

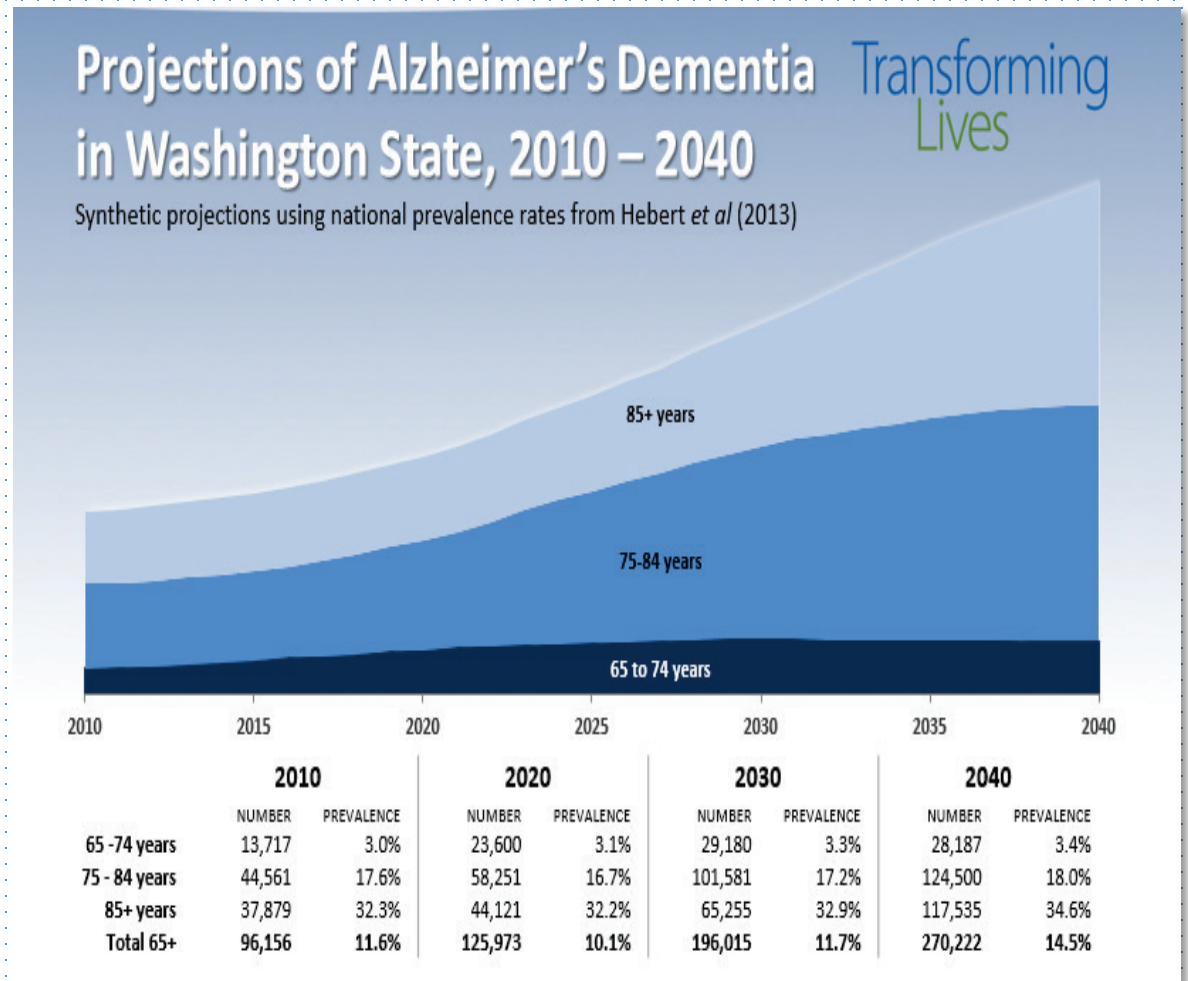
Transforming
Lives



**Washington State
Alzheimer's Plan
Elder Friendly Futures
Conference**
**Early Stage Memory Loss
Policy Perspectives**
September 2015

Washington State – Age Wave

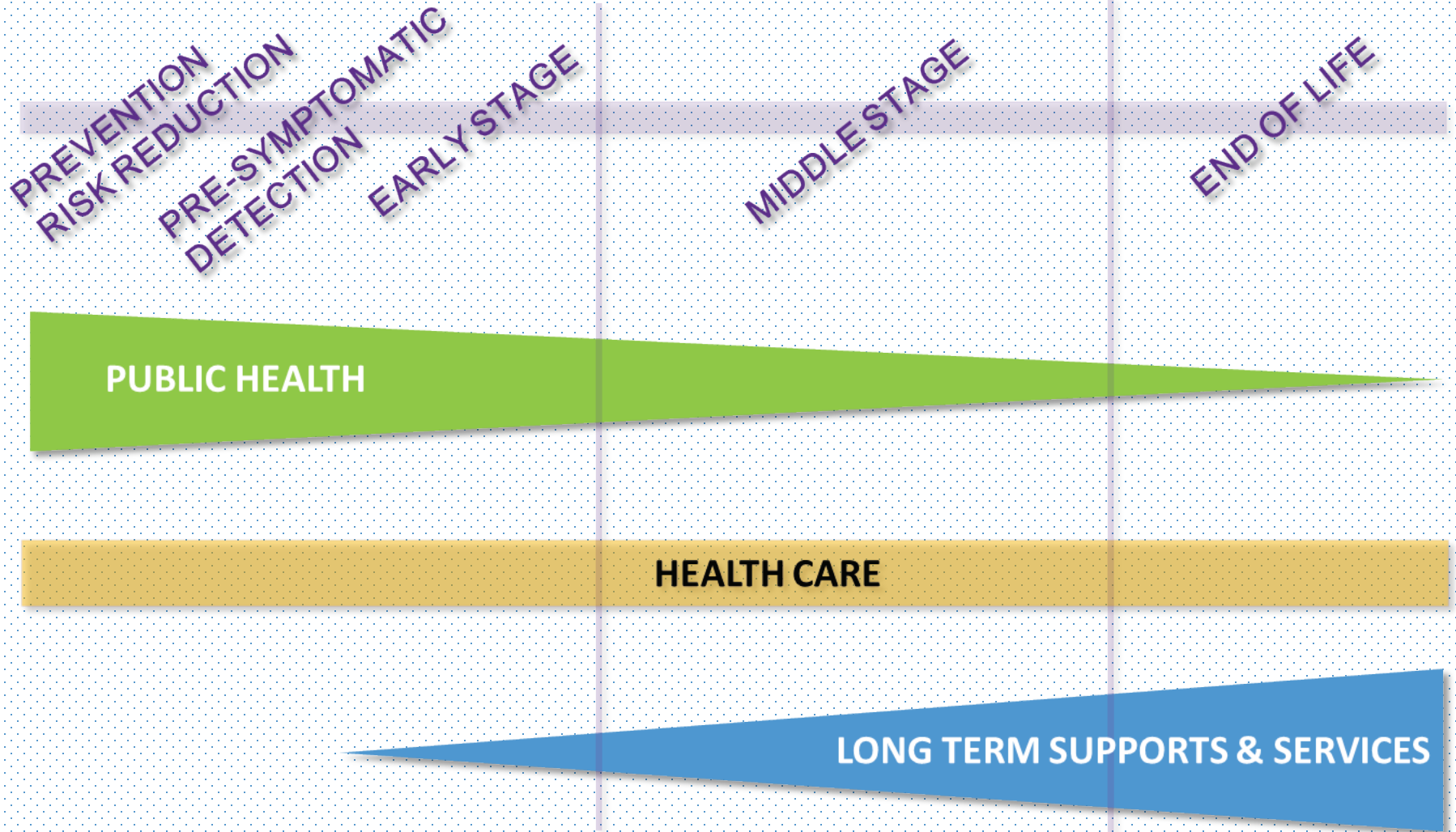
- Alzheimer’s Disease Working Group
- Consumer representation
- Draft Plan – Public Comment through 9/26



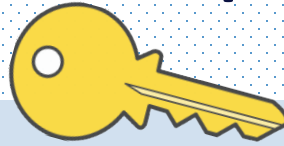
Needs

- 
- Home care supports
 - Family caregiver education and support
 - Financial help
 - Availability of residential care
 - Research on prevention
 - Health care quality & provider training
 - Protections – safety & abuse

Life Course x Stages, Service Systems



What's Possible? Opportunities



Healthy Aging Brain Health

Healthy lifestyle

Manage chronic conditions

Early detection + quality care

Active disease management, co-existing conditions

Planning for future
– legal, financial, end-of-life

Early and ongoing education & support

Live in home or community

Family caregiver supports

Long term supports & services

7 Goals

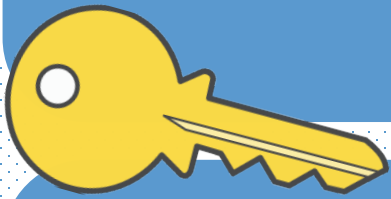
1. Increase public awareness, engagement and education
2. Prepare communities for significant growth in dementia
3. Ensure well-being and safety
4. Ensure access to supports for family caregivers
5. Identify dementia early and provide dementia-capable, evidence-based health care
6. Ensure dementia-capable long-term supports
7. Promote research & innovation



Change thinking about dementia

Beliefs

- There ARE benefits to diagnosis
- Earlier detection is key
- Spur action on things we CAN do – education support, planning



Attitudes

- Get dementia out in the open
- Increase connection
- Hope and empowerment

Live better with dementia



A Few of the Early Stage Strategies

- Promote value of early detection, diagnosis and treatment w/ public
- Create sense of hope and empowerment
- Promote advance legal and care planning
- Age-friendly and dementia-friendly concepts into local communities
- Reach individuals/family early through models of social engagement
- Increase availability of (early stage memory loss) support groups
- Promote capacity of primary care to screen, diagnose, counsel & treat
- Increase participants in dementia research

Washington State Alzheimer's Plan



- Not a state-government only plan
- A strategic framework
- A public-private partnership
- Goes to legislature on January 1st
- We all have a role to play



- Be a voice - give voice
- Be a friend, a volunteer, an advocate
- Be a partner - coordinate, collaborate
- Be proactive about early detection, advance planning, brain health, supports & services
- Think beyond Seattle!

More Information:

Go to:

[Washington State Alzheimer's Plan](#)

or

<https://www.dshs.wa.gov/altsa/stakeholders/developing-state-plan-address-alzheimers-disease>

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9 Benefits of Early Diagnosis

- **Optimize current medical management**—attention to treatable causes, exacerbating factors, and medication review.
- **Relief gained from better understanding**—validation of concerns, and a framework for understanding the origin and nature of symptoms.
- **Maximize decision-making autonomy**—the chance to make important decisions about the future while still retaining mental capacity.
- **Access to services**—timely access to medical care, advice and support, all of which require a diagnosis.
- **Risk reduction**—safety at home, driving assessments, anticipating and avoiding adverse effects of medications.
- **Plan for the future**—early retirement, financial planning, safety and security issues.
- **Improve clinical outcomes**—slowing or stabilizing cognitive and functional decline (slow progression of cognitive and functional impairment).
- **Avoid or reduce future costs**—chiefly through delaying or avoiding transition into a care home.
- **Diagnosis as a human right**—both to have access to an accurate diagnosis, and to be informed of it or not, according to one's preference.

The [World Alzheimer's Report 2011](#) published by Alzheimer's Disease International