

Alzheimer's and Dementia Care Program

SUPPORT FOR ALZHEIMER'S AND DEMENTIA PATIENTS AND CAREGIVERS

Fall 2020

Our Mission

- Maximize patient function, independence and dignity
- Minimize caregiver strain and burnout
- Reduce unnecessary costs

Our Team

Our core team includes four nurse practitioner Dementia Care Specialists, two Dementia Care Assistants, and a geriatrician Medical Director, who are supported by staff and health professionals.

What We Do

Care in the Alzheimer's and Dementia Care Program begins with a 90-minute, in-person appointment for patients and their caregivers with a Dementia Care Specialist. This initial assessment, along with input from the patient's physician, results in an individualized care plan. Caregiver education, support, and referral begin immediately. The program optimizes the patient's medical treatment plan to slow further decline in cognition, manage dementia symptoms and reduce complications of dementia. The Dementia Care Specialist continues to follow the patient, providing ongoing advice and services, including referral to community-based organizations, as needed.

2021 Goals

- Continue to grow the program at UCLA
- Continue to disseminate the program outside UCLA
- Train advance practice providers who want to become Dementia Care Specialists
- Work with other groups and Medicare to provide coverage for UCLA Alzheimer's and Dementia Care program and similar comprehensive dementia care services



The ADC Program's Impact

As of September 2020, the program has served over 2988 patients and their caregivers.

Prior to entering our program, many caregivers were poorly informed about dementia caregiving and felt they were fighting this battle alone. One-third had high stress and more than 10 percent were depressed.

By the end of a year in the program, confidence in handling problems and complications of Alzheimer's disease and dementia improved by 72 percent. Caregiver strain, distress, and depression were reduced.

Although the program cannot prevent the progression of dementia, after one year in the program, patients had fewer problem behaviors (e.g., agitation, irritability, apathy, nighttime behaviors) and depressive symptoms. Caregivers had less distress as a result of their loved one's behavioral symptoms, less strain, and fewer depression symptoms.

Moreover, the program reduced emergency department visits, days spent in the hospital, admissions to nursing homes for long-term care, and overall Medicare costs.

During the past year, the program has:

- Added a fourth DCS – Winnila Escalante, RN, MSN, PCCN, ANP-C, ANP-BC
- Spread the program to five sites: Massachusetts General-Brigham Health, The Wright Center, University of Rochester Medical Center, Cheyenne Regional Medical Center and Northwell Health for a total of 10 sites across the country
- Participated in a nursing leadership summit to discuss recognition for nurse practitioners completing Dementia Care Specialist training
- Presented at the National Institute on Aging 2020 Dementia Care Summit
- Presented at the Center to Advance Palliative Care Master Clinician Series
- Created an Inpatient Guide for ADC Program families and caregivers to improve care during a hospitalization
- Developed a COVID-19 caregiver FAQ page
- Translated caregiver training videos to Ukrainian, Korean, Vietnamese and Greek



UCLA Alzheimer's and Dementia Care Program
405 Hilgard Avenue
200 UCLA Medical Plaza, Suite 365A
Los Angeles CA, 90095

Support from our friends helps our program thrive. For more information or to make a gift to the Alzheimer's and Dementia Care Program, go to: uclahealth.org/geriatrics/giving or contact us at 310-794-7620 or jkondo@support.ucla.edu, slang@support.ucla.edu



A Journey in Caregiving

We recently spoke to Karen Ford, the wife and caregiver to our 2738th patient, Sidney Leo Stebel, to discuss how our program has affected their lives. Sidney enrolled in the program in 2019 and was cared for by Dementia Care Specialist, Kemi Reeves until he passed in 2020.

Tell us a little bit about Sidney.

Sid was born in a small town in Iowa near an Indian reservation. He liked to tell a story about a local shaman from the local tribe who shook a rattle over him as a baby and said he would be a leader of his people, and Sid was. He was a writer throughout his life, producing several novels, and was a teacher of writers at USC for 18 years. Sid was also a founding

workshop leader at the Santa Barbara Writer's Conference, where he and I met, and he was a huge influence and mentor to so many people.

Aside from writing, Sid was an avid foodie, but he was also a fitness fanatic. He kept in such good shape and continued to eat healthy up until the end.

How is your relationship with your Dementia Care Specialist?

Kemi is fantastic and made herself very available to me. I communicated with her via MyUCLAHealth and she was great at responding. For example, before our initial appointment, I messaged Kemi to let her know that we do not use the terms Alzheimer's or dementia around Sid because they upset him. She was very understanding and never

made Sid uncomfortable. I never worried that our association with the program would be something that would upset Sid, as opposed to it being a resource.

How have you benefited from being in the program?

About a month before Sid passed, he had a fall and we ended up in the emergency room. The ER physicians were advising me to have Sid admitted to the hospital. Kemi somehow knew what was going on with Sid and called me in the ER. She was a helpful sounding board in making my decision to take him home. I truly believe we were able to get a bit more time with Sid because he was at home, on hospice and comfortable.

Another resource that Kemi provided was the Wednesday General Alzheimer's and Dementia Caregiver Support Group. This group has been wonderful and I continue to participate over Zoom. It's been a great resource for me to not only hear from other caregivers and find support, but to also learn about practical ideas for Sid and I earlier in our enrollment with the program.

What is your wish for the program?

My wish is for the program to continue to have funding and to continue to grow. There's such a need for this program and there's going to be a greater need as we've got aging baby boomers. It is such a wonderful program, and I wish that everybody who needs it has access to it.