Dementia Specific Case Management

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10,000 people with dementia in Houston will live alone by 2020

When compared to individuals with Alzheimer’s or a related dementia that live with caregivers, those that live alone experience:

- 26% increase in hospital stays
- 29% increase in outpatient costs
Increased Risks of Living Alone

- Self-neglect
- Inability to manage daily activities
- Medication mismanagement
- Home safety concerns
- Wandering
- Inability to respond to emergencies
- Financial exploitation
- Social isolation and loneliness

Source: Identifying and Meeting the Needs of Individuals With Dementia Who Live Alone
US Administration on Community Living, Sept. 2015
Houston Alliance to Address Dementia

Systems Change

- Service Providers & Networks
- Call Centers & Helplines
- Professional Care Managers
- Houston Methodist Hospital System

Dementia Awareness & Education
Dementia Screening Protocols
Formal Dementia Specific Referral Network

Direct Service

- Caregivers
  - Caregiver Consultation
  - Caregiver Education Seminars
- Persons with Dementia
  - Dementia Specific Case Management
Results

890 professionals from 27 agencies received training to increase organizational capacity to address the needs of individuals with or at risk of dementia and their caregivers. Partner agencies referred 752 individuals to dementia-specific community organizations.

77 individuals who live alone with or at risk of dementia served through 2,672 hours of Dementia Specific Case Management. This intervention successfully addressed more than 75% of client’s needs.

1,046 caregivers received care consultation and education programs.
What is Dementia Specific Case Management?

The goal of the DSCM model is to provide person-centered care through community-based solutions while addressing key safety and wellness concerns and creating safe and supportive environments that maximize independence.
How it works

- Multimodal, holistic assessment and screening
- Ongoing Monitoring
- Assistance accessing healthcare and community-based services
Common Needs

- Personal safety
- Physical health management
- Medication management
- Future planning
Common interventions

• Arranging and providing transportation to diagnostic testing and other medical appointments

• Initiating in-home health and assistive services, such as personal attendant services.

• Setting up safety measures, such as enrollment in MedicAlert SafeReturn.

• Purchasing and setting up automatic medication aids

• Assisting with the creation of advanced directives and future plans, such as Power of Attorney documents.
Pathway to services

Health Plans

Community Based Organizations

Self-referred

Hospitals
Keys to success

- Ease of access
- Flexible criteria
- Formal partnerships
Elements of effective partnerships

• Written agreements (MOUs or Contracts)
• Data sharing agreements
• Ownership from both parties
• Required follow up
• End dates with amendment opportunities
## Opportunities for the future

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<th>Connect</th>
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<tr>
<td>• Develop more formal partnerships</td>
<td>• Create automated, trigger-based follow-up processes</td>
<td>• Explore additional, easier data sharing opportunities</td>
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**Current Project:** Dementia Connections, a partnership between BakerRipley and Houston Methodist Coordinated Care
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Sustaining Savvy Caregiver

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Savvy Caregiver Training History

• In 2008, the California Department on Aging was awarded a dementia grant from the Administration on Aging to implement Savvy Caregiver.
  – The Northern CA Northern NV Chapter of the Alzheimer’s Association served as a partner organization and began adopting Savvy Caregiver at that time.

• Chapter wanted an evidence-based program for families.
  – Evidence-based programs are impactful for families.
  – Many funding streams (grants and private donors) are requiring at least one program be evidence-based or evidence-informed.

• The chapter offered other evidence-based interventions and wanted an intervention with similar outcomes/impact but less time consuming for the participants.
Savvy Caregiver Background

• Savvy Caregiver Training was developed by Ken Hepburn, Marsha Lewis, Jane Tornatore, et al at the University of Minnesota, 2003.
• Savvy is a 6-week evidence-based program for family caregivers.
• The program emphasizes a strengths-based approach that looks at the person's remaining abilities and tailoring activities.
Sustainability

Three factors that make sustaining a grant project possible are:

• Project alignment with organization’s strategic plan
• Partner organizations ability to sustain their elements of the project
• Other funding sources
Sustainability (continued)

Project was sustained through:

• National Family Caregiver Support Program funds: Older Americans Act Title III E
• Sliding scale funding model based on ability to pay
• Fund set up by past attendees
Savvy Caregiver: Pre-screening

- Only for family members, not professionals
- Have a dementia diagnosis
- Participants need to commit to attending all the classes in the course
- Encourage family units to attend
- Participants are expected to interact with their family member living with dementia at least weekly during the 6-week session
- Attempt to include family members with similar experiences caring for individuals who are at the same stage of dementia, with similar needs, and with a similar diagnosis (Alzheimer’s disease or Lewy body dementia or vascular dementia)
Savvy Attendance

- Size of group matters. Best is 8-10 and no more than 15
- Plan on some attrition
- Disclose location of training after prescreened and registered to avoid walk ins
- Participants are advised during the prescreening that it is a 6-week class and to plan on attending all 6 classes. In consideration of the other attendees, if they miss two or more classes, they are no longer eligible to continue with the Savvy workshop and we offer to support them in other ways.
Savvy is NOT a support group

• Inform participants in pre-screening and the first day of class that the Savvy Caregiver Program is based on a structured 6-week curriculum. Participation in the program requires adherence to the topics in the curriculum.

• Some participants wish that the group could continue after the 6 weeks, so we encourage exchange of contact information.

• Since we are an Alzheimer’s Association Chapter, participants can remain connected to us through support groups, educational workshops, care consultation and other opportunities.
Savvy Mantras

• Take Control
• Don’t just do something, stand there
• So what?
Savvy Homework

• Expectation that participants will do the reading and interactive exercises
  – Significant reading requested. Reading is at 7th grade level

• Exercises focus on caregiver stress, behavior modification, self-care techniques and family involvement
Savvy Trainer Requirements

- Savvy trainers are often professionals with a clinical background who understand how to think about a person’s life in a larger framework and to promote as many good days as possible
- The trainer’s manual is substantial
- Trainers spend significant time up front learning the curriculum
  - Observe experienced trainers deliver the class
  - Then deliver the class with an experienced trainer
  - We have offered train the trainer two-day workshops for different chapters
Modifications to Savvy content and delivery to meet different populations needs

• Translated to Spanish and Chinese
• 3-week version
• 1-day version, often used in rural communities
• Advanced Savvy
• Savvy follow-up
• Creators of Savvy are launching a Tele-Savvy research project to assist with rural and other populations that can not attend in-person classes.
Referral Sources

• Our Helpline: 24/7 800 number for families and professionals and our website
• Support groups
• Education
• Other programs we offer
• Walk to End Alzheimer’s
• Social workers at community-based organizations, clinics, and hospitals
• Flyers posted at local CBO’s and senior centers
Benefits of the Savvy Caregiver Training Program

• Savvy has many components that make it impactful for family caregivers

• Savvy Caregiver is a diverse program that is culturally competent for many races and ethnicities and various types of caregivers, including spouses and adult children
Benefits of the Savvy Caregiver Training Program

• The Savvy Caregiver program has been found to improve caregivers’ beliefs about caregiving, reactions to the behavioral symptoms of their care recipient, and their feelings of stress and burden

• Savvy Caregiver Training is one of the highest rated programs offered by our Chapter
Lessons learned

• Difficult for caregivers to attend a 6-week session
• Only accept family caregivers or long-time close family friends
• If consistent funding is unavailable, it is difficult to maintain Savvy Caregiver
• Caregivers learn that they want to talk about their specific issues—so referrals to supports groups are provided
• Challenging offering in different areas of a large county (area) and offering at different times of the day (traffic)
• Community partners play a large role in the success of the class
Thank you for your interest
Contact information

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