


MANAGING ALZHEIMER'S DISEASE AND RELATED DEMENTIAS: RESOURCE GUIDE

This is a supplemental resource guide to the *Delivering Dementia Capable Care Within Health Plans: Why And How?* and the *Diagnosing And Treating Dementia – Current Best Practices* webinars hosted on June 19, 2019 and July 30, 2019. This guide is intended for providers and health plans serving dually eligible beneficiaries with Alzheimer's disease and related dementias (ADRD). The webinar recordings, slides, and transcripts can be found on the Resources for Integrated Care website:


- https://resourcesforintegratedcare.com/GeriatricCompetentCare/2019_GCC_Webinar/Diagnosing_and_Treating_Dementia
- https://www.resourcesforintegratedcare.com/GeriatricCompetentCare/2019_GCC_Webinar/Delivering_Dementia_Capable_Care_Within_Health_Plans

TOOLS FOR SCREENING AND ASSESSMENT

Tools for Screening, Identification, Referral, and Care Planning for People With Alzheimer's Disease and Their Caregivers, a report from the National Alzheimer's and Dementia Resource Center, describes screening instruments for persons without clinical training, as well as needs assessments and referral tools.

 https://nadrc.acl.gov/sites/default/files/uploads/docs/Tools-Screening-ID-Referral-Care-Planning-for-PWD-Caregivers_0.pdf

The Gerontological Society of America's **KAER toolkit** provides primary care physicians, health plans, and health systems with approaches and tools for each step of the KAER model: **K**ickstart the cognition conversation, **A**ssess for cognitive impairment, **E**valuate for dementia, and **R**efer to community resources.

 <https://www.geron.org/programs-services/alliances-and-multi-stakeholder-collaborations/cognitive-impairment-detection-and-earlier-diagnosis>

Alzheimer's Los Angeles provides a variety of screening and assessment tools for providers and health plans, including assessments for early symptoms of ADRD.

 <https://www.alzheimersla.org/alzheimers-los-angeles-services/professional-training/screening-and-assessment-tools/>

The **Saint Louis University Mental Status Examination (SLUMS)** is a method of screening for ADRD specifically designed to identify early cognitive impairment symptoms.

 http://www.midss.org/sites/default/files/vamc_slums_exam.pdf

RESOURCE HUBS

The National Alzheimer’s and Dementia Resource Center (NADRC), funded by the Administration for Community Living (ACL), offers reports, toolkits, webinars, and trainings on a range of dementia-related topics; resources on relevant measures; and access to validated assessment and evaluation instruments.

<https://nadrc.acl.gov/>

The National Institute on Aging website includes resources for professionals serving individuals with ADRD. The site includes free clinical practice tools, training materials, and patient education materials for clinicians and other care professionals.

<https://www.nia.nih.gov/health/alzheimers-dementia-resources-for-professionals>

The Alzheimer’s Association website has a Health Care Professionals Resource Center with clinical guidance on assessment, treatment, and care management for individuals with AD. The site includes links to download the Alzheimer’s Association’s free Pocketcard app for physicians, educational packets, briefs, and tools.

<http://www.alz.org/health-care-professionals/health-care-clinical-medical-resources.asp>

Alzheimer’s Los Angeles provides a webpage for health care professionals that includes links for trainings, dementia care toolkits, health care advocacy and technical assistance tools, and resources for individuals with AD and their caregivers.

<https://www.alzheimersla.org/alzheimers-los-angeles-services/professional-training/>

RESOURCES ON DEMENTIA CAPABILITY

NADRC’s **Dementia Capability Assessment Tool** measures the dementia capability of long-term services and supports (LTSS) and can help LTSS providers measure changes in dementia capability over time.

<https://nadrc.acl.gov/node/117>

The **Dementia Care Specialist Toolkit**, for care managers serving as Dementia Care Specialists (DCS), describes best practices for assessment, care planning, and managing challenging behaviors. The toolkit also includes a variety of resources for best practice dementia care management.

<https://www.alzheimersla.org/wp-content/uploads/2019/08/Dementia-Care-Specialist-Toolkit.pdf>

Dementia-Capable Health Systems, a webpage from Alzheimer’s Los Angeles, provides resources for healthcare organizations, including trainings and toolkits, on creating dementia-capable health systems.

<https://www.alzheimersla.org/alzheimers-los-angeles-services/professional-training/dementia-capable-health-systems/>

CAREGIVER SUPPORT RESOURCES

Alzheimer's Los Angeles also provides resources for caregivers, including plain language caregiver tip sheets (available in English, Spanish, Chinese, and Japanese) and the *Care Transitions Notebook: Caring for Someone with Memory Loss or Alzheimer's After a Hospitalization* for caregivers (available in English, Spanish, Korean, and Armenian).

 <https://www.alzheimersla.org/alzheimers-los-angeles-services/professional-training/>

The **UCLA Alzheimer's and Dementia Care (ADC) Program** has a caregiver education webpage with videos and webinars to help caregivers of individuals with ADRD. Training videos include a range of topics related to dementia symptoms (e.g., aggressive language and behavior) and recommendations and tips for how caregivers can respond to common scenarios and challenges.

 <https://www.uclahealth.org/dementia/caregiver-education>

BRI Care Consultation™ is an evidence-based care-coaching program that helps professionals, known as Care Consultants, deliver cost-effective assistance and support to individuals with chronic conditions and their caregivers by telephone and email, including personalized action plans and ongoing support. Developed by the Benjamin Rose Institute on Aging, there are more than 40 licensed delivery sites, including Area Agencies on Aging, health systems, Alzheimer's chapters, and other organizations.

 <https://www.benrose.org/-/for-older-people-and-families/bri-care-consultation>

INTEGRATED DEMENTIA CARE MODEL EXAMPLES

UCLA Alzheimer's and Dementia Care (ADC) Program supports individuals and families manage the complex medical, behavioral, and social needs of ADRD. Dementia Care Specialists in the ADC program partner with primary care doctors to develop and implement coordinated personalized care plans, follow up through phone calls or in-person visits, and offer 24/7 access for caregivers who need assistance and advice in order to avoid emergency department visits and hospitalizations.

 <https://www.uclahealth.org/dementia/>

Maximizing Independence (MIND) at Home is a comprehensive, home-based care coordination model for individuals with ADRD and their family caregivers. An interdisciplinary team, comprised of trained non-clinical community workers and mental health clinicians, conducts comprehensive in-home needs assessments, provides individualized care planning, and links individuals with dementia and their caregivers to community-based agencies, medical and mental health care providers, and community resources.

 <http://www.mindathome.org/index.html>

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