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Caregiver and Patient Health in Alzheimer’s Disease Policy And Systems Change

February 20, 2020
Featured Speaker

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Conflict of Interest and Disclosure Statements

The planners and presenters do not have any financial arrangements or affiliations with any commercial entities whose products, research or services may be discussed in this activity.

No commercial funding has been accepted for this activity.
Learning Objectives

- Explain the implications of caring for patients with dementia and caregivers on the health care system;
- Describe opportunities for public health actions at local, state and national levels;
- Identify strategies for supporting patients and caregivers to positively impact their health and wellbeing; and
- State key policies that promote supportive communities and workplaces for people with dementia and their caregivers.

Healthy Brain Initiative

- National focal point for public health addressing Alzheimer’s disease and caregiver issues
- Led by the Centers for Disease Control and Prevention (CDC), with support from stakeholder groups (Alzheimer’s Association, National Association of Chronic Disease Directors, others)
- Created series of resources including *Roadmaps for Public Health* and *Data for Action* that can assist states and localities in paving the way to progress
Primary Prevention: Risk Reduction for Dementia

What can people do now?

Encouraging but limited evidence on reducing risk of Alzheimer’s or cognitive decline through:

- Physical activity
- Management of blood pressure
- Cognitive training

Preserving Brainpower?

- Get moving – people see improvement in brain function after a few weeks of regular movement
- Eat a heart healthy diet – what helps your heart helps your brain
- Control your blood pressure – know your numbers
- Engage you brain – learn new things – read
Habits To Avoid

- Smoking – damage to the brain – quitting helps!
- Junk food – highly processed foods and those high in saturated fat
- Sleeping pills – regular use can increase risk
- Alcohol – only in moderation

What Makes Alzheimer’s a Public Health Concern?

- The burden is LARGE
- The impact is MAJOR
- There are ways to INTERVENE
Alzheimer’s Disease: A Unique Chronic Condition

As the disease progresses:
- Dependence on custodial care increases
- Judgment/executive functioning impaired
- Self-help limited
- Difficulty with communicating
- Confusion
- Elevated injury risk

Multiple Chronic Conditions

- A person with Alzheimer’s/dementia is **5.5 times** as likely to have **6 or more other chronic conditions** as someone without Alzheimer’s/dementia

*Implication:* Alzheimer’s complicates the management of coexisting conditions – and as a consequence, increases costs
Higher Medicare Costs Due to Alzheimer’s

- Average Increase in Costs for Senior with Alzheimer's and Other Condition Compared with Senior with Other Condition Only

- Diabetes: 81%
- Heart Disease: 61%
- Osteoarthritis: 58%
- Cancer: 53%
- COPD: 46%
- Stroke: 39%
- Kidney Disease: 30%

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Why Alzheimer’s Is Costly

- 780 hospital stays for every 1,000 seniors with Alzheimer’s or dementia
- 243 hospital stays for every 1,000 seniors without these conditions

People with Alzheimer’s or dementia have over 3 times as many hospital stays

Preventable Hospitalizations

In 2006-08, among adults aged 65 and older with diagnosed Alzheimer’s disease and other dementia, 1 in 4 hospitalizations were preventable.

Source: 2015 Alzheimer’s Association Facts & Figures

Talking to Providers About Memory Issues

Percentage of those aged 60 and older who are experiencing increased memory problems and have not talked to a health care provider.

Source: The Healthy Brain Initiative: The Public Health Road Map for State and National Partnerships, 2013-2018
Federal Legislation

BOLD Infrastructure for Alzheimer’s Act (PL 115-406)

- Passed December 2018
- Funding yet to follow

Public Health Leaders Support BOLD

- National Association of Chronic Disease Directors
- Association of State and Territorial Health Officials
- National Association of County and City Health Officials
- National Network of Public Health Institutes
Other Organizations Sign BOLD Support Letter

- Caregiver Action Network
- Caregiver Voices United
- LeadingAge
- National Association of Counties

BOLD Passed

- Signed into law December 2018
- Now officially Public Law 115-406
- Still not fully funded
- Similar programs addressing diabetes and heart disease funded at $150 million +
- Current CDC funding $10 million
New York Model

- Preceded BOLD by several years
- Funded at a meaningful level to address issues
- Models the key aspects of BOLD including:
  - Centers of Excellence
  - Caregiver Supports
  - Additional data collection
Subjective Cognitive Decline (SCD) Surveillance

- Worsening memory problems
- Potential difficulties with daily living associated with memory problems
- Any discussions with healthcare professionals
- Adults 45 years or older

SCD Infographics

https://www.cdc.gov/aging/index.html
Caregiving Surveillance

- Characteristics of caregivers
  - Adults 18 years or older

- Problems they face

- Greatest care needs

- Anticipate being a caregiver in next 2 years
Caregiving Infographics

https://www.cdc.gov/aging/index.html

Data for Action – New Data Brief

https://www.cdc.gov/aging/publications/briefs.htm
Proposed Healthy People 2030: Dementias, Including Alzheimer's Disease (DIA)

*From Healthy People 2020*

- **DIA 1:** Increase the proportion of adults aged 65 years and older with diagnosed Alzheimer’s disease and other dementias, or their caregiver, who are aware of the diagnosis

- **DIA 2:** Reduce the proportion of preventable hospitalizations in adults aged 65 years and older with diagnosed Alzheimer’s disease and other dementias

*New Proposal for 2030*

- Increase the proportion of adults aged 45 years and older with Subjective Cognitive Decline (SCD) who have discussed their confusion or memory loss with a health care professional

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Educate Public Health Professionals (W-1)

- Free, flexible curriculum for faculty use in introducing undergraduate public health students

- Applicable to many other settings

- https://www.cdc.gov/aging/aginginfo/alzheimers.htm#Curriculum
Minnesota Dept. of Health and its partners trained community health workers on management of oral health of people living with dementia.

Louisiana Dept. of Health developed an online training module for supervisors about supporting team members who are caregivers.

Alzheimer's and Dementia: Caregivers in the Workplace

DEVELOP POLICIES & MOBILIZE PARTNERSHIPS

ASSURE A COMPETENT WORKFORCE

WELL-AHEAD
Advance Care Planning Course

- Free course
- Modules cover:
  - What and Why
  - How to initiate conversations
  - What public health and aging services professionals can do
  - Where to find guidance and resources

https://www.cdc.gov/training/ACP/

“New” Reimbursement Code

Medicare now pays for care planning services for individuals who are cognitively impaired

Was G0505 ---------- Now CPT 99483
Key Information

- Alzheimer’s and other dementias affect millions of people, is costly, and is growing
- We must act now to stimulate strategic changes in policy, systems, and environments
- New Road Maps, data, education, and incentives will help us all chart a course for a dementia-prepared future

Healthy Brain Initiative
Public Health Road Maps

Practical and expert-guided actions for state and local public health leaders

- Flexible agenda
- Grounded in public health approaches
Broad Collaboration

Expert and Stakeholder Involvement

- 143 practitioners, subject matter experts, and researchers
- 5 virtual consultations with stakeholders
- 5 workgroups established by Leadership Committee

Framework: Essential Services of Public Health

Full roadmap and all companion materials are available at: https://www.cdc.gov/aging/healthybrain/roadmap.htm
Healthy Brain Initiative Road Map 2018-2023, New Issue Maps

https://www.cdc.gov/aging/healthybrain/roadmap.htm

Data for Action Race/Ethnicity Caregiving Infographics - New Spanish Translation
What Next?

- Recognize the issue, particularly at state and federal levels
- Allocate resources for early detection and support
- Educate professionals in health and social services
- Educate the public

Good News

- Research dollars have grown here and internationally
- More and more states and communities are asking questions
- Advocates are having an impact! Thank you!
- Education is beginning, New York can be seen as a laboratory
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