As of December 2022, the program has served over 3600 patients and their caregivers. During the past year, the program has:

- Continued to market dissemination efforts and train Dementia Care Specialists
- Participated in ADC ECHO training of Inland Empire health care teams
- Created an online training curriculum for Dementia Care Assistants
- Collaborated with the CA Dementia Care Aware Initiative to improve dementia diagnosis and treatment by Primary Care Physicians serving Medi-Cal patients
- Launched the ADC Program’s National Learning Collaborative and Dissemination Center
- Received the Dan and Erna Osterweil Award for Innovation in Geriatric Medicine
- Received increased support from UCLA Health to expand the local ADC program’s capacity to care for 1000 persons living with dementia and support for their caregivers.

The Program’s Impact

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. Patients had fewer problem behaviors (e.g., agitation, irritability, apathy, nighttime behaviors) and depressive symptoms. Caregivers had less distress because of their loved one’s behavioral symptoms, less strain, and fewer depression symptoms.
A Journey in Caregiving

We had the pleasure of speaking to Gina Springer, the daughter and caregiver to our 3242nd patient, Lynn Foutts, to discuss the role of the Dementia Care Specialist and ADC Program in their care. Lynn enrolled in the program July 2021 and has been cared for by Dementia Care Specialist Kemi Reeves.

Tell us a little bit about Lynn.

My mom Lynn is a dynamic, complex, beautiful person. Lynn worked as a director of nurses during her career and facilitated grief support groups upon her retirement. She is a mother of three and a sister of four with whom she is especially close. She loved fashion, travel, and reading. Lynn was diagnosed with Dementia with Lewy Body in 2021 and was enrolled in the UCLA Alzheimer’s and Dementia Care Program. This cruel disease has taken away my mom’s ability to do all of what she loves but nothing has taken away her sense of humor and her love for her children.

How has your Dementia Care Specialist help your mother and you?

Kemi Reeves is an outstanding Nurse Practitioner who understood my mom’s needs before I even knew what to ask. She communicated with both the neurologist and primary care physician and became a vital part of my mom’s care team. I am forever grateful that Kemi has kept us two steps ahead in both the progression and management of Lewy Body Dementia.

How have you benefited from being in the program?

Navigating the daily life of a family member with a neurodegenerative disease can be grueling. There is comfort and ease in knowing we have had the support of a program that provides resources and education to make informed decisions. This specific knowledge has allowed me to be able to keep my mom at home.

What is your wish for the program?

UCLA Alzheimer’s and Dementia Care Program is an excellent program. I wish for a public relations expansion to increase awareness about dementia. We may know of someone who has it but it is never too early to have a dementia care plan for your own aging parent.