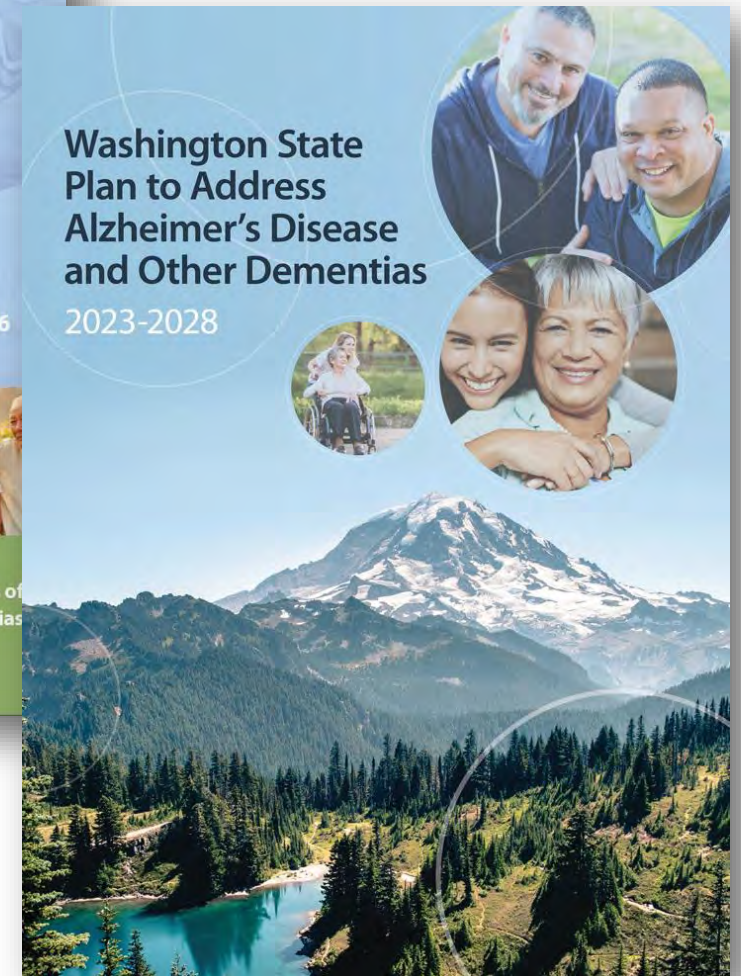
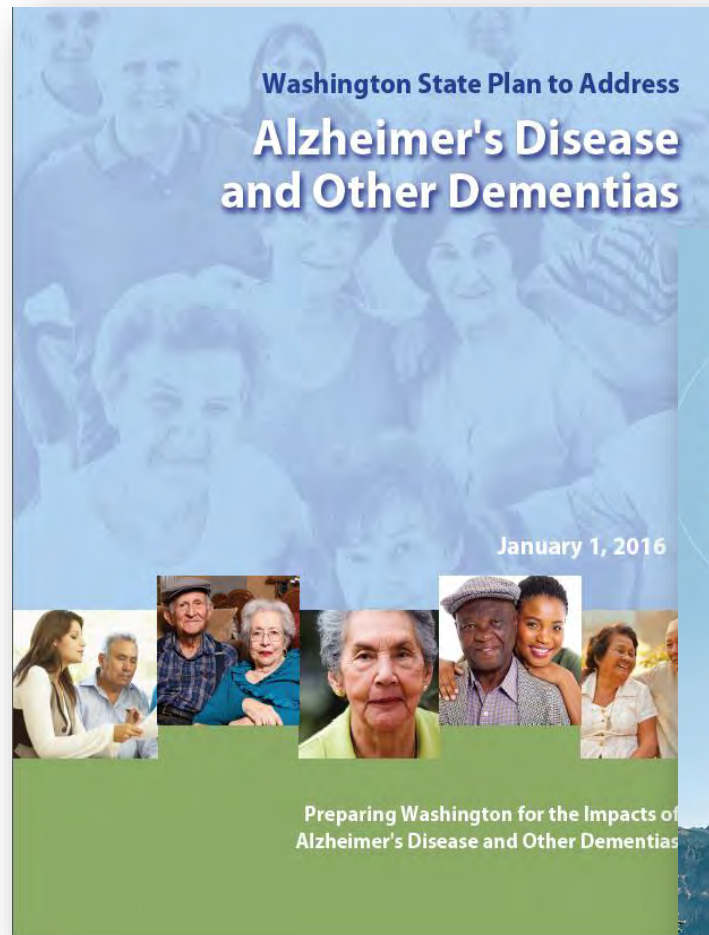


# Washington State Plan to Address Alzheimer's Disease and Other Dementias 2023-2028



Lynne Korte, MPH  
Dementia Care Program-Policy Analyst  
Aging and Long-Term Support Administration  
Department of Social and Health Services

# Plan Update



<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>



# What's new

- Stronger evidence-base for reducing potentially modifiable risk factors for dementia
- New knowledge around brain health and dementia
- Emphasis on health equity
- Builds on foundational tools of original plan
- Invites partners to take actions that align with the plan

# Seven High-Level Goals

1

- Increase public awareness, engagement and education.

2

- Prepare communities for significant growth in the population living with dementia.

3

- Promote well-being and safety of people living with dementia and their family caregivers and care partners.

4

- Promote equitable access to comprehensive, culturally relevant support for family caregivers and care partners.

5

- Promote risk reduction and evidence-based health care for people at risk of or living with cognitive impairment and dementia.

6

- Increase equitable access to culturally relevant, dementia-capable long-term services and supports.

7

- Facilitate innovation and research related to risk reduction, causes of and effective interventions for cognitive decline and dementia.

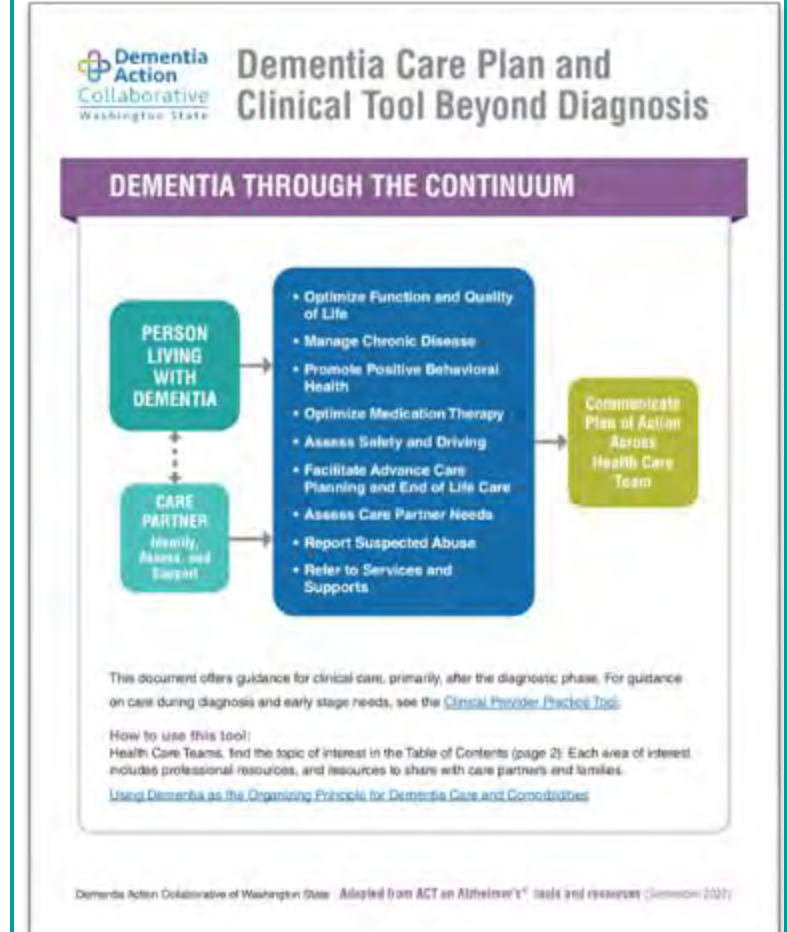
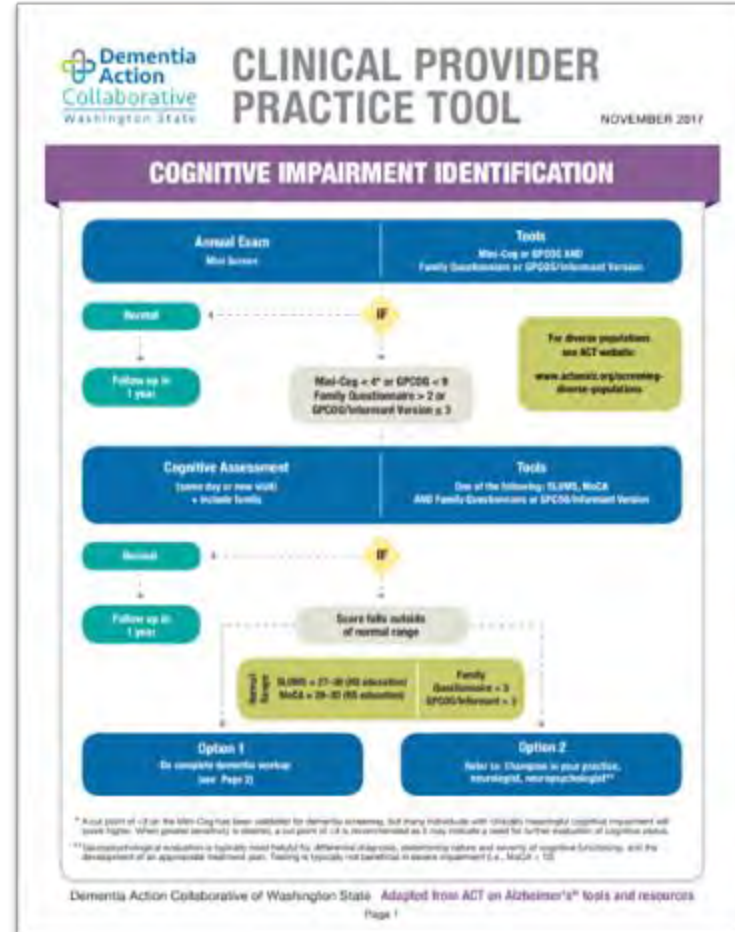
# Dementia Resources to Use and Share

- For health care providers
- To share with individuals and families



# CLINICAL GUIDANCE AND TOOLS

- CLINICAL PROVIDER PRACTICE TOOL
- DEMENTIA CARE PLAN AND CLINICAL TOOL – BEYOND DIAGNOSIS
- HEALTH CARE PROVIDER EDUCATION OPPORTUNITIES MATRIX
- CARE TRANSITIONS: HOSPITAL TO HOME (for hospital staff)



View online at <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

HELPING  
INDIVIDUALS  
AND  
FAMILIES



# ALZHEIMER'S ASSOCIATION & AREA AGENCIES ON AGING (AAA)

## ALZHEIMER'S ASSOCIATION

- Latest Alzheimer's/Dementia-specific information....
  - Brain health
  - Available medications
  - Support groups/trainings
  - Care consultation
- Online education opportunities
- 24/7 Helpline – translation service available
  - Visit [www.alzwa.org](http://www.alzwa.org)
  - Call 800-272-3900

## AREA AGENCIES ON AGING aka COMMUNITY LIVING CONNECTIONS

- Information and Assistance
- Family Caregiver Supports
- Links to financial assistance programs
- Referral to community-based services, residential long-term care services and more ...
- Visit [www.waclc.org/connect](http://www.waclc.org/connect)
- Call 855-567-0252





# WA COMMUNITY LIVING CONNECTIONS (CLC) WEBPAGE

Online information and resources in WA state – [waccl.org](http://waccl.org) or call 855-567-0252

Page for - Alzheimer's, Dementia, Memory Loss - [Memorylossinfo.org](http://Memorylossinfo.org)

COMMUNITY LIVING CONNECTIONS  
LINKING YOU TO  
Personalized Care & Support Options

Call Toll-Free  
1-855-567-0252

Understanding and accessing services

Get Help

Connect to Local Services

WASHINGTON CONNECTION  
your link to services

TRUALTA

Learn About and

Search for Resources

- Community Services, Volunteer Activities and Recreation
- Disability Services and Supports
- Employment and Education
- End of Life Care

COMMUNITY LIVING CONNECTIONS  
LINKING YOU TO  
Personalized Care & Support Options

Call Toll-Free  
855-567-0252

Home Explore Find Connect Plan

Long-term services In your home Support for Family Caregivers In your community In other Settings Alzheimer's and Dementia More options

Safety Driving Legal/Financial Caregiving Medical

Alzheimer's Disease, Dementia and Memory Loss

Connect with Your Local CLC

Washington's Community Living Connections staff are available to help you explore your options to meet your current needs or create a plan for the future.

Connect now

Find services

Primary Support and Educational Organizations

For a listing of resources that match your individual situation, use the Community Resource Finder on the right.

The Alzheimer's Association


# WA COMMUNITY LIVING CONNECTIONS (CLC)

## AREA AGENCIES ON AGING (AAA)

**WA CLC is a network of 13 Area Agencies on Aging (AAA) and their partners in WA**


- To find the local Info and Assistance office
  - Go to **wacalc.org**
  - Click on “Connect to Local Services” (on right)
  - Click on “Refer a Patient” (on right)
- AAA staff help individuals and/or family members find local services, understand options and/or eligibility for services/supports
- [WAccl.org](http://WAccl.org) or [1-855-567-0252](tel:1-855-567-0252)

 **Connect to Local Services**

 **Refer a Patient**

# REFER A PATIENT FOR ASSISTANCE – MAKE A DIRECT E-REFERRAL

**Providers: Use this HIPPA-compliant form to refer your patient to community service:**

 Refer a Patient

Direct referral form

[https://wacdc.org/consite/connect/refer\\_a\\_patient.php](https://wacdc.org/consite/connect/refer_a_patient.php)



HIPPA  
Compliant form

**Indicate concerns regarding your patient's current situation. Select all that apply or use comment box:**

- Falls: Balance issues, Falls or Fear of Falling
- Chronic Disease(s): Challenges Managing Chronic Conditions
- Nutrition: Meal Delivery, Congregate Meals, Nutrition Education
- Caregiver Education and Support
- Exercise, Wellness, Social Activities
- Medical Equipment
- Medication Reminders or other Assistive Technology & Devices
- Memory Loss, Alzheimer's and Dementia Support & Information**
- Help with Activities of Daily Living: Bathing, Grooming, Dressing<sup>11</sup>

# FREE RACK CARDS – MEMORYLOSSINFOWA.ORG & EARLY DETECTION/DIAGNOSIS

MemoryLossInfoWA.org

Early Detection/Diagnosis

To order free rack cards:



Rack Card Order form



Google Forms

<https://forms.gle/GPySRCPwCA2JpGp49>



# DEMENTIA ROAD MAP: A GUIDE FOR FAMILY AND CARE PARTNERS

- Comprehensive
- Easy-to-digest
- Action oriented
- Empowers family and care partners

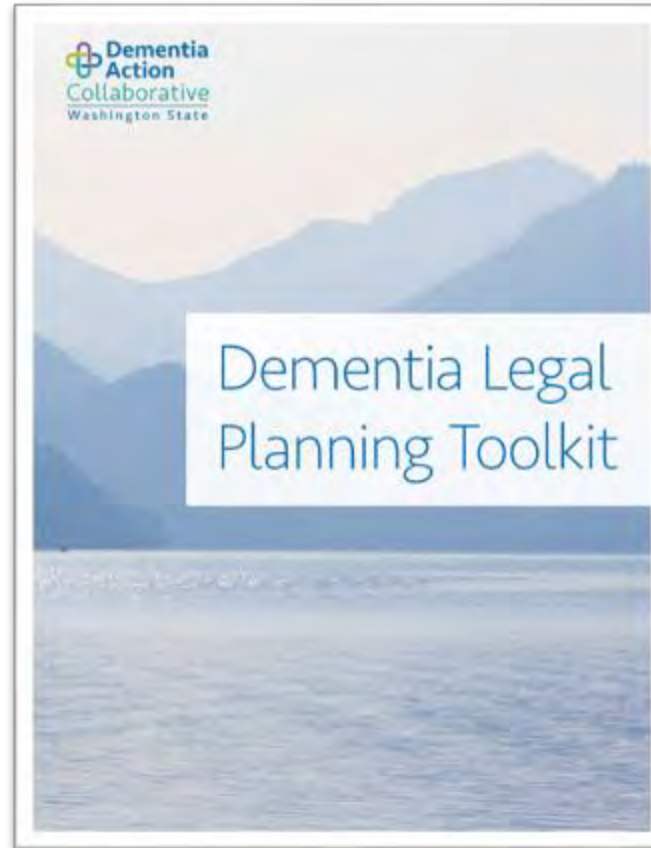


**Available in English and Spanish - online or in print:** <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

**Order bulk copies:** <http://myprint.wa.gov>

# DEMENTIA LEGAL AND ADVANCE CARE PLANNING

- TOOLKIT FOLDER OFFERS INFORMATION, GUIDANCE RESOURCES AND FORMS
- DEMENTIA LEGAL PLANNING PROJECT OFFERS PRO BONO ASSISTANCE IN COMPLETING FORMS



- View online at
- [Washingtonlawhelp.org](http://Washingtonlawhelp.org)



- View online at
- [Dementialegalplanning.org](http://Dementialegalplanning.org)

# MORE RESOURCES

- HOW TO PARTNER WITH YOUR HEALTH CARE PROVIDER FOR BETTER CARE
- DEMENTIA SAFETY INFO-KIT

## PARTNERING WITH YOUR HEALTHCARE PROVIDER

A Resource for People Living with Memory Problems and Their Care Partners

**WHO WE ARE**  
The [Dementia Action Collaborative \(DAC\)](#), the [Dementia and Palliative Education Network \(OPEN\)](#), in partnership with the [Alzheimer's Association](#) and the [University of Washington School of Nursing](#)

**WHAT'S THE PURPOSE?**

- Understand how to form a working partnership with healthcare providers
- Organize, streamline tasks, and communicate about the care needs of the person living with dementia
- Reduce chances of avoidable care transitions

**WHAT'S INCLUDED**

- Easy-to-navigate narrated presentation
- Video scenario demonstrations
- Care, medication, and appointment log sheets

**LEARN MORE**



**SHARE**  
with family care partners!  
[OPEN.NURSING.UW.EDU/RESOURCES/PARTNERING-WITH-YOUR-HEALTHCARE-PROVIDER/](https://open.nursing.uw.edu/resources/partnering-with-your-healthcare-provider/)



 **Info Kit**

### Safety Concerns for People with Dementia

Not all memory loss is due to dementia. Memory loss and/or confusion may be a result of many conditions, some of which are reversible. If you or someone you know has memory loss or confusion that's getting worse, it's important to talk with a health care professional about it. If it does turn out to be dementia, there are steps you can take to live well, and plan for a future with it.

Dementia affects each person differently, but symptoms typically include increasing memory loss, confusion, and disorientation. Changes in the brain can also impact how individuals interpret what they see, hear, feel, taste or smell, and their sense of time, place and judgment - each of which can impact safety.

The best environment for a person with memory loss or dementia is one that helps them feel as independent and supported as possible. For people with dementia wanting to stay at home, it's key to find the right balance between independence and safety - and to anticipate changes. With creativity and flexibility, it's possible to make adaptations that make the home safer and less stressful for all.

This "info kit" is a resource for family members and caregivers to assist in evaluating the home and taking steps to promote safety over the course of dementia. Materials highlight information and tips related to the following:

1. Home Safety
2. Fall Prevention
3. Driving
4. Wandering
5. Emergency Preparedness
6. Elder Abuse & Financial Exploitation



You may click on the links provided below each resource to view or print the information yourself. When a computer icon appears, the information is intended to be viewed online, and not in a printable format.

**IT'S HELPFUL TO PLAN AHEAD, AND PUT SAFETY MEASURES IN PLACE BEFORE THEY'RE REALLY NEEDED.**

View online at <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

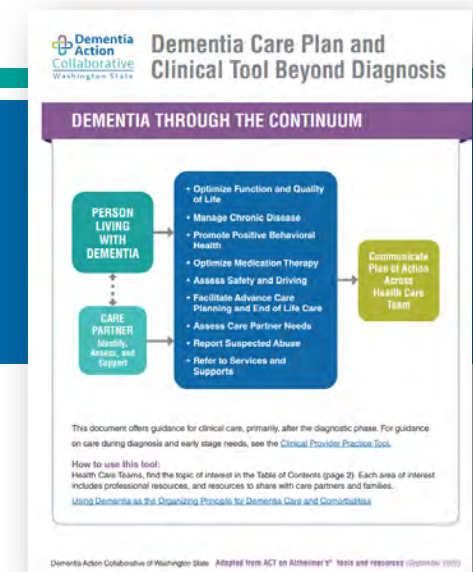
# HELPING WITH BEHAVIORS

## Teach or reinforce with families:

- Routine is essential as is a stable environment.
- Control the level of stimulation in the person's environment.
- Give the patient “tasks” that match his/her level of competency.
- Validate underlying feelings of behavior (e.g., sadness, frustration, fear); this means listening, comforting, redirecting, and/or reapproaching as needed.

## Be proactive:

- Write orders for non-pharmacologic interventions.
- Teach families to think of behaviors as a form of communication or reflecting an unmet need.
- Encourage families to learn about communication and behavior.
- Provide resources and/or make referrals to connect families to the Alzheimer's Association and/or the Family Caregiver Support Program.





## Caregiver Tip Sheets

# IDEA! Strategy

An approach to help you figure out **why** a behavior is happening and **what** you can do about it.

### Identify the behavior

- What is the behavior that is difficult for you to deal with? Be specific.
- Can you see it? Does it bother others? When does it happen? Who's around when it occurs?

### Explore what may be causing the behavior

#### Understand the cause of the behavior

- **HEALTH:** Is the person taking a new medication, getting sick, or in pain?
- **ENVIRONMENT:** Is it too noisy? Is it too hot? Is the place unfamiliar?
- **TASK:** Is the activity too hard for them now? Are there too many steps? Is it something new?
- **COMMUNICATION:** Is it hard for the person to understand what you are saying?

#### Understand the meaning of the behavior to the person

- Does the person feel confused, scared, nervous, unhappy, or bored?
- Does the person feel like they are being treated like a child?
- Are there things that remind the person of something that they used to do when they were younger like go to work or pick up the children from school?

### Adjust what can be done

You are the one who will need to change, the person cannot. Try different things. Pay attention to the person's feelings. Practice being calm, gentle, and reassuring.

- address what is causing the behavior
  - keep tasks and activities simple
  - keep the home as calm as possible
  - speak slowly and gently – try not to say too much at once
  - do not argue – agree and comfort the person whether they are right or wrong
  - find meaningful, simple activities so the person isn't bored
- distract or redirect by:
  - offering something they like to eat
  - watching a TV show or listening to music
  - asking for their help with a simple activity
  - leading them to a different room
- accept the behavior
  - some behaviors you may need to accept rather than change
  - if there are no safety concerns and it doesn't bother the person, you may need to find ways to live with it



 **Alzheimer's  
LOS ANGELES**  
844.HELP.ALZ  
AlzheimersLA.org  
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Action  
Collaborative**  
Washington State  
dshs.wa.gov/altsa/dementia-action-collaborative

## Caregiver Tip Sheets

# Bathing



### WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- afraid of falling
- feeling uneasy getting undressed in front of you
- scared or confused
- feeling helpless

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Action  
Collaborative**  
Washington State

dshs.wa.gov/altsa/dementia-action-collaborative

People with Alzheimer's disease or dementia may be afraid of bathing or uneasy with having someone help them with bathing. Sometimes they worry about falling or can have trouble knowing which is the hot versus the cold water faucets.

### WHAT CAN YOU DO?

#### PREPARE THE BATHROOM IN ADVANCE

- make sure the room is calm and warm
- run the water so it is not too hot or too cold
- don't use bright lights if possible

#### MAKE THE BATHROOM SAFE

- use a non-slip mat in the tub or shower as a bath mat
- consider a tub seat
- fill the tub with only 4 inches of water
- remove things that may be dangerous such as razors, nail clippers, hair dryer, etc.
- watch carefully – don't leave him or her alone

#### ALLOW TIME & BE POSITIVE

- allow your person to enjoy it... if he or she finds bath time relaxing
- stay calm
- be direct... "Your bath is ready now"
- instead of "Do you want to take a bath?" give one step directions
- "Let's wash your left arm... good! now your other one" be patient... don't rush

#### BE REALISTIC

- don't argue or get frustrated... a daily bath may be too much
- consider a sponge bath instead of a tub bath
- show what you need from them... pretend to wash your arm so that he or she can copy

# Caregiver Tip Sheets

- IDEA! problem-solving strategy
- 18 different topics on common challenges and behaviors such as bathing, getting lost, hallucinations, paranoia, resistance to care, sundowning, etc.
- Available to download English, Spanish, Japanese, Chinese

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

# HELP WITH CHALLENGES & BEHAVIORS - CAREGIVER TIP SHEETS

## RESOURCE & SERVICE POSSIBILITIES – OTHER WAYS TO HELP

Early	Mid	Late
<ul style="list-style-type: none"> <li>• <b>Alzheimer’s Association</b></li> <li>• <b>Social engagement activities</b></li> <li>• <b>Early-stage memory loss groups e.g., Staying Connected</b></li> <li>• <b>Home safety evaluation</b></li> <li>• <b>(CG) Dementia workshops &amp; support groups</b></li> <li>• <b>(CG) Powerful Tools for Caregivers</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Alzheimer’s Association</b></li> <li>• <b>Adult day services</b></li> <li>• <b>Personal/home care</b></li> <li>• <b>Home safety evaluation</b></li> <li>• <b>(CG) Housework, errands, chore services</b></li> <li>• <b>(CG) Dementia workshops &amp; support groups</b></li> <li>• <b>(CG) Powerful Tools for Caregivers</b></li> <li>• <b>(CG) Dementia behavior consultation e.g., STAR-C</b></li> <li>• <b>(CG) Caregiver mental health counseling</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Alzheimer’s Association</b></li> <li>• <b>Personal/home care</b></li> <li>• <b>Palliative/hospice care</b></li> <li>• <b>(CG) Housework, errands, chore services</b></li> <li>• <b>(CG) Dementia workshops &amp; support groups</b></li> <li>• <b>(CG) Powerful Tools for Caregivers</b></li> <li>• <b>(CG) Dementia behavior consultation e.g., STAR-C</b></li> <li>• <b>(CG) Caregiver mental health counseling</b></li> </ul>

# What's coming next related to health care?

## Goal 5



5A1: Identify and promote strategies to maintain and improve brain health for all ages, genders, and across diverse populations by educating and promoting brain health and dementia risk reduction



5J2: Expand upon Project ECHO Dementia outreach to include health professional association conferences, rural health convenings, tribal health convenings, and provider groups caring for underserved communities.



7A2: Host a collaborative Alzheimer's and Dementia research summit, highlighting the latest research, current and emerging state of effective cognitive health best practices, provider survey results, and next steps.



AND – a health care provider survey to inform future work!

... coming soon!

# DAC Provider Survey



## Purpose

Assess the needs of healthcare providers in Washington state pertaining to caring for people living with dementia, perceived barriers to diagnosis, access to resources, etc.



## Target audience

Primary care providers, allied health professionals, and specialists that care for people living with dementia



## Participation window

January 8 – February 3, 2024



## Dissemination assistance

Do you manage a listserv or are you willing to cascade the survey link in January to providers? If so, please email:

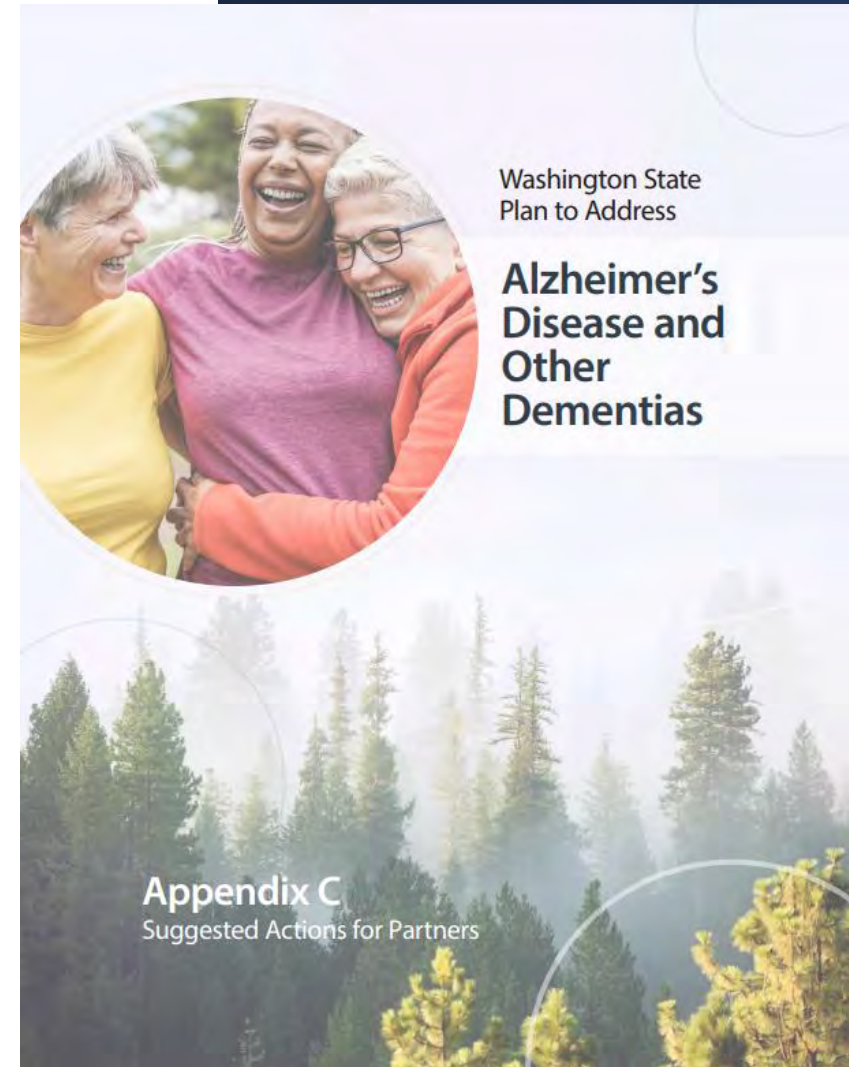
[jamie.teuteberg@hca.wa.gov](mailto:jamie.teuteberg@hca.wa.gov)

# Support the statewide effort

- Working together on common goals and strategies, will allow a more coordinated and amplified response.
- The Dementia Action Collaborative invites everyone to join us in taking ACTION – be a part of the solution!
- See the state plan's [APPENDIX C: Suggested Actions for Partners](#) – specifically the section for health care providers and health systems.



Appendix C



# Questions?

For more info: [Lynne.Korte@dshs.wa.gov](mailto:Lynne.Korte@dshs.wa.gov)

DAC page: <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

DAC Website:



# Thank you!

