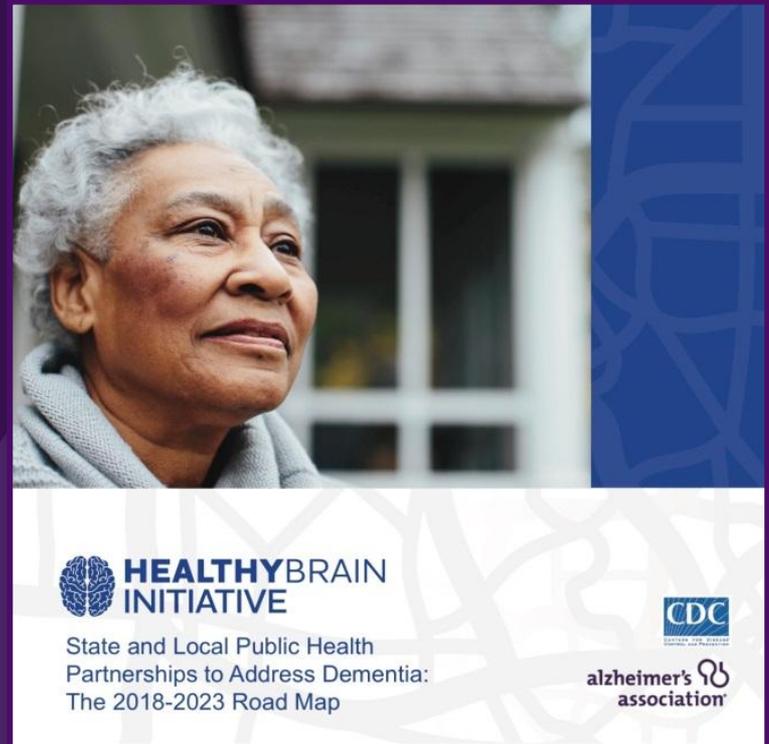


Alzheimer's Disease: The Next Public Health Success Story

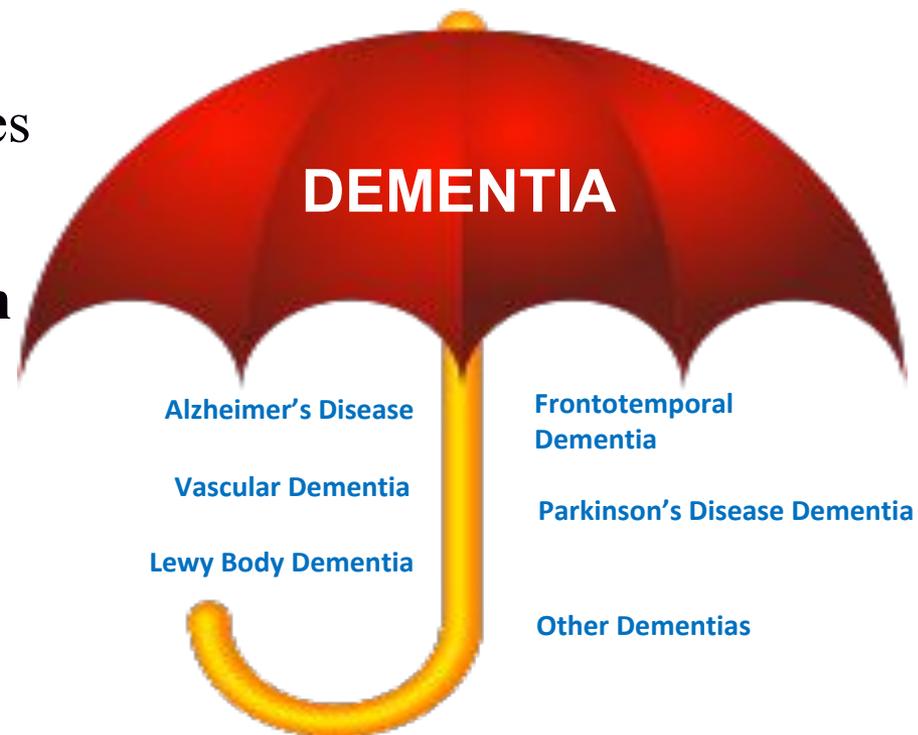
May 9, 2019





What is Dementia?

- Dementia is the loss of cognitive functioning and behavioral abilities that interfere with daily life
- **Alzheimer's is the most common cause of dementia**
- Many (maybe majority) of dementia cases have multiple causes



SOURCE: Alzheimer's Disease Facts and Figures, *Alzheimer's & Dementia* (2019)

The Face of Alzheimer's in Arkansas

65+ NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S BY AGE*

* Totals may not add due to rounding

Year	65-74	75-84	85+	TOTAL
2019	9,600	25,000	22,000	57,000
2025	11,000	31,000	24,000	67,000

Estimated percentage change



NUMBER OF DEATHS FROM ALZHEIMER'S DISEASE (2017)

1,436

10th highest Alzheimer's death rate in America
234% increase in Alzheimer's deaths since 2000

ALZHEIMER'S STATISTICS

ARKANSAS

MEDICAID

\$353 MILLION

Medicaid costs of
caring for people with
Alzheimer's (2018)

NUMBER OF DEATHS FROM ALZHEIMER'S DISEASE (2015)

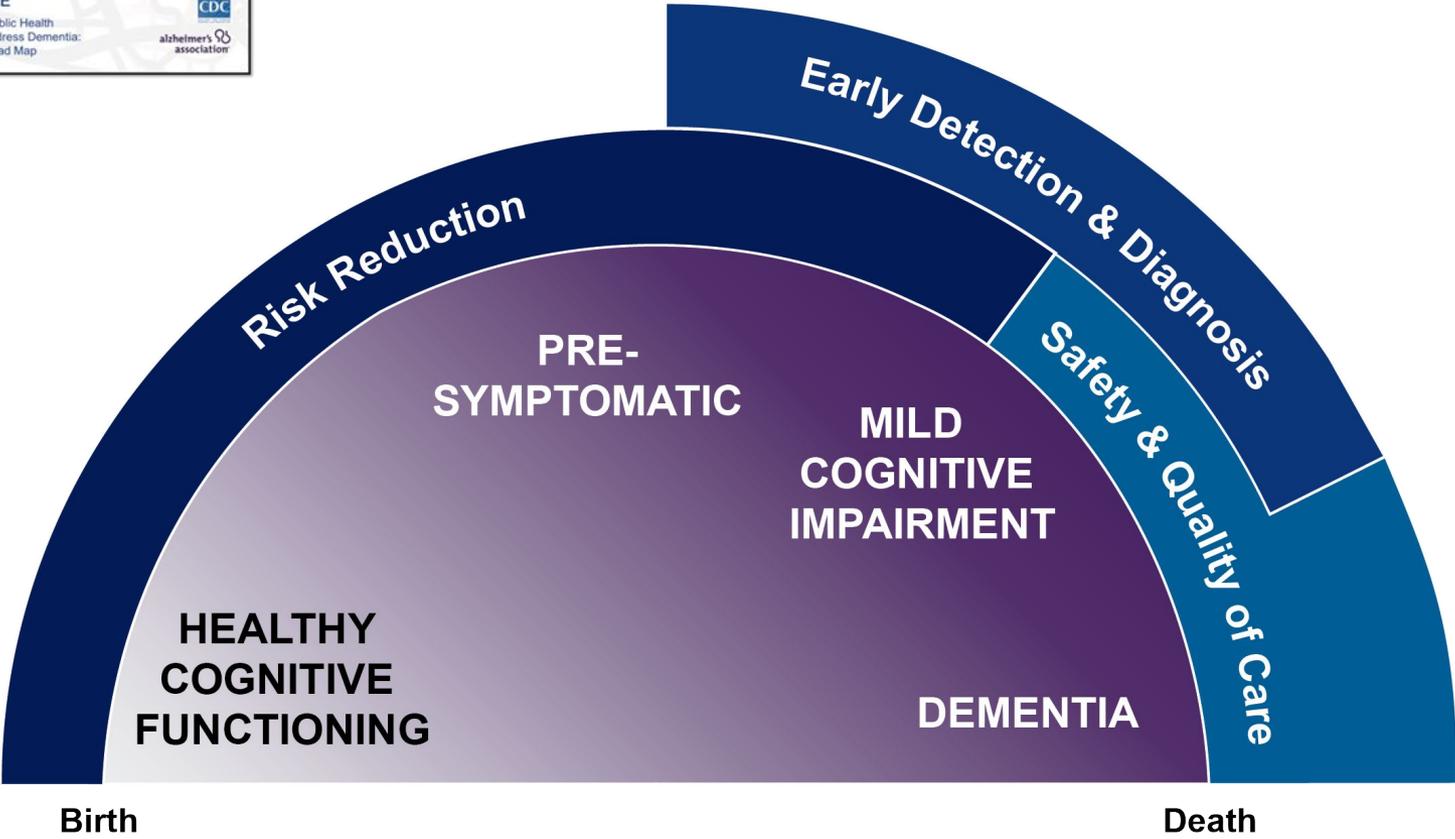
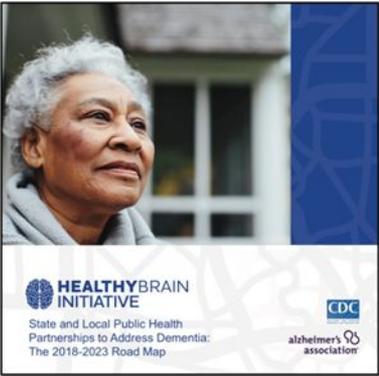
1,457

6th leading cause of death in Arkansas

4th highest Alzheimer's death rate in America

239% increase in Alzheimer's deaths since 2000

Life-Course Perspective and Public Health Roles



Public health has a role in keeping people healthy – across the lifespan – for as long as possible, including protecting brain health.

While people age:



Public health can:



Subjective Cognitive Decline (SCD):

Self-reported confusion or memory loss that is happening more often or is getting worse

Source: Taylor, MMWR, July 2018.

1 IN 9 ADULTS AGE 45 OR OLDER REPORT CONFUSION OR MEMORY LOSS

50% REPORT ACTIVITY LIMITATIONS:

-  **COOKING**
-  **CLEANING**
-  **TAKING MEDICATION**



Subjective Cognitive Decline

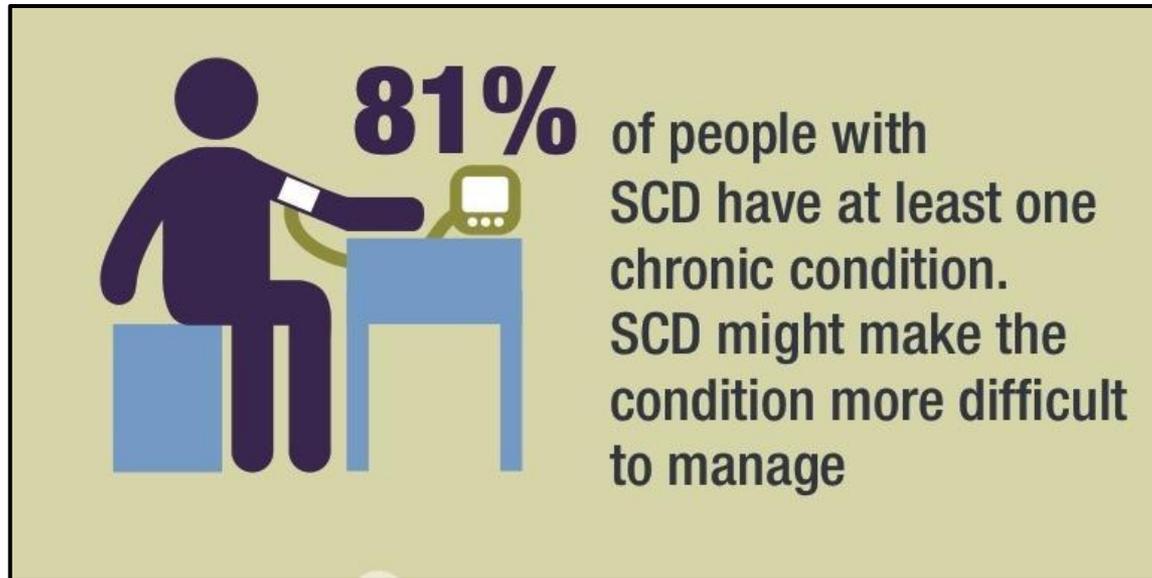
Data from the **2015**
Behavioral Risk Factor
Surveillance System

in Arkansas



1 in 6 people aged 45
and older
are experiencing **S**ubjective **C**ognitive **D**ecline.

SCD and Additional Health Issues



Arthritis
Asthma
Cancer

Cardiovascular Dis.
COPD
Diabetes

Source: Taylor, MMWR, July 2018.

Not Talking to a Doctor

MORE THAN 1/2
OF PEOPLE WITH MEMORY LOSS
HAVE NOT TALKED
TO A HEALTHCARE PROVIDER



MEMORY LOSS IS NOT
A NORMAL PART OF AGING

Source: Taylor, MMWR, July 2018.

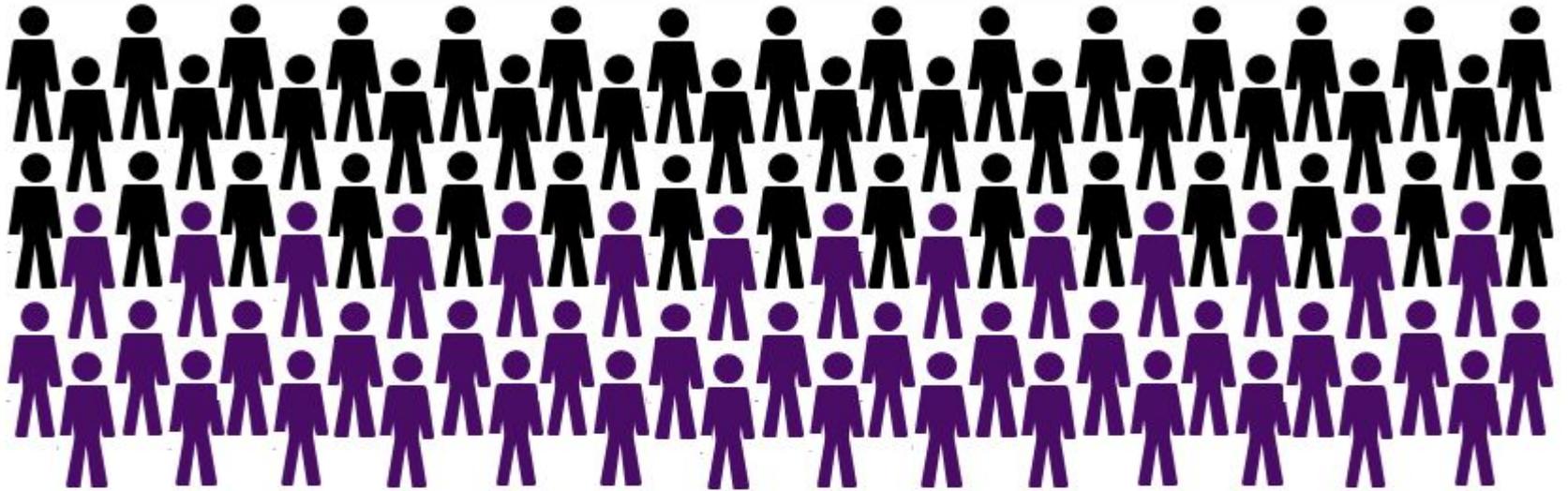


HEALTHYBRAIN
INITIATIVE

State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map

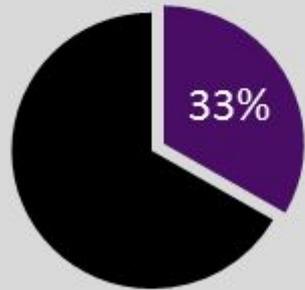
Early Diagnosis: A Public Health Priority

The Facts on Early Diagnosis and Disclosure

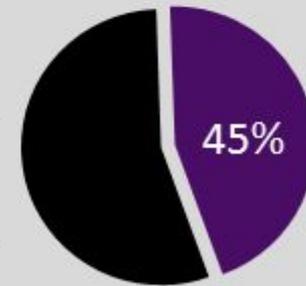


Only about **HALF** of people with Alzheimer's are diagnosed.

Among just those with the disease, only 33% are aware of their diagnosis.



Of those diagnosed, only 45% of them or their caregivers are aware of the diagnosis.



Benefits of Early Diagnosis

PATIENTS & CAREGIVERS

- **Some causes of dementia symptoms are reversible**
- **Lessened anxieties about unknown diagnosis**
- **Access to:**
 - Available treatment for symptoms, including clinical trials
 - Community supports and services
 - Information and referrals
- **Refined care plans for co-morbidities**
- **Better plan for future care, mobility, finances, legal needs, and making time for family and friends**

Benefits of Early Diagnosis

HEALTH PROFESSIONALS

Can better address:

- Frequent hospitalizations due to diabetes and hypertension**
- Medication side effects and non-adherence**
- Treatable co-morbidities**
- Safety risks**

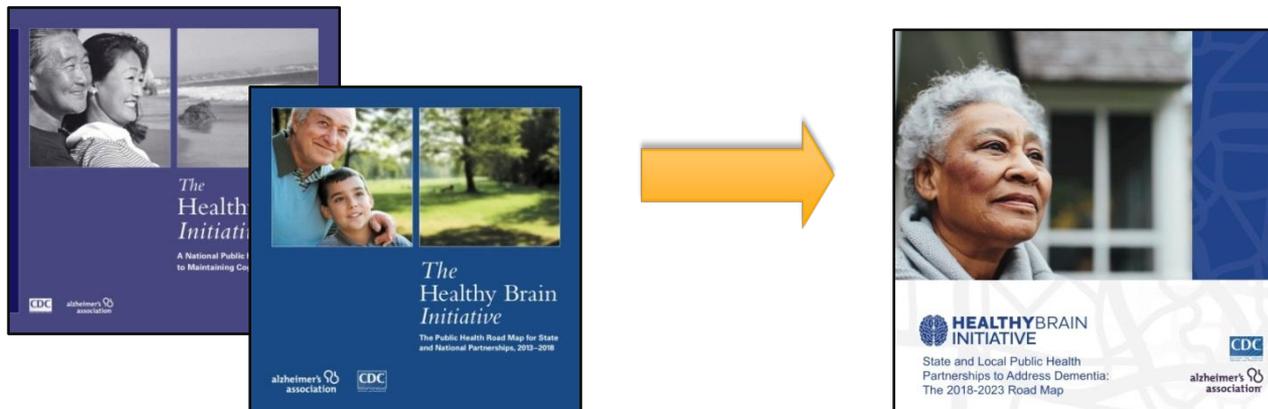


Early and accurate diagnosis of
Alzheimer's disease
could save up to
\$7.9 trillion
in medical and care costs.

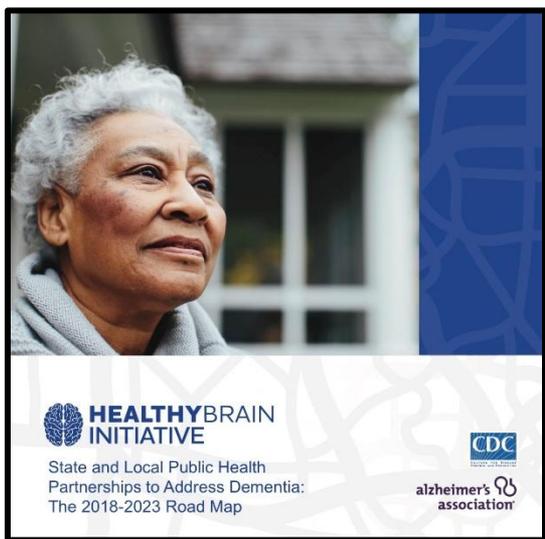
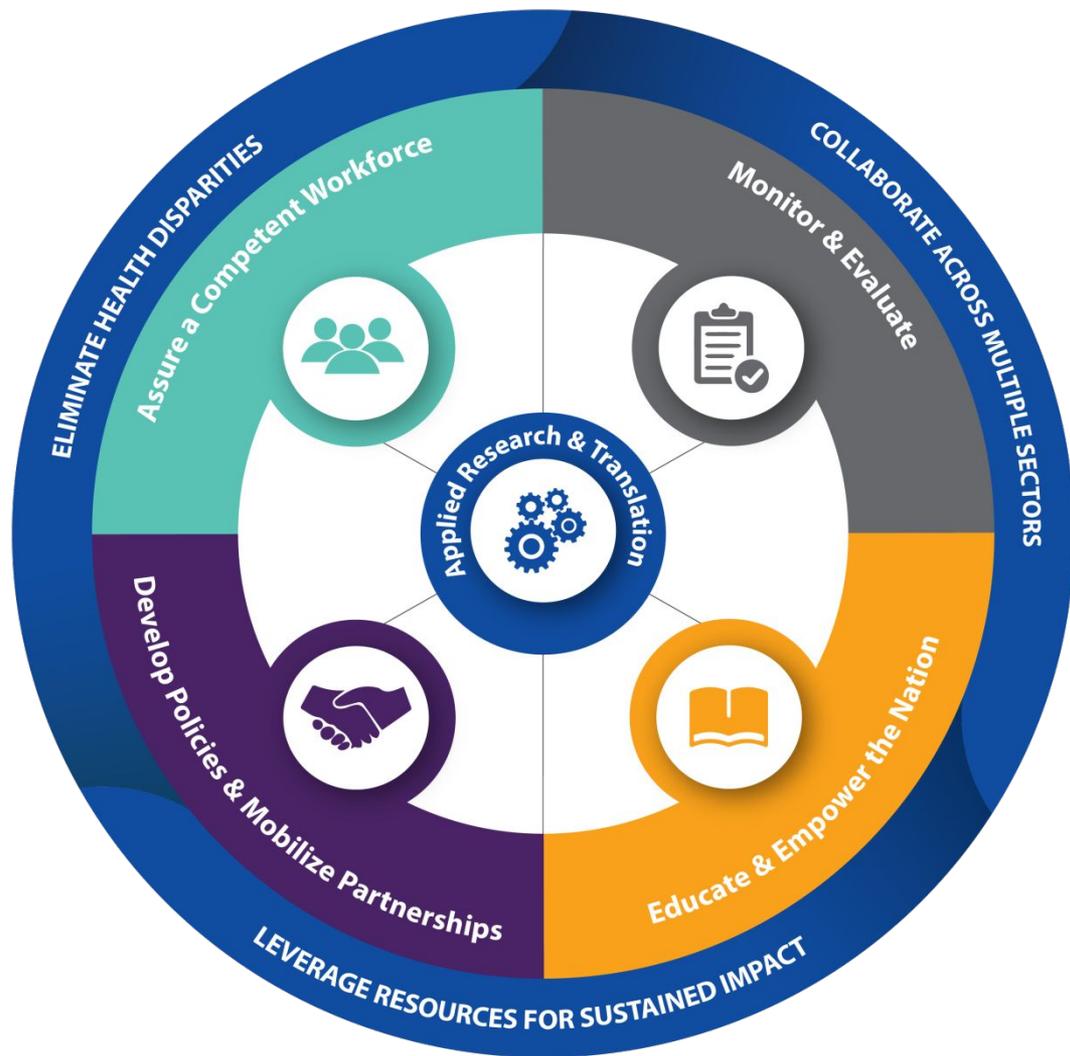
Purpose: Advance cognitive health as an central part of public health practice

HBI Road Map Series

Practical and expert-guided actions for state and local public health leaders



Framework: Essential Services of Public Health



HBI Road Map Actions



EDUCATE & EMPOWER

Educate the public about talking to health professionals about memory problems. (E-1)



DEVELOP POLICIES & MOBILIZE PARTNERSHIPS

Integrate effective interventions and best practices into policies and practices. (P-1)

Advance the use of healthcare quality measures. (P-4)



HBI Road Map Actions



Educate healthcare professionals to:

- Conduct early diagnosis and care planning. (W-4)
- Address co-morbidities & injury risks (W-6)



Field the Cognitive Decline optional module in the BRFSS (M-1)

Use BRFSS and other data to inform public health programs and policies. (P-4)

Physicians are not asking

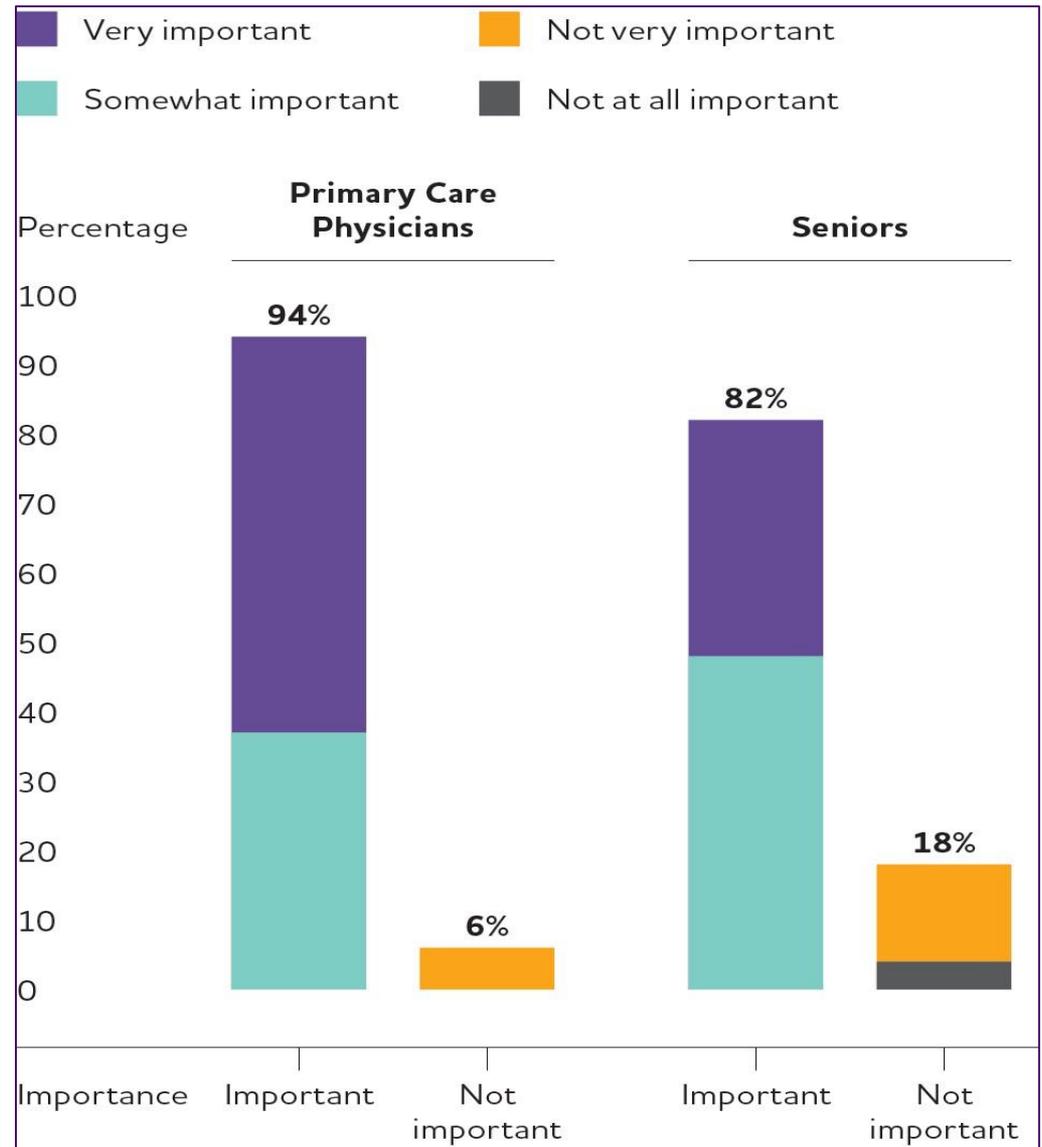
. . . . Neither are patients



Alzheimer's
Association 2019
Facts and Figures
Special Report:

- **No one is initiating the conversation**

Perceived Importance of Cognitive Assessments



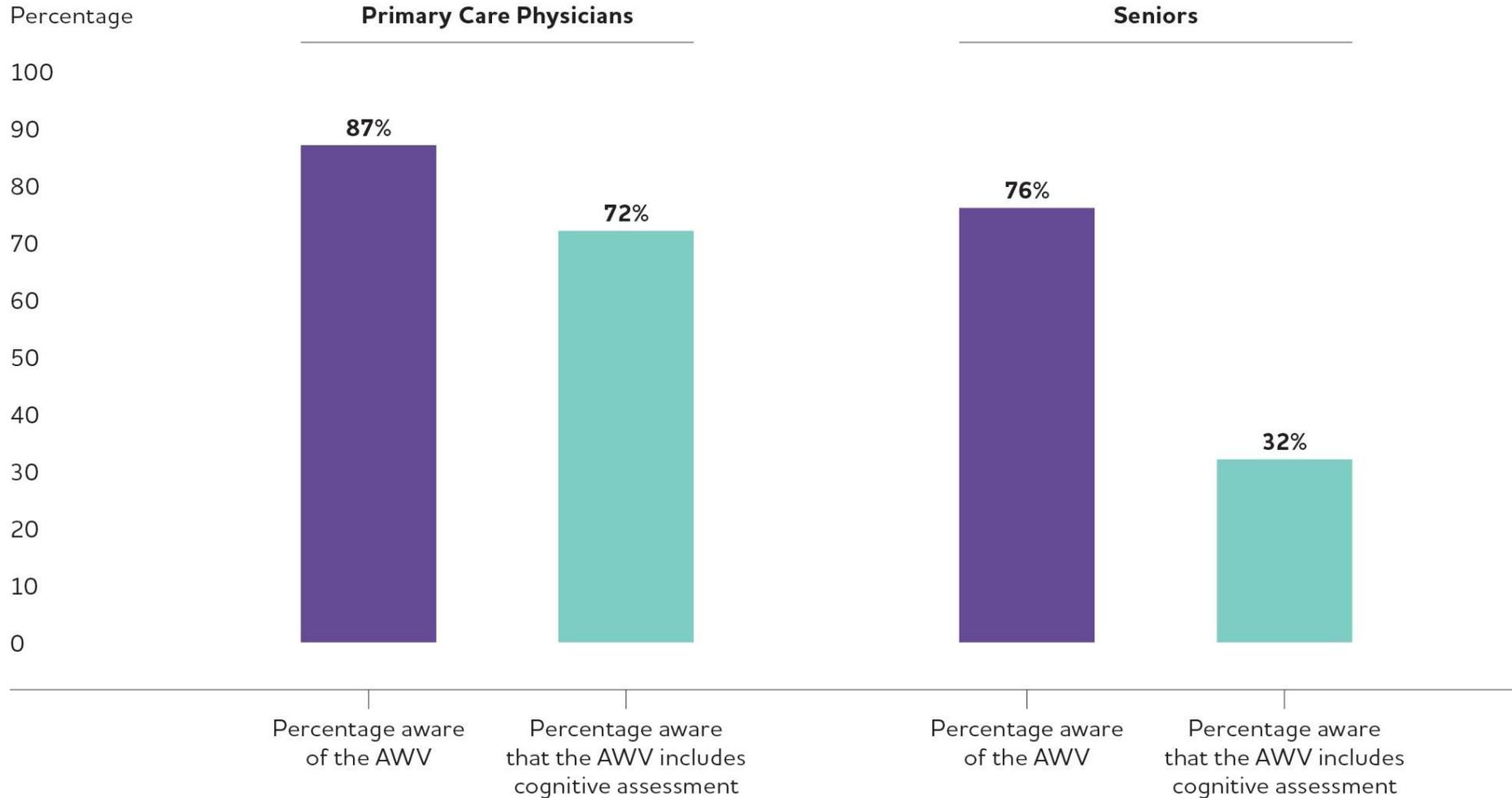
Who Should Begin the Conversation?

- A majority (93%) of seniors trust their doctor to recommend testing for thinking or memory problems, but physicians often wait for seniors to report symptoms or concerns.
- Even though half of all seniors are aware of changes in their cognitive abilities, only four in 10 report discussing these concerns with a healthcare professional.

Why are seniors concerned about bringing up cognitive assessments?

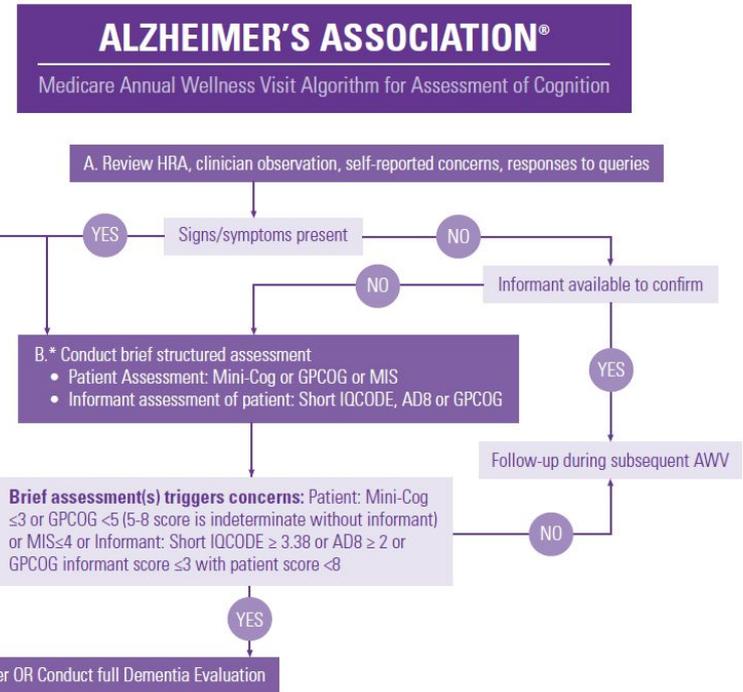
- 31% say they would be afraid to know if they have thinking or memory problems.
- 29% believe tests for thinking or memory problems are unreliable.
- 19% believe there is no cure or treatment for these problems, so why bother testing for them.

Awareness of Cognitive Assessment in Medicare Annual Wellness Visit



Cognitive Assessment

- Medicare Annual Wellness Visit Recommendations
- Cognitive Assessment Toolkit / Cognitive Impairment Care Planning Toolkit
- Videos to watch

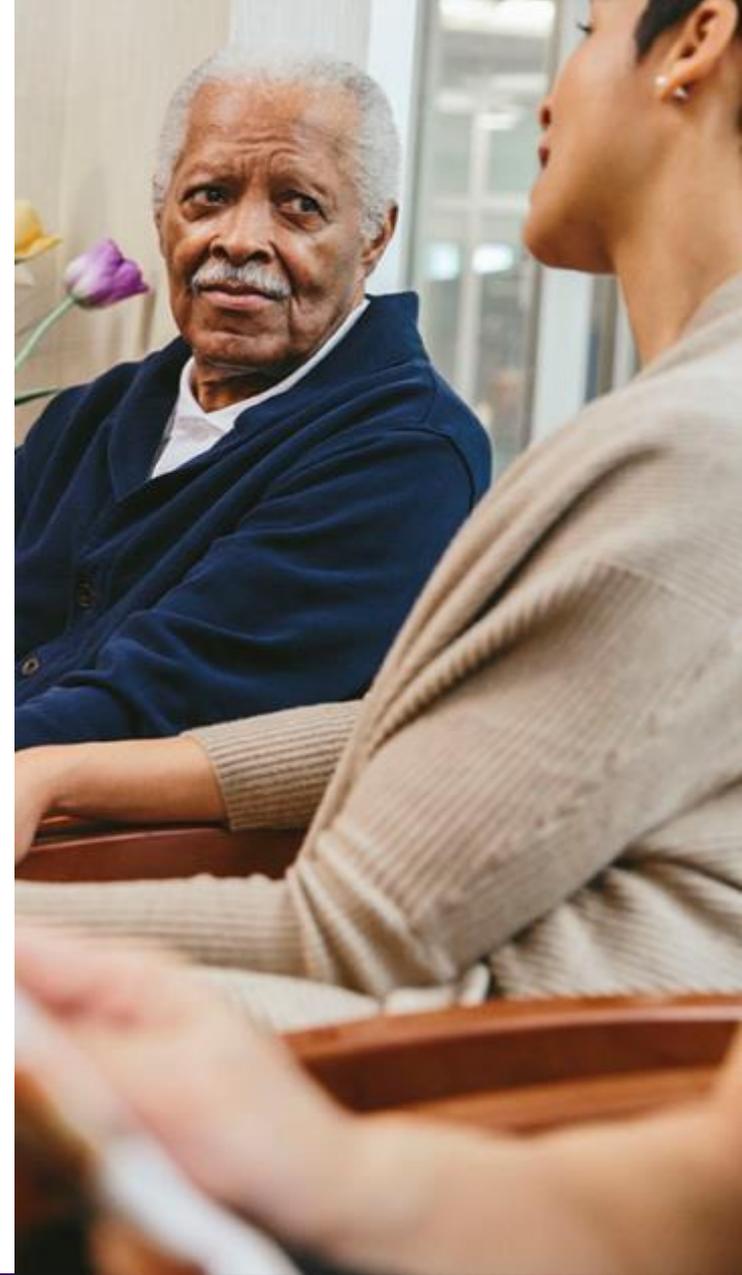


* No one tool is recognized as the best brief assessment to determine if a full dementia evaluation is needed. Some providers repeat patient assessment with an alternate tool (e.g., SLUMS, or MoCA) to confirm initial findings before referral or initiation of full dementia evaluation.

AD8 = Eight-item Informant Interview to Differentiate Aging and Dementia; **AWW** = Annual Wellness Visit; **GPCOG** = General Practitioner Assessment of Cognition; **HRA** = Health Risk Assessment; **MIS** = Memory Impairment Screen; **MMSE** = Mini Mental Status Exam; **MoCA** = Montreal Cognitive Assessment; **SLUMS** = St. Louis University Mental Status Exam; **Short IQCODE** = Short Informant Questionnaire on Cognitive Decline in the Elderly

CPT 99483: Cognitive Assessment & Care Plan Service

- Effective January 1, 2018
- Cognitive assessment and comprehensive care planning services
- Face to face services by clinicians
- For individuals who exhibit signs and/or symptoms of **cognitive impairment**.



CPT 99483 Toolkit

- Expert Workgroup convened
- CPT defines the “what”; the toolkit helps answer the “how”
- Available at www.alz.org/careplanning

COGNITIVE IMPAIRMENT CARE PLANNING TOOLKIT



alzheimer's association®

alz.org/careplanning | 800.272.3900

alz.org/careplanning | 800.272.3900

alzheimer's association®

SAFETY ASSESSMENT

Safety Assessment Checklist

If the patient or caregiver cannot give responses 1 and 2 or items questions 2, refer to the Safety Assessment Guide for further evaluation. When working with patients living with dementia, it is recommended that you discuss with a family member, friend, or caregiver on the patient's judgment, memory and observed cognition skills may help you to see the items and the ability to provide accurate responses.

Question	Yes	No
1. Is the patient still driving?		
2. Is the patient taking medications as prescribed?		
3. Are there anyone other safety in the home?		
4. Has the patient gotten lost in familiar places or outdoors?		
5. Are firearms present in the home?		
6. Has the patient reported unexplained or unexplained falls?		
7. Does the patient live alone?		

alz.org/careplanning | 800.272.3900

alzheimer's association®

alz.org/careplanning | 800.272.3900

alzheimer's association®

Additional Free Training Resources

- Resources include validated clinical assessment tools, and guidance on detection, diagnosis & care:
 - The [KAER Approach to Cognitive Impairment](#) toolkits developed by the Gerontological Society of America.
 - [Online training](#) by the Health Resources and Services Administration (HRSA) about Alzheimer’s disease, provider education and dementia caregiving.
 - Alzheimer’s Association [CME course](#) “Challenging Conversations about Dementia”

Coming Soon!

- Clinical Practice Guidelines
 - Detection and diagnosis in **Primary Care**
 - Accompanying algorithm



Question & Answer

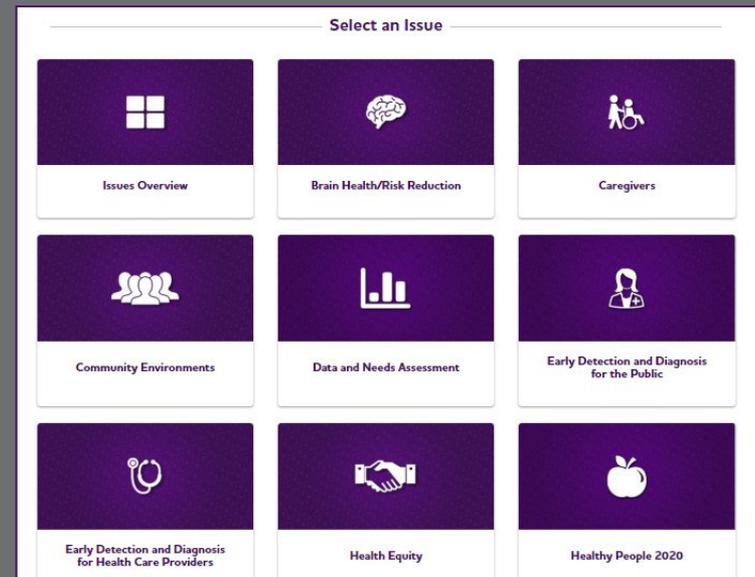


Take Aways

- Many people living with Alzheimer's and other dementias are not being diagnosed early or told about their diagnosis.
- Benefits of diagnosis with disclosure:
 - *Consumer*: Enables access to information, clinical care, and community support.
 - *Provider*: Supports better care management.
- Public health action is needed today to increase early detection and diagnosis. The *HBI Road Map* calls on public health to educate consumers and equip providers.
- Tools and resources are available for public health to use with the public and providers.

alz.org/PublicHealth

- HBI Road Map
- Primers on 11 Alzheimer's issues
- State profiles with resources and public health examples
- Data from state surveillance



Learn More... Get Started!

Alzheimer's Association

Public Health and the HBI Road Maps

alz.org/PublicHealth

Health Care Professionals

alz.org/HCPS

Centers for Disease Control and Prevention

(CDC) Alzheimer's Disease + Healthy Aging Program

cdc.gov/aging