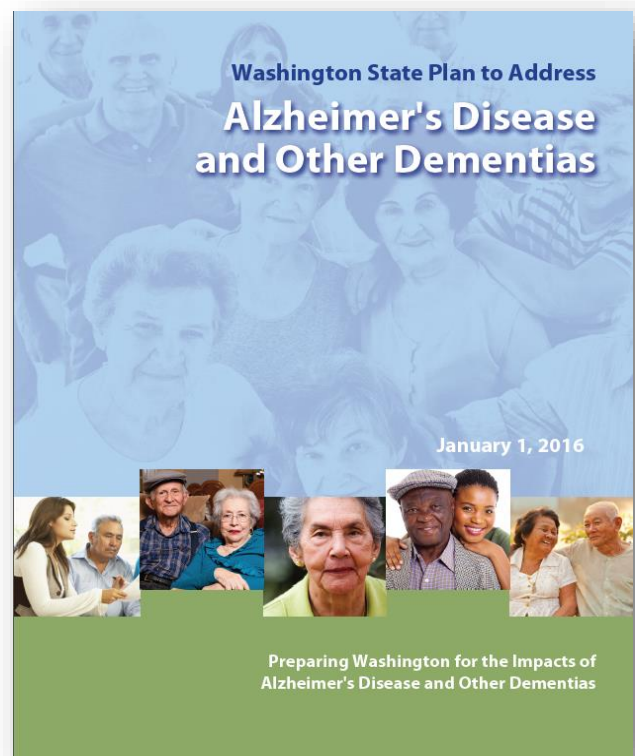

Dementia Action Collaborative

Progress Update: April 2016 to December 2020



Introduction

In 2014, legislation established an Alzheimer’s Disease Working Group (ADWG) to create a state plan to address Alzheimer’s disease. This plan, released in January 2016 identifies goals, strategies and recommendations as a starting point to prepare for the future. The ADWG developed the first [Washington State Plan to Address Alzheimer's Disease and Other Dementias](#) as a public-private partnership. The plan’s implementation – including action planning, next steps, and policy changes – depends upon the participation and contributions of a broad group of committed partners.

What is the Dementia Action Collaborative?

Members of the ADWG called for the formation of a next generation workgroup to implement the plan. This group is now known as the Dementia Action Collaborative (DAC) - a voluntary statewide collaboration of partners committed to preparing our state for the future. The DAC includes a range of appointed members – people with dementia, family caregivers, representatives of advocacy groups, the aging network, Alzheimer’s organizations, long-term care providers, health care professionals, legislators and governmental agencies. The DAC has four subcommittees: Public Awareness/Community Readiness, Health and Medical, Long Term Supports and Services, and Advocacy.

What are the goals of the plan?

The purpose of the plan is to promote strategic actions that will prepare Washington State for the future.

The high-level goals are shown at right. See the [State Plan](#) for more detail on specific strategies and recommendations.

What’s been accomplished so far?

The DAC focused first on actions that could be accomplished through heightened collaboration and existing resources. This report shares activity and accomplishments through 2020.



NOTE: Throughout this document a recommendation with an open box (☐) has been initiated and is ‘in process’; a recommendation with a checked box (☑) is considered completed.

Goal 1: Increase public awareness, engagement and education

☑ **Recommendation 1.A.1:** Establish a work group to develop, launch, and oversee a single web-based “point of access” portal/website linking to a comprehensive statewide array of credible and validated information, resources and supports.

☑ **Connects with Recommendation 1.E.3:** Publicize and promote the online point-of-access portal (See 1.A.1), as well as other points of access (e.g., dementia care navigators, toll free number) for services and supports for persons with dementia and their family caregivers. Utilize social media to build public awareness of available resources.

Accomplishments 2018/2019/2020:

- A DAC project team elected to enhance a statewide website, Community Living Connections (CLC), which has an AD/dementia page and the capacity to link users to local services. Aging and Long Term Support Administration maintains this website under contract with a private vendor. Based on the ADWG survey, the team identified enhancements and then coordinated with the CLC program manager to improve webpage content.
- A new URL (memorylossinfowa.org) was established, along with a Communication Plan to disseminate its availability. The new URL was included in a reprint of the Dementia Road Map, is shared in DAC community presentations, and in 2020 a Rack Card was developed and disseminated to promote awareness of the site.
- The team has creating a sustainability plan to keep content of web page updated.



Status: 1.A.1 Completed; 1.E.3 Completed but promotion is ongoing.

Next Steps:

- Review web page analytics to inform future dissemination plans.
- Use the Communications Plan to disseminate the new URL, and sustainability plan to keep it updated.

Memorylossinfowa.org

Project Team: Carrie McBride, Marci Getz, Meredith Grigg, Debbie Hunter, Ron Vivion, Cheryl Townsend Winter

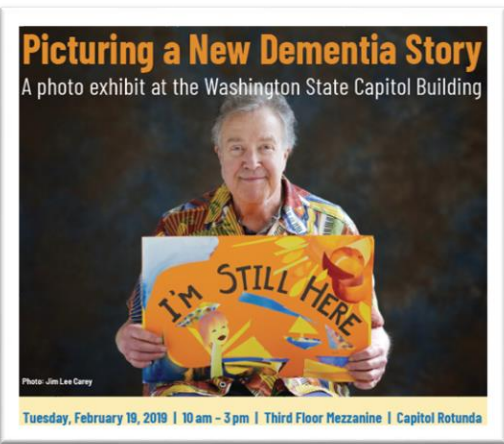
☑ Recommendation 1.B.1: Promote positive images and messages of persons with dementia and their caregivers to combat stigma and increase societal acceptance and integration

Accomplishments 2019:

Developed and produced four action projects:

- a) Dementia Friends pilot in three counties with concurrent evaluation. See Rec 1.E.2 for more.
- b) Busting Dementia Stigma – Creation and dissemination of a children’s book list showing criteria and examples of books that offer positive images of people with dementia.
- c) Photo/Art Exhibit at State Capitol/Olympia in conjunction with Alzheimer’s Advocacy Day.
- d) Let’s Talk Dementia mini-video series on the value of diagnosis and living with dementia.

Project Team: Team Lead: Marigrace Becker Members: Alisa Tirado Strayer, Hilarie Hauptman, Lynne Korte, Cathy MacCaul, Marty Richards



“Picturing a New Dementia Story” at the State Capitol reached more than 90 + personal viewers. A related marketing online story reached 2000+ people. Those who attended had meaningful conversations and responses related to the exhibit -

“Nice during advocacy day to balance the message. It’s not all about crises – but hearing a message that’s positive and hopeful is important.”

“Images of hope within the challenge...there’s joy here...”

“Busting Dementia Stigma – One Children’s Book at a Time” was shared in person and online through the American Library Association, Washington Library Association, UW Memory and Brain Wellness Center and the Department of Health.

“I especially love the guidelines for inclusion as that will be so helpful going forward, whether or not the specific titles are on hand. GREAT WORK!”



“Let’s Talk Dementia” Mini-Video Series
People with dementia and their family care partners discuss living with dementia and the value of early diagnosis. We know of more than 1,800 views through AL TSA, more from other partners.

View DAC materials:

dshs.wa.gov/altsa/dementia-action-collaborative

□ **Recommendation 1.B.2:** Promote models of stigma-free, dementia-friendly communities, places and events (e.g., Alzheimer’s Cafes) to combat stigma and increase societal acceptance and integration. See Rec 2.C.2 and Rec 4.E.1 later in this document for related activity.

□ **Recommendation 1.C.1:** Educate the public about the importance and advantages of getting an early diagnosis and what to ask their health provider, including asking for a cognitive assessment when memory and/or cognitive processing issues become a concern.

Accomplishments 2019/2020:

- Achieved funding per budget proviso for the Department of Health, in the amount of \$150,000 per year. Proviso funding is intended to be used to develop public awareness campaign strategies regarding dementia and the value and importance of early detection, diagnosis and planning for the public, including racial and ethnic groups at increased risk in 2-4 targeted areas of the state.
- In 2020, The Department of Health conducted foundational work, investigating what is known around the experience of digital public awareness campaigns on dementia and other chronic illnesses, then developed and piloted a digital awareness campaign on the value of early diagnosis.
- The brief pilot Facebook campaign “Learn about memory loss” was run in King, Pierce, Chelan, and Yakima counties, where we have primary care providers participating in Project ECHO, and reached more than 50,000 people (an average of three times). Analytics showed positive engagement of the target audience with the campaign. Lessons learned from the pilot are informing an expanded campaign in 2021.
- Developed promotional tools to help community organizations spread the word about the value of early diagnosis, including a Rack Card for use in mailings or kiosks, on the topic: “Worried about memory loss?” and an easily downloaded one-page document that community organizations can use.



Learn about memory loss campaign

There are a number of reasons for memory loss - some may be reversible. The right information at the right time helps you live your best life. The ad led readers to the Alzheimer’s Association website article called ["Why Get Checked?"](#)

Status: In progress

Next Steps:

- January: Reconvene the workgroup and determine next steps for this campaign, utilizing the lessons learned from the Facebook campaign pilot, information from the literature review, and workgroup participant expertise.
- February-June: Continue to implement campaign using strategies agreed upon by the workgroup in January.

Project Team: Marci Getz, Janna Bardi, Kim Boon, Tara Bostock, Debbie Hunter, Lynne Korte, Todd Larson, Carrie McBride, Ka’imi Sinclair, Jamie Teuteberg, Bob and Juanita Wellington

Recommendation 1.C.2: Provide Alzheimer’s awareness, education and resource materials to public/private work places regarding how to recognize and related to persons with early stage dementia or their caregivers who are their customers or employees.

Accomplishments 2020:

- Health Care Authority (HCA) Wellness Program developed and presented a workshop entitled “Promoting Brain Health in the Workplace” for wellness coordinators from state agency offices. Created and/or presented by representatives from DOH, DSHS, HCA and the Alzheimer’s Association, the session covered topics of brain health, its impacts on the workplace and what workplaces can do to support a “healthy brain” work environment through health promotion, risk reduction/prevention, and supporting employees who are also family caregivers.
- Sixty-nine wellness coordinators attended this session, with positive feedback on content and potential for use in their settings. They were offered resource materials to share with their respective agencies/offices. The state Wellness Program serves 300,000 state employees.

Status: Ongoing

Project Team: Maggie Christofferson, Marci Getz, Lynne Korte, Jamie Teuteberg, Pam Walker

Recommendation 1.D.1: Educate the public about the need for advance care and end-of-life planning, before cognitive function declines, consistent with the Bree Collaborative End of Life Care Recommendations.

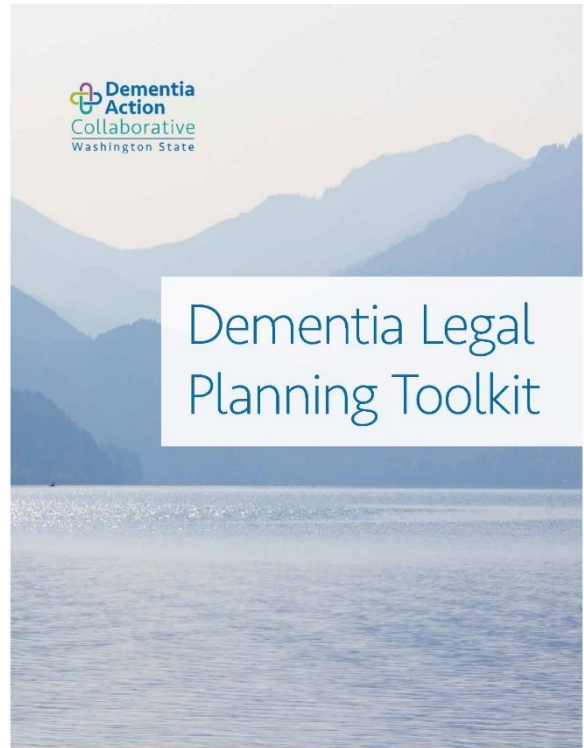
Connects with Recommendation 1.D.2: Educate the public and caregivers about the need for legal and financial planning – and the importance of obtaining legal and financial advice as a planning tool.

Connects with Recommendation 3.C.1: Make more readily available appropriate forms for legal planning such as Durable Power of Attorney for Health Care, Durable Power of Attorney for Finances, Advance Directives, and information about a Physical Order for Life Sustaining Treatment (POLST) at no cost to consumers through public libraries, resource centers, online, and other appropriate locations.

Accomplishments 2018/2019/2020:

- Included messaging about legal and advance care planning within content of Dementia Road Map, Dementia Capable Approaches training and Community Health Worker trainings.
- Achieved funding per budget proviso for AL TSA, in the amount of \$116,000 per year. Proviso funding is to be used to contract with a legal organization to provide educational materials and attorney training, and to coordinate pro bono legal services that support legal and advance care planning.
- Completed brief videos to engage consumers with the “Living with Dementia Mental Health Advance Directive.”

- AL TSA finalized a contract with Northwest Justice Project (NJP) to implement budget proviso. An attorney was hired by NJP as of the end of January 2020.
- Completed a Dementia Legal Planning Toolkit to inform consumers about the importance of financial, legal and advance care planning at the earliest opportunity in the course of dementia. Created an online version, which can be accessed at: washingtonlawhelp.org.
- The NJP attorney developed content for webinars about the Dementia Legal Planning Toolkit and invited DAC members to co-present at the webinars. Four webinars occurred, with more than 300 registrants, in the fall of 2020, each with a slightly different practice areas. Two of the webinars were eligible for continuing legal education credit to encourage lawyers to learn more about dementia planning and hopefully agree to volunteer time helping people with dementia plan ahead.
- The NJP attorney met with the Northwest Justice Project's Pro Bono coordinator and the Washington State Pro Bono Council manager to plan strategies for recruiting pro bono attorneys to advise and assist persons with Dementia and their care partners. The NJP contracting has been in contact with volunteer lawyer programs in Washington state to discuss increasing volunteerism on this topic.



Status: In progress

Next steps:

- May also be found on the memorylossinfo.org webpage.
- Begin mailing printed Dementia Legal Planning Toolkits
- Host additional webinars and trainings for volunteer lawyers
- Recruit volunteer attorneys throughout the state who will offer pro bono services to help people with dementia with their legal planning

Greatest Challenge: Recruiting volunteer attorneys will be challenging especially during the pandemic.

Project Team: Katie Denmark, Bruce Smith, Debbie Hunter, Myriam Marquez, Lisa Ellen Brodoff, Marie Eaton, Meredith Grigg, Lori Ichimura, Hilarie Hauptman, Lynne Korte

□ Recommendation 1.E.2: Raise awareness of dementia and available resources by engaging public and private ‘champions’, including faith, business community leaders/corporate and non-profit partners, educators, and health professionals, to assist in developing, implementing and leveraging education and outreach campaigns. Expand the reach of campaigns by identifying and engaging partners that may not be a part of the traditional information service system such as Chambers of Commerce, Employee Assistance Programs, community college and university students.

Accomplishments 2019/2020:

- Elected to utilize the global awareness program, Dementia Friends, for this purpose as it is intended to raise awareness and combat stigma.
- Engaged University of Washington graduate student and advisors to conduct evaluation of pilot project in three counties – Jefferson, King and Yakima.
- Recruited/trained 15 champions (trainers) who between them provided Dementia Friends Information Sessions for 200+ people in the three counties. Sessions are 60-90 minutes in length. (Note: 22% of participants were people of color, and 47% lived in a rural area).
- Created a [Research Brief](#) in March 2020 summarizing the evaluation of the Dementia Friends program in Washington state.
- With assist of a new MSW student in 2020, expanded the Dementia Friends public awareness program, now in three regions (defined as counties or tribes). Established partnerships with, and trained, regional lead organizations in Pierce County (Lutheran Community Services Northwest) and Spokane County (Aging & Long-Term Care of Eastern Washington) and have begun recruitment of Dementia Friends Champions in King County with special focus on the LGBTQ community through UW Memory and Brain Wellness Center and MSW practicum student, Jo Bechtold. Lutheran Services Northwest launched a virtual version of Dementia Friends in early/mid 2020, making content available to other regional lead organizations.
- Created an outreach plan for Okanogan County with hope to work with the Colville Tribes Area Agency on Aging when the challenges of Covid-19 are behind us.



Dementia Friends Evaluation

The Dementia Friends (DF) program was offered in three Washington counties – Jefferson, King, and Yakima. We trained 15 Dementia Champions who offered DF Information Sessions to 200+ attendees.

We evaluated the program using three surveys of DF Information Session attendees: a survey both before and after the DF Information session, as well as a survey one month later.

What did we learn?

After attending a Dementia Friends session, attendees had an increase in comfort around people with dementia and in knowledge about dementia. This was still the case one month after the information session.

Status: In progress

Next Steps:

- Continue recruitment in King County and continue with Okanagan County outreach.

Challenge: Due to lack of funding stream to administer this program, the project team is starting small with expansion in order to determine support needs and feasibility for ongoing implementation and sustainability.

Project Team: Lead: Marigrace Becker Members: Alisa Tirado Strayer, Basia Belza, Lynne Korte

□ Recommendation 1.F.1: Inform and educate the public about healthy aging, including links between brain health and nutrition, exercise, stress management and oral health/periodontal disease.

□ Recommendation 1.F.3: Inform and educate the public about the connections between chronic disease (diabetes, heart disease, hypertension, oral health/periodontal disease, sleep disorders, etc.) and dementia. These connect with Rec 2.D.2.

Accomplishments 2019/2020:

- Updated DOH [webpage on dementia](#).
- Formed DOH Healthy Aging Workgroup. With representation from multiple public health programs, the workgroup reviewed the [Healthy Brain Initiative Road Map - 25 Actions for state and local public health agencies](#), and identified 88 potential new opportunities for activities to integrate aspects of dementia into their work.
- Coordinated digital campaigns, headed by DOH, HCA and AL TSA, integrated messages on brain health and dementia, and/or the link between chronic conditions and dementia during awareness months related to stroke, heart disease and family caregivers. These campaigns targeted public health, health care and related stakeholders linked to agency social media platforms. The 2020 campaign during Alzheimer's and Brain Awareness Month in June included nearly 30 posts - on Facebook, Twitter and Linked In - about Alzheimer's, dementia and brain health through HCA alone. Many of these posts were shared on through DSHS.
- Health Care Authority (HCA) sponsored a "SmartHealth" employee wellness activity on the state employees' wellness portal in June 2020 in honor of Alzheimer's and Brain Health Awareness Month. In this program state employees are incentivized to participate in wellness activities. This brain health activity included visiting the National Institute of Health's [Mind Your Risks website](#) to learn about the connection between high blood pressure and developing dementia later in life, then taking the interactive quiz to learn what you can do to minimize your risk. More than 1,200 employees joined in the activity with more than 1,100 completing it.
- Department of Health (DOH) offered a Brain Health Wellness Workshop Education with Kris Rhoads, PhD in June 2020 for their public health staff. This workshop focused on brain health and the connections to preventing and/or managing chronic diseases, and addressed work being done by the DOH Healthy Aging Workgroup.

Status: In progress

Next steps:

- Work with DOH program staff to support integration of identified HBI Road Map activities.
- Work with DSHS-AL TSA and HCA to see where we can collaborate on HBI Road Map activities.
- Coordinate digital awareness campaigns as opportunities arise.
- Determine if there are opportunities to implement some of *the Healthy Brain Initiative Road Map* opportunities identified by the members of the DOH Healthy Aging Workgroup with the Trust for America's Health-Age-Friendly Public Health Systems-State Expansion Opportunity funding.

Project Team: Marci Getz, Janna Bardi, Lynne Korte, Jamie Teuteberg

Goal 2: Prepare communities for significant growth in the dementia population

□ Recommendation 2.A.2: Implement the Behavioral Risk Factor Surveillance System (BRFSS) cognitive and caregiver modules at least once every three years.

Accomplishments 2018/2019:

- BRFSS Cognitive Module was fielded in 2016. Applied to DOH to include full BRFSS Caregiver Module, but request denied due to large number of questions.
- One question related to prevalence of caregiving was included in 2017 BRFSS (AL TSA/Older Americans Act funds).
- Applied for and achieved inclusion of Cognitive Decline Module in 2020 BRFSS Survey.
- DOH, along with DSHS and the Alzheimer's Association, submitted an application to have the BRFSS Optional Caregiver Module administered as part of the WA State 2021 BRFSS Survey. The DOH BRFSS survey creation team was over-extended with the number of questions and time they took for the survey. The team offered the option to either pick a few of the BRFSS Caregiver Module questions for inclusion or wait until survey year 2022 and have the whole module administered. After consultation with partners and the national Alzheimer's Association, the group decided to wait for survey year 2022.
- **Status:** In progress

Next Steps:

- September-December: Review/analyze the 2020 Cognitive Decline Module data.
- May-August: Submit application for inclusion of the BRFSS Caregiver Module for the BRFSS administered in 2022

Project Team: Janna Bardi, Marci Getz, Nick Hart Susan Engels, Lynne Korte

□ Recommendation 2.B.1: Integrate goals and objectives related to cognitive impairment, memory loss and dementia into local and state governmental agencies' strategic plans. Such plans

include state and area plans on aging, coordinated chronic disease management, falls prevention and emergency preparedness, transportation, and the Washington State Plan for Healthy Communities.

Accomplishments 2018/2019:

- Developed list of state/local/regional agencies with information about strategic plan timing, contact person, URL to their strategic plan & any notations on anything currently related to dementia in those plans. Prioritized agencies assigned for follow up.
- Developed a Project Brief for use with agency contacts.
- ALTSA included Alzheimer's and other dementias/Dementia Action Collaborative as a strategic focus area in its [State Plan on Aging](#) for 2018-2022.
- DOH is working to get healthy aging, Alzheimer's disease and other dementias into the State Health Improvement Plan (SHIP).

Status: In progress

Project Team: Lynne Korte, Kim Boon, Marci Getz, Jamie Teuteberg, Cheryl Townsend Winter

☑ Recommendation 2.C.1: Review emerging models/movements of livable, age-friendly and dementia-friendly communities, and determine elements most critical to developing dementia-friendly communities in Washington State.

Accomplishments 2018/2019:

- Disseminated [Dementia Friendly Communities fact sheet](#) developed in 2016 to more than 16 statewide groups/associations.
- Created and presented workshop on dementia-friendly library practices to Washington State Library Association for second year, and at Washington State Physical Therapy Association Conference.
- Engaged with recreation associations and YMCA's as a new statewide association, including a group of King County YMCA directors.
- Conducted statewide survey investigating specific interests in dementia-friendly topics and networking, with more than 200 responses – leading to development of first statewide networking event (webinar) scheduled for 2018.
- In partnership with LTSS project team offered quarterly dementia-friendly program webinars with follow-up networking opportunities, in partnership with DAC early stage programs team which attracted 392 registrants. See Recs 4C2/4E1.
- Presented at Washington State Recreation Professionals Association Conference.
- Determine plans for a Dementia Friendly conference/summit in 2020. See Rec 2.C.2.

Status: Completed, some ongoing effort.

Next Steps:

- January - March: Determine plans for additional dementia-friendly guidance documents and program webinars.
- June - December: Plan Dementia Friends training and sessions in three new areas.
- September: Host Dementia Friendly Summit/Conference. See 2.C.2.

Challenge: This effort may also take some funding to provide support necessary to expand beyond current state.

Project Team: Lead: Marigrace Becker; Members: Hilarie Hauptman, Cathy Knight, Lynne Korte, Cathy MacCaul, Marty Richards, Jon Rudicil

□ Recommendation 2.C.2: Encourage and incentivize local communities to become more dementia-friendly.

Accomplishments 2020:

- AL TSA provided funds to UW Memory and Brain Wellness Center to plan and implement a Dementia Friendly Summit/Conference for 2020.
- UW convened a project team from various geographic area and sectors to help plan event.
- Under leadership of the UW Memory and Brain Wellness Center on behalf of the Dementia Action Collaborative (DAC) a statewide planning committee successfully planned and produced a virtual “Collaborating for a Dementia-Friendly Washington: Inspiring Change” conference – the first of its kind in Washington State. This conference aimed to inform, inspire and equip people throughout the state to take action to make their communities more dementia-friendly. Over 250 people from 23 counties registered for the conference. Speakers included a range of local and national champions including the project director for Dementia Friendly America.
- The conference provided the opportunity to showcase some DAC products including the Alzheimer’s Café and Dementia-Friendly Walking Group How-To Guides. This event demonstrates the capacity of a collaborative like the DAC, with the ability to work together to produce it in the midst of a pandemic and with a rapid pivot to a virtual format.
- A component of this conference was to incentivize dementia-friendly projects in different parts of the state by mobilizing sponsorship funds to offer three \$500 “seed grants” to participants wanting to initiate new dementia-friendly programming.

Next Steps:

- January – March: Finalize date and format for 2021 conference.
- April - July: Continue planning and begin outreach/marketing.
- September: Host Dementia Friendly Conference.

Project Team: Lead: Marigrace Becker; Members: Corrie Blythe, Kim Boon, David Brown, Joann Clemo, Debbie Hunter, Cheri Knighton, Lynne Korte, Christina Marnieris, Karen Winston, Cathy MacCaul, Michael Woo

□ Recommendation 2.D.1: Request that all state and local public health organizations provide content specific to healthy aging, brain health, and Alzheimer’s disease/dementia, including Internet links to national, state and local resources.

Accomplishments 2020:

- DOH applied for and received a competitive grant award from Trust for America’s Health that is designed to foster an Age-Friendly Public Health System.
- The Trust for America’s Health, *Age-Friendly Public Health Systems-State Expansion Opportunity* will provide DOH, the DAC, and our partners the opportunity to weave healthy aging, Alzheimer’s disease and other dementias, and the needs of caregivers into our work. Our hope is that the Age-Friendly Public Health System (AFPHS) Network participants will represent Tribes, Local Health Jurisdictions, and Area Agencies on Aging. Tribes and Local Health Jurisdictions will be eligible to apply for a small mini-grant to support their work.
 - Creating an Age-Friendly Public Health System will:
 - Improve the health and well-being of older adults
 - Prioritize health equity and
 - Improve data collection and analysis on older adults in our state

Next Steps:

- January-April 2021
 - Continue recruitment of AFPHS Network participants
 - Develop a Request for Applications and send out to Tribes and Local Health Jurisdictions
 - Review applications
 - Announce applicants who will be awarded the mini-grants
- May 2021-December 2021
 - Begin convening the AFPHS Network
 - Continue recruitment for year 2 mini-grant opportunities

Project Team: Marci Getz, Janna Bardi, Susan Engels, Lynne Korte

□ Recommendation 2.D.2: Work with the UW Healthy Brain Research Network (HBRN) and other partners to develop evidence-based public messages around promoting healthy aging and brain health, while ensuring messages are culturally/ethnically appropriate and designed to reach statewide populations including persons with limited English. See also Recs 1.F.1/1.F.3.

Accomplishments 2018:

- In 2018, disseminated evidence-based messages about preserving brain health and useful resources to African Americans through “Memory Sundays”, via Seattle area churches in partnership with nonprofit Center for Multi-Cultural Health.
- Produced & disseminated hand fans (with information on resources for families) through churches.
- Six focus groups were conducted in 2016/17 with Chinese and Japanese adults with older relatives via the National Asian Pacific Center on Aging (NAPCA) partnering with the UW Healthy Brain Research Network to consider the acceptability of messages concerned about cognitive health. This year, the Action Guides were presented to more than 800 area providers in more than 46 organizations. See the NAPCA created [Action Guides](#) for Service Providers and Policy Makers.
- The two efforts above were featured in the new *Healthy Brain Initiative, State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map*.
- DOH webpage [dementia webpage](#) went live.



Status: Ongoing

Next Steps:

- Continue efforts to connect brain health and healthy aging in Washington State Health Improvement Plan.
- Seek and promote opportunities to develop and share culturally appropriate messaging.

Project Team: Team lead: Marci Getz and Basia Belza; Members: Lynne Korte, Myriam Marquez, Kathy Lofy, Ingrid Ulrey, K'aimi Sinclair

Goal 3: Ensure well-being and safety of people living with dementia and their family

☑ **Recommendation 3.A.1:** Incorporate content about dementia (warning signs, the importance of early detection and diagnosis), the heightened risk of abuse, neglect, and exploitation; and about community resources into the Community Health Worker training.

Accomplishments 2018:

- Engaged Department of Health (DOH) program manager for Community Health Worker (CHW) training in 2017 to determine need for, potential formats, and costs of such a training.
- Identified funding to develop a training module for CHWs through ALTA's federal Dementia Capable Systems grant and Older Americans Act.
- Developed contract with DOH, and online training system developer (Talance) to complete work, utilizing subject matter experts to determine content for self-paced online training module on Memory Loss and Dementia for CHWs.
- DOH completed and launched the self-paced, optional Memory Loss and Dementia training module to CHWs statewide in June and December 2018.
- Going forward, the Memory Loss and Dementia training module will be scheduled and available two times a year for CHWs statewide who have completed the core CHW training.



Status: Completed

Project Team: Scott Carlson, Lynne Korte, Joanne Maher

☑ **Recommendation 3.B.1:** Compile and make accessible educational materials about ways to improve safety for people with dementia. Information may address fall prevention, wandering, disaster preparedness, and home safety assessments.

Accomplishments 2017/2019:

- In 2016/17, investigated what is currently available re: safety for dementia that is targeted to families living with dementia, prioritized most relevant, and determined criteria for inclusion in an "info kit". Finalized online [Dementia Safety Info Kit](#) (a compilation



of best, credible documents available via PDF and websites).

- Disseminated through DAC partners, re: awareness of these materials.
- Disseminated online and paper versions at conferences, trainings and meetings.
- May also be found on the memorylossinfowa.org webpage.
- Reviewed and updated content February 2019.

Status: Completed

Next Steps:

- Review/update once per year.
- Disseminate as possible via partners and webpages.

Project Team: Lynne Korte, Bob Wellington, Dave Budd

□ Recommendation 3.B.3: Promote and disseminate training for first responders about dementia. Information may address: recognizing signs and symptoms, communication skills, understanding behaviors including wandering, community resources, and red flags of neglect and abuse.

Accomplishments 2019:

- Formed project team and developed implementation plan.
- Investigated what is available as resources/training nationally and in Washington.
- Identified Washington programs that are doing training on dementia for first responders.
- Sought out information on return of investment.
- Decided to develop Info/Toolkit targeting Fire Department/EMS, AAAs and partner organizations.
- This work was suspended in 2020 due to competing demands with pandemic.

Next Steps:

- March 2021: Develop outline for an Informational Toolkit
- May 2021: Draft of Info/Toolkit
- September 2021: Finalize Info/Toolkit

Status: In progress

Project Team: Lori Brown, Maureen Linehan, Kim Boon, Susan Engels, Karen Heeney, Lynne Korte, Joanne Maher, Jon Rudicil

Goal 4: Ensure access to comprehensive supports for family caregivers

☑ **Recommendation 4.A.1:** Create a Washington State-specific “roadmap” for family caregivers providing information about what to expect over time to help plan for the future.

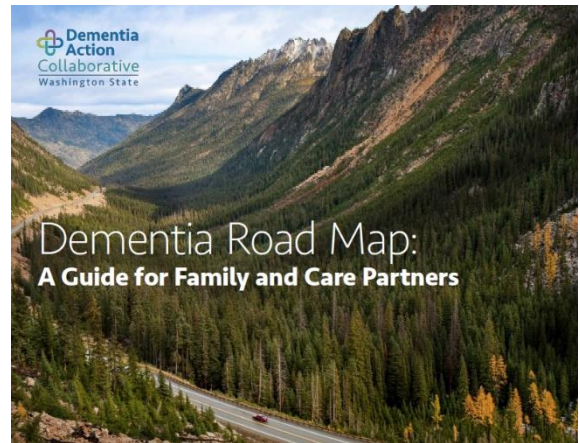
Accomplishments 2018/2019/2020:

- Collaboratively developed content for a unique educational document that brings together information, resources and action steps for family and care partners – the [Dementia Road Map: A Guide for Family and Care Partners](#).
- Used Older Americans Act funds and Alzheimer’s Association support to make print copies of this booklet. Published and disseminated this document widely through DAC network for placement on websites.
- Developed new system for managing distribution through the Department of Enterprise Systems. See box below for ordering instructions.
- In 2019, AL TSA provided funding to the Alzheimer’s Association for translation into Spanish. This [Spanish language translation](#) is now also available in print through inquirywa@alz.org.
- Have disseminated more than 80,000 print copies to caregivers across Washington State.
- Granted permission for other states, including Oregon, to adapt document for their use.

Status: Completed

Greatest Challenges: Keeping content of Dementia Roadmap up-to-date in printed and online versions, cost of translations/printing.

Project Team: Lead: Todd Larson; Members: Cindy Balbuena, Kim Boon, Erik Erickson, Lynne Korte, Jerry Reilly, Carrie McBride, Lauri St. Ours, Rep. Steve Tharinger



You can find this publication and more online:
www.dshs.wa.gov/altsa/dementia-action-collaborative

ORDERING INSTRUCTIONS:

For individuals requesting 1–5 copies, email:
Dementiaroadmap@dshs.wa.gov

For more than five copies, follow the instructions below:

1. Go to <http://myprint.wa.gov>
2. If it is your first time ordering, you will need to register
 - Click on the **Login** link in the upper right corner of webpage
 - In the pop-up box, click **Register**
3. Once you have registered and/or logged in, put the title (Dementia Road Map) in the search box and click **Enter**
4. Choose item that fits your type of organization
5. Enter quantity and click **Begin**
6. Choose **Due Date** (ship date) in upper left corner of checkout page
7. Click **Proceed to Checkout** and follow onsite instructions

To request this publication in Spanish, email:
inquirywa@alz.org

□ **Recommendations 4.A.2:** Provide dementia-specific information and assistance for family caregivers of people living with dementia.

□ **Connects with Recommendation 6.A.4:** Provide dementia-capable information and assistance for people living with dementia to help them remain in the community.

Accomplishments 2019/2020:

- Completed 3-year federal Administration for Community Living Grant on Dementia Capable Systems, in partnership with five Area Agencies on Aging (AAAs), the Alzheimer’s Association and the Department of Health and submitted final report.
- This grant developed and piloted Dementia Capable Approaches in Person Centered Support and Counseling training which focuses on providing dementia knowledge and skills for Information & Assistance and Family Caregiver Program staff in Area Agencies on Aging (AAAs).
- At grant’s end, this training was made available on an online/ongoing basis, within the Relias Learning Management System for all AAAs that would like to use it to improve dementia-capability.
- In 2020, the DAC advocacy subcommittee put forward a proposal to pilot “Dementia Resource Catalysts” that would foster dementia-capability in four AAA public service areas. While the legislature approved a budget proviso to support this pilot for two areas, the project was eventually vetoed in the budget due to the pandemic.

Status: Ongoing

Challenges: While AAAs provide general information, assistance and support, we know that people with dementia need more and different services. AAAs do not have adequate resources to provide the specialty supports and services to address the complex and heightened needs created by dementia, which might include support for individuals with dementia living alone, with safety/behavioral needs or transitioning between care settings.

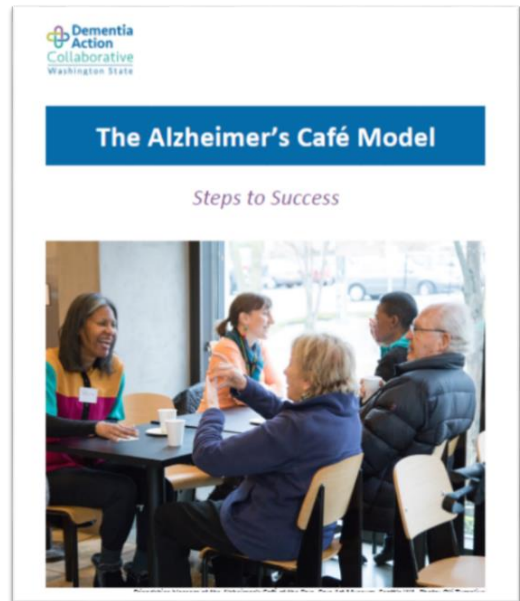
Project team: Lynne Korte and five AAAs – Aging & Adult Care of Central Washington, Aging & Long Term Care of Eastern Washington, Area Agency on Aging and Disabilities of Southwest Washington Aging & Disability Services/King County, Southeast Washington Aging and Long Term Care

□ **Recommendations 4.C.2:** Expand and promote implementation of early stage memory loss groups for people with cognitive impairment/dementia and their care partners.

□ **Connects with Recommendation 4.E.1:** Develop information about models of social engagement such as Alzheimer’s Cafes, Zoo Walks, Museum/Arts (“here:now”) programs, etc.

Accomplishments 2018/2020:

- Piloted an evidence-informed early stage memory loss (ESML) model developed by the University of Washington (UW) called Staying Connected in five Area Agencies on Aging, with federal grant funding. Afterwards, AL TSA developed a contract with Alzheimer’s Association to continue offering leader training for this program. From 2018-20, more than seven Staying Connected class series were offered along with one master trainer training. This contract was renewed in 2020 to train master trainers for Staying Connected.
- Identified programs that might be expanded through collaboration and within existing resources, e.g., Alzheimer’s Cafes, Walking Programs, and developed plan for promoting these models through networking opportunities.
- In 2018, developed “how to” guidance documents for “Starting an Alzheimer’s Café” and “Dementia Friendly Walking Groups”, and offered four dementia-friendly program webinars (with follow-up networking opportunities attracting nearly 400 registrants from across the state). Find the “how to” guides on the [DAC web page under Dementia Friendly Resources.](#)
- As of 2019, in monitoring uptake of Alzheimer’s/Memory Cafes in Washington, there was a notable increase in the number of Café’s listed, increasing from 15 to 35.
- Further promoted models of early stage engagement at the Dementia Friendly Washington conference in 2020.



Status: In process

Next Steps:

- Continue to monitor uptake of early stage and social engagement programs and promote interest during meetings, conferences, etc.
- Work with LTSS joint team to develop new guidance materials to develop music-related engagement programs. This project was suspended due to the pandemic.

Challenge: Beyond Puget Sound, there is a lack of capacity in partners and funding to increase community awareness and in communities to begin or sustain early stage support and/or social engagement programs. May require additional funding to support more development.

Project Team: Lynne Korte, Marigrace Becker, Cayce Cheairs, Jan Higman, Cathy Knight, Bob Le Roy, Kenna Little, Christina Marnaris, Cheryl Townsend-Winter

☐ **Recommendation 4.F.1:** Identify and engage leaders and organizations of diverse populations to explore needs for education and support.

☑ **Recommendation 4.G.1:** Engage tribal representatives to explore the needs of tribal families caring for people with dementia to develop culturally relevant supports and services.

Accomplishments 2018/2019/2020:

- Created and distributed “Dear Tribal” letter, identified tribal points-of-contact and developed set of outreach questions in 2016. Initiated outreach, beginning with Native Americans, with a plan to next focus on African American and Hispanic.
- Attained feedback from tribal representatives in the Title VI program, and through conversations and written input to surveys at tribal events. This revealed a need for education around dementia.
- AL TSA hosted Savvy Caregiver in Indian Country training – a native specific training on dementia – four times between 2017 and 2019: 14 Washington tribes have representatives who have completed the training. See box below.
- DAC partners provided speakers on dementia at the Money Follows the Person Tribal Summits in 2017 and 2019.
- Engaged full DAC in September 2018 to discuss how to address diverse communities and health disparities within entirety of AD Plan implementation.
- Developed dedicated DAC workgroup to integrate work on disparities within DAC initiatives.
- Included speaker on dementia/disparities in African American communities at April 2019 DAC meeting, and speaker on dementia/disparities in LGBTQ community at September 2019 DAC meeting.
- Dementia Disparities workgroup worked to create, and audience-test, an African American Action Brief focused on disparities for this population throughout 2020. Work is continuing.

Savvy Caregiver in Indian Country

Savvy Caregiver is an evidence-based program for those caring for a family member with Alzheimer’s or other dementia. It is a psychoeducational, 12-hour training with manual and videos. The program is broken into separate sections that focus on knowledge of Alzheimer’s and dementia, caregiver skills, and how to better manage stress related to caregiving (Hepburn, et al. 2007).

The National Indian Council on Aging (NICOA) adapted the original program for use in Indian Country under the name Savvy Caregiver in Indian Country.

Status: Ongoing

Next Steps:

- Develop dissemination plan for African American Action Brief and implement.
- Diversity/Disparities in Dementia workgroup to meet at least quarterly.

Challenge: Doing outreach and relationship building takes significant planning, linking and in-person relationship building. This will be an ongoing process and need to involve all subcommittees.

Project Team: Basia Belza, Alison Boll, Marietta Bobba, Kim Boon, Marci Getz, Lynne Korte, Maureen Linehan, Carolyn Parsey, Ka’imi Sinclair, Jamie Teuteberg, Karen Winston, Tavares Terry.

Earlier Team: Bob LeRoy, Aziz Aladin, Emma Medicine White Crow, Marietta Bobba, Yolanda Lovato, Karen Winston, Shelly Zylstra

□ Recommendation 4.H.3: Educate professionals working with families of people with younger-onset Alzheimer’s, including those in the developmental disabilities system, about the special challenges, issues and resources available for support.

Accomplishments 2018/2019/2020:

- The Developmental Disabilities Council partnered with Developmental Disabilities Administration (DDA), the Alzheimer’s Association, AL TSA and others to sponsor a forum at the SeaTac Conference Center on Intellectual/Developmental Disabilities and Dementia featuring national experts Drs. Seth Keller and Matt Janicki.
- Part-time DAC staff, Kim Boon (shared between DDA and AL TSA) was hired and began to provide support for this and related recommendations.
- Investigated what is available as trainings for families related to developmental disabilities and dementia.
- Gathered input around training needs of families from stakeholders, including: Developmental Disabilities Council, Informing Families Advisory group, DDA training unit, Community Residential Services Association and SEIU.
- Developed survey to gather information more directly from families in the parent-to-parent coalition.
- Created an IDD and Dementia Curriculum Development Workgroup with participation from AL TSA; DDC; DDA Training Unit; DDA EDI; Adult Family Home Council; Executive Director of Community Homes, a DDA provider.
- Curriculum workgroup met over the late summer and fall 2020 to develop the curriculum for direct support professionals and case managers regarding IDD and Dementia.

Status: In progress

Next Steps:

- January – March: The workgroup will meet with the Indian Policy Advisory Committee (IPAC) in February 2021 to review curriculum and provide comments regarding cultural competency. Plan to meet with additional underrepresented groups in early 2021.
- March – June: Finalize training content.
- June – July: Determine logistics of training implementation.
- July – Dec: Begin to implement and disseminate training.

Project Team: Aziz Aladin, Sarah Blanchette, Kim Boon, Karen Cordero, Advisors: Linda Gil, Shannon Manion

Goal 5: Identify dementia early and provide dementia-capable evidence-based health care

Recommendation 5.A.1: Convene an expert panel to identify and endorse a set of evidence-based standards for diagnosis, treatment, supportive care and advance planning for people with dementia.

Recommendation 5.E.3: Request and encourage the Dr. Robert Bree Collaborative to address cognitive impairment and dementia care.

Accomplishments 2017/2020:

- Engaged the Dr. Robert Bree Collaborative in 2016 as the optimal venue through which to convene an expert panel to identify/endorse guidelines.
- DAC members identified potential content experts for the Bree dementia workgroup which convened between January and October, populated by several members of the DAC as well as other local, state and national experts in dementia care.
- The Bree Alzheimer's Disease and Other Dementia [Report and Recommendations](#) was finalized and submitted to the Health Care Authority in November 2017.
- Also developed a Clinical Provider Practice Tool that echoes and refers back to the Bree Report, available on [the DAC webpage](#) under Resources for Providers.
- The Bree Collaborative invited a DAC team to present a DAC update webinar in 2020; Kris Rhoads, PhD, Lynne Korte, and Jamie Teuteberg presented updates and offered action steps to attendees. The webinar was attended by 87 people; a mix of healthcare stakeholders including delivery sites, providers, clinical support staff, administrators, and state government agencies in attendance.



Status: Completed

Project Team: Lead: Kris Rhoads Members: Amanda Avalos, Nancy Isenberg, Lynne Korte, Bruce Smith, Jamie Teuteberg

Recommendation 5.B.1: Encourage regular screening of cognitive status for older adults in primary care settings, considering cognitive status as a 'vital sign', similar to tracking blood pressure in heart disease.

Accomplishments 2019/2020:

- Twenty-four (24) provider and community presentations related to dissemination and provider/system education around screening, case detection and other recommendations outlined in Bree document.

- Integration of screening into a 3-hour dementia in primary care CME conducted by Barak Gaster, MD at the UW with expansion of training to UW Neighborhood Clinics as well as medical education for students, residents and fellows.
- Cognitive screening is included as a foundational module in the Project ECHO Dementia curriculum.

Status: Ongoing

Next Steps:

- Dissemination and implementation.

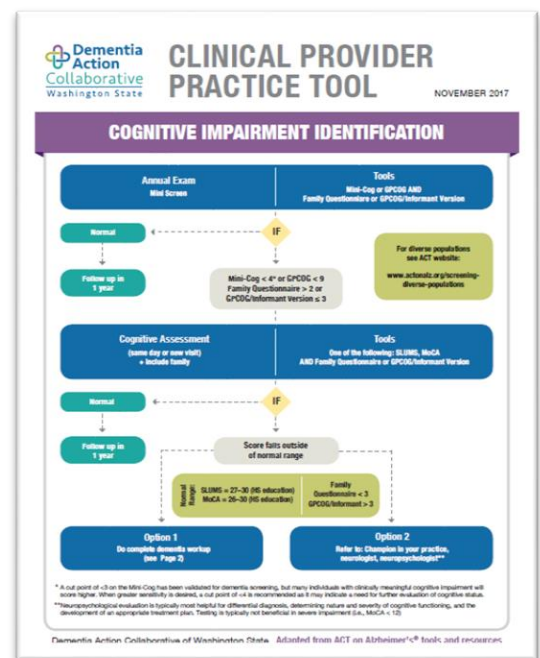
Challenges: Increasing impact and reaching a broader audience. Identification of organizational champions in health care to move implementation work forward.

Project Team: Kris Rhoads, Nancy Isenberg, Lynne Korte, Carolyn Parsey, Tatiana Sadak, Jamie Teuteberg

☑ Recommendation 5.B.2: Identify/recommend several validated, brief cognitive screening tools.

Accomplishments 2017:

- Completed a literature review on available screening measures, review of practice parameters and recommendations, best practice models and some preliminary examination of current practice parameters in 2016.
- Completed a position paper entitled [Brief Cognitive Screening Tools for Primary Care Practice](#) outlining recommended tools, clinical pathways and opportunities for screening.
- Developed a graphic/flow chart that outlines clinical pathways and tools for screening, diagnosis and support to individuals and families throughout the process. This Clinical Provider Practice Tool, available at: dshs.wa.gov/altsa/dementia-action-collaborative



Status: Completed

Challenges: Dissemination and implementation in medical systems as well as more rural practices will take additional resources.

Project Team: Team lead: Kris Rhoads Members: Nancy Isenberg, Lynne Korte

□ Recommendation 5.B.3: Promote timely assessment and disclosure of cognitive impairment and/or diagnosis of dementia through the identification of a diagnostic pathway for use in primary care settings.

Accomplishments 2019/2020:

- In 2019, DAC team (including Kris Rhoads and Nancy Isenberg) offered twenty-four (24) provider presentations disseminating the Bree recommendations, screening paper, and Clinical Provider Practice Tool. In 2020, this team offered twenty-five presentations on dementia best practices.
- Education around the importance of timely assessment and disclosure of cognitive impairment and/or diagnosis of dementia is incorporated into Project ECHO Dementia sessions.

Status: Ongoing

Next Steps:

- Update the Clinical Provider Practice Tool and work towards completing the Managing Across the Continuum Dementia tool.

Challenges: Identification of organizational champions in health care to move implementation work, increasing reach and impact.

Project Team: Kris Rhoads, Lynne Korte, Nancy Isenberg, Tatiana Sadak, Jamie Teuteberg

□ Recommendation 5.C.6: Promote use of tele-health by aligning with efforts of the statewide tele-health workgroup convened by DOH. Utilize such technology to provide care directly for individuals with dementia and/or to support a consultative role with providers and care teams such as the Impact model or the Echo model.

Accomplishments 2019/2020:

- Achieved funding per budget proviso for the University of Washington Memory and Brain Wellness Center at Harborview, in the amount of \$497,000 per biennium. Proviso funding is used to create a telemedicine program to disseminate dementia care best practices to primary care.
- Program manager position created with an offer extended in December.
- Co-directors Drs. Kris Rhoads and Nancy Isenberg attended 3-day ECHO Immersion Training at the University of New Mexico.
- Identified IT staff, ECHO mentor, and expert clinical panel members, and secured a dedicated location for the Zoom Room/technological hub, with ongoing collaboration with the UW regarding IT/tech needs and building renovations.
- Began ongoing recruitment of spoke provider sites in 2019 and early 2020, including leadership and provider champions, in Port Angeles (North Sound Health Care), Yakima (Memorial Hospital), Spokane (Providence and Multicare), Columbia County (Dayton Medical Center), Tri-Cities (Kadlec), and Bellingham (PeaceHealth).
- UW Memory and Brain Wellness Center at Harborview, which hosts Project ECHO Dementia, using a ‘hub and spoke’ model, launched for provision in mid-2020. The UW ‘hub’ offers a multi-

disciplinary, multi-organization panel of experts that join together with their interested ‘spoke’ community of primary care providers from across the state to learn together.

- From June to early December 2020, the program reached 20 community primary care sites and 47 providers, with additional sites pending.
- After providing 220 hours of instruction, 65% of providers have indicated they will change their practice based on learnings. Recordings of sessions on topics such as Screening and Detection of Cognitive Impairment, Advance Care Planning for Dementia, Dementia and Care Resources for Patients and Families are available online. To access slides and recordings, visit <http://depts.washington.edu/mbwc/resources/echo>

Status: Ongoing

Next Steps:

- Continue spoke site recruitment. Will focus on reaching Federally Qualified Health Clinics (FQHCs), particularly in Eastern/Central WA, on American Indian/Alaska Native clinics and expanding reach into Providence health system.
- Exploring some kind of “certification” for participants.

Challenges: Reaching clinics, providers, and systems who really need the help (those who joined are already doing so much), systems-level engagement and coming up with ways to measure impact.

Project Team: Kris Rhoads, Nancy Isenberg, Lynne Korte, Jamie Teuteberg

□ Recommendation 5.E.1: Promote understanding and effective utilization of (a) Medicare Annual Wellness Visit (MAWV) which includes objective cognitive assessment/screening; and (b) Complex care management (CCM) codes for care coordination services, and advance care planning codes for individuals at end of life.

Accomplishments 2019/2020:

- Twenty-four (24) provider and community presentations related to dissemination and provider/system education around implementing the visit, opportunity for screening and case detection, billing codes and other recommendations outlined in Bree document.
- Ongoing work at multiple health care systems to increase uptake and implementation of the MAWV and referral pathways, including at the UW Medical Center, Harborview, Virginia Mason Medical Center, and Kaiser Permanente.
- Refined data and improved understanding around current practices regarding billing codes and documentation needs.
- Expanded and refined data around utilization rates across the state as well as different organizations.
- Education around the availability and use of the MAWV is incorporated into Project ECHO Dementia sessions.

- Complex care management codes for care coordination services presentations to the Health Care Authority clinical and policy leadership.

Status: Ongoing

Next Steps:

- January – March: Provider education opportunities spreadsheet to be published, late winter 2021.
- January - December: Continue provider and systems education events as possible.

Project Team: Lead: Jamie Teuteberg **Team:** Andrea Sawczuk, Leslie Emerick, Charissa Fotinos, Tatiana Sadak, Lynne Korte

□ Recommendation 5.E.2: Advocate for the development of, and promote use of, billing codes and reimbursement for care that improves the health and lives of older adults.

Accomplishments 2018/2019/2020:

- Dissemination of finalized billing code information in the Bree recommendations.
- Identification of best practices and information graphics from Alzheimer’s Association and related organizations.
- Complex care management codes for care coordination services presentations to the Health Care Authority clinical and policy leadership.

Status: Ongoing

Next Steps:

- January & Ongoing: Data collection around current utilization practice, practice change

Challenges: Getting data from state level and individual organizations around current billing practices.

Project Team: Jamie Teuteberg, Kris Rhoads, Nancy Isenberg

□ Recommendation 5.G.1: Increase awareness among primary care clinicians and care partners of potentially avoidable causes for ED visits, hospital admissions, and readmissions for people with cognitive impairment and dementia. Emphasize the importance of partnership and communication between clinician and care partners.

□ Connects with 6.A.3: Convene a workgroup to identify and seek funding to support best practice dementia capable models that minimize care transitions, including emergency room visits, hospital admissions and readmissions.

Accomplishments 2020:

- Established workgroup with members from both Health-Medical and Long Term Services and Supports Subcommittees.

- Subgroups are working to identify current practices, gaps, and best practices focusing on preventing/reducing potentially avoidable hospitalizations and ER visits, and prevent/reduce potentially avoidable readmissions or subsequent ER visits.

Next Steps:

- Subgroups will continue their initial research and bring back to the Care Transitions Workgroup
 - Identification of models that align with current programs/entities in WA State and/or evidence informed strategies that could be integrated into practice
 - Identification of potential fund sources for work on this topic
 - And, develop a plan to increase awareness among primary care providers and care partners of causes of avoidable ER visits and hospitalizations

Project Team: Tatiana Sadak, Kim Boon, Kristin Childress, Joann Clemo, Ann Dahl, Leslie Emerick, Aime Fink, Marci Getz, Jullie Gray, Nancy Isenberg, Lynne Korte, Todd Larson, Joel Loiacono, Christina Marneris, Phung Nguyen, Alyssa Schnitzius Odegaard, Mary Pat O’Leary, Cheri Perrazoli, Mary Lynn Pannen, Mary Pattison, Kris Rhoads, Marty Richards, Carrie Rubenstein, Jon Rudicil, Allyson Schrier, Lori St. Ours, Jamie Teuteberg

Goal 6: Ensure dementia-capable long-term services and support are available in the setting of choice

Recommendation 6.A.1: DDA, ALTA, HCA, and DOH should each designate an Alzheimer’s program coordinator to improve communication and collaboration among these agencies.

Accomplishments 2018:

- DAC advocates requested and received funding through budget proviso for part-time staff at each of the above agencies.
- The above agencies subsequently hired staff who will work with one another, the DAC program manager and the DAC Chair and Subcommittee Chairs to:
 - 1) Integrate goals and objectives related to dementia into agency strategic plans.
 - 2) Identify recommendations in their respective areas which could be implemented through heightened collaboration and existing resources.
 - 3) Identify high-value recommendations and related funding requirements for upcoming biennial budgets.
 - 4) Coordinate the work of implementing the selected recommendations.

Status: Completed

Project Team: Alzheimer’s Association, AARP, W4A, Senior Lobby

Recommendation 6.A.2: Identify and promote existing models of care coordination services for individuals living in the community and their family caregivers, such as Health Homes, geriatric care managers, and Alzheimer’s Association Care Navigators.

Accomplishments 2017:

- Developed consensus on what is meant by care coordination, and completed an inventory detailing existing care coordination resources.
- Compiled document summarizing care coordination models to be referenced moving forward.

Status: Completed.

Ongoing Work:

- Promote care coordination models within existing resources as possible.

Project Team: Lead: Leigh Beth Merrick; Members: Susan Engels, John Ficker, Julie Gray, Maureen Linehan, Mary Lynn Pannen, Mimi Pattison

Recommendation 6.A.3: Convene a workgroup to identify and seek funding to support best practice dementia capable models that minimize care transitions, including emergency room visits, hospital admissions and readmissions.

Connects with 5.G.1: Increase awareness among primary care clinicians and care partners of potentially avoidable causes for ED visits, hospital admissions, and readmissions for people with cognitive impairment and dementia. Emphasize the importance of partnership and communication between clinician and care partners. See Rec 5.G.1 for related activity.

Recommendation 6.A.4: Provide dementia-capable information and assistance for people living with dementia to help them remain in the community. See 4.A.2.

Recommendation 6.B.2: Evaluate the potential for specialized dementia care services in adult family homes to determine cost-effectiveness, standards, training, services, rates, and oversight needs.

Accomplishments 2019/2020:

- The Adult Family Home Council worked to pass SSB 5672 aimed at improving services for specific population living in adult family homes, including for people with dementia.
- AL TSA hosted input sessions to gather input from AFH providers, consumers and other stakeholders on the enhancements or additional services needed for AFHs that are dedicated to the care of people with dementia.

- AL TSA and external stakeholder teams consolidated all feedback in to four categories: Family and Resident Support, Provider Training and Support, Safety and Accessibility, and Activities and Community.
- Feedback was used to separate the Meaningful Day Contracts between DDA and AL TSA, which will allow changes to make the contract more dementia focused.

Status: In progress

Next Steps:

- AL TSA will develop recommendations for new or enhanced services for individuals living in adult family homes dedicated solely to the care of individuals with dementia.

Project Team: John Ficker (AFH Council), Alec Graham, Barb Hanneman, Natalie Lehl (AL TSA staff)

Recommendation 6.C.1: Enhance Dementia Specialty Training available to LTSS workers for all settings.

Accomplishments 2017:

- After working with stakeholders to garner input, AL TSA finalized an enhanced Dementia Specialty Training in 2016.
- Rolled out new training to residential long-term care settings.

Status: Completed

Project Team: Lorrie Mahar, Angela Regensburg (AL TSA staff)

Recommendation 6.C.4: Increase dementia-capability of HCS/AAA Case Management staff by enhancing Core training to include more information around the importance of early detection and diagnosis, responding to behaviors, and assessing and addressing hearing loss and other sensory limitations.

Accomplishments 2020:

- Attained an ongoing slot in AL TSA’s Case Manager Program Training (CMPT) for HCS/AAA Case Management held regularly for newer staff, which is a component of the Core training for this group of staff.
- This CMPT module, “Dementia: How to Help”, offers an introduction to best practices in assisting people with dementia including the importance of early diagnosis, how dementia impacts all other needs, support of family care partners/caregivers, medication management, and balancing independence and safety. It also provides access to a broad array of resource materials for further learning and sharing with clients.
- Information geared towards enhancing other segments of the Core training related to dementia were also shared with AL TSA’s training unit program manager.

Next Steps:

- Continue providing CMPT dementia module.
- Encourage enhancement of other Core training module that includes dementia to include updated information on brain health and proactive support for people with memory loss and dementia.

Project Team: Kim Boon, Lynne Korte

☑ Recommendation 6.D.1: Support a study commissioned by the State on public/private long-term care financing models and subsequent efforts to improve the financing for public LTSS.

Accomplishments:

- SSB 6052 was passed in the 2015 legislative session directing DSHS-ALTSA to contract for a feasibility study of policy options to finance long-term services and supports.
- Study findings were included in a report to the legislature in 2017.
- The Long-Term Care Trust Act failed in 2018 but passed in 2019, making Washington the first state to launch a long-term care insurance benefit for all eligible Washington employees.

Next Steps:

- Early planning is underway and will include coordination of multiple agencies, including DSHS-ALTSA and HCA.
- Working Washingtonians will begin paying premiums in 2022.
- Benefits begin for qualified beneficiaries in 2025.

Project Team: Bea Rector (ALTSA) and partner agency staff.

☑ Recommendation 6.D.2: Identify tools and strategies to more effectively coordinate current systems and seek federal funding opportunities to help meet the costs of financing care, such as the Medicaid Transformation Waiver.

Accomplishments 2017:

- Health Care Authority (HCA), Aging and Long Term Support Administration (ALTSA) and Area Agencies on Aging (AAAs) worked together, with approval needed from Centers for Medicare and Medicaid (CMS), to plan processes and procedures that support implementation of a new Medicaid Transformation Demonstration, a federally funded project that assists older adults, including those living with dementia, by financing long term supports and services that help them to live at home.
- Launched two new programs – Medicaid Alternative Care and Tailored Supports for Older Adults which offer a wide range of services and supports such as housekeeping and errands, specialized medical equipment, training opportunities, adult day services, support groups and counseling as a new alternative to traditional services for Medicaid recipients over 55 and to a new eligibility group of those older adults at risk of spending down to Medicaid.

- Employed an outreach campaign to raise awareness among families about these new programs.
- Integrate the TCARE Caregiver Assessment tool into the primary GetCare system to improve efficiency and data management.
- Evaluate program for lessons learned to apply after the demonstration and seek ongoing state match funding

Status: In process (5-year demonstration)

Ongoing Work:

- Promote awareness about these new programs for long-term supports and services.
- Evaluate outcomes of this demonstration to document return on investment.
- Continue to build caseload throughout the demonstration.

Project Team: Bea Rector, Susan Engels, Adrienne Cotton, AAA directors and staff

□ Recommendation 6.E.3: Convene a workgroup to define and promote dementia care quality standards and outcome measures for Washington long term care settings, to include standards for settings advertising themselves as “memory care” and/or “specialized dementia care”.

Accomplishments 2019/2020:

- Convened a workgroup with consistent broad representation including provider associations, State Ombuds, Alzheimer’s Association, family caregivers, DSHS Residential Care Services and Home and Community Services, geriatric care managers and medical professional.
- Investigated complex subject with three meetings to date spent understanding current rules and regulations, and the work of other legislatively mandated workgroups concerning adult family homes and assisted living.
- Investigated other state’s initiatives focusing on “memory care/specialized dementia care”.
- Reviewed data from the AGs office, Ombuds and RCS about dementia-related complaints.
- Reviewed Alzheimer’s Association Dementia Care Practice Recommendations
- Narrowed in on problem to address - There is not a commonly held definition of “memory care/SDC”. No specific nomenclature or minimum requirements of providers that call themselves “memory care”. These issues create challenges for consumers in terms of finding it, and knowing what to expect of such care.
- Develop a plan to further investigate specific issues of nomenclature/terminology, and examples of components deemed important for facilities to identify themselves as ‘memory care/specialized dementia care’.
- Identified sub-teams to move forward with provider survey, consumer survey and further investigation of other states’ specific terminology and definitions of memory care.

Status: In progress

Next Steps:

- January – March: Review and summarize what has been learned about nomenclature/terminology related to memory care/specialized dementia care.
- January – March: Review and summarize information gathered from other states re terminology, definitions and examples of any related standards/requirements.
- May – July: Develop and field a provider survey of residential facilities that call themselves memory care for input on components.
- May – October: Develop and field a survey of consumers/family members who are using or seeking memory care to identify input on priority needs and expectations, concerns and suggestions re to memory care.

Project Team: Leads: Maureen Linehan/Alyssa Schnitzius Members: Kim Boon, Jeanette Childress, Erica Farrell, John Ficker, Candace Goehring, Kim Henderson, Patricia Hunter, Lynne Korte, Joel Loiacono, Cathy McAvoy, Mary Lynn Pannen, Lauri St. Ours, Libby Wagner

Goal 7: Promote innovation and research related to causes of and effective interventions for dementia

□ Recommendation 7.B.1: Identify organizations/institutions in WA involved in providing dementia related psychosocial and medical services, and connect them with AD research to promote research awareness and strategic alliances.

Accomplishments 2019/2020:

- Continue compilation of state/local/regional research efforts.
- Launched a virtual quarterly Alzheimer’s Research Network meeting with attendees from around the state.
- In 2020, seven investigators shared their research with this learning network. Sixty-five interested persons are on the list to attend these quarterly presentations.

Status: In progress

Next Steps:

- January - March: Ongoing Alzheimer’s Research Network virtual meetings. Five presenters are already lined up first half of 2020.

Ongoing Work:

- Follow through with current agency contacts, seeking investigators to present and keeping this interested parties list up-to-date.
- Connecting healthcare providers with research opportunity information.

Greatest Challenge: Time constraints due to Covid-19. Identifying research organizations outside University of Washington system or those indicated on the Alzheimer’s Association Trial Match platform.

Project Team: Suman Jayadev, Carolyn Parsey, Jamie Teuteberg

□ Recommendation 7.C.1: Educate the public, including people with cognitive impairment, on the availability, purpose, and value of research and encourage participation in a broad spectrum of dementia research (i.e., research on finding a cure, prevention, improving the quality of life for individuals and caregivers).

Accomplishment 2019:

- Ongoing partnership with UW Alzheimer’s Disease Research Center, VA, Alzheimer’s Association and WSU colleagues to complete over 30 community talks, social media and presentations around Alzheimer’s research.
- Met with interested community partners to explore different models of dementia registries and the possibility of establishing a registry for Washington state.

Status: In progress

Next Steps:

- January - March: Reconvene interested partners to determine a preferred dementia registry model for Washington state.
- April – December: Identify partners interested and willing to help determine a pathway to making a dementia registry possible.

Greatest Challenge: Increasing impact beyond the audience present. Measuring impact of community education events and presentations in terms of interest and willingness to participate in research.

Project Team: Suman Jayadev, Carolyn Parsey, Jamie Teuteberg, Kris Rhoads

For more information on DAC activities and products:

Go to the DAC webpage: <https://www.dshs.wa.gov/altsa/stakeholders/alzheimers-state-plan>

With Appreciation

The Dementia Action Collaborative would like to express gratitude to the Joint Legislative Executive Committee on Aging and Disability (JLEC) for their support, and to our many partner organizations and project team members – this work could not happen without this collective dedication, expertise and talent.