

THE 2017 REPORT OF THE VIRGINIA ALZHEIMER'S DISEASE AND RELATED DISORDERS COMMISSION: RECOMMENDATIONS AND ACTIVITIES

Pursuant to Code of Virginia § 51.5-154, the Virginia Alzheimer's Disease and Related Disorders Commission (Commission) must submit to the Governor, General Assembly, and Department for Aging and Rehabilitative Services (DARS) a report regarding the recommendations and activities of the Commission. The Commission, chaired by Lory Phillippo, develops and oversees the implementation of the Commonwealth's plan for meeting the needs of individuals with Alzheimer's disease and related disorders and their caregivers.

VIRGINIA DEMENTIA STATE PLAN 2015-2019

In 2015, the Commission issued an updated *Dementia State Plan: Virginia's Response to the Needs of Individuals with Dementia and their Caregivers 2015-2019*. The plan focuses on coordinated care through a network of memory assessment clinics and connections to public health initiatives. The plan guides legislators, other public officials, health and human services professionals, advocates, and other interested people on best practices and specific strategies for dementia-focused data collection, care, training, and research.

The five goals of the Virginia Dementia State Plan are:

1. Coordinate quality dementia services to ensure dementia-capability,
2. Use dementia-related data to improve public health,
3. Increase awareness and create dementia-specific training,
4. Provide access to quality coordinated care in the most integrated setting, and
5. Expand resources for translational research and evidence-based practices.

Virginia's Dementia State Plan, working in tandem with the National Alzheimer's Plan, provides the best chance of responding to dementia and providing support to the estimated 140,000 Virginians with Alzheimer's disease.

COMMISSION RECOMMENDATIONS FOR 2018 GENERAL ASSEMBLY

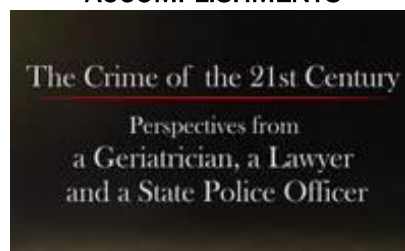
Acting in its advisory capacity and to further the Dementia State Plan goals, the Commission recommends the following actions to effectively and efficiently serve individuals with Alzheimer's disease and other dementias and their caregivers.

Develop and Fund
Interdisciplinary
Memory Assessment
Clinics with Dementia
Care Managers

Collaborate with VDH to
Implement the Healthy
Brain Initiative

Grandfather persons with
dementia currently on the
DMAS Alzheimer's
Assisted Living Waiver

2016-2017 ACCOMPLISHMENTS



Recognizing the need for protection of vulnerable adults, especially those with cognitive impairment, Chris Desimone, a lawyer and a member of the Commission, organized a panel of experts that included a geriatrician and Virginia State Police Officer to raise public awareness of financial exploitation, the fast emerging Crime of the 21st Century, at the Virginia Governor's Conference on Aging in May 2017. Goal three of the State Plan calls for training and includes the objective to provide dementia specific training to professional first responders, financial services personnel, and the legal profession, identifying financial exploitation as an essential topic.

Right click icon to view training video.

Develop and Fund Interdisciplinary Memory Assessment Clinics with Dementia Care Managers

Studies have found that primary care providers are ill-equipped to provide comprehensive management or care coordination for individuals with dementia and their caregivers. Coordinated care programs using trained Dementia Care Managers (DCMs) embedded in memory assessment clinics are needed for successful dementia care. Streamlining dementia care using DCMs would realize significant cost savings, decrease health care utilization, and improve health outcomes. In 2015, DARS received a nearly \$1 million federal grant to pilot a coordinated care system for persons with dementia and their caregivers. The grant project bridges the gap between clinical and community-based supports through a partnership between the University of Virginia's Memory and Aging Care Clinic (UVA MACC) and the Jefferson Area Board for Aging (JABA) for dementia care services. With the grant coming to an end in 2018, the Commission recommends using state funding to continue interdisciplinary plans of care and dementia care management for individuals diagnosed with dementia with a vision to growing the program statewide.

Collaborate with VDH to Implement the Healthy Brain Initiative

The Commission embraces *The Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health* http://www.alz.org/national/documents/report_healthybraininitiative.pdf. The Road Map is both a call to action and a guide for implementing an effective coordinated approach to moving cognitive health into public health practice. Specifically, the Commission will collaborate with the Virginia Department of Health (VDH) to

- Educate health care providers on the importance of early detection and timely diagnosis of cognitive impairment, validated cognitive assessment tools, and the value of a Medicare Annual Wellness visit for cognitive health.
- Conduct culturally-appropriate public health campaigns among the public to increase understanding and awareness of early warning signs of Alzheimer's and other dementias and the value of early detection and diagnosis.

The Commission believes adding information about Alzheimer's Disease and related dementias to the VDH website will bolster their Population Health initiative overall.

Grandfather persons with dementia on the DMAS Alzheimer's Assisted Living Waiver

The Department of Medical Assistance Services (DMAS) determined that the Alzheimer's Assisted Living (AAL) Waiver does not comply with the Centers for Medicare & Medicaid Services (CMS) home and community-based services settings requirements. Compounded by waiver quality issues, DMAS states they will not seek reauthorization of the waiver through CMS and, therefore, the AAL Waiver will sunset on June 30, 2018. DMAS is working very closely with all providers, individuals, and their families on transition. DMAS states that in June 2017 there were nine Medicaid enrolled active AAL Waiver providers and there are currently 41 individuals in the Waiver. The Commission supports DMAS' recommendation that ensures current waiver recipients continue to receive services. The Commission further supports a General Assembly appropriation, should DMAS fail to follow through on such a request, to fund the federal financial participation (FFP) portion of AAL Waiver for individuals who: 1) are enrolled in the AAL Waiver and 2) choose to continue residing in an ALF "safe and secure environment" when the AAL Waiver sunsets on June 30, 2018. (There is precedent for this with the Intensive Assisted Living Waiver, which ended in 1999.)

COMMISSION ACTIVITIES

Devin Bowers is Virginia's Dementia Services Coordinator (DSC). The DSC is a critical recommendation of the Commission's first Dementia State Plan to work towards creating a dementia-capable service delivery system in the Commonwealth. Persons may contact the DSC and review a copy of the updated Dementia State Plan at www.AlzPossible.org.

Caregiver Grants: In 2014, DARS received \$441,131 for a three-year grant from the federal Administration for Community Living (ACL) to establish Virginia as dementia-capable and implement a caregiver program called FAMILIES in the greater Charlottesville and Williamsburg areas. The caregiver program aims to help family caregivers feel more confident in their role, build a support network, and help caregivers assess and comfortably respond to behaviors that can sometimes affect people with dementia. A \$276,127 expansion grant was also awarded to achieve statewide coverage of the caregiver program using telehealth and increased in-person delivery. In 2016, DARS won a \$900,000 grant from ACL to partner with the Alzheimer's Association chapters in Virginia to expand Virginia's chronic disease self-management program, *Live Well, Virginia!*, to include individuals with early-stage dementia and their caregivers, and it will provide training on dementia to those who coordinate and lead the workshops at the local level. Lastly, in addition to the coordinated care program discussed above, the UVA MACC and JABA are implementing an education program for individuals experiencing memory loss and their caregivers in the Charlottesville area, which provide effective strategies for managing the disease.

Dementia Friendly America: Communities across the country, including Herndon, Virginia, are fostering dementia friendliness by affiliating with Dementia Friendly America. This national group provides tool kits, webinars and other resources, but each community decides what it needs to do to better support people with dementia and their caregivers. Businesses and government agencies also can learn how to make their offices and stores safer and more inviting for people with dementia at <http://www.dfamerica.org/>. Efforts in Herndon were recently recognized in an article published by the [Reston Connection](#) in response to a town hall hosted by U.S. Rep. Gerry Connolly. Commission member, Sharon Davis, participated as a panelist at the event and shared about her experiences as a caregiver for her mom and husband who were both diagnosed with early-onset Alzheimer's disease, in addition to informing attendees about the Commission.

Collaboration with the Department of Criminal Justice Services (DCJS) on First Responder Training: Through an RFP process, DCJS has contracted with Niagara University of New York to develop a train-the-trainer curriculum, which focuses on preparing law enforcement for interactions with special populations including persons with dementia. The \$50,000 allocated annually by Virginia for first responder training on Alzheimer's disease and dementia will contribute to the development of an eight-hour dementia-specific module.

AlzPossible: The Commission, in collaboration with the Virginia Commonwealth University Department of Gerontology and World Events Forum, Inc., maintains the AlzPossible website. Aimed at providing professional caregivers in Virginia updated information on dementias, the innovative AlzPossible site hosts:

- The Commonwealth's Dementia State Plan,
- A library of free webinars for professionals and caregivers on dementias and related topics,
- A map and listing of interdisciplinary memory assessment centers in Virginia to guide consumers to clinics that provide thorough and holistic diagnostic and treatment services for memory disorders,
- Information and links to available data sets for researchers in Virginia interested in dementia,
- Links to local, state, and national resources, including state agencies, Senior Navigator, the Alzheimer's Association, and the federal ElderCare Locator and Alzheimers.gov.

CURRENT FOCUS

The Commission continues to partner with public and private partners throughout Virginia and at the national level to implement the Dementia State Plan. In the 2018 General Assembly session, the Commission will promote its recommendations for expanded support for people with dementias and their caregivers and facilitating dementia education and access to services. Additional information about the Commission may be found at: <http://www.vda.virginia.gov/alzcommission.asp>.