

Alzheimer's and Dementia Care Program

SUPPORT FOR ALZHEIMER'S AND DEMENTIA PATIENTS AND CAREGIVERS

Fall 2021

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, three 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

Notable presentations and publications

- Hong Kong/UCLA International Nursing Program Lecture on Dementia (September 2021)
- National Hartford Center of Gerontological Nursing Excellence (October 2021)

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The ADC Program's Impact

As of October 2021, the program has served over 3300 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 third Dementia Care Assistant – Katherine Molina
- Added a new location – 2020 Santa Monica Blvd, Santa Monica
- Provided a new support group for adult children of persons living with dementia
- Created an Inpatient Dementia Guidebook

Disseminated the UCLA ADC program to health systems outside of UCLA

- Formed and facilitated a Dementia ECHO (Extension for Community Healthcare Outcomes) with 18 health systems participating nationwide
- Spread the program to an additional eight sites: Brown University, ChristianaCare, East Carolina Medical Associates, Thomas Jefferson University, UC Davis, UC San Diego, University of Utah, WellSpan Health and Yavapai Regional Medical Center for a total of 18 sites across the country.

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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 recently spoke to Dean Peabody, the nephew and caregiver to our 3056th patient, Betty Knoblock, to discuss how our program has affected their lives. Betty enrolled in the program late 2020 and has been under the care of Dementia Care Specialist, Winy Escalante.

Tell us a little bit about Betty.

Betty loved music. For work, she was an LAUSD elementary school music teacher for about 35 years. And at home, she would play on her baby grand piano and her husband would sing along.

She was also a Rockhound, going out with friends, to various areas collecting rocks. To this day, throughout Betty's house you

can see examples of the countless rocks she's collected over the years.

And up until COVID hit, Betty was a very active member of her local genealogy research group, meeting weekly at the Los Angeles FamilySearch Library.

How is your relationship with your Dementia Care Specialist?

Working with Winy has been great. She has a passion for her work, provides helpful resources, and most of all, she's available. Whenever I need to reach her, she's always been very responsive. The biggest thing for me is that there's a professional who specializes in dementia care readily available for me and my aunt. But also, Winy has provided her contact information to

the caregivers who visit my aunt throughout the week, and in case they have a question regarding my aunt, they can quickly get a hold of her.

How have you benefited from being in the program?

I live out of state and so Winy has been really good at setting expectations, informing me of things that we may encounter along my aunt's journey, and providing tools to use for safety, diet recommendations, and support through community-based organizations. Winy and the program have been able to provide us guidance and point us in to the right direction, building a routine, diet, and socializing.

What is your wish for the program?

My wish is for the program to continue to grow, not only within UCLA but outside of the network as well. I believe having a resource like the Alzheimer's and Dementia Care Program is important for families that need the support.

Notable presentations and publications

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- Pepperdine Dementia lecture (June 2021)
- Association for Leadership Science in Nursing (October 2021)
- Published "Overwhelmed: a Dementia Caregiver Vital Sign" (JGIM - July 2021)
- Published "Caregiver outcomes of a dementia care program" (GNJ — February 2021)