



## 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, and
- » reduce unnecessary costs.

## Our Team

Our core team includes five nurse practitioner Dementia Care Managers and a geriatrician medical director, who are 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 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 Association, and other community-based organizations.

## The Program's Impact

As of August 19, the program has served **1368 participants & their caregivers.**

**Prior to the program,** caregivers were uninformed and fighting this battle alone.

- » 13% of caregivers were depressed and 33% had high stress
- » Only 38% knew where to turn to get answers about dementia problems and only 24% felt that they had a healthcare professional to help them work through dementia issues.

**After entering the program,** 94% of caregivers felt that their role was supported and 92% would recommend the program to others.

- By 1 year, caregiver
- » confidence in handling problems and complications of Alzheimer's disease and dementia improved by 79%
  - » strain was reduced by 12%
  - » depressive symptoms and distress were each reduced by 22%

**Moreover,** despite disease progression, patients also benefited including

- » problem behaviors (e.g., agitation, irritability, apathy, and nighttime behaviors) were reduced by 11%
- » depressive symptoms were reduced by 25%

## New Location

We are now located at  
200 Medical Plaza  
Suite 365A  
Phone: 310-319-3222

## 2015-2016 Goals

- » Expand the program to serve more UCLA patients
- » Increase and expand services for caregivers, particularly adult children caregivers
- » Create training materials for nurses who want to become Dementia Care Managers
- » Analyze findings to help determine who benefits most and what services are most important
- » Conduct research on what outcomes patient and caregivers want from their dementia and health care
- » Spread the program to health care systems outside UCLA

## Special Thank You

For those who have philanthropically supported the program, we are truly grateful. We would not have been able to provide these services without your contributions. To learn more, visit [dementia.uclahealth.org](http://dementia.uclahealth.org) or call (844) 474-4387.



## A Journey in Caregiving: The UCLA Alzheimer's and Dementia Care Program's first participant

### Tell us about your mother. What was she like, prior to her diagnosis?

She worked at Jackson Memorial Hospital in Miami, Florida. She was a hospital ward supervisor, working with doctors and nurses all day long. She retired after 25 years. She was great at her job. She also did volunteer work for the Red Cross and United Way. I remember her being one of United Way's poster models. My Mom was beautiful inside and outside: always helping others.

### How has the program benefited you and your mother since she joined in 2012?

They helped us problem solve in very creative and unique ways. We were trying to use Seroquel for my mother to treat her sundown symptoms but I didn't like the effect it had on her, making her more of a fall risk. So Dr. Reuben suggested getting a cat. I resisted for the longest time but the cat worked! Sasha is the cutest thing you have ever seen. The cat instinctively, and I'm not kidding you, knows my mother and her needs. It's a perfect match. The cat will jump into bed with her and stay all night with her and they'll fall asleep together. It's truly precious. That's her Seroquel. No more drugs.

### Would you recommend the program to other caregivers?

Yes, I think it's a great program, valuable to both the patient and the caregiver. I wouldn't be able to keep my mom at home, honestly, without having them to call upon. No matter how busy they are whenever I call with an issue, they call right back that day with an answer on how to treat Mom or where to go or what to do. They are so reliable and organized. Health issues are still scary at times to me and it is comforting to know that I am not alone in making decisions for Mom.

I made a vow to myself that I will keep her under my care until her or my very last day. We don't know what God has planned but as long as I'm able to, as long as I'm here, hopefully, I can continue the caregiving because we have a team behind us. I am extremely grateful to Dr. Reuben, Leslie Evertson, and the UCLA Dementia Care Program for all they've done for us.



### New Research Opportunity: Patient and Caregiver Goals (PCG) Study

The Geriatrics Department is conducting a study in partnership with the UCLA Alzheimer's and Dementia Care Program (ADCP). The goal of the study is to understand how to improve decision making for patients, caregivers and healthcare providers. We are currently recruiting patients and their caregivers to participate; you may receive a study flyer or a recruitment phone call from PCG research staff. Your participation is completely voluntary and does not affect your care in the Alzheimer's and Dementia Care Program. For more information, please contact Karina Ramirez at 310-341-5996 (cell phone) or 310-267-0845 (office) or [pcgstudy@mednet.ucla.edu](mailto:pcgstudy@mednet.ucla.edu).

### New Volunteer Opportunity: Companion Care Program

The Geriatrics unit at Santa Monica is proud to announce the launch of the Companion Care program – a volunteer-driven program that provides older adults with individualized companionship while in the hospital. We are currently recruiting volunteers to serve as companions to provide therapeutic and sensory stimulation activities that include, but are not limited to: reading, playing games, assisting with feeding, and accompanying patients on walks with nursing staff. Your volunteerism contributes not only to patients' experience in the hospital, but also to family members in need of respite. All volunteers must be age 18+. For more information, please contact Christy Lau at 310-312-0531 or [christylau@mednet.ucla.edu](mailto:christylau@mednet.ucla.edu).