

# Alzheimer's and Dementia Care Program

SUPPORT FOR ALZHEIMER'S AND DEMENTIA PATIENTS AND CAREGIVERS

Winter 2023-2024

## 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 six nurse practitioner Dementia Care Specialists, five Dementia Care Assistants, a social worker, a geriatrician Medical Director, and support staff.

## What We Do

Care in the Alzheimer's and Dementia Care Program begins with an initial assessment that results in an individualized care plan. 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.

## 2024 Goals

- Grow the UCLA ADC Program by adding additional staff, extending our reach to more community clinic sites, and partnering with more community-based organizations in preparation for the GUIDE Model initiative
- Continue to disseminate the program to other healthcare systems



## The Program's Impact

As of November 2023, the program has served over 4,000 patients and their caregivers.

Over the past year, the program has:

- Added a sixth Dementia Care Specialist-Ivette Jimenez, MS, AGNP-BC
- Added a new clinic location- 2625 W. Alameda Ave., Suite 322 Burbank, CA 91505
- Expanded the program to four additional sites outside UCLA: Ralph H. Johnson Veteran's Health Care System-South Carolina; University of Vermont; University of Oklahoma; Community Memorial Healthcare, Riverside University Health System
- Published six papers on the importance of comprehensive dementia care, including, dementia care navigation, and how Medicare payment for these services will improve the care that persons living

with dementia and their caregivers receive.

- Continued to train additional Advanced Practice Providers to become Dementia Care Specialists and held a pre-conference session at the 2023 Gerontological Advanced Practice Nurses Association (GAPNA) annual conference
- Trained Master Dementia Care Specialist Trainers from multiple ADC dissemination sites
- Participated in the ADC Program Project ECHO series through the Alzheimer's Association
- Developed the "ADC Stories" project, stories and interviews with ADC patients, caregivers, and staff that showcase the life stories, joys, and hopes of those involved with the program. For more information on ADC Stories, please visit: [uclahealth.org/medical-services/geriatrics/dementia/adc-stories](https://uclahealth.org/medical-services/geriatrics/dementia/adc-stories)

UCLA Alzheimer's and Dementia Care Program  
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](https://uclahealth.org/geriatrics/giving) or contact us  
at 310-794-7620 or [NMcCarl@mednet.ucla.edu](mailto:NMcCarl@mednet.ucla.edu)



## A Journey in Caregiving

*We had the pleasure of speaking to Emma, the caregiver, and granddaughter of our 3607th patient, Emma, to discuss the role of the Dementia Care Specialist and ADC Program in their care. Emma enrolled in the program in 2022 and has been cared for by Dementia Care Specialist Kristine Lee.*

### Tell us a little about Emma.

Emma is 95 years old and started exhibiting symptoms about ten years ago, which we didn't know initially was dementia. She was always super active, having raised six kids. She loved cooking, reading, and gardening. Our family is very tight-knit, and we work

as a team, which has been very valuable in her care.

### How has your Dementia Care Specialist helped Emma and you?

Since starting care with Kristine Lee, we have felt very comfortable and supported. We were aware that her dementia would progress, but we were unsure what to expect or what else we could do. Kristine not only provides recommendations about the medical side of Emma's care, but she also provides suggestions that benefit her as a whole and encompass changes that help her daily life.

### What is your wish for the program?

Before enrolling in the program, I did not know there was so much help out there. My wish is that everyone who has dementia or is a caregiver for someone living with dementia has care from a Dementia Care Specialist or a team like the ADC Program that is there for support, available for questions that come up, and walks through the process of what to expect and what could help to manage the dementia care. I felt like we were walking in a tunnel because I was unsure if we were doing enough or what else we could do. Having Kristine's support has put us at ease and made us more confident in caring for my grandmother.

## In the News

In July 2023, Medicare announced The Guiding an Improved Dementia Experience (GUIDE) Model, which will provide a payment model to support people living with dementia and their caregivers. The GUIDE Model aims to improve the quality of life for patients and caregivers by a comprehensive package for care coordination and management, caregiver education and support, and respite services. The ADC Program plans on participating in the GUIDE Model, which will launch in July 2024.

## 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

### Burbank

2625 W. Alameda Ave., Suite 322  
Burbank, CA 91505