



# **WORKSHOP: DEMENTIA MANAGEMENT CAREGIVER CONVERSATIONS & RESOURCES**

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**2019 Winter Refresher Course for Family Medicine**

Workshop: Thursday January 31, 2019

1:30-3:30 pm

# DEMENTIA MANAGEMENT: CAREGIVER CONVERSATIONS & RESOURCES

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This course is a statewide effort among 3 members of the Wisconsin Geriatric Education Center (WGEC) :

- **AdvocateAuroraHealth**
- **Medical College of Wisconsin**
- **University of Wisconsin – School of Medicine and Public Health**

This course is Supported in Part by a HRSA Geriatrics Workforce Enhancement Program award to WGEC – Marquette University with a Subcontract to the Medical College of Wisconsin [HRSA Grant # U1QHP28712].

# Collaborative Effort for PI-CME and/or Part IV MOC Portfolio

## Presenting Today

- Edmund Duthie, Jr, MD
- Kathryn Denson, MD
- Deb Simpson, PhD

## Managing

- Amanda Szymkowski

## Support PI-CME/Part IV

- Barb Anderson
  - UWSOMPH
- Terry Frederick
  - AdvocateAuroraHealth
- Liz Heimerl-Rolland
  - MCW

# Disclosures

## **Disclosure of ABIM Service: Edmund Duthie, MD**

- I am a current member of the SEP Committee on Geriatric Medicine.
  - To protect the integrity of certification, ABIM enforces strict confidentiality and ownership of exam content.
  - As a current member of the SEP Committee on Geriatric Medicine, I agree to keep exam information confidential.
  - As is true for any ABIM candidate who has taken an exam for certification, I have signed the Pledge of Honesty in which I have agreed to keep ABIM exam content confidential.
  - ***No exam questions will be disclosed in my presentation.***
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- No other faculty, presenters, planners, or anyone controlling content has any relevant financial relationships to disclose.



# Our Objectives Today

1. Cite evidence that connects the well-being of the caregiver to the well-being of the elderly patient with dementia.
2. Recognize the vital role of PCPs in supporting caregivers of elderly patients diagnosed with dementia.
3. Educate and support caregivers with referrals to additional resources.

# Our Overall Purpose

**To expedite your ability as a PCP to efficiently and effectively provide evidence-based resources/referrals to support the well-being of caregivers for your patients > 65 years with diagnosed dementia.**

# Today's Session Flow

- Explore Caregiver & Dementia Patient Well-being
  - Complete Quiz and Debrief
- Set your Aim\*
- Small Group Brainstorm
  - Key caregiver struggles and resources
- Identify and Explore Available Caregiver Resources
  - Geriatric Fast Facts
  - Alzheimer's Association
- Q&A *or* Part IV *or* PI-CME Launch
  - Q&A with presenters *or*
  - Meet with respective CME Providers\*

\* **For those who are interested and affiliated** with one of co-sponsors, you may launch your Part IV / PI CME activity – the workshop completes “A” or baseline

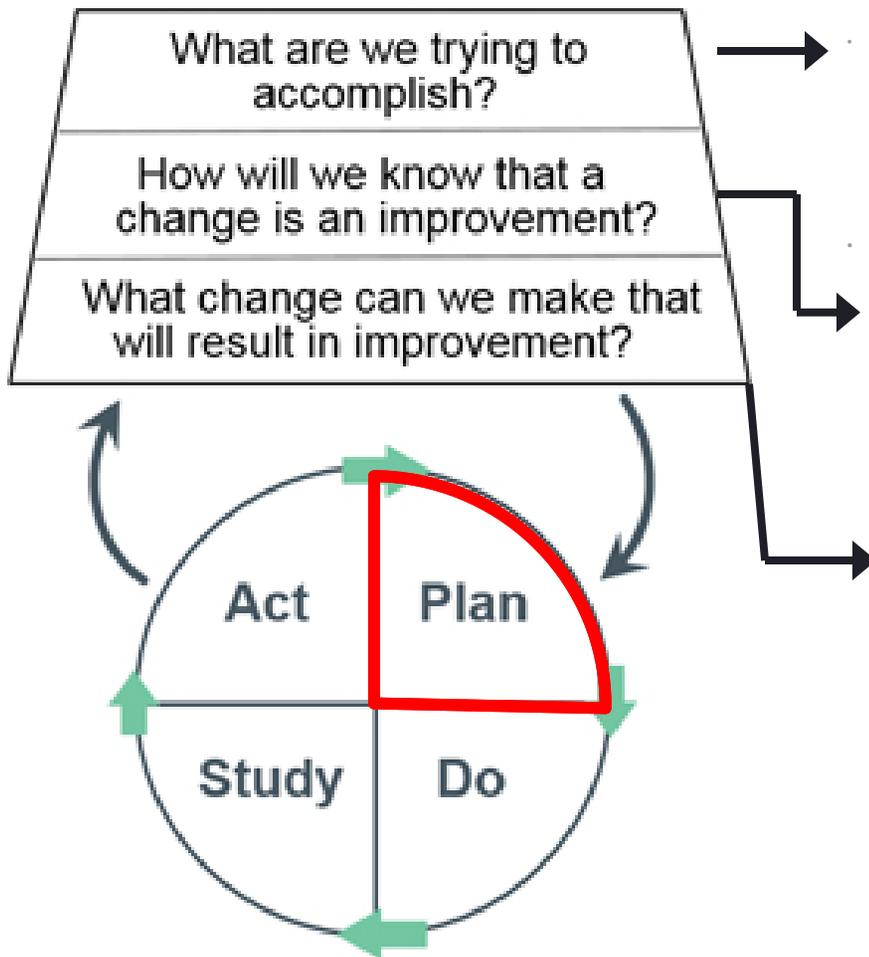
# More on MOC... as this QI Effort

- Meets MOC Part IV Standards & Guidelines for ABMS Multi-Specialty Portfolio Approval Program Organization & is eligible for MOC Part IV through participating ABMS Member Boards
- May be eligible for Category 1 PI-CME credits depending on your affiliation
- May be used through the National Commission on Certification of Physician Assistants for PI CME

## **If you are affiliated with**

- AdvocateAuroraHealth: See Terry
- Medical College of Wisconsin: See Liz
- UWSMPH: Contact Barb Anderson

# Model for Improvement



↑ # of discussion initiated with caregivers of my dementia pts aged  $\geq 65$  yo *and* # of referrals to resources

↑ # of discussions initiated with caregivers of elderly patients  $\geq 65$  with a diagnosis of dementia by (min 20) %

## Increase my knowledge/skills re:

- Impact of caregiver's well-being on quality of care provider to my dementia patients
- Effective/efficient conversation strategies
- On-line and local resources available to caregivers in Wisconsin

# Your Turn – Check Your Understanding:

Your role in providing quality care for your dementia patients by enhancing your resource/referral expertise for their caregivers.



# Let's Review and Summarize...

- **16 million** caregivers provide unpaid care for people with dementia.
- **<50%** of dementia patients and/or their caregivers are aware of the diagnosis of dementia.
- Caregiver and dementia patient **QOL** is connected – both ways.
- Caregivers of dementia patients are caregivers for a **longer time** than caregivers of patients without dementia.
- Caregivers report **less depression** when providers communicate well and respect their role.

## More Facts: Why Attend to Caregivers?

- Dementia patient caregivers are usually in that role **>5 yrs**
- The **Alzheimer's Association** is an extensive resource (including training information) for caregivers of patient's with dementia.
- Dementia patient caregivers frequently require flexibility or decreased work hours for caregiving responsibilities.
- **>75%** of dementia caregivers report needing more information about support services.
- The **internet = physician** in regards to accessing information!

## What might a dementia patient caregiver look like?

- **One in 3** caregivers are 65 years and older.
- Approximately **2/3** of caregivers are women.
- **41%** of dementia caregivers reported that no one else provided unpaid assistance.
- Approximately **30 to 40%** of family caregivers suffer from depression.

## Questions to Consider

- When taking a social history for your middle-aged patients, how often do you ascertain if your patient is a caregiver for older adults?
- What is your level of knowledge regarding resources available in your community to assist dementia caregivers?



# Let's put a story/face to it: The Malone's

- Clip 19

- Clip 22

## **Small Group Work: Focus Caregiver**

- As a small group, thinking about Mr. Malone's son, and of other dementia patient caregivers, fill out the chart with:

**Struggles of dementia patient caregivers**

***AND***

**Available caregiver resources**

# Group Report Out:



## Dementia Patient Struggles

- ?

## Available Resources/Referrals

- ?

# Your Thoughts?

- Any surprises?
- Ideas for how to implement?
- Benefits?
- Drawbacks?



# Caregiver Resources – FAST!

## Geriatric Fast Facts

- 1-2 page point of care teaching/learning tools
- Accessible, concise, and clinically actionable
- Searchable
- Focus on Geriatric topics (>80 and growing)
- Applicable across medical specialties
- Interdisciplinary

*Log In!*

<http://www.geriatricfastfacts.com/>



All Fast Facts

📄 All Quizzes

## What are Geriatric Fast Facts?

Geriatric Fast Facts are accessible, concise, and clinically actionable 1-2 page reports on Geriatric topics applicable across medical specialties. Fast Facts are interdisciplinary, spanning the progression of medical education.

### Recent Fast Facts

- 📄 Environmental Causes of Falls - #81
- 📄 Care Transitions: Skilled Nursing Facility to Emergency Department - #80
- 📄 Treatment of Restless Legs Syndrome (RLS) in Older Adults - #79
- 📄 FAQs and Resources for Dementia Patient Caregivers - #78
- 📄 Artificial Hydration at End of Life - #77
- 📄 Artificial Nutrition in Advanced Dementia Patients - #76

• **Take it!!**



## FAQs and Resources for Dementia Patients' Caregivers - #78

 Take Quiz

### Assessment

Caregivers of dementia patients are key members of the care team. Establishing a partnership with the caregiver and supporting them in their role improves the quality of life for both the caregiver and the dementia patient. Identifying caregiver questions and providing targeted resource/referrals is a key physician role. There is a wealth of excellent and evidence based resources for dementia caregivers – from answers to FAQs about what to expect as dementia progresses to training videos for care tasks – making referral a timely and effective approach to be used by any member of the health care team.

[FAQ of Dementia Patient Caregivers:](#)

#### **1. Understanding Caregiving by Stage:**



## FAQs and Resources for Dementia Patients' Caregivers - Fast Fact #78

GFF quizzes include the option to email your results to you. To utilize this, you must fill in your email address, profession and institution. If you would also like your results emailed to a third party, you must also provide that additional email address. If you do not wish to be sent your results, you may skip these fields and start the quiz.

Each question requires an answer and once you have moved on to the next question, you may not go back and change your previous answers. You will get your results upon completion of the quiz.

### Your Email

### Your Profession

### Institution

### Additional/3rd Party Email



## FAQs and Resources for Dementia Patients' Caregivers - Fast Fact #78

### Question 1 of 4

1. Caregiver quality of life is strongly associated with the person with dementia's quality of life, and vice versa.

Choose one

A. True

B. False

#### **A. Answer - True**

The PIXEL study published in the Int J Geriatr Psychiatry 21:50-56 by Lalloue and Preux makes this link.

Next



## FAQs and Resources for Dementia Patients' Caregivers - Fast Fact #78

### Question 2 of 4

**Answer B** Communicate well, with respect for their role. This point was made in Mitnick, Leffler and Hood's article, Family Caregivers, Patients & Physicians: Ethical Guidance to Optimize Relationships. J Gen Intern Med;25:255-260.

2. Caregivers report less depression when providers



#### Choose one

- A. Communicate well, with respect for their role
- B. Urge the caregiver to seek help from their primary care provider
- C. When counseled to place patient in a nursing home
- D. Focus on reversible causes of dementia
- E. Seek to address patient's other medical co-morbidities (e.g., HTN, CHF)

## FAQs and Resources for Dementia Patients' Caregivers - Fast Fact #78

### Question 3 of 4

**Answer D. Alzheimer's Association.** The Alzheimer's Association is an excellent resource in that it aids dementia patients and their caregivers in multiple resource areas.

3. Dementia Caregivers face unique combination of challenges including patient's mobility, transportation, financial management, social/emotional support as a caregiver). The best resource for dementia caregiver assistance is:

#### Choose one

- A. Adult protective services
- B. Local Community Senior Center
- C. Referral to adult day care services
- D. Alzheimer's Association
- E. American Caregiver's Association

Next



## FAQs and Resources for Dementia Patients' Caregivers - Fast Fact #78

### Question 4 of 4

**Answer E. All the above.** In Caregiver Care, Collins and Swartz identify many key unmet needs of caregivers of dementia patients. American Family Physician 83(11) 1309.

4. The top unmet need of dementia caregivers is:

Choose one

- A. Keeping the dementia patient safe at home
- B. Managing stress
- C. Finding activities to do with the dementia patient
- D. Having enough time for themselves
- E. All the above



# FAQs and Resources for Dementia Patients' Caregivers - Fast Fact #78

[FAQ of Dementia Patient Caregivers:](#)

## 1. Understanding Caregiving by Stage:

A. Questions:

- What can I expect re: thinking and behavior at different ti
- What care options are available, and when might they be

B. Resources:

- Alz.org:
  - [Early-Stage](#)
  - [Middle-Stage](#)
  - [Late Stage](#)
- [FCA CareJourney](#)

## 2. Caregiver Self-Care:

A. Questions:

- How can I take care of myself?
- How can I lower my stress?

B. Resources

- [Caregiver Stress 8 Item Quiz](#)
- [Taking Care of You: Self-Care for Family Caregivers](#)
- [Alzheimer Association 24/7 Hotline:1.800.272.3900](#)

## 3. Education/Skills:

A. Questions:

- How do I learn to \_\_\_\_\_? [give injections, tube feedings, catheter care, ostomy care]
- How do I manage bathing, driving, and dental care?
- Where are the training resources in my state?

B. Resources:

- [AARP Home Alone Alliance](#)
- [Family Caregiver Alliance](#)
- Department of Health Services ([Wisconsin](#))

## 4. Local and/or Immediate Help:

A. Questions:

- How can I get help/support services in my community?
- Where can I call if I need help urgently, 24/7?

B.Resources:

- [Alzheimer's Association](#)
- 24/7 Hotline 1.800.272.3900



# DIRECT CONNECT PHYSICIAN REFERRAL PROGRAM

- 
- It is a free, HIPPA-compliant service that you can offer to your patients and their caregivers
  - Provide confidential support and information necessary to navigate the non-medical challenges inherent with memory loss, Alzheimer's and other dementias.

# The Direct Connect Physician Referral Program

- Links families with the Alzheimer's Association to ensure a timely connection for:
  - Assistance dealing with the emotional impact of receiving the diagnosis;
  - Education to understand the diagnosis and learn ways to continue to live well and provide care and support as the disease progresses;
  - Help connecting to appropriate resources and additional support services; and
  - Opportunities to build community with other people also living with a diagnosis and their caregivers.

# Direct Connect - Steps

- **You (member of your staff)** complete 1-page, HIPAA compliant form
- **Fax it** to the Alzheimer's Regional office for your Wisconsin location
- Alzheimer's Association will contact the referred individual and assist with immediate needs:
  - Is 2-4 weeks from the time the referral is received at the chapter. Providers can request an urgent contact when warranted.
  - Urgent requests are given higher priority with contact being made in 1-5 business days from the time the referral is received.
  - If immediate contact is needed, contacting the Alzheimer's Association's 24/7 Helpline (800.272.3900) is recommended to initiate services with a follow up referral to the appropriate chapter to track referral completion.
  - When a referral is initiated through the 24/7 Helpline contact will be made within 1-2 business days.
- **After the referral is completed**, a Direct Connect Referral Follow Up Report is sent to you, as the referring provider detailing a summary of the assistance provided

# alzheimer's association®

ALZHEIMER'S ASSOC CHAPTER	COUNTIES SERVED	CONTACT PERSON FOR PROVIDERS ONLY
<b>Southeastern Wisconsin</b> Direct Connect Physician Referral Form SE Wisconsin	Dodge, Fond du Lac, Jefferson, Kenosha, Milwaukee, Ozaukee, Racine, Sheboygan, Walworth, Washington, Waukesha	Jennifer McAlister Phone: 414.479.8800 Fax: 414.479.8819 Email: <a href="mailto:jmcAlister@alz.org">jmcAlister@alz.org</a>
<b>South Central Wisconsin</b> Direct Connect Physician Referral Form SC Wisconsin	Columbia, Dane, Grant, Green, Iowa, La Fayette, Richland, Rock, Sauk	Bonnie Nuttkinson Phone: 608.203.8500 ext. 8002 Fax: 866.560.0394 Email: <a href="mailto:bnuttkinson@alz.org">bnuttkinson@alz.org</a>
<b>Greater Wisconsin</b> Direct Connect Physician Referral Form Greater Wisconsin	Adams, Ashland, Barron, Bayfield, Brown, Buffalo, Burnett, Calumet, Chippewa, Clark, Crawford, Door, Douglas, Dunn, Eau Claire, Florence, Forest, Green Lake, Iron, Jackson, Juneau, Kewaunee, La Crosse, Langlade, Lincoln, Manitowoc, Marathon, Marinette, Marquette, Menominee, Monroe, Oconto, Oneida, Outagamie, Pepin, Pierce, Polk, Portage, Price, Rusk, Sawyer, Shawano, St. Croix, Taylor, Trempealeau, Vernon, Washburn, Waupaca, Waushara, Winnebago, Wood, Vilas	Kate Kahles Phone: 920.260.4870 Fax: 920.469.2131 Email: <a href="mailto:kmkahles@alz.org">kmkahles@alz.org</a>

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# Before Break Apart – **EVALUATION!**

## PI-CME // Part IV MOC Credits?

### If affiliated with:

- AdvocateAuroraHealth
  - Terry Frederick
- MCW
  - Liz Heimerl-Rolland
- UWSOMPH
  - Barb Anderson

## Winter Refresher CME

- Question and Answers



# QUESTIONS

*Remember your  
dementia patient  
caregivers –  
support &  
resources make a  
difference!*

