

Alzheimer's and Dementia Care Program

SUPPORT FOR ALZHEIMER'S AND DEMENTIA PATIENTS AND CAREGIVERS

Winter 2022-2023

Our Mission

The goals of the Alzheimer's and Dementia Care program are to:

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

Our Team

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

This year, we added:

- The fifth Dementia Care Specialist—Kristine Lee, AGPCNP-BC
- A social worker—Vanessa Myrie, LCSW, MSG
- Four Dementia Care Assistants—Casey Wang, Kirstin Kemp, Esther Campos and Dora Waight

What We Do

Care in the Alzheimer's and Dementia Care Program begins with a 90-minute, 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.



UCLA ADC Program's 2022 Progress

As of December 2022, the program has served over 3600 patients and their caregivers.

During the past year, the program has:

- Continued to market dissemination efforts and train Dementia Care Specialists
- Participated in ADC ECHO training of Inland Empire health care teams
- Created an online training curriculum for Dementia Care Assistants
- Collaborated with the CA Dementia Care Aware Initiative to improve dementia diagnosis and treatment by Primary Care Physicians serving Medi-Cal patients
- Launched the ADC Program's National Learning Collaborative and Dissemination Center
- Received the Dan and Erna Osterweil Award for Innovation in Geriatric Medicine

- Received increased support from UCLA Health to expand the local ADC program's capacity to care for 1000 persons living with dementia and support for their caregivers.

The Program's Impact

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. Patients had fewer problem behaviors (e.g., agitation, irritability, apathy, nighttime behaviors) and depressive symptoms. Caregivers had less distress because of their loved one's behavioral symptoms, less strain, and fewer depression symptoms.



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 NMcCarl@mednet.ucla.edu



A Journey in Caregiving

We had the pleasure of speaking to Gina Springer, the daughter and caregiver to our 3242nd patient, Lynn Foutts, to discuss the role of the Dementia Care Specialist and ADC Program in their care. Lynn enrolled in the program July 2021 and has been cared for by Dementia Care Specialist Kemi Reeves.

Tell us a little bit about Lynn.

My mom Lynn is a dynamic, complex, beautiful person. Lynn worked as a director of nurses during her career and facilitated grief support groups upon her retirement. She is a mother of three and a sister of four with whom she is especially close. She loved fashion, travel, and reading. Lynn was diagnosed with Dementia with Lewy Body in 2021 and was enrolled in the UCLA

Alzheimer's and Dementia Care Program. This cruel disease has taken away my mom's ability to do all of what she loves but nothing has taken away her sense of humor and her love for her children.

How has your Dementia Care Specialist help your mother and you?

Kemi Reeves is an outstanding Nurse Practitioner who understood my mom's needs before I even knew what to ask. She communicated with both the neurologist and primary care physician and became a vital part of my mom's care team. I am forever grateful that Kemi has kept us two steps ahead in both the progression and management of Lewy Body Dementia.

How have you benefited from being in the program?

Navigating the daily life of a family member with a neurodegenerative disease can be grueling. There is comfort and ease in knowing we have had the support of a program that provides resources and education to make informed decisions. This specific knowledge has allowed me to be able to keep my mom at home.

What is your wish for the program?

UCLA Alzheimer's and Dementia Care Program is an excellent program. I wish for a public relations expansion to increase awareness about dementia. We may know of someone who has it but it is never too early to have a dementia care plan for your own aging parent.

2023 Goals

- Provide care for 1000 UCLA patients living with dementia
- Add another Dementia Care Specialist and new sites at UCLA
- Continue to disseminate the program outside UCLA
- Train advance practice providers who want to become Dementia Care Specialists
- Work with other groups to advocate for Medicare coverage for the UCLA Alzheimer's and Dementia Care program and similar comprehensive dementia care services

Our Locations

Westwood
200 Medical Plaza, Suite 365A
Los Angeles, CA 90095

Santa Monica
2020 Santa Monica Blvd., Suite 210
Santa Monica, CA 90404

Westlake Village
141 Triunfo Canyon Rd., Suite 110
Westlake Village, CA 91361

Simi Valley
2655 First St., Suite 360
Simi Valley, CA 93065

Porter Ranch
19950 Rinaldi St., Suite 300
Porter Ranch, CA 91326