

Alzheimer's and Dementia Care Program

SUPPORT FOR ALZHEIMER'S AND DEMENTIA PATIENTS AND CAREGIVERS

September 2017



New Grants

- **The Eisner Foundation** to increase the number of persons in the program
- **The Arthur N. Rupe Foundation** to create additional caregiver training videos
- **The Commonwealth Fund** to determine which participants benefit most from the program and to create tools to help spread the program
- **The National Institute on Aging** to determine which caregivers benefit most from the program and learn how to improve the program so that more can benefit
- **The Rosalinde and Arthur Gilbert Foundation** to support caregivers
- **The John A. Hartford Foundation** to plan dissemination of the program

Our Mission

The goals of the UCLA 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 Managers and a geriatrician medical director, supported by dozens of staff and health professionals.

What We Do

For all patients and their caregivers, the program begins with a 90-minute, in-person assessment with a Dementia Care Manager, which results in an individualized care plan that includes input from the patient's physician. Caregiver education, support, and referral begin immediately. The program revises the patient's medical treatment plan to attempt to slow further decline in cognition, manage dementia symptoms, and

reduce side effects. The Dementia Care Manager continues to follow the patient, providing ongoing advice and services as needed. Many patients are referred to our community partners, including the Alzheimer's Greater Los Angeles, and other community-based organizations.

The Program's Impact

As of September 2017, the program has served over 2,170 patients and their caregivers.

Prior to entering our program, many caregivers were poorly informed and felt they were fighting this battle alone. Caregiver depression and stress levels were high and most caregivers reported that they don't know where to turn for answers.

After one year in the program:

- Caregiver confidence in handling problems and complications of dementia improved
- Caregiver strain and depressive symptoms were reduced

Although the program did not stop the progression of dementia, it reduced:

- Problem behaviors (e.g., agitation, irritability, apathy, nighttime behaviors)

- Depressive symptoms
- Admissions to nursing homes for long-term care and Medicare costs

During the past year, the program has:

- Developed new ways to provide electronic resources to caregivers via the Internet and mobile devices
- Added new support groups for Spanish-speaking caregivers and those who have loved ones with young-onset dementia and frontotemporal dementia
- Developed caregiver training videos in Spanish

2017-2018 Goals

- Increase the number of participants served at UCLA
- Begin preparations to disseminate the program outside UCLA
- Work with Medicare and other groups to provide coverage for the UCLA Alzheimer's and Dementia Care program and similar comprehensive dementia care services

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



Joannie Burstein (left), niece and caregiver of Robert Burstein

A Journey in Caregiving

We recently sat down with our 1,037th patient, Robert Burstein, and his niece, Joannie Burstein, to discuss how our program has affected their lives. Robert enrolled in the program in 2014 and has been followed by Dementia Care Manager Michelle Panlilio.

Tell us a bit about your uncle.

Robert was born in New York City and raised in the Bronx. Robert's parents came from Russia/Poland through Ellis Island when they were both quite young. His father, David, was a salesman

and his mother Leah was the secretary for the financier, Bernard Baruch.

Robert was athletic and bright, and he went to the prestigious Bronx High School of Science and attended Columbia University, where he received his BA degree and also his JD (law degree). He became an assistant district attorney in NYC, and then became a business affairs lawyer at NBC News and then CBS News.

Robert has three nieces who adore him — Joannie, Margie and Laurie. His brother Fred lives 15 minutes from Robert, who now resides in Senior Living. Joannie brought Robert out to California in 2014 when she realized that it was getting more difficult for him to live alone without close family nearby.

How was the referral process to our program?

We were referred to the Dementia Care Program through Dr. Zaldy Tan, who became Robert's doctor in 2014 and has been a wonderful advocate for him with regards to his health, his medication, and his memory care. Dr. Tan suggested that we meet with Michelle Panlilio in the Dementia Care Program and it has been such a help to have her

support and guidance as we navigate the aging process and Robert's memory care.

How is your relationship with your Dementia Care Manager?

Michelle is an angel. She is always willing to educate me in how I can help with Robert's needs. She takes the time to check-in to make sure that Robert is getting the quality care he needs. I appreciate all the medical advice she provides, especially relating to medication.

How have you benefited from being in the program?

The Dementia Care Program at UCLA has been extremely beneficial for our family. We know that Michelle is here both for Robert and our family with smiles, support, guidance and education. We don't feel alone in dealing with the memory decline that has impacted our Uncle and her suggestions have been invaluable.

What is your wish for the UCLA Alzheimer's and Dementia Care Program?

I would like to see the program continue to grow and provide the necessary care and support for patients and their families.

UCLA Caregiver Bootcamp Gets National Coverage

The UCLA Caregiver Bootcamp has been providing interactive, skill-based education and training to caregivers of persons with dementia for the past three years. Over 200 caregivers have gone through the program, which has

been rated very highly by attendees. It has also garnered national attention from both print and television media. More information can be found in this link: icared.med.ucla.edu

