training for Caregivers of Individuals with Dementia" are eligible to receive increased respite care through the ND Family Caregiver Support Program. A total of 49 caregivers were enrolled for increased respite services; a total of 13,290 hours of respite care were provided.
- Family caregivers no longer receiving the respite care service are surveyed to determine if the service assisted in reducing stress related with providing care and if the caregiver was able to provide care for a longer period of time. A total of 35 surveys were sent; 32 were returned. Of that number, 100% indicated reduced stress due to the services received; 97% perceived that they were able to provide care for a longer period of time due to the services provided.
- The ND Alzheimer's Association, in partnership with other senior service providers, conducted the Northern Plains Conference on Aging and Disability. The conference included a track addressing dementia issues. There were 49 participants that completed evaluations. Of that number, 77% indicated an increase in knowledge.
- The ND Alzheimer's Association and St. Alexius Medical Center partnered with other organizations to conduct the Geriatric Healthcare, Alzheimer's and Hospice Joint Conference – 132 participants. Of those participating, 95% indicated an increase in knowledge and skills.
- The ND Alzheimer's Association and Meritcare Medical Group conducted a joint educational event focusing on new research, care of the individual with the dementia/care of the family, and elder law issues. A total of 84 individuals attended the event.
- St. Alexius Medical Center sponsored the 17th Annual All Nursing Conference March 14-15, 2007. The Alzheimer's demonstration grant sponsored a session entitled "Dementia: Replacing Won't With Can't." A total of 179 individuals completed an evaluation for the session with 98% indicating that objectives of the session had been achieved. Ninety-eight percent of conference participants indicated that the information was useable in clinical practice/would have an impact in competencies at work.
- During July 2006 through May 2007, the St. Alexius Medical Center, conducted memory loss screening clinics at 19 sites. A total of 480 individuals were screened. Of the individuals screened, 102 were referred to their primary physician for memory loss, 52 were referred for depression, and 7 were referred for both memory loss and depression. All participants scoring below normal are encouraged to receive additional care from their primary care physician.

- ❑ St. Alexius Medical Center conducted three trainings for professionals on *Memory Loss: Screening and Prevention*. One of the sessions was conducted via the BTWAN (bio-terrorism network). A total of 348 providers received training. Of those participating, 95% indicated an increase in knowledge and skills.
- ❑ The St. Alexius Medical Center conducted the “Neuroscience Update for Healthcare Providers.” There were 171 participants. Of those participating, 99% indicated an increase in knowledge and skills.
- ❑ The MeritCare Medical Group continues to use the computerized dementia assessment tool. A total of 75 physicians, physician assistants, and nurse practitioners used the electronic assessment tool/protocol to complete 312 assessments (through 12/31/2006).
- ❑ The MeritCare Medical Group is developing a DVD and accompanying training manual for parish nurses and mid-level providers on dementia assessment.
- ❑ The MeritCare Medical Group conducted four “Saturday Seminars in Neuro-degenerative Disorders” for medical providers. A summary of the sessions is as follows: 1) Vascular Dementia-the Other Dementia: Importance of Vascular Factors in the Pathogenesis, Prevention, and Treatment of Dementias in the Elderly – a total of 20 participants; 95% indicated an increase in knowledge/skills. 2) Management of the Neuro-psychiatric Symptoms of Dementia in a Primary Care Setting: A total of 38 participants; 95% indicated an increase in knowledge/skills. 3) Practical Tips in Managing the Elderly Patient with Complex Medical Problems and Co-existing Cognitive Problems: A total of 33 participants; 95% indicated an increase in knowledge/skills. 4) Identifying the Non-Alzheimer’s Dementias in a Primary Care Setting: A total of 25 participants, 95% indicated an increase in knowledge and skills.

Additional outcomes of the grant include increased information and referral between project partners, increased calls to the Alzheimer’s Help-Line and the ND Senior Info-line for information and referral, and the development of telephone support groups in the western part of the state.

**Cumulative Summaries for the Period of July 2004 – June 2007:**

<b>Summary of Community Awareness/Education Trainings</b>		
<b>Fiscal Year</b>	<b>Number of Trainings</b>	<b>Number of Participants</b>
July 2004 – June 2005	1	12
July 2005 – June 2006	19	355
July 2006 – June 2007	8	228
July 2007 – June 2008		
<b>TOTALS</b>	<b>28</b>	<b>595</b>

<b>Summary of Community Professional Education Trainings</b>		
<b>Fiscal Year</b>	<b>Number of Trainings</b>	<b>Number of Participants</b>
July 2004 – June 2005		
July 2005 – June 2006	15	305
July 2006 – June 2007	9	453
July 2007 – June 2008		
<b>TOTALS</b>	<b>24</b>	<b>758</b>

<b>ND Alzheimer’s Association/Lake Region State College/ND Family Caregiver Support Program: Summary of “Trainings for Caregivers of Individuals with Dementia”</b>		
<b>Fiscal Year</b>	<b>Number of Trainings</b>	<b>Number of Participants</b>
July 2004 – June 2005		
July 2005 – June 2006	34	476
July 2006 – June 2007	20	167
July 2007 – June 2008		
<b>TOTALS</b>	<b>54</b>	<b>643</b>

<b>ND Family Caregiver Support Program: Summary of Enhanced Respite Care</b>					
<b>Fiscal Year</b>	<b>Caregiver Enrollment</b>	<b>Respite Hours</b>	<b>Surveys Sent/Returned</b>	<b>Decreased Stress</b>	<b>Provide Care Longer</b>
July 2004 – June 2005					
July 2005 – June 2006	121	12,739	35/26	100%	100%
July 2006 – May 2007*	49	13,290	35/32	100%	97%
July 2007 – June 2008					
<b>TOTALS</b>	<b>170</b>	<b>26,029</b>	<b>70/58</b>	<b>100%</b>	<b>98.5%</b>

\*June data not received to date

<b>Summary of Medical Provider Screening/Assessment Trainings</b>		
<b>Fiscal Year</b>	<b>Number of Trainings</b>	<b>Number of Participants</b>
July 2004 – June 2005		
July 2005 – June 2006	21	1,066
July 2006 – June 2007	8	635
July 2007 – June 2008		
<b>TOTALS</b>	<b>29</b>	<b>1,701</b>

<b>St. Alexius Medical Center: Summary of Initial Screening for Memory Loss</b>		
<b>Fiscal Year</b>	<b>Number of Sites</b>	<b>Number of Screenings</b>
July 2004 – June 2005		
July 2005 – June 2006	28	511
July 2006 – May 2007*	19	480
July 2007 – June 2008		
<b>TOTALS</b>	<b>47</b>	<b>991</b>

\* June 2007 data not received to date

<b>MeritCare: Summary of Computerized Assessments</b>		
<b>Fiscal Year</b>	<b>Medical Providers Using Assessments</b>	<b>Number of Assessments</b>
July 2004 – June 2005		
July 2005 – June 2006	59	239
July 2006 – Dec 2006*	75	312
July 2007 – June 2008		
<b>TOTAL Assessments</b>		<b>551</b>

\* Data for Jan – June 2007 not received to date

<b>ND Alzheimer's Association: Summary of Law Enforcement Personnel Trainings</b>		
<b>Fiscal Year</b>	<b>Number of Trainings</b>	<b>Number of Participants</b>
July 2004 – June 2005		
July 2005 – June 2006		
July 2006 – June 2007	3	99
July 2007 – June 2008		
<b>TOTALS</b>	<b>3</b>	<b>99</b>

July 2007