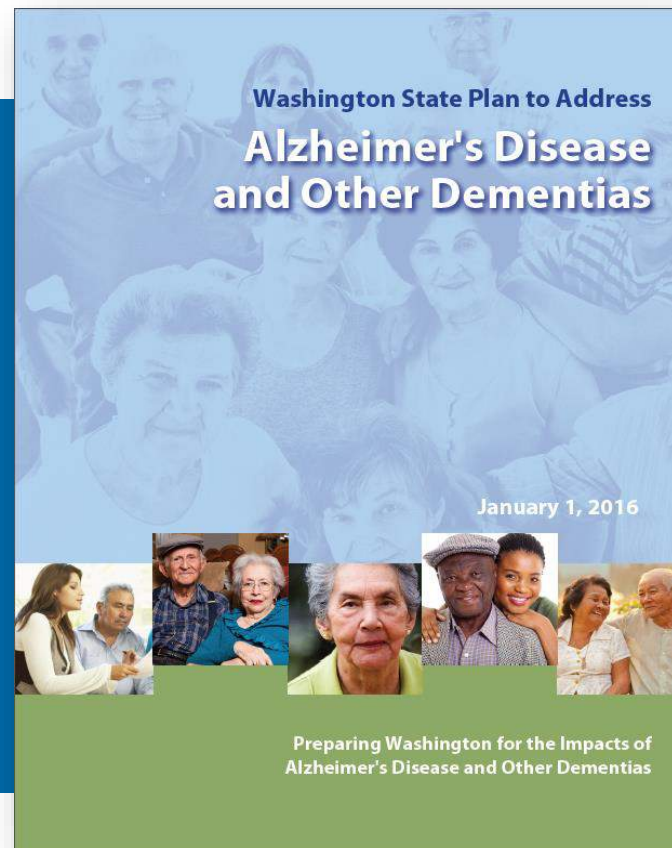
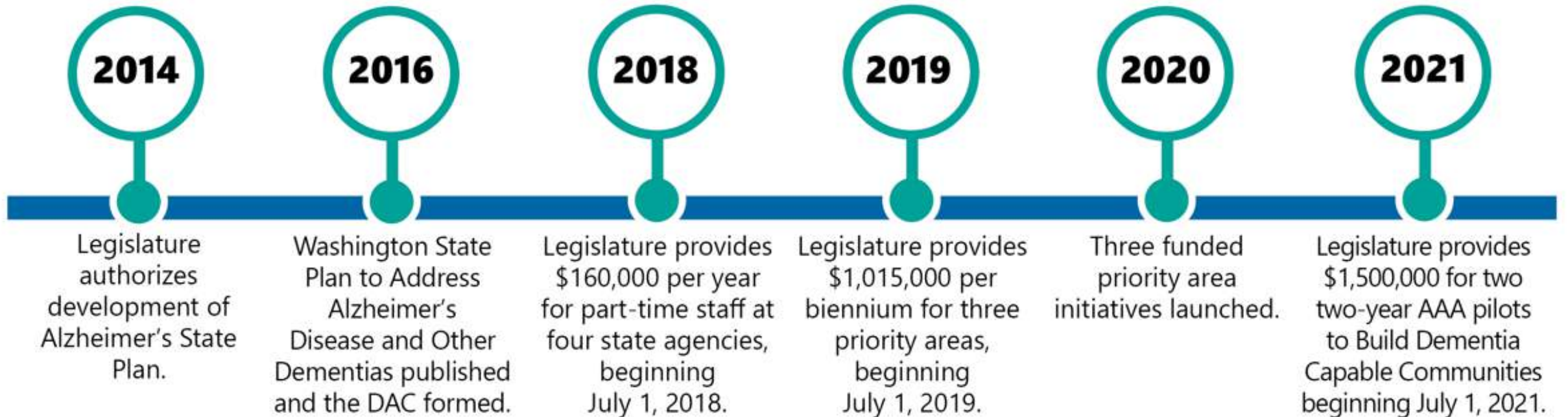


WASHINGTON STATE PLAN TO ADDRESS ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

Bill Moss, Assistant Secretary
Aging and Long Term Support Administration
Chair, Dementia Action Collaborative



REVIEW TIMELINE – MILESTONES



Initial & Ongoing strategy:

Focus on recommendations that can be completed with existing resources and/or heightened collaboration.

2019 - DAC FUNDED INITIATIVES FOCUS ON EARLY DIAGNOSIS AND EARLY SUPPORTS

Make training more available for primary care clinicians on dementia care best practices (via telemedicine model)

- **University of Washington**
 - Project ECHO Dementia



Learn more: [Project ECHO®
Dementia - Memory and Brain
Wellness Center \(washington.edu\)](https://www.washington.edu/projectecho/)

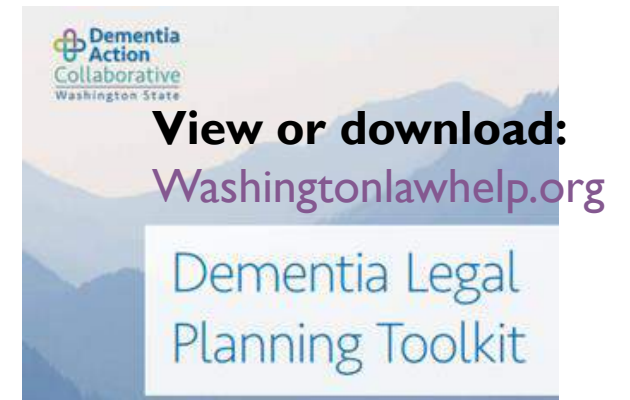
Public awareness campaigns; to develop and implement strategies that convey the importance of early diagnosis, to include racial/ethnic groups at increased risk

- **Department of Health,** contracts with media companies
 - New campaign targeting the African American community
 - See free campaign resources at [Doh.wa.gov/memory](https://doh.wa.gov/memory)



Promote early legal and advance care planning for people with dementia

- **Northwest Justice Project**
- **Pro Bono Council**
 - Dementia Legal Planning Toolkit
 - Attorney training
 - Community outreach
 - Pro bono legal services



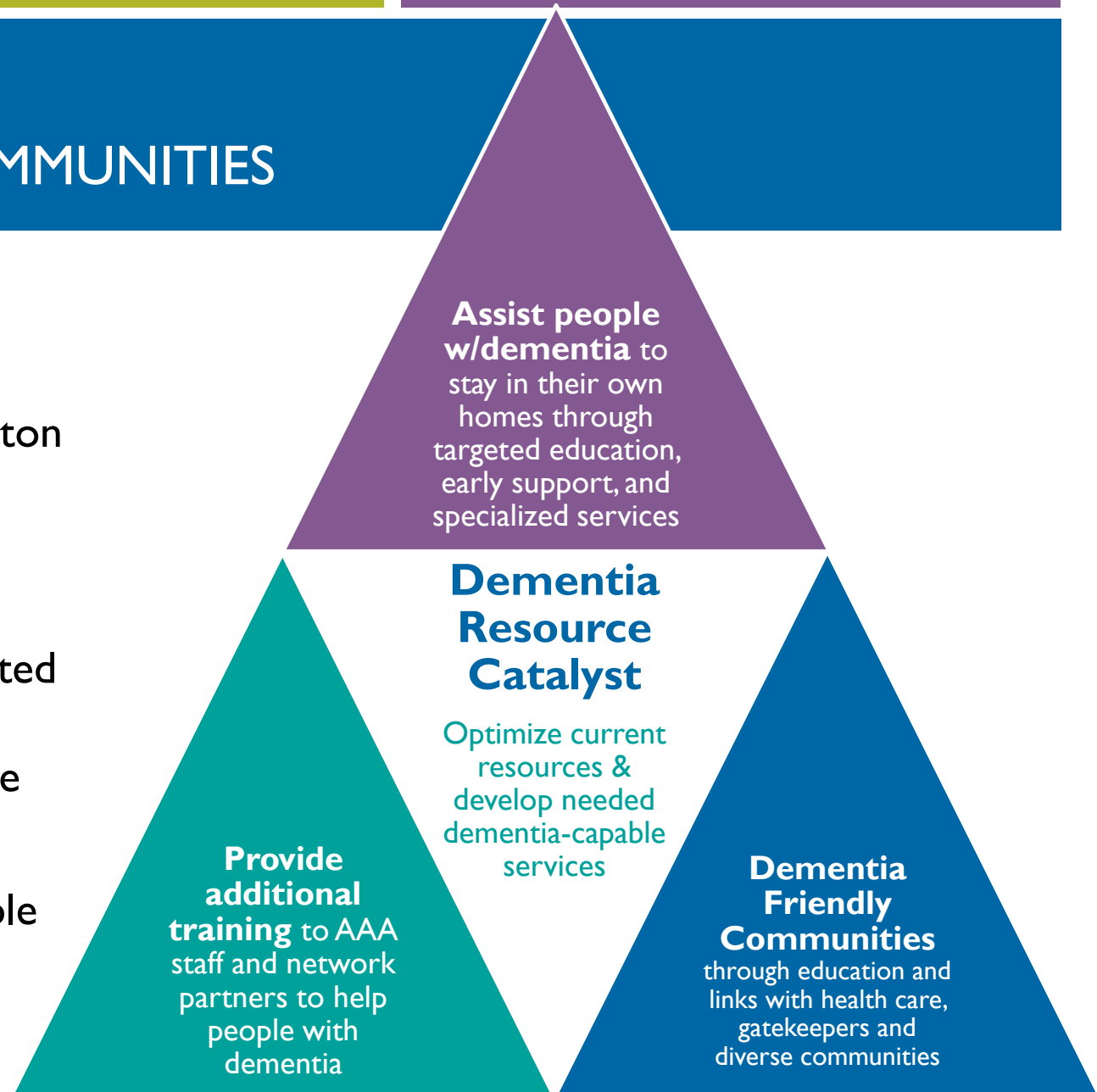
2021 – BUILDING DEMENTIA CAPABLE COMMUNITIES

Two new AAA Pilot Sites, for two years:

- Aging and Long Term Care of Eastern Washington
- Northwest Regional Council

Each has funds for:

- **Dementia Resource Catalyst staff**, dedicated to planning/optimizing current resources and expanding or developing new dementia-capable services; and
- **Filling gaps in resources/services** for people with dementia and their family care partners

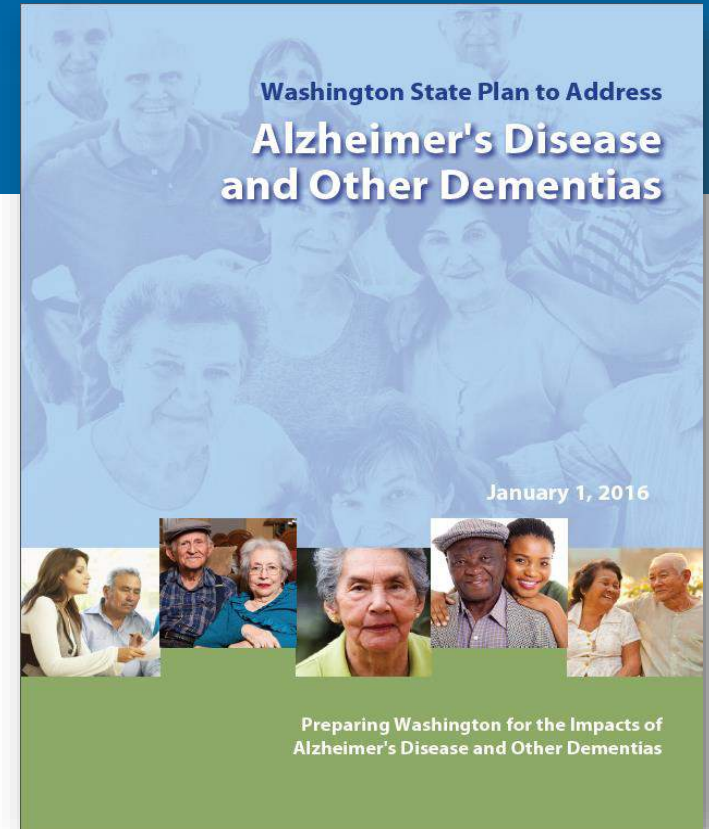


DAC CURRENT & ONGOING SUBCOMMITTEE WORK UNDERWAY

Public Awareness/Community Readiness (Goals 1,2,3)	Long Term Services and Supports (Goals 4, 6)	Health/Medical (Goals 5, 7)
<p>Dementia Friendly Communities – Dementia Friends, Dementia Friendly programs learning network (using ECHO platform), DFC-WA Conference</p>	<p>Dementia Road Map Safety Info Kit Keep updated, dissemination</p>	<p>Project ECHO Dementia/UW Recruiting providers, enhancing program and determine next steps</p>
<p>Memorylossinowa.org website https://wacdc.org/consite/explore/alzheimers_and_dementia/</p>	<p>Memory care standards Considering standards for ALFs and AFHs that call themselves ‘memory care’</p>	<p>Provider education/tools Updating and adapting tools for providers</p>
<p>Public awareness campaign/DOH - Value of early/accurate diagnosis/targeting African-American population this year - Doh.wa.gov/memory</p>	<p>Disparities in Dementia Started with African-American community, Action Brief for Community Organizations DAC African American Action Brief for Organizations.pdf (wa.gov)</p>	<p>Care transitions Identify/advance approaches to reduce preventable ER and hospital visits</p>
<p>Early legal and advance care planning – Disseminate DLP toolkit, train attorneys, pro bono legal clinics</p>	<p>I/DD and Dementia Training Developing training for professionals that work with families of people with developmental disabilities and dementia.</p>	
	<p>1st Responder team (on pause w/ pandemic) Identifying what’s happening around training 1st responders, creating a toolkit of possible approaches/models.</p>	

INTO THE FUTURE – DAC NEXT STEPS

- Continue work that's underway
- Watch for our 5-Year DAC Progress Report in January!
- DAC Advocacy Subcommittee to move legislative proposals forward in 2022 session
 - Specialized Dementia Care Program in ALFs – Rate Increase
 - Expanding the Dementia Friends program
 - A bill to authorize an update/refresh of the Washington State Plan to Address Alzheimer's Disease and Other Dementias
- We appreciate all our advocacy, legislative and community partners and champions.



See the DAC Progress Report and other documents at:

[Dementia Action Collaborative | DSHS \(wa.gov\)](https://www.dshs.wa.gov/dementia)

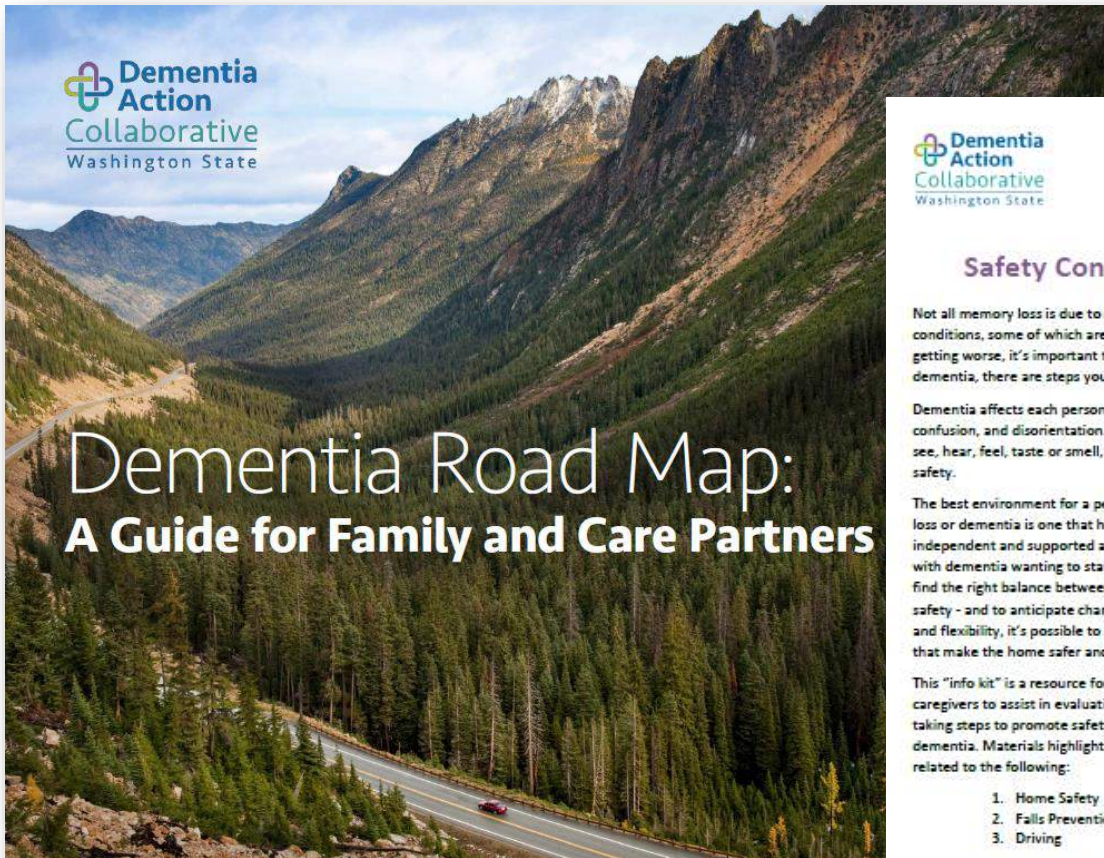


DEMENTIA ACTION COLLABORATIVE RESOURCES

FOR YOUR REFERENCE

RESOURCES
FOR
INDIVIDUALS
AND
FAMILIES





Dementia Road Map: A Guide for Family and Care Partners

English and Spanish language

Online at:

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

Order paper copies:

Dementiaroadmap@dshs.wa.gov

Info Kit

Safety Concerns for People with Dementia

Not all memory loss is due to dementia. Memory loss and/or confusion may be a result of many conditions, some of which are reversible. If you or someone you know has memory loss or confusion that's getting worse, it's important to talk with a health care professional about it. If it does turn out to be dementia, there are steps you can take to live well, and plan for a future with it.

Dementia affects each person differently, but symptoms typically include increasing memory loss, confusion, and disorientation. Changes in the brain can also impact how individuals interpret what they see, hear, feel, taste or smell, and their sense of time, place and judgment – each of which can impact safety.

The best environment for a person with memory loss or dementia is one that helps them feel as independent and supported as possible. For people with dementia wanting to stay at home, it's key to find the right balance between independence and safety - and to anticipate changes. With creativity and flexibility, it's possible to make adaptations that make the home safer and less stressful for all.

This "info kit" is a resource for family members and caregivers to assist in evaluating the home and taking steps to promote safety over the course of dementia. Materials highlight information and tips related to the following:

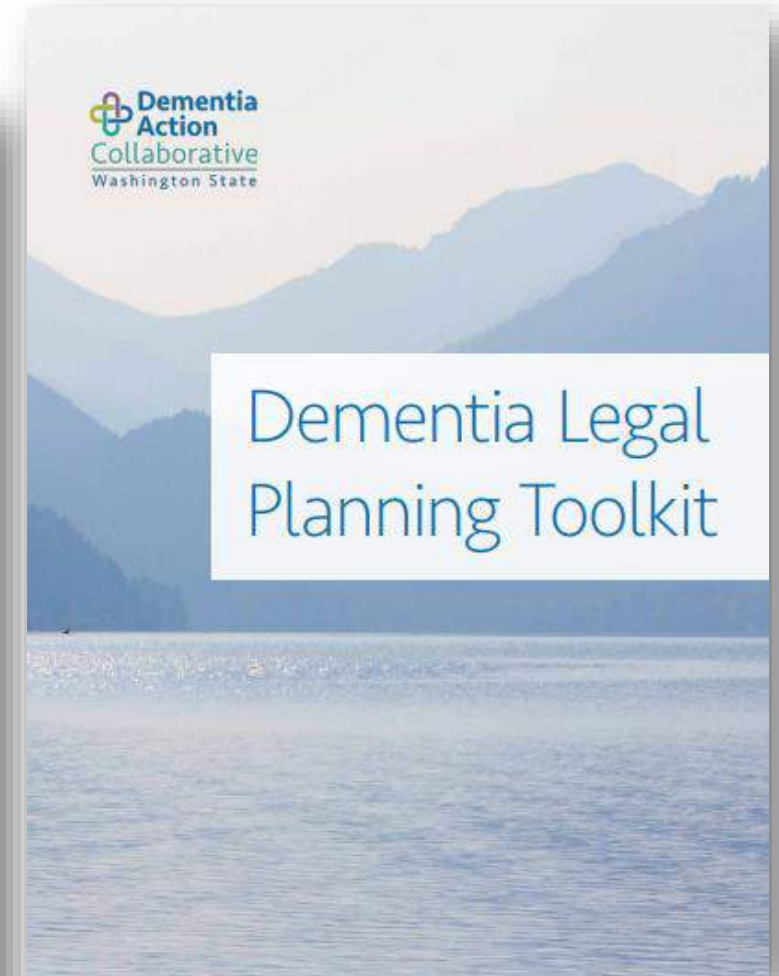
1. Home Safety
2. Falls Prevention
3. Driving
4. Wandering
5. Emergency Preparedness
6. Elder Abuse & Financial Exploitation

You may click on the links provided below each resource to view or print the information yourself. When a computer icon appears, the information is intended to be viewed online, and not in a printable format.

IT'S HELPFUL TO PLAN AHEAD, AND PUT SAFETY MEASURES IN PLACE BEFORE THEY'RE REALLY NEEDED

View or download at:

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>



View or download at:

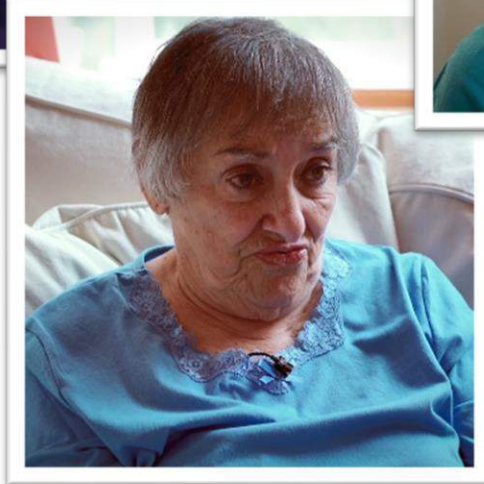
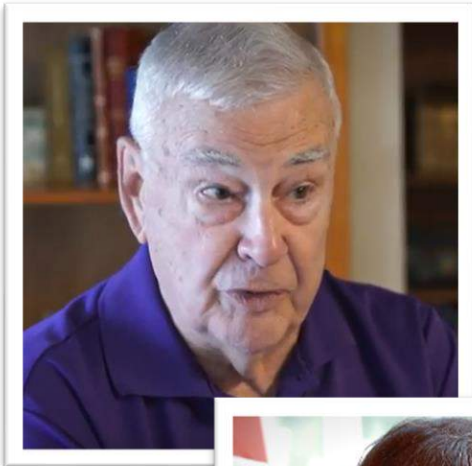
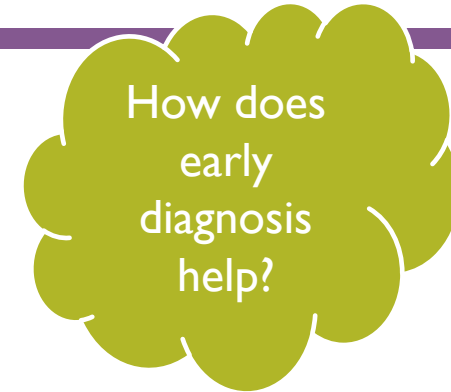
Washingtonlawhelp.org

Order paper copies:

<https://forms.gle/FEmTG3gGwXdjHRaA7>



LET'S TALK DEMENTIA" MINI-VIDEOS – CHALLENGE PERCEPTIONS!



Brief videos feature Washingtonians with dementia and their care partners, talking about the value of early diagnosis and what they suggest for living well with dementia.

- *I'm still me*
<https://www.youtube.com/watch?v=0sAUXEbxMO4>
- *No regrets*
<https://www.youtube.com/watch?v=0d35CZYSvSQ>
- *What is the harm in finding out?*
<https://www.youtube.com/watch?v=JNX7DEczFXk>
- *Tips from Washingtonians who are living well with dementia*
<https://www.youtube.com/watch?v=XYMJU5cMCxI>
- *Tips for family and care partners*
<https://www.youtube.com/watch?v=AYThPmp3Yw4>

Online at: <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

WA COMMUNITY LIVING CONNECTIONS (CLC) WEBPAGE

Online information and resources in WA state – wacdc.org or call 855-567-0252

Page for - Alzheimer's, Dementia, Memory Loss - Memorylossinfowa.org

The screenshot shows the CLC homepage with a navigation bar at the top containing a search bar, language selector, and accessibility icons. The main content area is divided into several sections: 'Explore your options' with a photo of people at a table; 'Search for resources' with a search bar and a 'GO' button; 'Connect with your community' with a photo of a man; 'Plan and prepare' with a photo of a family; 'Benefits Check Up' with a large green checkmark; 'Learn About and Report Potential Abuse or Neglect of a Vulnerable Adult'; 'Area Agencies on Aging' with a list of resources; and 'CLC Self-Service Portal' with a list of services and a 'Log In Here' button.

The screenshot shows the 'Alzheimer's Disease, Dementia and Memory Loss' page. It features a navigation bar with 'Home', 'Explore', 'Find', 'Connect', and 'Plan' buttons. Below the navigation bar are several category buttons: 'Long-term services', 'In your home', 'Support for Family Caregivers', 'In your community', 'In other Settings', 'Alzheimer's and Dementia', and 'More options'. The main content area includes a section for 'Alzheimer's Disease, Dementia and Memory Loss' with a photo of two elderly women and a text block explaining dementia. To the right is a 'Connect with Your Local CLC' section with a 'Connect now' button. Below that is a 'Find services' section with a photo of a family. At the bottom, there is a section for 'Primary Support and Educational Organizations' with a link to 'The Alzheimer's Association'.

A vibrant outdoor community event, likely a health fair or festival, is taking place on a city street. In the foreground, a diverse group of people, including men, women, and children, are walking across a paved area. Some are pushing strollers, while others are carrying bags. The middle ground is filled with several large white pop-up tents, some of which have green accents. In the background, a multi-story building with various signs is visible. One prominent sign reads "Martin Luther King Jr. Hwy S". Other signs include "COMMUNITY SERVICE CENTER" and "WALK, PEEL, ROLL & REFINISH". The scene is bright and sunny, with shadows cast on the ground.

RESOURCES FOR COMMUNITY ORGANIZATIONS

USE THESE FREE RACK CARDS – TO PROMOTE EARLY DIAGNOSIS & OUR WEBPAGE

MemoryLossInfoWA.org

Early Detection/Diagnosis

To order free rack cards:



Google Forms

<https://forms.gle/GPySRCPwCA2JPgP49>

WASHINGTON STATE'S COMMUNITY LIVING CONNECTIONS (CLC) is a website dedicated to linking you to personalized care and support options. The CLC site offers help, guidance, information and planning tools which are particularly important if you or a loved one are facing Alzheimer's or dementia.

Explore: Learn about services and supports available in your home or community.

Search for Resources: Discover available services and engagement opportunities.

Connect: Find specific help where you need it.

Plan and Prepare: Set a plan for yourself and the future. Dealing with memory loss is very challenging. You will find answers to your questions, guidance on how to proceed, available resources for services and assistance – all this and more in the **Alzheimer's and Dementia** section of the CLC website. Go to: www.memorylossinfowa.org

Dementia Action Collaborative Washington State

Established in 2016, the Dementia Action Collaborative is a group of public-private partners working together to prepare Washington state for the growing dementia population. For more information about diagnosis and the medical services associated with memory loss and dementia, visit: altsa/dementia-action-collaborative

Worried about memory loss?

There are a number of reasons for memory loss in adults – some of these conditions may be reversible. A first step is to talk with a health care provider about it.

Why is getting checked so important?

- Your provider can take steps to rule out causes for memory loss that might be treatable.
- Even if the reason turns out to be something not reversible such as a type of dementia, it's best to know early so you can:
 - Learn about ways to stay active and healthy
 - Make legal, financial, and care plans for the future
 - Get the support you need
 - Participate in clinical trials

An early diagnosis – along with the right services, support, and education – can help you take control of your health and your life.

The right information at the right time helps you live your best life.

If you have memory loss or dementia, help is available.

Explore Washington's **Community Living Connections Memory Loss and Dementia** webpage for resources and information about local supports and services. On this page you can:

- Hear Washingtonians speak about their lives with dementia in the "Let's Talk Dementia" video series.
- Find the **Dementia Road Map: A Guide for Family and Care Partners**.
- Take control of your future with the **Dementia Legal Planning Toolkit**.

and the above resources and more at memorylossinfowa.org. To talk with a person on the phone about local services and supports, call 55-567-0252.

Alzheimer's Association To learn about the warning signs of Alzheimer's, the value of diagnosis, what to expect in a clinical evaluation, and supports available, visit the Alzheimer's Association website at alz.org. To talk with a person on the phone, call 1-800-272-3900.

Dementia Action Collaborative is a group of public-private partners committed to preparing Washington state for the growth of the dementia population. For more information, visit: altsa/dementia-action-collaborative

HELP US PROMOTE DEMENTIA FRIENDLY COMMUNITIES & PROGRAMS



Dementia-Friendly Communities An Introduction for Washington State

Over 100,000 people in Washington state live with Alzheimer's disease or other dementias, a number continues to grow. For many people with memory loss, social stigma and barriers to care can lead to shame, fear, and isolation. However, it doesn't have to be this way. We recognize people with memory loss are a vital part of our communities, retain remarkable strengths and skills, and deserve the right to fully participate. Here in Washington state, we're joining the worldwide movement to build dementia-friendly communities.

Do you want to get involved? This introduction will help! Read on to learn more about the key elements of a dementia-friendly community, examples from our state and beyond, sample action steps, and additional resources.

What is a dementia-friendly community?

Put simply, a dementia-friendly community is one in which people with memory loss fully belong. People with memory loss remain actively involved in community life, knowing that whether it's going to the store, or volunteering at the elementary school, they and their loved ones will be met with respect, understanding, kindness and support. Community members are informed about dementia, equipped to be helpful as needed, and committed to inclusion. As a result, everyone enjoys a vibrant, connected community in which nobody is left out, everyone can fully participate, contribute, and everyone can fully belong.

As experts on their own experience, your family, friends and neighbors with memory loss are the ones who can best define what would make your own community more dementia-friendly. If you want to learn more, try asking: "What kinds of things help you feel you belong and can stay involved here in this community?" Let what you hear be your guide!

Below, two Washington state advocates describe their own perspectives on dementia-friendly communities:



"Awareness and respect of persons with dementia and their caregivers help us feel comfortable. There are people in the community where I go routinely (like Denny's, or volunteering at the golf course) who are aware of my dementia. I am treated with acceptance, patience and respect. I feel good about it."

Dec 2016

www.dshs.wa.gov/altsa/collaborative/dementia-friendliness-state-plan



"A dementia-friendly community is where care for people with dementia. The pair respect - caring about people. I live alone, have many, many friends, my apartment building everyone at some point have Alzheimer's, I watch out for me."

Photo credit: Alzheimer's Association



RESEARCH BRIEF: Dementia Friends Program Evaluation in Washington State

BACKGROUND

One goal of the Washington State Dementia Action Collaborative is to raise awareness and challenge stigma about dementia. In 2019, we piloted and evaluated the Dementia Friends program to find out how well it works in our state, especially how it impacts attitudes toward people with dementia.

Dementia Friends is a global public awareness campaign that trains volunteers to give brief information sessions in their communities. Sessions cover five key messages about dementia, share ways to be supportive of people with dementia, and invite attendees to put this understanding into action.



WHAT WE DID

We recruited and trained 15 Dementia Champions in Yakima and Jefferson Counties who gave Dementia Friends sessions in their communities. We used surveys to evaluate attitudes by asking about knowledge of dementia and comfort around people with dementia. Attendees filled out our surveys before and after the sessions, and one month later. We also interviewed Dementia Champions to learn about their experience with the program.

Everyone who attends one of these sessions is called a Dementia Friend.

"I didn't know anything about dementia prior to this session, and really walked away with some good tidbits that I've shared with friends and family."
— Dementia Friend

214 participants

22 Dementia Friends sessions

50% lived in a rural area

Participants ranged in age from 19 to 93



Dementia Friends Washington
A Dementia Friendly America Initiative

SAVE THE DATE!

Collaborating for a Dementia-Friendly Washington: Expanding Possibilities

A virtual conference promoting the growth of dementia-friendly communities in our state

Registration opens July 30: www.tinyurl.com/DementiaFriendlyWA2022

PRE-CONFERENCE "HAPPY HOUR"

Monday, September 13 | 4 - 5 p.m.

Experience "Dementia Friends," a 1-hour info session that you can use to bring dementia awareness to your communities

A dementia-friendly community is one in which people with memory loss fully belong. People with memory loss remain actively involved in community life, knowing that whether it's going to the store, or volunteering at the elementary school, they and their loved ones will be met with respect, understanding, kindness and support. Community members are informed about dementia, equipped to be helpful as needed, and committed to inclusion. As a result, everyone enjoys a vibrant, connected community in which nobody is left out, everyone can fully participate, contribute, and everyone can fully belong.



The Alzheimer's Café Model

Steps to Success



Dementia-Friendly Walking Groups

A guide for community-based organizations

AFRICAN AMERICANS AND ALZHEIMER'S DISEASE: A Call to Action for Organizations



The African American community is strong and resilient. Institutionalized racism drives the unequal distribution of power and resources, resulting in health, social, economic, environmental, and structural disparities for people of color. Among those disparities is the disproportionate occurrence of Alzheimer's disease and other dementias.



<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

More on Dementia Friendly efforts: mbecker1@uw.edu

HELP PROMOTE PARTNERSHIPS WITH PUBLIC HEALTH



Healthy Communities
Washington



Memory Loss and
Dementia Basics:
How to Help

Module 1

DOH – Grant project to create partnerships between aging and public health organizations



Age-Friendly Public Health Systems

Supported by Trust for America's Health

What is an Age-Friendly Health System?

The John A. Hartford Foundation and the Institute for Healthcare Improvement initiated work to create Age-Friendly Health Systems (AFHS). They created a 4Ms Framework encouraging hospitals and hospital systems to address four key areas of older adult health. With the aim of adopting the framework in 1,000 U.S. hospitals and medical practices by the end of 2020, 804 sites have adopted the framework as of July 2020.

4Ms Framework



What Matters
The goals and preferences of an older persons' health outcomes



Medication
The use of age-friendly medications according to "What Matters"



Mentation
Preventing, identifying, and managing conditions like dementia, depression, and delirium across settings of care



Mobility
Older adults are moving safely every day in order to maintain function and do "What Matters"

What is an Age-Friendly Public Health System?

Trust for America's Health (TFAH) partnered with The John A. Hartford Foundation with the vision that every public health department should become an Age-Friendly Public Health System (AFPHS) with older adult health as a core function. Public health can address health disparities within the population, and build and maintain partnerships with aging services networks.

The 5Cs of an Age-Friendly Public Health System

- Connecting and convening
- Coordinating
- Collecting and Disseminating Data
- Communicating
- Complementing and Supplementing

TFAH piloted the AFPHS initiative in Florida to test the 5Cs framework for expanding public health's roles in healthy aging, resulting in practice and policy changes. TFAH is developing an AFPHS Recognition Program to incentivize every state and local health department to address older adult health.

The COVID-19 pandemic has highlighted the need for public health to address older adult health, particularly the disproportionate impact on nursing homes residents and staff, and further worsening social isolation.



Understanding Memory Loss

Watch later Share

Connie Thompson

Watch on YouTube

DOH – Community Health Worker
Dementia Training

More on public health, aging and dementia efforts: Marci.Getz@doh.wa.gov

DOH public awareness campaign targeting African American community -
See free campaign resources here -

[Doh.wa.gov/memory](https://doh.wa.gov/memory)



TOOLS FOR
CLINICIANS AND
HEALTH
ORGANIZATIONS

RESOURCES FOR CLINICIANS

View at - <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>



Working together to improve health care quality, outcomes, and affordability in Washington State.

Alzheimer's Disease and Other Dementias Report and Recommendations

2017



Effective Screening Tools for Primary Care Practice

The diagnosis of Alzheimer's disease and other cognitive impairment presents as a primary and specialty care providers in Washington State. In order to address challenges faced by providers, the Dementia Action Collaborative offers the current information and guidance around early detection and diagnosis. At the conclusion, providers should be able to identify indications and opportunities for detection, and care pathways for individuals and families with memory loss and dementia.

Alzheimer's Disease (AD) is a neurodegenerative disorder that poses one of the most formidable challenges of the 21st century. Of the 5.3 million Americans currently diagnosed with the disease, the age of 65, a population expanding by 10,000 people every day (1). The economic burden of AD on the U.S. economy in 2015 alone was estimated at \$226 billion, a cost predicted to rise to \$326 billion in the upcoming decades (2). A recent study published in JAMA (3) indicates the average total cost of caring for a patient with dementia exceeds that of all other chronic conditions, including heart disease and cancer. Emerging research highlights the importance of early detection and diagnosis in terms of improving management options, reducing preventable hospitalizations, and decreasing emergency room visits (4).

Early diagnosis is a critical issue for treating Mild Cognitive Impairment (MCI) and dementia, as ongoing research suggests that MCI may be slowed or reversed via modifying other risk factors through interventions addressing diet, exercise, sleep, and mood (5-7). Additionally, treating depression and monitoring and treating endocrine abnormalities (i.e., preventing hyperhomocysteinemia) has also been shown to reduce the risk of developing AD as well as cerebrovascular disease (5-6, 8). The Finnish Longevity Study to Prevent Cognitive Impairment and Disability (FINGER), a two-year randomized controlled trial, found a positive effect of the multicomponent intervention on cognitive function, reinforcing the importance of a shift towards holistic, multimodal

Fewer than half of all patients with dementia carry a diagnosis in their medical record.

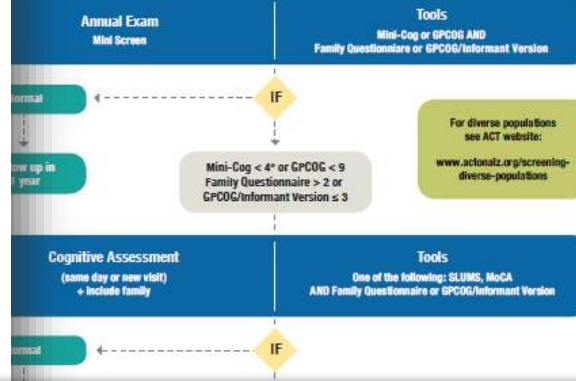
Alzheimer's & Dementia: The Journal of the Alzheimer's Association, March 2015



CLINICAL PROVIDER PRACTICE TOOL

NOVEMBER 2017

COGNITIVE IMPAIRMENT IDENTIFICATION



CLINICAL PROVIDER PRACTICE TOOL | NOVEMBER 2017

DEMENTIA WORK-UP

Follow these diagnostic guidelines in response to patient failure on cognitive screening (e.g., Mini-Cog) or other signs of possible cognitive impairment.

HISTORY AND PHYSICAL

- Person-centered care includes understanding cultural context in which people are living (see www.actalz.org/culturally-responsive-resources)
- Conduct structured mental status exam (e.g., MoCA, SLUMS)
- Assess mental health (consider depression, anxiety)
- Assess alcohol and other substance use
- Perform neurological exam focusing on focal/lateralizing signs, vision, including visual fields, and extracranial movements, hearing, speech, gait, coordination, and evidence of involuntary or impaired movements
- The diagnosis conversation and any subsequent management (Functional Status) (Functional Status) (OT evaluation may assist)

Neuropsychological Testing

- Indicated in cases of early or mild symptom presentation, for differential diagnosis, determination of nature and severity of cognitive functioning, and/or development of appropriate treatment plan
- Typically not beneficial in severe impairment (e.g., MoCA < 12)

Frontotemporal Dementia

- Third most common type of dementia primarily affecting individuals in their 50s and 60s
- EITHER marked changes in behavior/personality OR language variant (difficulty with speech production or loss of word meaning)

Vascular Dementia

- Relatively rare in pure form (8-10% of cases)
- Symptoms often overlap with those of AD; frequently there is relative sparing of recognition memory

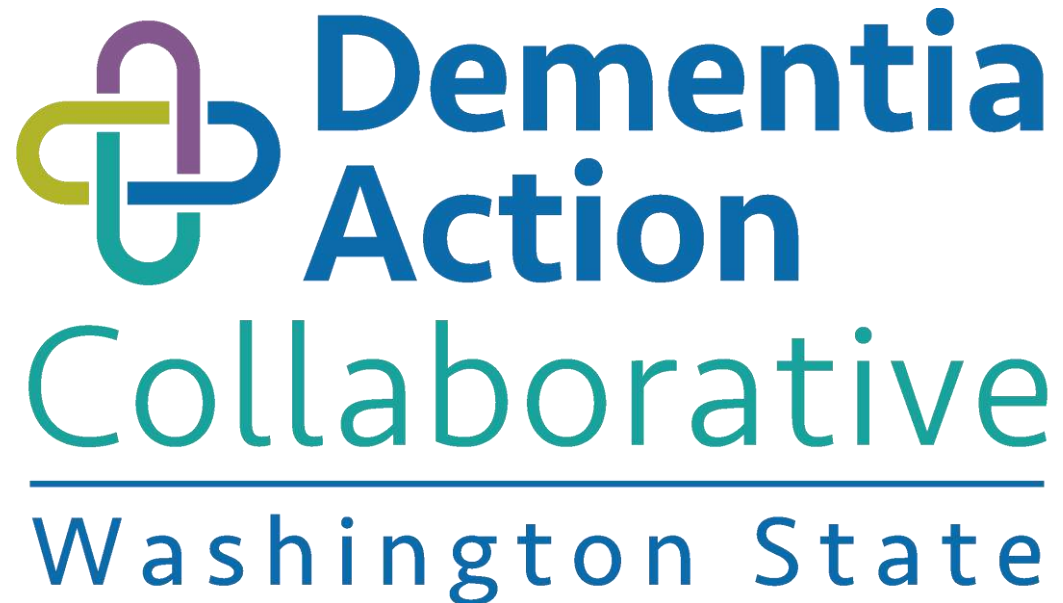


Health Care Provider Education Opportunities

Educational opportunities listed below are intended for clinical teams, first responders, and interested professionals that are free and/or low cost. This is not an all-inclusive list of opportunities.

Resource	Source	Description / Topics covered	Focused Audience	CEs / Certificate	Comments
Project ECHO Dementia	https://depts.washington.edu/mhwz/resources/echo	Project ECHO Dementia is a learning model in which front-line care providers from around WA state meet in a web-based virtual conference room with an interdisciplinary panel of experts in memory loss and dementia. A brief 15 minute didactic is followed by an hour case-based learning where everyone at the table is both a teacher and a learner.	Primary Care Providers and care teams	Yes, free CME/CNE if a Full Project ECHO Dementia participant; No, if only watching 15 minute didactic	For more information on how to become a Project ECHO Dementia participant, contact allivons@uw.edu
Project ECHO Geriatrics	https://www.nwgpwc.org/activities/project-echo-geriatrics/	Project ECHO Geriatrics is a guided practice model in which primary care trainees and providers receive innovative telementoring. The ECHO model uses a hub-and-spoke knowledge-sharing approach where expert teams lead virtual clinics, amplifying the capacity for providers to deliver best-in-practice care. A brief 15 minute didactic is followed by case-based consultation and discussion.	Primary Care trainees (such as family medicine residents, nurse practitioner students, etc.) Primary Care Providers	Coming in 2021	For more information on how to become a Project ECHO – Geriatrics participant, contact nwgpwc@uw.edu Didactics are recorded and maintained online and are freely available: https://www.nwgpwc.org/activities/our-didactics/ Serves the WWAMI region

MORE INFORMATION ON THE DEMENTIA ACTION COLLABORATIVE



Lynne Korte, MPH

- Dementia Care Program/Policy Analyst & DAC Program Manager
- Aging and Long-Term Support Administration
- Lynne.Korte@dshs.wa.gov

For more information:

- [Washington State Alzheimer's Plan](#)
- <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>