

Nevada

“Dementia Friendly Nevada”

SEMI-ANNUAL REPORT OCTOBER 31, 2018

*Nevada Department of Health and Human Services
Helping People -- It's Who We Are And What We Do*



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SEMI-ANNUAL PERFORMANCE REPORT COVER SHEET

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Overview

Foreword

The Nevada Aging and Disability Services Division (ADSD) was awarded the Alzheimer’s Disease Initiative - Specialized Supportive Services (ADI-SSS) Program in September 2016. This Semi-Annual Progress Report describes accomplishments, measurable outcomes, products, and challenges for the reporting period of April 1, 2018 to September 30, 2018. The structure of the semi-annual progress report reflects Nevada’s major areas of focus for its goals and objectives. In each section, the report includes a Progress Summary and responses that highlight (1) Activities and accomplishments, how the activities and accomplishments helped to reach the stated goals and objectives, and the partners who were involved; (2) Challenges and the actions taken to address those challenges; (3) Outcomes based on Activities; and (4) Products developed during the reporting period and how they were disseminated.

Overview of the Nevada ADI-SSS Program

The goal of this project is to engage Nevada communities, including people living with dementia, their family caregivers, health care professionals and broader community partners/ stakeholders, in dialogue about Alzheimer’s and related dementias in ways that will foster adoption of evidence-based supportive services at the local level. This community engagement will reduce stigma and enable people living with dementia to fully engage within their communities, while also connecting families living with dementia to information, support, and evidence-based services as early as possible through multiple connection points, improving quality of life outcomes. The objectives of this project include:

- **Objective 1:** Begin fostering the development of a ‘Dementia-Friendly Nevada’ (DFNV) by initiating community action groups in seven (7), *updated to six (6) in 2018*, targeted areas

throughout the state, aimed at transforming the culture of dementia in those communities, enabling conversation and participation by all citizens, especially those living with dementia.

- **Objective 2:** Facilitating/mobilizing community-driven change and decision making for local Community Action Groups.
- **Objective 3:** Enhance the reach and spread of Nevada’s Tool Box of available programs by making available for community action groups referring clients into existing Tool Box of Nevada’s Evidence-based care programs.

Significant Partners and Roles

ADSD discussed strategies with key partners for effective program implementation and best practices in using evaluation instruments to assess community gaps and needs during multiple meetings. ADSD assisted with organizing meetings between Community Action Group (CAG) facilitators (Champions) to collaborate and communicate ideas among Dementia Friendly pilot communities, encouraging partnership and sharing of resources to strengthen their communities, as well as raise awareness about promoting a Dementia Friendly community. These discussions included the four (4) service gap areas and referring into the Nevada Tool Box of Services for people living with dementia and their care partners. The four defined service gap areas remain a focus of this project and include:

- 1) Provision of effective supportive services to persons living alone with ADRD in the community;
- 2) Provision of effective care/supportive services to persons living with moderate to severe impairment from ADRD and their caregiver;
- 3) Improvement of the quality and effectiveness of programs and services dedicated to individuals aging with intellectual and developmental disabilities with ADRD or those at high risk of developing ADRD;
- 4) Delivery of behavioral symptom management training and expert consultation for family caregivers.

The following chart identifies ADSD’s partners and roles in this project:

Organization	Role
<p>Alzheimer’s Associations Southern Nevada and Northern Nevada</p>	<p>Northern and Southern Chapters: Service Delivery, Rural outreach, Dementia Friendly Support, recruitment and expansion of existing programs. Implement EB service delivery programs to support Nevada dementia friendly communities and address gap areas. Delivery of the <i>Early Stage Partners in Care (EPIC)</i> and <i>Care Partners Reaching Out (CarePRO)</i>. In Northern Nevada, Savvy Caregiver is being delivered in place of EPIC. New activities include expansion to different areas and target populations, through engagement activities in targeted communities (Rural and Frontier Expansion) working with community action groups. Note: CarePRO is not counted as part of this project, but it is included as a resource within the project scope.</p> <p>The Northern Alzheimer’s Associations assists in the facilitation of Washoe County Community Action Group (CAG) meetings. A staff member acts as co-facilitator and ensure representation in the CAG includes participants from community sectors, people living with dementia/Alzheimer’s and their care partners. Beginning in October 2018, Southern Nevada Alzheimer’s Associations will assist in the facilitation of the Southern Nevada Community Action Group.</p>
<p>Cleveland Clinic</p>	<p>Develop Marketing and Training material to support Dementia Friendly Communities selected in the project, using feedback from Community Action Groups (CAGs). Coordinate and identify needed material development with Workgroup, Community Action Partners, teams, and DFN Partners to develop needed training material assisting targeted areas of DFA initiative. Training materials will assist communities and improve utilization of existing programs.</p>
<p>Benjamin Rose Institute on Caregiving (BRI) Rosalynn Carter Institute for Caregiving (RCI)</p>	<p>Service Delivery: BRI/ RCI Care Consultation. BRI Care Consultation will be expanded and integrated with at least two (2) of the four (4) ADRCs in Nevada, representing direct community relationships in Northern and Southern Nevada. This will improve the knowledge and locality of services as needed in communities, a direct aim of <i>Dementia Friendly America</i> activities.</p>
<p>Access to Healthcare Network (AHN) and Nevada Senior Services.</p>	<p>Provides services through Nevada’s Aging and Disability Resource Centers (ADRCs). Service delivery of BRI Care Consultation in Northern Nevada.</p>
<p>UNR Nevada Reno, School of Community Health Science</p>	<p>Community Action Group Facilitator will guide and document groups in each of the targeted communities toward envisioning their community goals, developing localized activities to support the aims of the initiative, and reflecting on their progress and impacts.</p>
<p>UNR - Sanford Center for Aging</p>	<p>Program Evaluation and actively assists in the implementation of Nevada’s dementia-capable system efforts. The SCA also holds the Dementia Friends training license and provides a master trainer for the program.</p>
<p>Dementia Friendly Communities (6) <i>Note: updated to six (6) in 2018</i></p>	<p>Improve community ability to support those with cognitive impairment and their care partners. Communities will be provided with education to connect themselves and their populations to existing systems of care for Alzheimer’s disease and other forms of Dementia; including: improved access to Nevada’s Tool Box of services; developing resources identified and needed in the community; and support groups.</p>
<p>Task Force on Alzheimer’s Disease (TFAD)</p>	<p>Advocate for legislative action and expanding awareness in government sector. In the 2017 State Plan to Address Alzheimer’s Disease, the TFAD included in its recommendation, support for the State’s Dementia Friendly Groups in Northern and Southern Nevada, as well as support for the establishment of a key partners’ network, which would create a system of referrals to appropriate services.</p>
<p>Nevada Rural RSVP (16 of Nevada 17 Counties)</p>	<p>Expand Rural Respite to Target populations using Volunteer Service Partnership with Rural and Senior Volunteer Program (RSVP) to assist with transportation and respite services to populations targeted in the project.</p>

Developing Dementia Friendly Nevada (DFNV) and Initiating Community Action Groups

Progress Summary

During this reporting period, ADSD continued activities implementing Dementia Friendly communities in Nevada, assisting the six communities, four selected in May 2017, and two additional communities selected in March 2018: Elko, Winnemucca, Washoe County, Southern Nevada, Pahrump, and Pyramid Lake Paiute Tribe, also known as Pesa Sooname, in achieving their Dementia Friendly goals.

The two new Community Action Groups funded in 2018 are developing awareness and interest in Dementia Friendly initiatives with the purpose of 1) engaging their community in dialogue about Alzheimer's Disease and other Related Dementias 2) fostering a collaborative multi sector approach toward becoming dementia friendly and 3) developing a community that is informed, safe, respectful, and inclusive of person living with dementia (PWD's) and their caregivers. These goals will be accomplished through mobilization and facilitation of community driven change and decision making. Goals have been developed for each Community Action Group based on the results gathered from each community's needs assessment and a community-wide survey developed and analyzed by grant funded partner, Sanford Center for Aging. The community needs assessments assisted each Community Action Group in developing local priorities for enabling people with dementia to live well within their respective communities. The community-wide survey assisted with measuring the levels of knowledge and comfort with dementia in their respective communities.

The Community Action Group leaders remain actively engaged in Dementia Friendly Champions and Nevada Statewide Workgroup meetings, each held every other month. Jennifer Carson, Ph.D., continues to work closely with each community leader to implement community priorities and goals based upon community needs assessment results. Community Action Groups consist of sector-specific representation as well as persons with dementia and caregivers, to ensure voices of the Community Action Group are representative of all citizens of their community. Dementia education sessions were provided to the two new Community Action Groups, Pahrump and Pyramid Lake Paiute Tribe (Pesa Sooname), by the Sanford Center for Aging during this reporting period. The basic education assisted with kick-off and engagement efforts of the two new Community Action Groups.

Activities and Accomplishments

Each step taken was necessary in achieving project goals and measurable outcomes. All activities continue to help ADSD reach its defined goals and objectives, which include:

<p>Objective 1: Begin fostering the development of a ‘Dementia-Friendly Nevada’ (DFN) by initiating community action groups in six (6) targeted areas throughout the state, aimed at transforming the culture of dementia in those communities, enabling conversation and participation by all citizens, especially those living with dementia and their care partners.</p> <p>Outcome Measure: Demonstrate increase in the level of services in each funded community for Tool Box service programs and/or related dementia services (Adult Day Care, Respite Services, etc.). Source of information (SAMS, Tool Box program participant increase in community).</p>
<p>Objective 2: Facilitating/mobilizing community-driven change and decision making for local Community Action Groups (CAG).</p> <p>Outcome Measure: Funded communities will decide on action and establish measures to quantify change. Process may include:</p> <ul style="list-style-type: none"> • Document collaborative planning process of each Community Action Groups • Determination of each Community Action Groups set of goals • Identify specifics for each Community Action Groups <ul style="list-style-type: none"> ○ One consistent goal to expand delivery of Nevada Tool Box programs ○ Determination of what ‘success’ looks like to Community Action Groups on each goal (to create measurable outcome) ○ Specific to each Community Action Groups, Community Action Group Structure and Function Assessment ○ Demographic information from meetings (i.e., number of participants, number of sectors represented, number of individuals living with Alzheimer’s at meeting, number of care partners at meeting, frequency of meetings, key topics of discussion). Measure: standard meeting tracking sheet

Quality of interaction between Community Action Groups members to facilitate involvement of people living with dementia (e.g., are the members given adequate time to express opinions, are the opinions directly queried, do other group members interrupt, etc.). Measure: Authentic Partnership Approach Assessment Tool

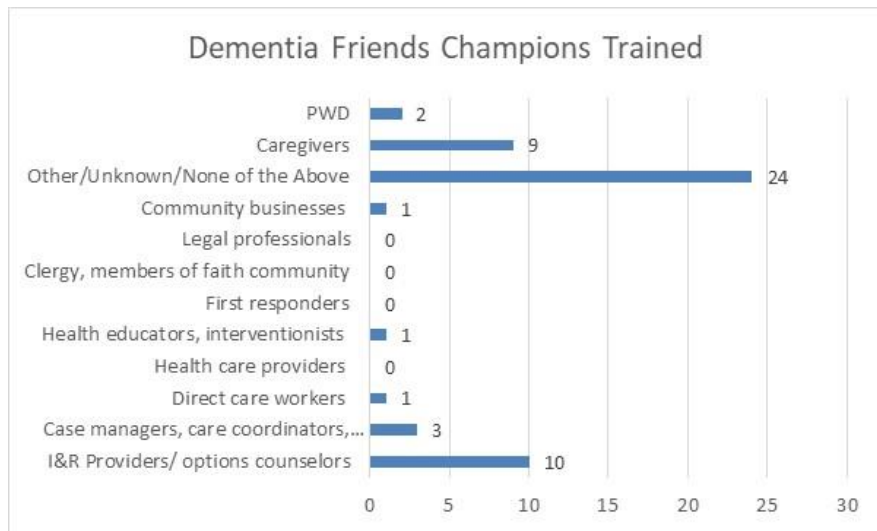
Objective 3: Enhance the reach and spread of Nevada’s Tool Box of available programs by making available for community action groups referring clients into existing Tool Box of Nevada’s Evidence-based care programs.

Outcome Measure: Pre- and Post-Survey: Increase percentage of referrals and Tool Box program participants from each Community Action Groups community. Source of information (SAMS, ADRC Tracking).

During this reporting period, the Sanford Center for Aging (SCA) obtained the *Dementia Friends* sublicense for Nevada. Holding a sublicense for Nevada allowed the SCA to train Dementia Friends Champions in all six (6) of the Dementia Friendly Nevada Community Action Groups (CAGs) and affiliates associated with the CAGs. *Dementia Friends* Champions training is a “train-the-trainer” type training model, which allows trained Champions to facilitate *Dementia Friends* training throughout their respective communities, reaching individuals at all levels throughout Nevada with key information about dementia and ways to assist someone who has dementia. Critical aspects these *Dementia Friends* Champions are they commit to:

- an action as a Dementia Friend in their own community
- delivering *Dementia Friends* Information Sessions in their own community
- tracking the data for *Dementia Friends* information sessions and reporting data to the Sanford Center for Aging. Data to include client level data (age, race, ethnicity, etc.) and pre/post knowledge change survey.

During May and June, Dementia Friends Champions trainings were held at all six Community Action Groups, a total of fifty-one (51) *Dementia Friends* Champions were trained during this reporting period totaling over 178 hours of training. Of the fifty-one Champions trained, two (2) identified themselves as a person living with dementia, and eleven (11) identified themselves as a caregiver. The remaining forty (40) were professionals trained as outlined below:



Data was collected pre and post Dementia Friends Champions training sessions to measure the impact of the training with respect to dementia knowledge. ADSD also created a reporting template to help track *Dementia Friends* Champion trainings for reporting purposes. Significant increases in overall dementia knowledge was noted. The total increase in dementia knowledge across all CAGs was 42%.

Dementia Friends Champions deliver *Dementia Friends* training/information sessions throughout their communities. Topics discussed during *Dementia Friends* trainings/information sessions include 1) what is dementia; 2) what it is like to live with disease; 3) tips for communicating with someone who has dementia; and 4) action plans to help someone living with dementia in their communities. The key objective outlined in the *Dementia Friends* training is helping everyone in a community understand what dementia is and how it affects families, allowing each person to make a difference for people touched by dementia. Each CAG was asked to list priority delivery sites for their respective communities. Below is a snapshot of each CAGs *Dementia Friends* training delivery goals:

Elko	Community businesses, institutions, medical community, faith-based community, family and caregivers of persons with dementia, Faith based community, friends, EMS, teens, Own office, Homeowner's association, seniors
Winnemucca	All interested residents, age and dementia friendly team members, businesses, family members of HM/QC residents, staff, community
Reno/Washoe	Family members of persons with dementia, businesses, retail, neighborhood associations, Americorp members, friends, family, Neighbor Network of Northern Nevada members, neighborhoods, community members, coworkers, healthcare professionals, students, Washoe County Chamber of Commerce, general public
Pahrump	Clients, volunteers, local businesses, groups that ask for the information, Art 4 Senior classes, dementia art classes, Fine Art Community, NCSD, three banks, church, caregivers, shops, Youth group, middle school students
Pyramid Lake	Elders, Tribal Department, staff, volunteers, caregivers, Numaga Senior Center, P.C. Human Services

Along with training *Dementia Friends* Champions, the SCA also provides on-going technical assistance. During this reporting period, the SCA assisted each CAG in training set-up, promotional material production, data collection, obtaining Spanish versions of the training, and keeping Champions up to date on national *Dementia Friends* activities and changes. The SCA is currently working with the Pahrump and Winnemucca CAGs to become *Dementia Friends* master trainers, enabling them to train additional members of their community as *Dementia Friends* Champions, further expanding the reach of the training. The SCA has prepared all training materials, set up master training meetings, organized the agenda and provided promotional material for the upcoming training. In addition, the SCA has prepared new resources for youth and Native American populations.

In addition to continued technical support, the SCA, I partnership with the Elko CAG, provided the *Dementia Friends* information session training to a group of Elko County high school students and young adults who are training to become Cadets at the Elko County Sheriff Department Cadets program in July 2018. The training provided the Cadets with better communication skills and understanding of those living with dementia. By the end of the *Dementia Friends* sessions, the Cadets not only knew the five key messages of the *Dementia Friends* program, they made plans on how they were going to use *Dementia Friends* practices at their next community event.



The Southern Nevada Community Action Group has developed a Community Awareness Training, similar to the Dementia Friends training, inspired from the Orange County model yet modified to meet the needs of the Southern Nevada community. They are currently in the test phase for the Community Awareness Training materials. In September, the Community Action Group held test Community Awareness Training presentations at AARP and Caesars Entertainment. The feedback they received has been overwhelmingly positive. Attendees offered positive comments about the materials and indicated the information would be helpful in a business setting. Participants particularly enjoyed the personal stories that were shared to illustrate key points. Areas for improvement were documented and will be incorporated into the final version of the training. The first Community Awareness Trainings are scheduled for the faith-based community and then to the business sector. An upcoming training has been scheduled for McCarran Airport staff.

Measurable Outcomes and Products Created to Meet this Objective

Community Action Group Summaries

Community Action Group activities during this reporting period are outlined in two sections of this report, with a general summary in the table below. Detailed summaries for each CAG are included in Attachment 1. Community Action Groups have recently established priority areas and goals based on the analysis of the community needs assessment surveys completed for each community. Community Action Groups are in the process of implementing goals and expanding the reach of Dementia Friendly initiatives throughout their communities. All Community Action Groups have received *Dementia Friends* Champions training and many have already delivered the training in their respective communities.

GENERAL ACTIVITY
Dementia Friendly Communities –pilot six (6) communities, two (2) communities launched Dementia Friendly initiatives in late March 2018.
Dementia Friendly Nevada Logo – developed by Cleveland Clinic Lou Ruvo Center for Brain Health, for statewide use. CAG specific logos were also created for each CAG for community specific promotional activities.
Dementia Friends Trainings – Six (6) CAGs received Dementia Friends training from the SCA. CAGs have and continue to deliver trainings throughout their local communities to increase awareness of dementia and gain skills necessary to create Dementia Friendly organizations in their communities.
Dementia Capable Conference – held on June 2 for healthcare providers and social workers. Approximately 193 providers attended the conference. Conference presentations have been published for online viewing at the dementiafriendlynevada.org website.
Resource Notebook: The Cleveland Clinic developed the Resource Notebook content which is currently being finalized. The Resource Notebook provides information on supportive programs and services, where to find help for care planning, common issues and concerns related to dementia and cognitive impairment, and increased awareness of Dementia Friendly Practices. The Resource Notebook will also address resources and services available for IDD populations. Once completed, the notebook will be available for dissemination via email and also included on the DFNV website.
DFNV Website – The dementiafriendlynevada.org website now houses CAG specific pages to highlight CAG activities. CAGs were trained in adding and editing webpage content and were provided access to their community specific pages. The site provides unlimited capacity and functions for each community.
DFNV Social Media Pages: Facebook, Twitter, Instagram
Development of Statement of Purpose for legislative advocacy
Open Door Café Implementation – helps people living with dementia and their family care partners combat loneliness, isolation and stigma, which can lead to increased health risks and a rapid worsening of functional loss as people disengage.
Java Music Club - a research-based peer support activity group program
TRAININGS
Dementia Friends – UNR licensed and scheduled trainings through the Nevada Geriatric Education Center
National Task Force on Intellectual Disabilities (NTG) Training held in Northern and Southern Nevada
Community Awareness Trainings – Dementia Friendly Southern Nevada developed material to deliver dementia awareness and sector specific skills necessary to create Dementia Friendly organizations. Trainings are expected to begin being delivered late summer of 2018.
REST Trainings – Respite, Education and Support Tools for volunteers and community members
Bravo Zulu Trainings - Care and support to each unique elder’s strengths, preferences and needs
First Responder trainings – Developed by the Cleveland Clinic, accredited by ACCME PRA Category 1 credits. Training provides 4 hours of CEUs for EMT’s, POST, police, paramedics, fire, social workers, physicians, NP’s, PA’s, RN’s Will be available to access through DFNV website.

Outreach and Collaborations

ADSD continues to present project updates at community events including the Task Force on Alzheimer’s Disease (TFAD) in June 2018; the Southern Nevada, Washoe County, Elko, and Winnemucca Dementia Friendly Nevada monthly meetings; regional planning groups; Dementia Friendly Nevada Statewide Workgroup; and to ADSD partners.

Challenges and Responses

Addressing CAG Challenges

Many challenges the CAGs currently face are growth challenges. As they continue to expand efforts, they must also effectively meet the unknown challenges ahead. The Dementia Friendly Champions meetings provide a forum for CAG leaders to discuss challenges with partners and other CAG leaders; an open space to share ideas and discuss ways to overcome barriers each community faces. Dementia Friendly Champions meeting are facilitated by ADSD and held every other month. Challenges and responses addressed during this reporting period are outlined in the following table.

CHALLENGES	RESPONSES
Finding locations to hold regular Open Door Café’s that hold no cost for space and are welcoming, suitable environments for participants.	Exploring more options in the community to secure a permanent location and have consistency for the future. Washoe County CAG is currently in a six-month contract with the Lake Mansion.
Finding space to hold Dementia Friends trainings in the community where general liability insurance coverage would not be an issue. Supporting partner agencies are often hesitant to cover Dementia Friendly activities under their umbrella policy, making it difficult to find a venue that does not have such a requirement.	The Dementia Friendly Statewide Workgroup keeps this issue in their ongoing discussion, which ties in closely with sustainability of Dementia Friendly Nevada. If Dementia Friendly Nevada were to become its own 501(C)3, it could produce the insurance coverage requested.
Recruiting and retaining volunteers needed to carry out many of the functions of the CAGs. Volunteers are utilized to provide Dementia Friends training, facilitate activities such as the Respite Retreat held in Winnemucca, the Java Music Club in Elko, the Open-Door Café in Washoe County, Community Awareness Training and memory screens in Southern Nevada.	Increasing capacity through volunteer engagement and outreach activities. Utilizing and involving America Corps VISTA volunteers in CAG activities. Incorporating volunteer information sheet as part of the Dementia Friends presentations.
Due to the smaller population in Pyramid Lake, the new CAG, Pyramid Lake Paiute Tribe (Pesa Sooname) has addressed a barrier in recruitment of additional CAG members. Pyramid Lake consists of three counties, all located approximately 20 minutes away, therefore consistent attendance is difficult	Results of the Community Needs Assessment will be presented to the Tribal Council, as well as a presentation on Dementia Friendly initiatives. Various sectors within the Tribal Council are scheduled to attend an upcoming Dementia Friends information training session in hopes to increase awareness. The Dementia Friends training is aimed to be more culturally appropriate for tribal communities.
The Southern Nevada CAG faced challenges publishing of their first responder training video. Initially, the video was scheduled to be published on Vegas PBS’s Global Online Advanced Learning — Online Workforce Training Program. Unfortunately, Vegas PBS closed down this website, which set the publishing of the training back.	CAG found another website to host the training and issue CEUs.
Finding faith-based organizations who are willing to host memory screenings, along with some challenges in finding and training the appropriate number of healthcare students.	The Cleveland Clinic Education Department is expanding its reach to UNLV School of Medicine, Roseman, and other healthcare training facilities whose students must complete community volunteer and face-to-face patient interaction hours and has secured local senior centers as a site to conduct memory screenings this Fall.
CAGs experienced low attendance at meetings during the summer months.	
The Southern Nevada CAG faced a challenge in self-disclosure of sector CAG members living with dementia, while other CAGs did not.	Dementia Friends champions suggested having participant complete online sector identification of CAG demographics to keep this information confidential within the CAG and allow a level of comfort for self-disclosure for persons with dementia.
One challenge with the Dementia Friends training is its limitations for follow up in “changes made in the community”, a question posed on the Dementia Friends training survey. This item is not tracked due to limitations on conducting long term surveys and was determined to be a limitation of the program.	Jennifer Carson of the SCA has developed a list of volunteer opportunities as an action item to this question which can be measured. Re-administration of the Community Needs Assessment survey may also help to determine outcomes and impact from trainings held.

Facilitation and Mobilization of Community-driven Change and Decision Making

Progress Summary

CAG Goal Development and Implementation

The Dementia Friendly Sector-Specific Action Teams (SAT) developed priority areas, goals, actions and budgets and met with members of the Sanford Center on Aging team to develop an evaluation plan for their dementia friendly goal and gain approval of the goal from the Sanford team. Community Assessment surveys were closed and complete for all community action groups during this reporting period. In addition, the results of the Community Assessment surveys were presented to each CAG. Upon receipt of the survey results, CAGs worked to align and expand their preliminary goals to the needs assessed in the community assessment survey results. Each CAG developed priority areas and goals based on the Community Assessment Reports.

Activities and Accomplishments (See Attachment 1 CAG Detailed Activities)

The Washoe County CAG action teams developed two priority goals based on the results of the community needs assessment: 1) develop meaningful engagement and support opportunities for persons living with dementia and family care partners through a monthly Open-Door Café and; 2) raise awareness and provide educational opportunities regarding dementia (e.g. *Dementia Friends* training) with an initial focus on the business and retail sector. With regard to priority area number one, the community needs assessments revealed a strong consensus to provide a unique opportunity that allows for both support and engagement in a welcoming environment that includes conversation with minimal distractions.

Modeled after other well established “memory café” models, the new evidence-informed program is based on research stating such types of “memory café’s” have proven to be effective in combating loneliness, isolation, and stigma, which can in turn lead to increased health risks and rapid worsening of functional loss in persons living with dementia (World Alzheimer’s Report, 2012). They have also been found to promote social connectedness and help people with dementia develop networks of mutual peer support by helping them feel comfortable, valued, and understood that they are not alone. The Open-Door Café was uniquely designed to fit the needs and desires of the Washoe County community, based on information gathered through surveys, focus groups, and interviews with people living with dementia and family care partners.

The CAG successfully launched four Open-Door Café’s since June 2018 and has secured permanent location to hold Open-Door Café’s on the third Thursday of each month.

Participation in the four Open Door Cafes ranged from 18 to 22 participants. The Open Door Café is operated by volunteers of Dementia Friendly Washoe County, specifically, the Open-Door Café action team, a subcommittee of Dementia Friendly Washoe County. The Open-Door Café is supported by experienced volunteer CAG members who have also been trained in *Dementia Friends*. New café volunteers will be recruited to join the action team and support the Open-Door Café under the supervision of the café Host.

The Open-Door Café is suitable for any person experiencing memory loss, dementia, or aging with intellectual disabilities, their family care and professional care partners and is free of charge. It is purposefully designed to not mimic a clinical type setting to allow for a comfortable, judgement free type setting. The Open-Door Café allows for participants to exchange ideas, learn of existing resources such as the Nevada ToolBox programs, and plan new opportunities.

Evaluation measures for the Open-Door Café have been developed by the Sanford Center for Aging, who will conduct a focus group with program participants to explore outcomes after 4 months post implementation. It is anticipated that participants will experience: 1) increased social support; 2) increased meaningful engagement; 3) increased awareness of existing resources; and 4) identification and development of additional engagement opportunities.

The Elko CAG, similar to the Open-Door Café model being piloted in Washoe County, is launching the Java Music Club to address the concerns of “lack of support groups” in the rural community, identified in the community needs assessment survey results. The Java Music Club is a standardized peer support intervention designed to address the critical rates of depression and loneliness common among people living with dementia. This research-based program is typically administered within a residential setting; however, the group intends to incorporate the program into their existing once per week respite retreat program. The Java Music Club utilizes a unique combination of researched based themes, photography, music, and readings. The CAG has recently purchased the program; the budget provides a total of 52 workplans and hold a total of fifty sessions and hopes to begin the program in November 2018. The program allows for caregivers to attend as well as persons with dementia and is facilitated by grant funded partner, Rural RSVP volunteers. A critical component to the purchase and implementation of this program in Elko, is that it may be utilized in multiple communities.

Winnemucca’s CAG partnered with newly funded grant partner, Rural RSVP, to expand respite programs and services in Winnemucca. Respite retreats are being held at the local Boys and Girls Club. A total of 12 respite retreats have been held this reporting period. Respite time include activities such as crafts, painting, singing, board and card games, walking, and interactive SmartBoard activities, and soon will also include Java Music Club activities. Four

Winnemucca CAG members received training from the Alzheimer's Association in Reno to become support group leaders and intends to hold local support groups within their community in coming months.

The Cleveland Clinic, Lou Ruvo Center for Brain Health, purchased a new domain for the Dementia Friendly Nevada website, www.dementiafriendlynevada.org that includes a new landing page with a more statewide CAG focus. CAG specific pages have been added to the website and administrative access has been granted to CAG leaders to customize, add content, add options, update events utilizing CAG specific calendars, accept RSVP's for events, and post news for each community. Website training was provided to CAG users in June. The website includes the new Dementia Friendly Nevada logo (and CAG specific logos), the Nevada ToolBox of Services, an online self-assessment, link to Nevada Care Connections, and a link to Nevada 2-1-1. In addition, the new website houses the newly developed social media sites: Facebook, Twitter, Google+, and Instagram. The Southern Nevada CAG continues to develop social media content containing ToolBox of Service program information for posting.



2018 Dementia Conference:

The Dementia Conference 2018 was partially funded under CCLRCBH's role in the ADI-SSS project. It was intended to support physicians and other medical providers to understand the social aspects and the Dementia Friendly connections to the continuity of care for dementia and other cognitive brain diseases. Several participants from Nevada's Dementia Friendly Communities were in attendance and community partners such as ADSD, Nevada Senior Services, and the Alzheimer's Association exhibited their programs and services. The content overview and outcomes can be found in *Appendix E*.

Senate Bill 121

Though not a grant funded activity, Senate Bill 121, approved by the Legislature during the 2017 Session, appointed a committee to conduct a study during the 2017-18 Interim concerning issues regarding the behavioral and cognitive care needs of older persons in Nevada. The committee is required to examine, research and identify potential sources of state funding available to assist and support caregivers who are caring for older persons with behavioral and cognitive health issues; the potential for establishing a higher rate of reimbursement by Medicaid for nursing facilities; and the provision of education and training for health care professionals in the screening, diagnosis and treatment of behavioral and cognitive diseases prevalent in older persons. This legislation supports and aligns with grant funded efforts on sustainability.

The Dementia Friendly Statewide workgroup, developed and facilitated by ADSD, discussed the potential to present bill draft language to include comments and input from the CAGs, highlight the Dementia Friendly initiatives taking place in Nevada, as well as the Nevada ToolBox of Services. Jennifer Carson of the Sanford Center for Aging, with input and feedback

from the Statewide workgroup and CAGs, drafted a statement of purpose to mobilize beliefs and encourage legislature to utilize as a reflection in any dementia related decisions related to potential bill draft language. The statement was presented to the behavioral and cognitive needs of older Adults legislative committee on April 10, 2018. An outline that includes the mission and values of DFNV as well as a call to action for the committee to add language to the Bill was sent and presented to the behavioral and cognitive needs of older adults committee during its June meeting (see *Appendix F*).

ADSD continues working closely with the National Association of Area Agencies on Aging (N4A), a contracted source for Dementia Friendly Nevada, to provide technical assistance to Dementia Friendly Nevada Community Action Groups. N4A's role with the Dementia Friendly project has strengthened Nevada's Dementia Friendly Community Action Groups by providing resources and recommendations that offer additional support to work group initiatives, improving the structure and advancement of Community Action Groups, and providing assistance and/or suggestions to group facilitators to achieve project outcomes. This collaborative relationship has assisted the Sanford Center for Aging to obtain a sub license with *Dementia Friends*, a nation-wide initiative aimed at changing the perception of dementia by transforming the way the nation thinks, acts, and talks about dementia. The Nevada Geriatric Education Center (NGEC) of the Sanford Center for Aging (SCA) which holds the *Dementia Friends* sub-license for Nevada. A key accomplishment resulting from the relationship with the N4A is state representation and presentation of Dementia Friendly Nevada activities at the annual N4A conference held in Chicago in June 2018.

Dementia Friends Sessions

A total of nine (9) Dementia Friends sessions have been conducted by CAGs this reporting period (Elko=4, Winnemucca=2, Washoe=2, Pahrump=1). A total of sixty-five (65) participants attended Dementia Friends sessions. Of the sixty-five Dementia Friends participants, nineteen (19) were professionals, twenty-seven (27) did not answer the question, and nineteen (19) did not identify themselves as a caregiver. In addition to the sixty-five trained Dementia Friends, eleven (11) caregivers and one (1) person with dementia attended a Dementia Friends session.

Dementia Friends Sessions Snapshot	
Total number of Dementia Friends sessions	9
Average number of participants per session	8
Dementia Friends sessions by CAG:	
Elko	4
Winnemucca	2
Washoe County	2
Pahrump	1
Professionals trained by type:	
Care Coordinator	1
Case Manager	2
First Responder/ EMT	10
Community Business	5
Faith Community	1
Missing	27
None of the above	19
Total Number of Dementia Friends	
	65
Total Number of Caregivers Trained	11
Total Number of PWD's Trained	1

Pre and post-session surveys are collected at each Dementia Friends session to measure the level of increase in knowledge resulting from attending a Dementia Friends session.

Utilizing only those cases where participants completed both the pre- and post-knowledge survey (n = 51), the mean number of correct responses on the post-knowledge survey (11.88; 79.2% correct) was higher than the mean number of correct responses on the pre-knowledge survey (9.35; 62.3%), suggesting that the program is effective in increasing the overall knowledge of dementia as measured by the knowledge survey.

Significant goals and action items collected from Dementia Friends survey sessions indicated that 94.4% of attendees strongly or somewhat agreed that their awareness of Alzheimer's Disease and dementias increased; 94.5% of respondents strongly or somewhat agreed they felt more confident and equipped as a community member to recognize signs and offer support to persons living with dementia; 96.3% of respondents strongly agreed / somewhat agreed they were inspired to offer support and be a friend to someone living with dementia; 98.2% of respondents strongly agreed / somewhat agreed they were likely to adopt dementia friendly practices in their personal / professional life; 50% reported they were going to get in touch / stay in touch with someone they knew living with dementia; 55.6% reported they would support dementia friendly efforts within their community; 40.7% reported they would volunteer for an organization that helps people with dementia; 51.9% reported they would encourage a friend to become a dementia friend; 51.9% reported they would carry out a personal action regarding individuals living with dementia; and 18.5% reported they would ask their doctor for a cognitive assessment during their annual physical exam.

Bravo Zulu

Jennifer Carson of the Sanford Center for Aging held two Bravo Zulu trainings entitled: Achieving Excellence in Relationship Centered Care, one in Northern Nevada on May 17 and 18, 2018 and another in Southern Nevada on May 7 and 8, 2018. Due to the high level of interest and multiple target audiences that are able to gain knowledge and skills from the program, several Community Action Groups expressed interest in attending the program; however, were unable to manage the cost of sending CAG members to the training. In response to the interest, ADSD sponsored eight (8) scholarships for CAG attendees at the program,

totaling 96 hours of training through this project. The program reviews options to support a positive and supportive social environment, compares biomedical and social/relational views of Alzheimer's disease and dementia, enforces positive and empathetic communication strategies, and how to manage difficult personalities. The training's target audience is professionals and caregivers and meets gap area number three and four of grant activities ("at risk population and behavioral symptom management) by responding to people who are in distress. Trainings were funded through the Nevada Department of Veterans Services. There were total of 140 training attendees, to include a total of twelve contact hours of training per attendee.

Evaluation Measures Developed

Objective	Evaluation Measures
<p>Objective 1: Initiate community action groups in six (6) targeted areas across the state aimed at transforming the culture of dementia in those communities, enabling conversation and participation by all citizens, especially persons living with dementia.</p>	<ul style="list-style-type: none"> • Demographics of Dementia in Community • Community Readiness Questionnaire (part of RFP) • Community Dementia Attitude and Awareness Survey, which includes DFA Sector-Specific Interview Guides • Community-Based Organization Dementia Capability Quality Assurance Assessment Tool
<p>Objective 2: Facilitate and mobilize community-driven change utilizing the Dementia Friendly America model.</p>	<ul style="list-style-type: none"> • Meeting tracking and participation tool • Authentic Partnership reflection questions • Measurement of goal success based on CAG definition of successful intervention (achievement of CAG goals)
<p>Objective 3: Expand the reach of programs within the Nevada Dementia Supports Tool Box.</p>	<ul style="list-style-type: none"> • David Coon’s EPIC evaluation tools • Zarit Burden interview • QOL-AD

Measurable Outcomes

The Sanford evaluation team completed the *Dementia Friendly Nevada Statewide Assessment Aug 2018*, a comprehensive community assessment for each CAG to support their collaborative planning process for identifying individual CAG-specific goals for their community action, see Attachment 2. The community assessments each included the following major elements:

- Community dementia demographics report (Measure: Secondary Data)
- CAG and community member awareness of toolbox support programs (Survey)
- Community attitudes toward dementia (Survey)
- Strengths and gaps within Nevada for individuals living with dementia
- Recommended resources for individuals living with dementia

Measurable Outcomes

Dementia -Service Related Knowledge Survey

The dementia -service related survey assessed dementia-friendly community action group members' knowledge regarding the state's dementia care and support toolbox', and additional programs that may be available in the community. The survey had sixty (60) respondents.

Community Survey

To assess community attitudes regarding dementia, the Sanford Center for Aging used two tools, one a basic demographics question and the other a Dementia Attitude Scale (O'Connor & McFadden, 2010), a scale designed to measure attitudes towards people living with dementia. The goal of this measure was to determine the attitude of the community at large towards individuals living with dementia, including: 1) subscales on level of **comfort** interacting with people living with dementia and 2) **knowledge** of dementia. Survey participants completed questions to assess their personal experiences with people with dementia, as well as their experiences with dementia-related services within their communities.

Results of the responses strongly mirror the frequency that education and awareness regarding resources were identified as a gap in Nevada. In addition, it was also noted that survey participants who had a personal experience with individuals living with dementia reported stronger familiarity of the warning signs of dementia than those who did not. To review the entire contents of the report, please see *Appendix P*.

Enhancing the reach and spread of Nevada's Tool Box of available programs and services

Activities and Accomplishments

Rural RSVP

Rural RSVP refers each new primary caregiver and the care recipient to the Alzheimer's Association and the Sanford Center for Aging Geriatric Assessment clinic. Additionally, every client receives information on Nevada ToolBox of Services. During this reporting period, Rural RSVP identified and served thirteen (13) persons living with dementia and their care partners, providing client intakes, service plans, and matched the families with RSVP volunteer respite workers. Services were provided to Dementia Friendly partner care recipients in Carson, Humboldt, Nye, and Washoe County for a total of 862 hours of direct service.

Sixty-two (62) RSVP volunteers and community members were trained in the REST program and REST participant guides. Rural RSVP field representatives in other counties were provided the RSVP respite orientation manuals for their volunteers. These accomplishments helped RSVP maintain the six (6) volunteers supporting the program. RSVP participates in Dementia Friendly collaboration opportunities including partnership and attendance at Community Action Group (CAG) meetings in Washoe, Elko, Winnemucca, and Pahrump. Additionally, RSVP is conducting outreach and working to provide services for the new Community Action Group, Pesa Soaname – Pyramid Lake Paiute Tribe. Dementia Friendly partners work to engage communities, including persons living with dementia, family care partners, healthcare professionals and others, in dialogue about Alzheimer's disease and other forms of dementia.

RSVP executive director and program director participated in the Dementia Friends Champion training. As a result, RSVP is qualified to host Dementia Friends training sessions with the community. Dementia Friends training will also serve as an opportunity to promote the need for community volunteers who can support and assist the growing number of people living with different types of dementia in Carson City and our rural communities. Furthermore, RSVP anticipates expanding the Dementia Friendly program as new funding opportunities are identified that align with their goals to become a dementia friendly and inclusive community.

A two-day training session was held for RSVP field representatives and key volunteers providing topics of interest to support client and caregivers. During this training, Dr. Jennifer Carson presented Dementia Friendly Nevada information and Dr. Peter Reed presented information on Care Partnerships.

RSVP plans to present Dementia Friends training to community members along with the Alzheimer's Association on October 31st. Dementia Friendly Winnemucca has re-named their existing respite retreat program to WAM (Wellness, Art and Music) in hopes to increase participation. The two-hour program takes place twice a month and offers caregivers a break to run errands or go to the doctor and other activities to attend to their own needs. Loved ones have an opportunity to engage in fun activities as well. WAM volunteers are trained Rural RSVP volunteers trained in REST.

Through RSVP's partnerships with Dementia Friendly Community Action Groups and relationships built during the Dementia Friends Champions training, RSVP anticipates growth of their volunteer base to support more dementia care recipients. The relationships with Dementia Friendly partners, RSVP was able to connect with some of the DF support services and resources that are available. During the reporting period, RSVP has conducted outreach activities and

encouraged field representatives to identify persons living in dementia and their care partners. Field Representatives and staff have conducted awareness campaigns within the various communities that they serve statewide. Helping caregivers understand that having regular lifesaving breaks and a reprieve from the sometimes overwhelming stress of caregiving is essential in continuing their caregiving journey. Helping caregivers understand that having regular breaks will help them and their care partners to maintain their independence and age in place for as long as possible, will assist with destigmatizing the thought of respite and allow others to accept it as a normal part of a care partnership.

Through community outreach and engagement in rural Nevada and Carson City and continuing work with volunteer leaders and the community, RSVP will maintain six volunteers in Dementia Friendly targeted areas. RSVP continues to work to recruit additional volunteers to support the growing number of caregivers of family members living with Dementia.

RSVP recently received notice of award for an Innovation Grant (ADSD OAA and State Funding) and is working on collaboration(s) with senior centers, community coalitions and churches to initiate a 'Friends Day Out' program at RSVP field sites throughout rural Nevada - featuring the Java Music Program. Through the innovative program, volunteers may be identified to help support the 'Friends Day Out' program as well as respite care. RSVP has partnered with the Elko CAG to present "Friends Day Out" and is working on the details to partner with the Winnemucca CAG to present "Friends Day Out" and to implement the Java Music Club.

Access to Healthcare Network (AHN)

Access to Healthcare Network is an ADRC located in Northern Nevada, funded to provide BRI Care Consultations under this project. During this reporting period, AHN provided outreach in various locations throughout the Northern Nevada community including Washoe County, Douglas County, Elko, Carson City, and Minden Nevada. BRI Care Consultation information is now housed in each library, fire departments, and thrift stores in each of the above communities. This outreach resulted in an increase of awareness of the program and client enrollment. Additional referrals to other programs and services, such as housing, has also been provided clients. In addition, AHN has provided twelve presentations across Northern Nevada. AHN has partnered closely with the Dementia Friendly Winnemucca, Washoe County, and Elko Community Action Groups to provide Care Consultation Services to their clients. Along with the Nevada ToolBox of Services flyer, a RACK card is being distributed to promote services in Northern Nevada and includes both English and Spanish promotional content. AHN staff has provided training to Elko's ADRC, where the BRI Care Consultation program will be promoted and staff will provide care consultation services throughout five (5) rural communities. A total of eleven clients were served through the program this reporting period.

Access to Healthcare Network experienced start-up challenges as they began to offer services to new communities. Creating awareness of the ADRC and services and resources they provide is an ongoing commitment that AHN continues to offer as they enter new markets. In addition, a loss of staff and role changes were some challenges experienced by AHN. Continuing education for all staff is evolving and created limitations in time to account for training and learning. Utilization of the program that documents BRI cases continues to change and upgrade to meet the needs of AHN, which also requires much time.

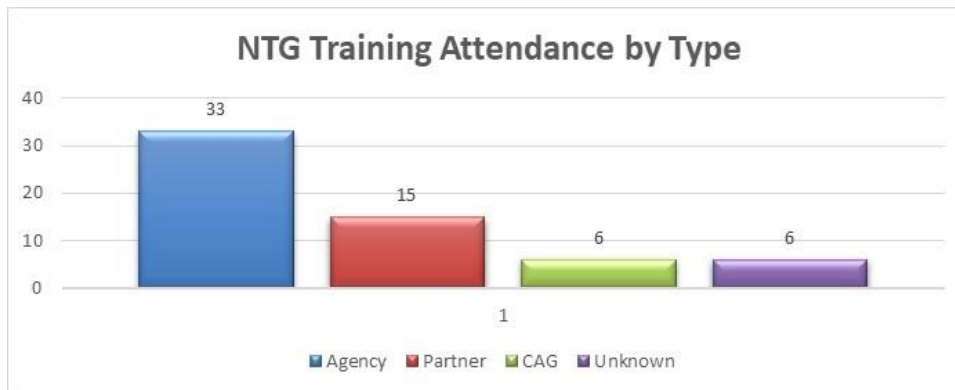
NTG Training

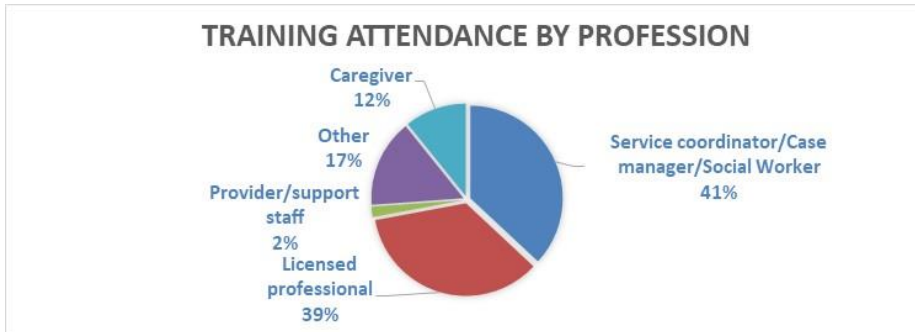
Dr. Rebecca Arvans-Feeney, Ph.D., BCBA-D, Licensed Psychologist at the ASD, Sierra Regional Center, is working to expand reach of programs and services available to the IDD populations. Dr. Arvans received training and certification through the National Task Force on Intellectual Disabilities (NTG) as a master trainer in late August of 2017. With her various levels of expertise and passion, Dr. Arvans has attended multiple team meetings to support individuals with dementia and to provide basic training for team members, regarding typical behaviors seen in individuals with dementia in the IDD populations. Working directly with the IDD population in her current role, she completes multiple assessments on clients to track dementia-related concerns for individuals with IDD. Dr. Arvans also refers clients into Tool Box programs as appropriate. Information on the Toolbox of Service programs has been disseminated throughout the Sierra Regional Center.

Dr. Arvans played a key role in improvement of the quality and effectiveness of programs and services dedicated to individuals aging with intellectual and developmental disabilities with ADRD or those at high risk of developing ADRD, focus priority area number three of this grant. During this reporting period, Dr. Arvans conducted four (4) trainings throughout Nevada titled *“Overview for Aging and Intellectual Disabilities: Understanding Similarities and Differences Between the Aging Process and Addressing Safety and Abuse Concerns”*. This training was implemented as a grant funded initiative to meet objectives in the gap area of addressing those aging with intellectual and developmental disabilities who also suffer from Alzheimer’s Disease or other types of related dementias or those at high risk of developing Alzheimer’s Disease or other types of related dementias.

Behavioral objectives of this training included distinguishing between normal aging and pathological aging, defining "Intellectual Disability" and identifying aging patterns of Down Syndrome, to discuss of the importance of a lifespan approach to healthy aging, to discuss health challenges and concerns for adults with Intellectual Disability across the lifespan, and to identify how dementia may appear different in adults with intellectual disabilities. The four trainings were conducted in June, July and August 2018, statewide - for state employees, partners, and Community Action Group members. CEU's were available for those participating.

Targeted training sites were established to ensure access to all audiences, including CAGs. Two trainings were held in Southern Nevada, one training was held in Northern Nevada and one training was held in rural Elko Nevada. The same training was delivered at all four sites and each were four hours in length. Trainings were very well attended, a total of sixty (60) persons were in attendance for all four trainings.

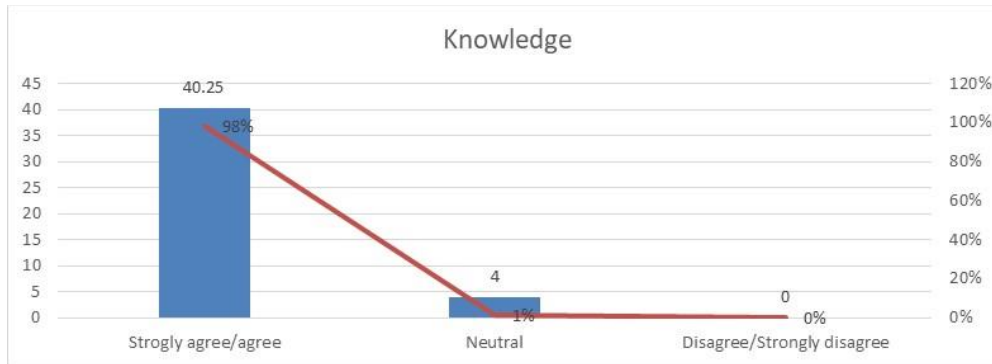




A breakdown on the types of professionals who attended the training were collected from the completed feedback survey (n=41) and included: service coordinators/case managers/social workers (n= 17); licensed professionals (n=16); providers/support staff (1); and other (n=7). Five (5) persons identified themselves as a caregiver (4 of which were both a professional and caregiver and 1 identified themselves as a caregiver).

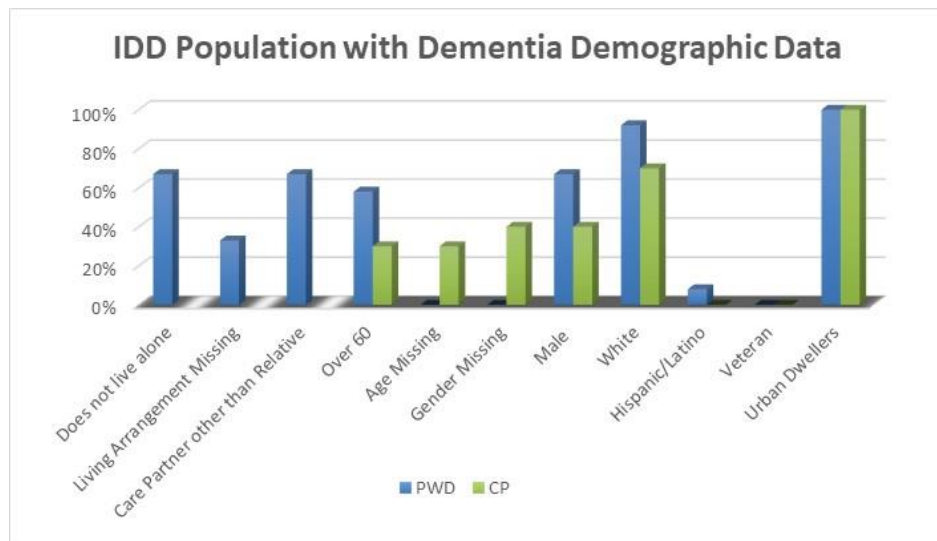
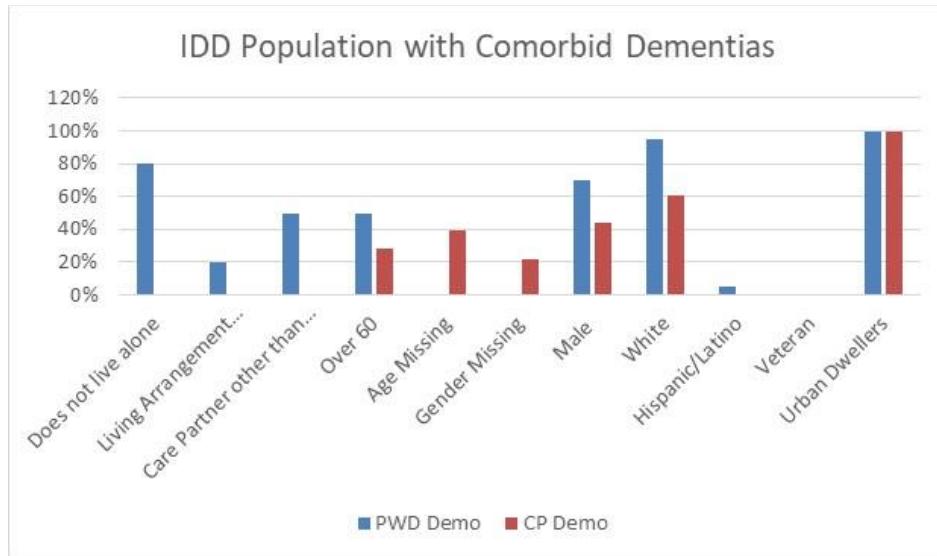
A total of forty-one (41) surveys were collected from the four training site locations (68% response rate) to measure training satisfaction and knowledge gained from the training. Based on the results of the surveys collected, the majority, 98% (n=40.3), of attendees, indicated they were completely or mostly satisfied with training. Satisfaction was determined by whether the training met participant expectations and the likelihood that participants would utilize the information gained from the training.

In terms of knowledge gained from the training, the majority, 98% (n=40.25) strongly agreed or agreed that they were able to make the distinction between normal aging and pathological aging, identify and define aging patterns for Down’s Syndrome, discuss the importance of a lifespan approach to healthy aging, and discuss health challenges for adults with intellectual disabilities across the lifespan.



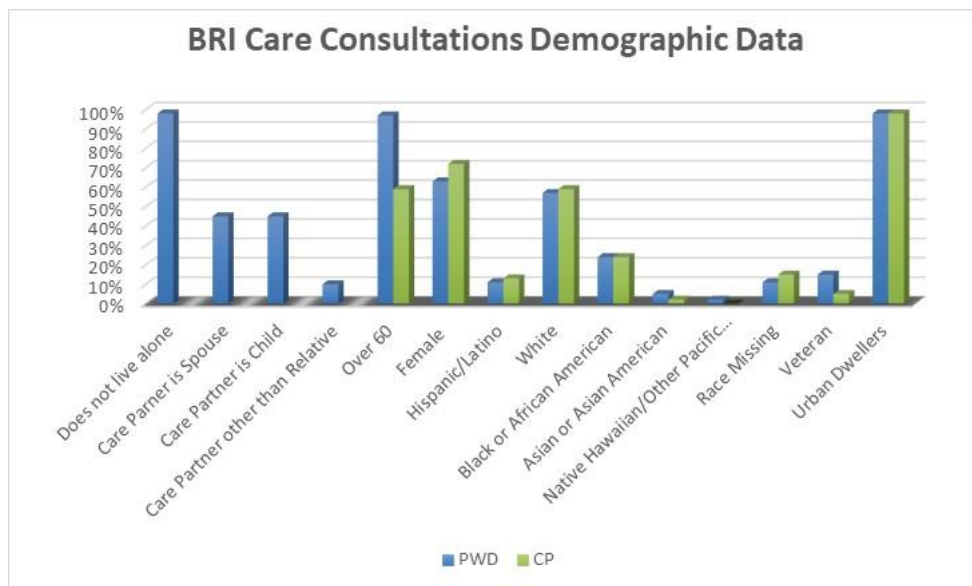
Based on the feedback received from the trainings, several groups including Nevada Senior Services and the State’s Desert Regional Office, has expressed their interest in expanding knowledge about dementia and the commonality associated with the intellectual and developmental disabilities populations throughout Nevada. Dr. Arvans has scheduled upcoming trainings for teams regarding behavior issues with dementia and intellectual and developmental disability. Additionally, there was expressed interest in seeking master training from the NGT to further expand knowledge and education about dementia and the IDD population. A date has not yet been scheduled for master training. Cleveland Clinic Lou Ruvo Center for Brain Health incorporated a live session which is uploaded on the DFN website for viewing. The NTG training allowed families with dementia comorbid to intellectual and developmental disabilities to receive access to valuable resources in Nevada. More professionals in the community were provided to access to training that is most relevant to individuals with ID and dementia.

In addition to planning and providing for upcoming state-wide trainings, Dr. Arvans continues to assess clients with IDD co-morbid with dementias. Dr. Arvans served a total of nineteen (19) clients with IDD's co-morbid with dementia this reporting period. Cumulative data of persons served throughout this grant include thirty-nine (39). Demographic profiles of persons served in the IDD population also experiencing dementia are provided below.



BRI Care Consultations – Southern Nevada

Southern Nevada’s existing BRI Care Consultation program being performed by Nevada Senior Services through ADRC funding expansion served a total of 262 clients (cumulative) through the BRI Care Consultation program. This reporting period, a total of ninety (84) clients were served (42 persons with dementia and 42 caregivers). Client demographics are provided below on cumulative totals. The funding is grant funded but is being shifted to State and OAA funding as part of Nevada’s sustainability plan, including integration into the ADRC model.



In addition, Southern Nevada’s existing BRI Care Consultation program being performed by Nevada Senior Services through ADRC funding expansion has hired a new care consultant who was able to re-engage many caregivers and individuals with ADRD and who were not contacted due to staff turn-over. Re-engagement of clients helped update caseloads to ensure active involvement in each case. Training also provided clients with a care consultant who is equipped with tools necessary to provide beneficial coaching and referrals to community resources. Services from the Care Consultation program provided a caregiver with in-home support through a referral for Nevada Senior Services respite program. The caregiver was

provided with respite vouchers, and additional support was provided with psychological and behavioral symptom management. After securing in-home support the caregiver was willing to engage in coaching sessions to help mitigate behaviors that were initially resentful to caregiver and left her seeking placement prior to making the phone call.

Alzheimer's Association Partner Activities

During this reporting period, the Alzheimer's Association of Northern Nevada was able to refine their goals for the direct service component of the grant, focusing on developing a plan to provide evidence-based education to caregivers and those impacted with dementia. The Alzheimer's Association of Northern Nevada has developed a project narrative, budget, and projected outcomes for the Savvy Caregiver. Discussions were held with ADSD and the Sanford Center for Aging, as well as advisors at the Alzheimer's Association to discuss the benefits of Savvy Caregiver as well as the delivery of workshops in modified formats suitable for both urban and rural communities, allowing the Association to reach a higher number of participants. The Savvy Caregiver program is described as "professional-level training for the non-professional" and includes twelve (12) hours of caregiver training over six (6) weeks. The program educates caregivers to assess the functioning of the care recipient and adjust the caregiving approach to the level assessed in the care recipient and is geared toward those in the mid-stages of the disease. The Savvy Caregiver program was developed in response to caregiver needs for education beyond introductory levels of education typically provided with other programs. The program provides a deeper level of understanding of caregiving principals when caring for someone with dementia and provides practical tools, practice, and training. Four (4)

family care associates and the regional director of the Alzheimer’s Association, of Northern Nevada Chapter, received Savvy Caregiver training on April 23, 2018.

The first Savvy Caregiver workshop was held in June 2018 in Carson City, NV. The need for services is great in Carson City; however, the commitment to a six-week workshop was a challenge in recruitment. The Alzheimer’s Association worked with local newspaper, the Nevada Appeal, and published an article highlighted the workshop. As a result, there was a tremendous amount of interest in the program. The program met the capacity of 10 participants and developed a wait list for the next workshop (see article in *Appendix O*). The program was so successful that the Alzheimer’s Association was able to develop a more comprehensive plan for delivering the program over the next twelve months. Evaluations collected from the first workshop were resoundingly positive. Every participant (with the exception of one) indicated “strongly agree” for all of the evaluation questions. More importantly, they all reported feeling that they have more skills and more confidence in their work as care partner as a result from the workshop. Participants also reported that they felt more knowledgeable about caring for a person with dementia and that they would recommend the Savvy Caregiver program to other care givers. In addition to these outcomes, one participant has received additional services and resources, and another now regularly attends support groups. The Alzheimer’s Association of Northern Nevada plans to deliver the Savvy Caregiver workshop to Dementia Friendly Nevada in Northern Nevada in both English and Spanish. A quote from one of the participants is provided below:

“Just wanted to say thanks again for sharing your time, effort and knowledge in our free classes you gave us. You’re an excellent teacher and I enjoyed learning the material very much. It’s a complicated road to navigate, I’m sure most everyone in the class didn’t really see coming with our loved ones. Your classes are a tremendous help. If you might be planning anymore in the future I would like to attend. Thanks again..”.

Challenges and Responses

Programmatic Challenges – Early Stages in Care (EPIC) Program:

The Early Stage Partners in Care (EPIC) program has several programmatic limitations. As an early stage, and behavioral modification program, it is difficult to reach the populations in time. However, other challenges continue to exist such as funding source requirements for outcomes and completers, EPIC is competing with itself serving individuals in the program. In addition to these challenges, difficulty recruiting waves of EPIC has also been a challenge for both Alzheimer’s Association Chapters. Many organizational challenges occurred in the Southern Nevada Chapter, such as key staff turnover and new staff training. This created limited staff resources needed for continuation of existing organizational goals and programs to ensure the organization’s mission of serving the largest number of persons possible to achieve the largest outcome, was upheld. New outreach staff was hired at the Southern Nevada Alzheimer’s Association, and promotion of the program continued. However, these outreach initiatives were without success in identification of a sufficient number of appropriate dyads that meet criteria for EPIC enrollment. In addition, to these challenges with EPIC, some early-stage individuals may be unable or unwilling to fully commit to the time requirements of the program, while others who may be appropriate for the program have not yet received a diagnosis.

Due to these challenges, the Alzheimer’s Association, of Northern Nevada Chapter, recognized its continued commitment to the grant and searched for appropriate programs to meet programmatic requirements under the grant while continuing to serve and impact the Alzheimer’s community at large. The Alzheimer’s Association, of Northern Nevada Chapter, proposed a modification to the direct services component of this project and has implemented

Savvy Caregiver in urban Northern Nevada and scheduling programs for rural Northern Nevada in the upcoming future.

Implementation of a new program poses several unknown challenges. Alzheimer's Association of Northern Nevada staff experienced a learning curve and a period of training that required additional time to start up the program. Additionally, due to staff limitations, it may be difficult to implement Savvy in rural areas. The Alzheimer's Association of Northern Nevada is currently modifying the Savvy Caregiver program to a condensed version in order accommodate the needs of rural communities, and in response to travel limitations. ADSD and evaluation team at the Sanford Center for Aging met to discuss the need to verify that core program elements modified for the condensed version of the program are not out of program fidelity and determine the flexibility to modify the program. It is very likely that the program, in its modified version will still be considered an evidence-informed program. The Sanford Center for Aging will work with the new version of the program and modify pre and post surveys to ensure core elements are still existing within this version. Rural participants will be provided the opportunity to attend the full version of the Savvy program (in Reno), in addition to the modified version received locally. The Chapter is currently working to schedule urban sessions to coordinate with rural session schedules to allow for attendance in urban Northern Nevada.

The Nevada Dementia Toolbox of Services was discussed with Chapter executives who plan to have the ToolBox of Services available during education sessions and also hope to put a mechanism in place to document referrals into the toolbox of services. This is a goal for the next reporting period. Discussion was held regarding sustainability of programs beyond grant funding and the Chapter agreed that grant funds provide an incentive to offer and continue programs and services and provides an opportunity to continue expand and strengthen existing

activities. The Chapter also discussed their commitment to partner with other agencies and existing partners to deliver EPIC. The Desert Southwest Chapter developed outreach to include a tear away card and an eight-gig flash drive for training, they plan to share this material with project partner, the Cleveland Clinic, to collaborate on education and physician outreach efforts. ADSD connected the Alzheimer's Association and the Cleveland Clinic who held a meeting to discuss continued partnership with physician outreach activities, in August. The new community resource manager was hired in late August and EPIC continues to weigh high on the priority list. Collaborations have already been made with the Community Action Group in Pahrump and Southern Nevada in efforts to begin EPIC in those communities. A new regional director has been hired for the vacant position starting October 15th, 2018.

Another role of the Alzheimer's Association is to provide support to the Southern Nevada Community Action Group. The Desert Southwest Chapter will share Community Action Group activities by hosting half of the DFSN CAGs annual meetings and creating action teams to assist with volunteer recruitment efforts. The collaboration with the Cleveland Clinic has been a large success and the two organizations plan to work very closely together throughout the duration of the grant as well as in the coming years.

To help continue to strengthen partner collaborations, the Association held a retreat in late September, bringing together all community partners, regional staff, and board members to discuss mechanisms to build capacity to serve and engage more individuals with ADRD in the Southern Nevada community as well as review the Associations goals and plans. The new community resource manager and regional director were introduced to the community partners during this meeting.

Awareness of and Referrals into the Tool Box of Services

ToolBox of Service programs are made available at all six Community Action Group meetings. In addition, the ToolBox is being distributed during outreach events held by each Community Action Group as well as project partners. There has been an increase in utilization of services in terms of partners referring clients to programs, they themselves do not offer. Rural RSVP is currently working with the Washoe County, Winnemucca, and Elko Community Action Groups to bring their services to these communities. In addition, the assistance of RSVP volunteers has been instrumental in providing volunteers for Community Action Group programs such as the Respite Retreats in Winnemucca, the Java Music Club in Elko, and the Open-Door Café in Washoe County. In addition to providing volunteers, Rural RSVP also provides respite for caregivers to attend these programs as well as transportation to and from the programs.

The Toolbox of Services was also distributed to social workers and case managers at the four NTG trainings held this summer. Attendees were introduced to a new set of services to help bridge the gap of available services to their clients. The ToolBox of Services listing is on the Dementia Friendly Nevada website for public viewing.

Products Produced or Disseminated

Recruitment for Dementia Friends Champions training was held at all six Community Action Groups. The flyer used to recruit Champions was developed by the SCA and is attached in **Appendix A**. The Southern Nevada Community Action Group's priority goal to hold memory screenings has taken place in the previous reporting period. Efforts continue to hold 2 additional screenings this fall. The Southern Nevada Community Action Group developed the attached flyer found in **Appendix B** to recruit community members to take part in the screening. As part of the Washoe County Community Action Group activities, the oxbow health walk flyer is attached in **Appendix C** to recruit community members to take part of this activity.

The Cleveland Clinic Lou Ruvo Center for Brain Health held a dementia conference in June 2018 entitled Dementia 2018: Dementia Capable Communities CME Conference. The flyer attached in **Appendix D** describes the conference content. In addition, an outcomes report was also conducted to evaluate the effectiveness of the conference. This report may be found in **Appendix E**. Furthermore, the Cleveland Clinic Lou Ruvo Center for Brain Health purchased a new domain to house the DFNV website www.dementiafriendlynevada.org that includes Facebook, Twitter, Instagram and Google + social media sites, education videos and a radio interview with KCEP 88.1 which discussed DFSN activities. The Community Awareness Training participant guide with presentation and site-customized audience activities was created by the Southern Nevada CAG, as well as the First Responder training video. A statement of purpose was developed and can be found in **Appendix F**.

Dementia Friends information sessions were delivered throughout each county where Community Action Groups are active in Nevada. Flyers were created to promote Dementia Friends sessions held in each community and can be found in **Appendix G**. To best measure

impact of these trainings, the Sanford Center for Aging developed pre and post surveys to measure increases in knowledge of those who participate. The pre and post surveys can be found in **Appendix H**. Dementia Friends training also captures sector specific information during sign in. The attached Dementia Friends session report (**Appendix I**) is used to capture valuable attendee information.

Jennifer Carson, PhD conducted two Bravo Zulu trainings, in which ADSD sponsored eight Community Action Group attendees. The flyer for the training is attached in **Appendix J** and also describes the learning objective of the training.

Rural RSVP has included a listing of all marketing and media projects held throughout the reporting period and includes a link to the television commercial created. In addition, Rural RSVP volunteer and information session flyers are included as well in **Appendix K**. Rural RSVP is also partnering with the Elko Community Action Group in an upcoming outreach event entitled *Friends Day Out*. The flyer used to promote this event can be found in **Appendix L**.

The Overview of Aging and Intellectual Disabilities training held by Dr. Arvans in both Southern and Northern Nevada was promoted using the attached flyer found in **Appendix M**.

The Alzheimer's Association of Northern Nevada recently implemented the Savvy Caregiver education program that was held in urban Northern Nevada. The flyer used to promote participation in the program as well as the news article released can be found in **Appendix N** and **O** respectively.

The Sanford Center on Aging completed the Dementia Friendly Nevada: Statewide Community Assessment. Evaluations were completed for each CAG and developed into a report to reflect statewide results. This document may be found as **Attachment 2. Appendix Q** is the Tool Box of Services flyer.

Appendix

Appendix A:



Become a Dementia Friends Champion!



ABOUT THIS TRAINING

This training will equip you with the knowledge and activities needed to facilitate a Dementia Friends Information Session with community members. An Information Session is a face-to-face session that lasts approximately one hour and is run by a Dementia Friends Champion. It covers the five key messages everyone should know about dementia through activities and discussion. The goal of the Dementia Friends Information Session is to help community members understand dementia and the small things they can do to make a difference for people living with dementia.

TRAINER

Dolores M. Ward Cox, MS Education Coordinator for the Nevada Geriatric Education Center at the Sanford Center for Aging, University of Nevada, Reno School of Medicine

WHEN & WHERE

Friday, May 4, 2018

10:00 am to 2:00 pm Humboldt General Hospital Sonoma Room 118 East Haskell Street
Winnemucca, Nevada

Space is limited to 25 people. Please register by Thursday, April 26, 2018.

To reserve your space, please contact Gini Cunningham by phone at (775) 304-2899 or by email at gini.cunningham@sbcglobal.net

To register, provide your name, organization, daytime phone number and email address.

This training is supported through funding from the Nevada Aging and Disability Services Division. The Sanford Center for Aging's Nevada Geriatric Education Center at the University of Nevada, Reno School of Medicine is the administrator for Dementia Friends Nevada.

<https://www.med.unr.edu/aging>



Appendix B:

MEMORY CONCERNS? YOU'RE NOT ALONE.



National Memory Screening Program
ALZHEIMER'S FOUNDATION OF AMERICA



Dementia Friendly America™
SOUTHERN NEVADA

Welcome Doolittle Senior Center

FREE CONFIDENTIAL MEMORY SCREENINGS
A MEMORY SCREENING IS A SIMPLE AND SAFE "HEALTHY BRAIN CHECK-UP"
THAT TESTS MEMORY AND OTHER THINKING SKILLS.

Location: Doolittle Senior Center, 1930 J Street
Las Vegas, NV 89106

Date: Tuesday, October 16, 2018

Time: RSVP for available times

Phone: (702)229-6125

****Each memory screening takes approximately 10-15 minutes and while the result is not a diagnosis, it can suggest if someone should see a physician for a full evaluation.****

National Memory Screening Program is an initiative of:
Alzheimer's Foundation of America
www.alzfdn.org | 866-232-8484

AFA's National Memory Screening Program is made possible with a grant from Edward N. and Della L. Thome Memorial Foundation, Bend of America, N.S. Trustee

Appendix C:

OXBOW HEALTH WALK

**Tuesday, June 26th, 2018
from 10:00 A.M. - 12:30 P.M.**



The Sanford Center for Aging and Truckee Meadows Parks Foundation are hosting this FREE special event for people living with dementia and their care partners.

The Oxbow Health Walk will highlight the importance of staying active and engaged in the community while maintaining personhood after diagnosis. This walk is an extension of the Idlewild Health Walks which occur every Tuesday at Idlewild Park, and have a focus on seasonal changes, plant life and phenology.

Lunch will be provided for those who RSVP, and will take place at the Oxbow Nature Study Area, 3100 Dickerson Road, Reno. To secure your spot and learn more, contact Carah at 775-784-1806, or csolemsaas@unr.edu



TRUCKEE MEADOWS
PARKS FOUNDATION
AWARENESS • APPRECIATION • STEWARDSHIP

Appendix D



Lou Ruvo Center for Brain Health



June 2, 2018

Cleveland Clinic Lou Ruvo Center for Brain Health

Keep Memory Alive Event Center

Las Vegas, NV

www.ccfcm.org/Dementia18

Appendix E:

Dementia Conference outcomes overview

Content Overview: The conference addressed how health care, social services, and legal societies can work together in an organized and meaningful way to manage the growing epidemic of dementia. As scientists strive to find pharmacological therapies to eradicate the symptoms of Alzheimer's and other neurocognitive diseases, communities must find ways to effectively manage these disorders. As the numbers of individuals affected by dementia continues to rise, more sectors of society are affected, and more caregivers are called upon to render assistance. Dementia has the potential to negatively impact many communities as health care, government, and personal entities require more resources to deal with a growing number of persons whose cognitive and corporeal condition degenerates in the most unpredictable of ways. Early diagnosis, early planning, and effective treatments and social supports are among the key topics that this one-day conference focused upon. Specific discussion topics included: Physician responsibility to patients in recognizing dementia and the next steps, hospital admissions for patients with memory issues, benefits and recognition of currently available medications as treatment options for cognitive diseases, which include many off-label options, currently available tools for diagnosis and treatment options (spinal tap vs PET scan.) and criteria for each disease; recognizing the variations and how they present to provide informed plans and next step actions, available billing codes for and ways to increase patient time for better recognition and diagnosis, techniques for engaging patients with questions and next steps, psychosocial and neuro psychological memory screenings and assessment options, caregiving challenges and the long-term requirements, dementia Friendly communities, inclusivity of the community in

dementia engagement legal and policy aspects for cognitive impairment applicable to patients and physicians, and related social services and patients' rights with cognitive issues.

Target Audience

The conference was recommended for primary care providers, neurologists, geriatricians, psychiatrists, internal medicine providers, physician assistants, nurse practitioners, psychologists, social workers, and other health care professionals who treat patients with dementia.

Dementia Conference 2018 Outcomes

The event was well presented and attended. The pre and post survey demonstrated the lack of dementia awareness collectively and the need for dementia related education at primary care provider offices and other points of entry, in addition to the need for inclusion to the related services outside of the medically provided.

The Cleveland Clinic Center for Continuing Education and the Cleveland Clinic Lou Ruvo Center for Brain Health conducted an outcomes study to assess knowledge and competency gains and changes in clinical practice behaviors – levels 3, 4, and 5 on Moore's 7 levels of CME outcomes measurements resulting from participation at the CME-certified live conference entitled, Dementia 2018.

Upon completion of the program/conference clinician/practitioner should be able to:

- 1) Implement strategies for early detection and diagnosis of dementia
- 2) Optimize current and future pharmacologic and non-pharmacologic therapies for dementia
- 3) Advise how individuals with dementia and their caregivers can adopt measures to improve the quality of their lives

Materials and Methods:

Outcomes were measured using four survey tools to assess **1) participation; 2) satisfaction; 3) knowledge; and 4) competence:**

1) Pre and post-conference quiz of 12 questions asked by presenters using audience response system. In 12 out of 12 questions, the audience showed gains in knowledge.

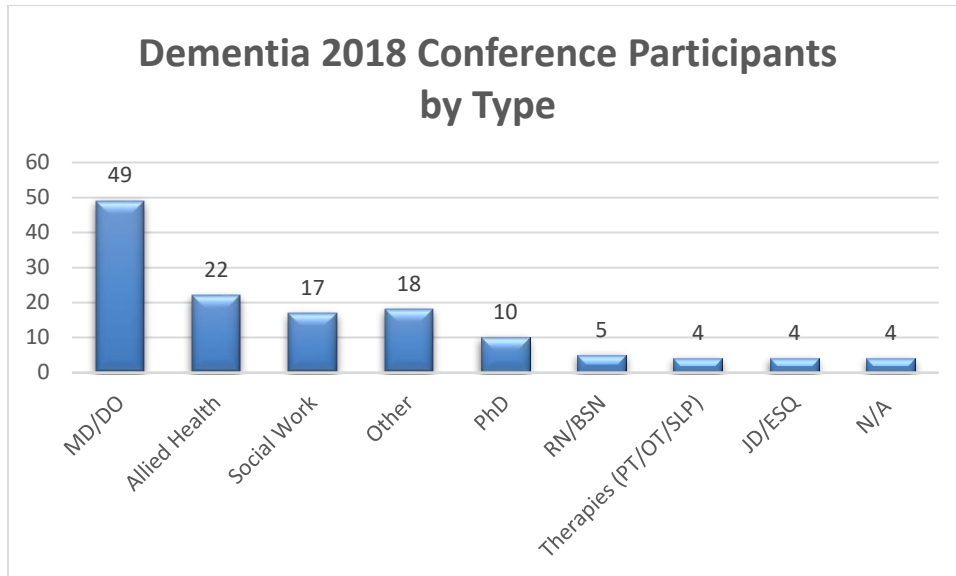
2) Faculty were evaluated post-conference, rating them on content, delivery and visual aids (free of commercial bias factors).

3) A 12-question evaluation survey post conference that focused on clinical practice questions, evaluations were distributed at end of the conference. Evaluations assessed knowledge gains, competency, overall opinion of activity.

Results:

A total of 134 health care professionals and 9 faculty presenters participated in the conference. 101 (75%) surveys were completed. The conference successfully achieved a measurable impact on the four assessment areas noted above as evidenced by:

1) Participation: The majority of conference participants were physicians and allied health staff (53%) of attendees. 94% (n=106) of conference participants were from the targeted region of Nevada. Other participants were from California (n=10), Utah (n=7), Oregon (n=3), and Washington (n=3). Other parts of the country were also represented: Ohio (n=5), Idaho (n=1), New Zealand (n=1), Texas (n=1), Kansas (n=1).



2) Satisfaction:

Satisfaction was measured by the degree to which the CME activity met participant's expectations regarding the setting and delivery of information. Participants overwhelmingly rated presentations as being excellent, met expectations, and was free of bias. Content was new to 25%-75% of participants.

Most participants indicated that the faculty talks were well presented, and content material was excellent. 100% of participants noted that the presentation, overall, were free of commercial bias. Approximately 56% of participants indicated that at least half of the material presented was new to them. 99% of participants would recommend this educational activity to a colleague. 94% of participants state that compared to other CME's this activity was better than average.

All faculty presenters scored above 70% in presentation material and delivery.

3) Knowledge:

Knowledge was measured by participant feedback as to whether the CME activity met their expectations and whether participants learned how to implement the CME activity.

Pre-Test/Post-Test: Improvements in knowledge was demonstrated in 18 out of 18 faculty questions posed. Learning Objectives: 97% of respondents reported that all objectives were met.

98% of respondents reported that implementing strategies for early detection and diagnosis of dementia was met. 100% of respondents reported that optimizing therapies for dementia was met. 99% of respondents reported that advising individuals with dementia and their caregivers about measures to improve the quality of life was met.

4) Competence: Competence measured the potential impact on patient care.

A total of 91% of participants indicated that they were likely to make a change in their clinical practice behavior based on the information learned at the course; 78% indicated they were likely or very likely to change clinical practice behaviors. The conference increased participants' confidence in earlier diagnosis and support for both patients and caregivers. Participants commented on what area they propose to change in practice behavior. The majority of responses related to early, screening, detection and intervention. Many participants indicated increased confidence in providing a diagnosis, resources and referral options and new ideas for assessment.

Practice:

Practice changes are measured by a 3-month post conference evaluation survey, which is currently in process and will be finalized in the next quarter.

Appendix F:

Dementia Friendly Nevada Statement of Purpose and Mobilizing Beliefs

Nevada is among the states leading the nation in the growth rate of people age 65 or older. Thus, Nevada is leading the nation in the growth rate of people living with dementia. According to the Alzheimer's Association's 2018 *Facts and Figures*, there are approximately 45,000 individuals living with dementia in Nevada. By the year 2025, that number is projected to increase by 42% to 64,000 people. These numbers alone present significant challenges to Nevada's dementia service capability, and to the lives of elders, families and communities.

Responding to these challenges, the Dementia Friendly Nevada initiative aims to cultivate and strengthen communities in becoming more **respectful, educated, supportive** and **inclusive** of people living with dementia and their care partners. The vision of Dementia Friendly Nevada is a state where people living with dementia and their family care partners can live and thrive in communities that enable and encourage opportunities for engagement, independence, relationships and well-being.

Action toward this vision, which serves to benefit *all* citizens, is mobilized through a collaborative, multi-sector approach to **community-driven change** using the Dementia Friendly America process. Adopting an 'authentic partnerships' approach, the direct engagement of people living with dementia and their care partners is central to Dementia Friendly Nevada's values and process. Across Nevada, people living with dementia are calling for a 'nothing about us without us' approach in matters that affect their lives, including community improvements and policy change.

A second aim of Dementia Friendly Nevada is to promote and expand the reach of the **Nevada Dementia Supports Toolbox**, a collection of evidence-based programs and other services that are currently available within the state to educate and support people living with dementia and their care partners.

Beginning in 2016 with the development of a statewide workgroup, the Dementia Friendly Nevada initiative has since launched **six community action groups** with support from a three-year federal grant (2017 – 2019) from the Administration on Community Living awarded to the Nevada Aging and Disability Services Division. Dementia Friendly community action groups are active in the following communities: Elko County, Winnemucca, Pahrump, Pyramid Lake Paiute Tribe, Southern Nevada (Urban) and Washoe County. These community action groups receive co-facilitation support from Dr. Jennifer Carson, Research Assistant Professor, Community Health Sciences, University of Nevada, Reno; evaluation support from Drs. Peter Reed and Zebbedia Gibb, Sanford Center for Aging, University of Nevada, Reno School of Medicine; and program and technical assistance from the Nevada Aging and Disability Services Division. In addition, each

community action group is provided with one-time seed funding to support progress toward community-identified goals. Here are just a few examples:

- Dementia-Friendly Southern Nevada developed a Resource Task Force to identify and collaborate with local and statewide resources, including the Nevada 2-1-1 statewide referral service which provides access to services throughout the state. As a result of this partnership, a Nevada 2-1-1 officer attends Dementia Friendly Southern Nevada’s monthly meetings; their telephone screeners have pursued professional training on dementia; and “Dementia Resources” has earned its own tab on the Nevada 2-1-1 home page. Dementia Friendly Southern Nevada has also created a Memory Screening Task Force and a Community Awareness Training Task Force. Furthermore, a continuing education video for first responders was produced to inform and update emergent health care practitioners, police, paramedics, fire, social work, and legal professions on the different presentations of dementia and the best ways to respond to and support individuals living with dementia. This video series will be uploaded to the Vegas PBS Global Online Advanced Learning website and accredited statewide so that the above-mentioned first responders can learn and obtain necessary educational credits to maintain their professional credentials.
- Dementia-Friendly Washoe County is launching a new Open Door Café, which aims to offer an inclusive and comfortable gathering place for people living with dementia and their invited guests. The Open Door Café provides and encourages opportunities to relax, have fun, socialize and share with kind, patient and understanding people. Dementia Friendly Washoe County is also developing plans to provide Dementia Friends information sessions to the business and retail sector, helping businesses effectively respond to the impact of dementia on both customers and employees, from improving interactions and customer experiences to addressing the needs of employees who are caring for someone living with dementia at home.
- Age- and Dementia-Friendly Winnemucca is making their community more walkable and easy to navigate by installing additional benches along pedestrian paths, flag crossings at intersections and improving signage, again demonstrating that what is good for people living with dementia is good for all community members. They have also launched a new volunteer-based, drop-in *Respite Retreat* program at the Boys and Girls Club as well as a new early-stage support group for families affected by dementia.
- Dementia-Friendly Elko County recently trained a team of 20 Dementia Friends Champions in May 2018. These Champions plan to launch the Dementia Friends program in their community, which provides sector-specific information sessions to community members. Dementia Friends learn five key messages about dementia and a bit about the lived experience of dementia. Then, Dementia Friends turn their understanding into a practical action to better support people living with dementia in their community.

We are thrilled to announce that Dementia Friendly Pyramid Lake Paiute Tribe and Dementia Friendly Pahrump recently joined this statewide movement and held their first meetings in April and May 2018, respectively.

Dementia Friendly Nevada is guided by a deep belief that each person living with dementia remains, and will always remain, a full human being and his or her rights as a citizen are, and shall always be, intact. To guide dementia-friendly and inclusive efforts, we offer a set of **mobilizing beliefs**, which can help serve as a type of ethical roadmap for restoring and ensuring fundamental rights and opportunities to people living with dementia who have been disenfranchised by a prevalent view that discounts and diminishes their value and potential contributions to our communities and state.

Dementia Friendly Nevada’s Mobilizing Beliefs:

1. People are *living* with dementia. In order to support each person in living with dementia, we must destigmatize dementia and see beyond the common tragedy narrative. People can live well with dementia when they are afforded with opportunities for meaning, purpose and growth.
2. People living with dementia are not their diagnosis. Person-first language should replace labels such as ‘dementia sufferer’ or ‘Alzheimer’s patient’. Such labels perpetuate an ‘us versus them’ mentality. In truth, *all* human beings are forgetful; some are just more forgetful than others.
3. If you know one person living with dementia, you only know one person living with dementia. Generalizations based on notions of ‘age’ or ‘stage’ are limiting and often wrong. Understanding the experience of living with dementia requires understanding each person as a unique human being.
4. People living with dementia are the genuine experts in the experience of dementia. Their perspectives, wishes and preferences should always be sought and respected in the decisions that affect their lives. Truly engaging each person living with dementia as a legitimate contributor to his or her own experience opens a world of possibilities.
5. People living with dementia can and do communicate and express themselves meaningfully across the entire continuum of the disease experience. It is important that care partners and community members develop the ability to listen with more than their ears and to speak with more than their words.
6. Contrary to the increased use of the term, there is no such thing as “behavioral and psychosocial symptoms of dementia” (BPSDs). So-called “behaviors” are actually a form of communication; communicating identity, preferences and/or unmet needs. Instead of pathologizing behaviors, care partners and professionals should seek to understand and validate personal expressions, actions and reactions.
7. Sometimes, what makes care partners feel safe and secure makes people living with dementia feel trapped and anxious.
8. “Redirection” is a code-word for distracting, manipulating or charming someone living with dementia into doing what *you* want them to do. Instead, care partners and community members should respond supportively and seek to understand the world from another person’s perspective.
9. Just as the Americans with Disabilities Act ensures ramps for people living with physical disabilities, it should also ensure that communities provide adaptations and supports (i.e., cognitive ramps) for people living with dementia and other cognitive disabilities.
10. Communities and service agencies need to offer affordable, accessible and proactive community-based supports and services. The more energy and resources devoted to

community-based supports and services, the less need there is for expensive and reactive interventions and institutional care settings.

11. People living with dementia should never be segregated, like convicted criminals. Each citizen has the right to live freely and safely in the community of their choosing. Even in circumstances where a person requires additional support due to cognitive impairment, the living environments offered should be normalized, inclusive and not merely ‘homelike’ but an actual home, without restrictions or restraints on one’s freedom. There are many ways to guarantee safety besides locked doors.
12. Persons living with dementia should have access to affordable person- and relationship-centered residential care and support that nurtures each person’s well-being and upholds their right to autonomous decision making to the fullest extent possible. This requires an appropriate care partner to resident ratio.
13. Though most forms of dementia are degenerative, people living with dementia can continue to grow and thrive when care partners and organizations avoid the tendency to medicalize, sterilize and surveil all aspects of everyday life.
14. Supporting engagement, autonomy and partnership with people living with dementia will promote improvements to their quality of life and well-being, and strengthen the social fabric of communities. Elders need communities and communities need elders.

While each of these mobilizing beliefs are represented in various ways by Dementia Friendly Nevada, the responsibility to ensure that all people living with dementia are respected and valued as active citizens and important members of our communities resides with all community members and leaders. We encourage this committee to reflect on and use these mobilizing beliefs as a lens through which to shape any future policy decisions regarding the lives of elder Nevadans experiencing cognitive changes. Furthermore, it is our hope that this committee will also adopt and ‘authentic partnerships’ approach by directly engaging elder Nevadans, including those living with dementia, in any decisions that will impact their everyday lives.

Sincerely,

Kerry Aguirre, Executive Director, The Terrace at Ruby View, and Facilitator, Dementia Friendly Elko County

Jennifer Carson, Research Assistant Professor, University of Nevada, Reno, and Lead Facilitator, Dementia Friendly Nevada

Susan Haas, Executive Director and CEO, Nevada Rural Counties RSVP Program, and Partner, Dementia Friendly Nevada

LeeAnn Mandarino, Program Manager III, Cleveland Clinic Lou Ruvo Center for Brain Health, and Facilitator, Dementia Friendly Southern Nevada (Urban)

Peter Reed, Director, Sanford Center for Aging, and Evaluation Partner, Dementia Friendly Nevada

Susan Stewart, Community Volunteer, Person Living with Dementia, and Member, Dementia Friendly Washoe County

Appendix G:



The Sanford Center for Aging at the University of Nevada, Reno School of Medicine is the administrator for Dementia Friends Nevada. Funding to support this initiative has been provided by the Nevada Aging and Disability Services Division.

Join a growing movement of people like you who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Be a Dementia Friend!

What Makes You a Dementia Friend?

You become a Dementia Friend by attending a one-hour informational session to learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone living with the disease.

What Happens at the Information Session?

The one-hour session is a discussion led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose—every action counts!



Remember...

- You don't need to be a dementia expert to become a Dementia Friend.
- You don't need to know someone with dementia to become a Dementia Friend.
- After you attend the session, you decide about becoming a Dementia Friend.

Dementia Friends...

is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Minnesota and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.

When & Where:

Champion:

Learn More:



Appendix H:

Dementia Friends Pre-Session Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

Please take your time and complete the entire survey. Your responses will be kept confidential and will not be shared with anyone. All responses will be shared in group form only, and then only with relevant agencies to help inform programming and community resources.

Name _____ Date _____

Zip Code _____ Age _____

Are you a veteran? Yes No

What is your gender? Male Female I prefer not to identify

Do you currently provide care for someone living with dementia? Yes No I am living with dementia

What is your care partner's gender if you receive / provide care for someone? Male Female I prefer not to identify

What is your relationship to the person who provides your care / you provide care for? (Circle One)

Spouse Significant Other Parent Child Sibling

Other (Please specify) _____

Are you Hispanic / Latino? Yes No

What is your race / ethnicity? (Please select all that apply)

White (Non-Hispanic) American Indian / Alaskan Native Asian Black / African American

Native Hawaiian / Other Pacific Islander Other

Dementia Friends Pre-Session Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

Please answer the following True/False questions based on your beliefs about each statement.

1) Dementia makes it impossible to have a good quality of life. True False

2) Dementia is caused by diseases of the brain, and Alzheimer's disease is the most common cause. True False

3) There is more to the person than the dementia. People with dementia are a valuable part of the community. True False

4) Dementia affects most people as they grow old and can be expected as someone ages. True False

5) Dementia is a disease that only affects a person's memory, causing significant memory loss. True False

6) People living with dementia can no longer contribute to society in a meaningful way. True False

7) People living with dementia may communicate their needs through non-verbal (or behavioral) expressions. True False

For the next few items, please circle the response(s) you think best answers the question.

8) Which one of the following is NOT a tip to help communicate with someone living with dementia?

a) Treat the person with dignity and respect
b) Attempt to orient the person to the current situation (e.g., time, date, location)
c) Encourage non-verbal communication where appropriate
d) Avoid criticizing or correcting, instead, try to figure out the meaning of what is being said

Dementia Friends Pre-Session Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

9) Which of the following are potential impacts of dementia:

a) Ability to complete everyday tasks
b) Speech / language ability
c) Memory
d) All of the above

10) Please circle ALL of the following that are potential warning signs of dementia.

a) Memory loss that disrupt daily life
b) Confusion about the day of week that is resolved later
c) Misplacing items, but not being able to retrace steps in order to locate them
d) Sometimes feeling weary of work, family, and/or social obligations
e) Displaying frustration when a routine is disrupted by something
f) Difficulty understanding visual images / relationships between objects in space
g) Difficulty completing routine tasks at home, work or leisure
h) Making occasional mistakes when completing daily activities
i) Frequently having difficulty remembering a word
j) Changes in mood and personality

Dementia Friends Post Seminar Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

Please take your time and complete the entire survey. Your responses will be kept confidential and will not be shared with anyone. All responses will be shared in group form only, and then only with relevant agencies to help inform programming and community resources.

Name _____

My awareness has increased about Alzheimer's and other related dementias

1 2 3 4
Strongly Agree Somewhat Agree Somewhat Disagree Strongly Disagree

I feel more confident/equipped as a community member to recognize the signs and offer support to the needs of a person living with dementia trying to navigate the community.

1 2 3 4
Strongly Agree Somewhat Agree Somewhat Disagree Strongly Disagree

I am inspired to offer support and be a friend to people living with dementia in my community.

1 2 3 4
Strongly Agree Somewhat Agree Somewhat Disagree Strongly Disagree

I am likely to adopt dementia friendly practices in my personal or professional life.

1 2 3 4
Strongly Agree Somewhat Agree Somewhat Disagree Strongly Disagree

Dementia Friends Post Seminar Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

Please tell us how you are going to turn your understanding of dementia and what it means to be a Dementia Friend into a practical action. Every action counts.

As a dementia friend I am committing to: (Choose three or more actions)

Getting in touch and staying in touch with someone I know living with dementia

Supporting dementia friendly efforts in my community

Starting a dementia friendly effort in my community

Volunteering for an organization that helps people with dementia

Campaigning for change, e.g. by participating in local advocacy events

Encouraging friends to become Dementia Friends

Carrying out a personal action e.g. being more patient when out in my community

Volunteering to participate in a clinical trial

Adopting 1 or more dementia friendly practices in my personal or professional life

Asking my doctor for cognitive assessment during my annual physical exam

Please answer the following True/False questions based on your beliefs about each statement.

1) Dementia makes it impossible to have a good quality of life. True False

2) Dementia is caused by diseases of the brain, and Alzheimer's disease is the most common cause. True False

3) There is more to the person than the dementia. People with dementia are a valuable part of the community. True False

4) Dementia affects most people as they grow old and can be expected as someone ages. True False

Dementia Friends Post Seminar Survey

This survey is part of an evaluation funded by the NV Aging and Disabilities Services Division

5) Dementia is a disease that only affects a person's memory, causing significant memory loss. True False

6) People living with dementia can no longer contribute to society in a meaningful way. True False

7) People living with dementia may communicate their needs through non-verbal (or behavioral) expressions. True False

For the next few items, please circle the response you think best answers the question.

8) Which one of the following is NOT a tip to help communicate with someone living with dementia?

a) Treat the person with dignity and respect
b) Attempt to orient the person to the current situation (e.g., time, date, location)
c) Encourage non-verbal communication where appropriate
d) Avoid criticizing or correcting, instead, try to figure out the meaning of what is being said

9) Which of the following are potential impacts of dementia:

a) Ability to complete everyday tasks
b) Speech / language ability
c) Memory
d) All of the above

10) Please circle ALL of the following that are potential warning signs of dementia.

a) Memory loss that disrupt daily life
b) Confusion about the day of week that is resolved later
c) Misplacing items, but not being able to retrace steps in order to locate them
d) Sometimes feeling weary of work, family, and/or social obligations
e) Displaying frustration when a routine is disrupted by something
f) Difficulty understanding visual images / relationships between objects in space
g) Difficulty completing routine tasks at home, work or leisure
h) Making occasional mistakes when completing daily activities
i) Frequently having difficulty remembering a word
j) Changes in mood and personality

Appendix I:



Funding to support this initiative has been provided by the Nevada Aging and Disability Services Division.

Session Reporting Form

Please complete this form after each Dementia Friends Information Session.

Date of Session: _____

Location: _____
(Name of building, street address, city, state, zip code)

Start Time of Session: _____

Name of Champion(s): _____

Email Address of Dementia Champion: _____

Number of Dementia Friends Made: _____

Which of the following describes the sector of individuals participating in the session? (Check all that apply and include the number of each)

- | | |
|--|--|
| <input type="checkbox"/> Business Sector | <input type="checkbox"/> Library |
| <input type="checkbox"/> Civic Organization | <input type="checkbox"/> Medical/Healthcare |
| <input type="checkbox"/> Community Members
(not affiliated with a sector) | <input type="checkbox"/> Senior Housing |
| <input type="checkbox"/> Education | <input type="checkbox"/> Social Service Organization |
| <input type="checkbox"/> Faith Community | <input type="checkbox"/> Youth/Teens |
| <input type="checkbox"/> Government | <input type="checkbox"/> Other, please describe: |

Return completed form and surveys to: Patti Swager
By Email: pswager@unr.edu By Fax: 775-784-1814
Or, by US Mail: Sanford Center for Aging/MS 0146
University of Nevada, Reno
1664 N. Virginia St.
Reno, NV 89557-0146

The Sanford Center for Aging's Nevada Geriatric Education Center at the University of Nevada, Reno School of Medicine is the administrator for Dementia Friends Nevada.

Appendix J



In partnership with the Nevada Department of Veterans Services



Bravo Zulu: Achieving Excellence in Relationship-Centered Care

Workshop Objectives

- Explain the importance of personhood, relationships and culture in care and support
- Discuss ways to honor each person as a unique individual
- Provide examples of looking at the world from the perspective of the person
- Review options to support a positive and supportive social environment
- Compare biomedical and social/relational views of Alzheimer's disease and dementia
- Demonstrate positive and empathic communication strategies
- Identify opportunities for meaningful engagement in life
- Discuss methods to prevent, interpret, and respond to personal expressions, actions and reaction (so-called "difficult behavior")

Presented by:

Jennifer Carson, PhD

Research Assistant Professor,
Community Health Sciences,
University of Nevada, Reno

CEU Credit

This program will be submitted to the Board of Examiners for **Marriage and Family Therapists and Social Workers** for 12.0 Continuing Education Units (CEUs). It is approved by the Board of Examiners for **Long-Term Care Administrators** for 12.0 CEUs and meets the requirements for 8.0 CEUs of **dementia education**. University of Nevada, Reno School of Medicine's Sanford Center for Aging approves this training for 12.0 of **nursing** CEUs.

Registration is open, click on the days below to register!

This two-day workshop explores what it takes to get to Bravo Zulu* by providing care and support that is tailored, yet flexible, to each unique elder's strengths, preferences and needs. This program also has a component that speaks to the military service and its impact on the aging process.

Registration Fee: \$90.00 per person. Registration for this engaging two-day workshop includes; 12.0 hours of continuing education, handouts, light breakfast each day, preselected lunch each day, beverages throughout each day, and free parking. Once paid, registration fees are non-refundable. Registration for Las Vegas closes Wednesday, April 25, 2018. Registration for Reno closes Wednesday, May 9, 2018. No exceptions.

Las Vegas: Monday and Tuesday, May 7 and 8, 2018 at

<http://cmetracker.net/UNEV/Login?FormName=RegLoginLive&Eventid=4626>

UNR's Clark County Cooperative Ext., 8050 Paradise Rd, Las Vegas, NV 89123

Reno: Thursday and Friday, May 17 and 18, 2018 at

<http://cmetracker.net/UNEV/Login?FormName=RegLoginLive&Eventid=4628>

Vassar-Cordone Non-Profit Building 1301 Cordone Ave, Reno, NV 89502

Program times are 9:00 am to 4:30 pm each day with sign-in starting at 8:30 am



Bravo Zulu

** Bravo Zulu, originated as a naval signal, typically conveyed by flag-hoist or radio, meaning "Well done!" Since its origin, Bravo Zulu has been used by senior U.S. Navy, U.S. Marine Corps, and U.S. Coast Guard officers in command and senior supervisory positions to congratulate or compliment contemporaries or juniors, including their subordinate crews or commands, for outstanding performance!*

For more information on NGECE, upcoming programs, or to join our mail list, please visit <https://med.unr.edu/aging/ngec>

For questions, email Natalie Mazzullo at nmazzullo@unr.edu



Funding for this program was made possible by the Nevada Department of Veterans Services, Veterans in Care Program

<http://med.unr.edu/aging/ngec> • 775-784-4774 Reno • 702-916-3705 Las Vegas

Appendix K:



RSVP Dementia Friendly (Respite) Marketing & Media Projects April 1, 2018 – September 30, 2018

1. SOCIAL MEDIA – FACEBOOK POSTS

- RSVP is part of Dementia Friendly Nevada *Reach: 134 Likes: 5 Shares: 2*
- Learn to be a REST Companion. Sign up today for the June 5th training in Carson City! Flyer *Reach: 124 Likes: 4 Shares: 2*
- RSVP New Respite video/commercial *Reach: 114 Likes: 5 Shares: 2 Views: 48*
- Training Opportunity on June 5th in Carson City! Learn to be a REST Companion and be confident and successful in providing respite to adults and children. To register, call: (775) 687-4680 x123. *Reach: 77 Likes: 2 Shares: 1*
- RSVP offers free respite - relief for caregivers. Help is here! Promotion of RSVP's new commercial. Boosted Post. Link to video. *Reach: 1,269 Views: 714*
- There's still time to register for the June 5th REST Training in CC. Gain the skills and confidence to be successful in providing respite to adults and children. Call: (775) 687-4680 x123. Link to flyer. *Reach: 66 Likes: 1 Shares: 1*
- RSVP seeks respite volunteers which is more than just giving caregivers a break. According to Linda Klomp, RSVP volunteer, "it has given me a purpose and something to do." To learn more, call Karen Caldwell-Weil, RSVP Respite Manager, at 775-687-4680 x123. Link to Nevada Appeal article. *Reach: 116 Likes: 3 Shares: 2*
- RSVP Presented the REST Training today--engaging volunteers in learning to be REST Companions! Added Photos. To learn more go to: www.rest.org. *Reach: 174 Likes: 5 Shares: 3*
- Fighting Alzheimer's on The Longest Day: Join others in raising awareness for Alzheimer's disease, and honoring those living with the disease and their caregivers, on The Longest Day - today, Thursday, June 21, 2018. Held annually on the summer solstice, The Longest Day is a sunrise-to-sunset initiative started by the Alzheimer's Association to honor the strength and endurance of those living with the disease and their caregivers. *Reach: 91 Likes: 8 Shares: 1*
- REST Companion Course Coming to Pahrump! Anyone interested in meeting a crucial need by providing respite – or short-term temporary relief – for caregivers in their community can attend the upcoming REST (Respite Education & Support Tools) training course presented by RSVP. REST will be held in Pahrump on July 17th, 8:30am – 5pm. To register for this free training, contact Karen Caldwell-Weil, RSVP Respite Manager, at 775-687-4680 x123, or kweil@nrvsv.com. Lunch and Materials will be provided at no cost. *Reach: 148 Likes: 3 Shares: 2*

1

- RSVP will present the REST (Respite Education & Support Tools) Companion Course next week in Pahrump and Tonopah. The Course is for anyone interested in meeting a crucial need by providing respite – or short-term temporary relief – for caregivers. REST will be held 8:30am – 5pm on July 17 in Pahrump, and July 18 in Tonopah. Register today for this free training! Contact Karen Caldwell-Weil at 775-687-4680 x123, or kweil@nrvsv.com. Lunch and materials provided at no cost. *Reach: 93*
- Alzheimer's Association Presents Care PRO. Attached Flyer. *Reach: 89 Likes: 3*
- REST Trainings in Ely and Caliente *Reach: 30 Likes: 2*
- Join Nevada Rural RSVP (Team Name) and others in the Walk to End Alzheimer's – September 22nd. To learn more go to: https://act.alz.org/site/SPageServer?pagename=walk_homepage *Reach: 53 Likes: 1*
- RSVP is part of Dementia Friendly Nevada *Reach: 64 Likes: 11 Shares: 2*
- RSVP is a proud member of the Nevada Lifespan Respite Care Coalition which promotes services and support for family caregivers in our community by promoting awareness and access to, as well as coordination and advocacy for, respite services in Nevada throughout the Lifespan. *Reach: 50 Likes: 2 Shares: 1*
- RSVP Offers Respite Care Program (Ad) *Reach: 93 Likes: 2 Shares: 1*
- RSVP's 2-day Seminar "We're All In This Together", held Sep. 12-13, helped to educate, engage and empower RSVP volunteers. The Event began with a Color Guard Presentation, followed by a line-up of excellent speakers with expertise in areas that include: Dementia Friendly Nevada, Elder Abuse, Alzheimer's, Sanford Center for Aging Geriatric Assessment Center, Veteran Suicide Prevention, United Way and Client/Volunteer Resources. *Reach: 60 Likes: 8*
- Rural RSVP Joined Alzheimer's Walk – September 22nd. Photos. *Reach: 60 Likes: 4*

2. DIGITAL NEWSLETTER – EMAIL CAMPAIGN

- April 18th Edition: sent to 265 subscribers

Article 1: RSVP is Dementia Friendly

RSVP is part of Dementia Friendly Nevada and provides services that are **informed, safe, respectful and inclusive** of persons living with dementia and their care partners. RSVP's Independent Living Programs such as transportation, companionship and respite care, are part of the relevant service connection that align with this Initiative. The Dementia Friendly America Initiative is catalyzing a movement to more effectively support and serve those who are living with dementia and their family and friend care partners. Nevada's Dementia Friendly Support Services include Alzheimer's Association of Northern and Southern Nevada, Access to Healthcare Network, Nevada Senior Services, Cleveland Clinic, Nevada Rural RSVP, and the Nevada Aging and Disability Services Division.

2

Article 2: Respite Care Changes Lives

RSVP's Respite Care Program gives regular breaks to exhausted and stressed caregivers who are caring for their loved ones. Caregivers are so busy taking care of others that they don't have time to take care of themselves. Knowing that their loved one is safe, supervised and in good hands is such a relief. Caregivers are then able to continue with their selfless care of another. Respite services benefit the caregiver and the care recipient who may be living with Alzheimer's disease and related dementias, disabilities, or a chronic condition. Respite care helps prevent premature institutionalization of the care recipients who are assisted to achieve their highest level of independence. RSVP's Respite Care program is offered at no cost and provided in the family's home. RSVP gratefully accepts donations. No one is turned away because of an inability to contribute.

Article 3: Respite Volunteers Needed!

RSVP seeks volunteers to serve as Volunteer Respite Workers to offer support to caregivers and their adult (age 18 and older) disabled or elderly family members including Veterans. Volunteers provide emotional reassurance, companionship, a safe environment and assistance that is so necessary for the homebound.

Volunteer Benefits:

Family members or friends that provide respite are eligible to participate as volunteers and are eligible for stipends and mileage reimbursement. Volunteer Respite Workers receive a stipend and mileage reimbursement. RSVP performs a background check on all prospective volunteers and provides training. Volunteer recognition and holiday events. Make a positive community impact! To volunteer or for more info, contact Karen Caldwell Weil, RSVP Lead Respite Coordinator, at 775-687-4680 x123

- May 25th Edition: sent to 264 subscribers

Article 1:

New Respite Commercial Shows Impact

RSVP is pleased to share its new commercial which is now airing on tv stations throughout the state. Respite care can make a huge difference in the life of a caregiver and their loved ones who may be living with a disability, Alzheimer's disease or other forms of dementia. RSVP's free respite provides support for caregivers of adults living with a disability, or living in dementia who are often stressed and need relief. Respite provides companionship to the care recipient at home and gives lifesaving breaks to exhausted and stressed caregivers.

Caregivers can self-identify a volunteer, such as: family members, or friends that provide respite, who are also eligible to participate as volunteers and receive stipends and mileage reimbursement. Volunteer Respite Workers receive a background check, stipend, mileage reimbursement, training...and the opportunity to make a real difference.

Article 2: Become a REST Companion on June 5th

Today, more than 90 million individuals in the U.S. provide care for an elderly parent, a spouse with healthcare needs, or child with disabilities, sometimes without support, according to Caregiving Action Network. Anyone interested in meeting a crucial need by providing respite – or short-term temporary relief

3

– for caregivers in their community can attend the upcoming REST (Respite Education & Support Tools) training course. The REST Companion Course is presented by RSVP in partnership with Disabled American Veterans (DAV) Carson City Chapter, and will be held in Carson City on June 5th, 8:30am – 4pm.

Those who complete the unique, interactive training program become REST Companions who provide short breaks for caregivers, who are caring for individuals with disability or healthcare needs. To register for this free training, contact Karen Caldwell-Weil, RSVP Respite Coordinator, at 775-687-4680 x123, or kweil@nrvsv.com. Lunch and Materials will be provided at no cost.

- June 19th Edition: sent to 262 subscribers

Article 1:

REST Companion Course Offered in Pahrump on July 17th

Anyone interested in meeting a crucial need by providing respite – or short-term temporary relief – for caregivers in their community can attend the upcoming REST (Respite Education & Support Tools) training course. The REST Companion Course is presented by RSVP and will be held in Pahrump on July 17th, 8:30am – 5pm. Those who complete the unique, interactive training program become REST Companions who provide short breaks for caregivers, who are caring for individuals with disability or healthcare needs.

To register for this free training, contact Karen Caldwell-Weil, RSVP Respite Manager, at 775-687-4680 x123, or kweil@nrvsv.com. Lunch and Materials will be provided at no cost.

- July 13th Edition: sent to 263 subscribers

Article 1:

RSVP Presents REST Trainings in Pahrump, Tonopah and Caliente

Anyone interested in providing respite – or short-term temporary relief – for caregivers in their community can attend the REST (Respite Education & Support Tools) training course presented by RSVP. REST Companions provide short breaks for caregivers, who are caring for individuals with disability or healthcare needs. To learn more go to: restprogram.org/. To register for this free training, contact Karen Caldwell-Weil, RSVP Respite Manager, at 775-687-4680 x123, or kweil@nrvsv.com. The training takes place from 8:30am – 5pm. Lunch and Materials provided at no cost.

Pahrump: July 17 - Nye Communities Coalition Campus, 1020 E Wilson Rd.

Tonopah: July 18 - Nye Communities Coalition Campus, 1 Frankie St.

Caliente: July 31 - United Methodist Church - Grey Hall - 140 Tennille St.

Article 2:

Alzheimer's Association Presents CarePRO

The Alzheimer's Association is offering a FREE five (5) week workshop for family care givers providing care for an individual living with Alzheimer's or related dementia. Care Pro is designed to assist care givers with the tools needed to plan for the future and provide support and care throughout the disease process.

Location: The Alzheimers Association: 1301 Cordone Ave., Reno ; Time: 10am – 12:30pm

Dates: July 31, Aug. 14, Aug. 28, Sep. 11, Sep. 25; For registration information please contact Denise Hund at 775.786.8061 or email Denise at dhund@alz.org

4



RSVP Dementia Friendly Marketing & Media Projects **As of 4.10.18**

1. Fact Sheet: RSVP Improves System of Care for a Dementia Capable System
2. PowerPoint: RSVP Dementia Friendly – Support Services
3. RSVP Brochure: Dementia Friendly Program
4. Flyer: Dementia Friendly Support Services
5. Social Media: Facebook Posts

○ **2/20/2018 – Message:**

RSVP is a valued partner in the Dementia Friendly Nevada Initiative. RSVP's Programs such as transportation and respite care, help individuals with dementia remain independent for as long as possible. RSVP promotes communities that are informed, safe, respectful and inclusive of persons living with dementia and their care partners. <https://changingaging.org/ca-tour/nevada-goes-dementia-friendly-statewide/>

Reach: 253 Likes: 6 Shares: 4

○ **3/9/2018 - Message:**

RSVP is part of Dementia Friendly Nevada and provides services that are informed, safe, respectful and inclusive of persons living with dementia and their care partners. <http://www.dfamerica.org/>

Reach: 111 Likes: 1 Shares: 3

Appendix L:



You are invited to attend:

“Friends Day Out”

Featuring Java Music Club

For Caregivers and their Loved Ones

The weekly events will be on Tuesday’s at The Terrace at Ruby View
Active Lifestyle Center 1795 Ruby View Drive, Elko

For Details call: RSVP (775) 687-4680 x 123 visit www.nevadaruralrsvp.org

Space is limited please register today!

- Caregivers need regular breaks and loved ones being cared for need a day out to have fun and interact with other people.
- “Friends Day Out” provides this opportunity each week.
- Registration is required, Volunteers Needed. Class is Free with a suggested donation of \$3 for lunch. Afternoon refreshments included.

11:30am -12pm – arrive at Terrace at Ruby View and enjoy lunch (suggested donation \$3.00)

1:00 pm - 1:15 pm – break

1:15 pm – 2:45 pm – Java Music Club

Sing songs, enjoy photographs and participate in group conversations on exciting topics, pass Aboriginal “talking stick” which stimulates the mind and encourages people to share their thoughts and feelings.

2:45 pm – 3:00 pm break with refreshments

3 pm – 4 pm – Activities

Activity may include exercise such as chair yoga, resistance exercise training, walking etc. based upon individuals abilities and preferences.

Coffee, tea, water and cookies provide at no charge.

Appendix M:

The Aging and Disability Services Division is pleased to present the following training for Division Staff and Invited Guests:

Overview for Aging and Intellectual Disabilities:
Understanding similarities and differences between the aging process and addressing safety and abuse concerns

Presented by Dr. Rebecca Arvans, Ph.D., BCBA-D

August 20, 2018

Highland Village Estates

2870 Ruby Vista Drive

Media Center, 3rd Floor

Elko, NV 89801

8:30 am – 12:30 pm

No Cost

Light breakfast will be provided

Learning Objectives

After having participated in this workshop, participants will be able to:

- ◆ Distinguish between normal aging and pathological aging.
- ◆ Define 'Intellectual Disability' and identify aging patterns for Down Syndrome.
- ◆ Discuss the importance of a lifespan approach to healthy aging.
- ◆ Discuss health challenges and concerns for adults with Intellectual Disability across the lifespan.

REGISTER NOW! SPACE IS LIMITED!

RSVP to <http://www.ntgdementiatraining.myevent.com/>

CONTINUING EDUCATION CREDIT: This training has been submitted to the Nevada State Board of Examiners for Social Workers, Nevada Board of Examiners for Marriage and Family Therapists, and State of Nevada Board of Psychological Examiners to provide FREE general continuing education credits.



Appendix N:

SAVVY CAREGIVER TRAINING

An education program presented by the Alzheimer's Association®



Based on research by experts, this one day six hour course will provide clinical-level training for family caregivers. Improve your knowledge, approach, skills and outlook. Gain the confidence to set and achieve caregiving goals. Learn strategies to manage stress, make decisions, and manage activities of daily living. The Savvy Caregiver Training Program provides face to face training with dementia experts and a caregiver's manual.

Friday, November 16, 2018
9 a.m. to 3 p.m.

The Terrace at Ruby View
Technology RM
1795 Ruby View Dr.
Elko, NV 89801

Registration Required. Contact Heidi Slater at 775.786.8061 or heslater@alz.org

Lunch provided

alzheimer's association®

Visit alz.org/CRF to explore additional education programs in your area.

alzheimer's association®

Behavioral Care and Dementia Needs: SB 121 Committee Listening Session



Tuesday, March 20th, 2018

Department of Public & Behavioral Health
Conference Room 303
4150 Technology Way,
Carson City, NV 89706

In partnership with the State of Nevada Aging and Disability Services Division and the Department of Public & Behavioral Health the Alzheimer's Association is proud to host a Listening Session about the behavioral and cognitive care needs of older adults in Nevada. Testimony from family caregivers and professionals will be heard about the unique challenges the issues pose.

*Additional video-conferencing locations to be determined.



SCHEDULE:

9:30 a.m. Registration Begins and Refreshments
10 a.m. Welcome and Introductory comments
10:30 a.m. Public Comment - Identified testimony from Rural and Urban community members
11:15 a.m. Response from Aging and Public Health Officials
11:30 a.m. Response from Policymakers
Noon Close

→ Registration is Required
→ Please RSVP to Anakaren Lamas at 775.786.8061 or alamas@alz.org

Made possible with support from



800.272.3900 | alz.org

Appendix O:

Free training to provide tools for those caring for loved ones with Alzheimer's, dementia

By Gabrielle Irvin
Alzheimer's Association

To help empower family caregivers to succeed in the caregiving role, the Alzheimer's Association of Northern Nevada is offering Savvy Caregiver Training, a six-week course designed to provide clinical-level training for family caregivers in order help them (1) improve their knowledge, approach, skills and outlook, (2) gain the confidence to set and achieve caregiving goals and (3) learn strategies to manage stress and make decisions.

"The training acknowledges the myriad of stresses that can be associated with caregiving, and how mediators such as increased knowledge, skills and attitudes, combined with stable resources including financial, family and community support, can lead to decreased caregiver distress and increased rewards, thus achieving the goal of caregiving," said Niki Rubarth, regional director of the Alzheimer's Association of Northern Nevada.

Nearly 45,000 people in Nevada aged 65 and older currently live with Alzheimer's disease — one-third of these individuals live in Northern Nevada. Nevada is the second most rapidly aging state in the United States, with the number of those affected predicted to rise to 64,000 by 2025.

Approximately 149,000 people in Nevada provide care and support for people living with Alzheimer's or dementia. As the population ages, the increase in these statistics will result in a corresponding rise in caregivers — typically unpaid family caregivers — who will shoulder the responsibility of caring for loved ones as the disease progresses.

Alzheimer's disease is the most common form of dementia, a general term for memory loss and other



Carson City resident Barbara Singer with her mother, Eve.

COURTESY

cognitive impairment serious enough to interfere with daily life. Alzheimer's disease is not a normal part of aging.

Care for a person living with Alzheimer's or dementia can take many forms, from help with transportation to administering medications, bathing, dressing and feeding. According to data from the 2016 Behavioral Risk Factor Surveillance System (BRFSS), in Nevada, more than half of all adults providing unpaid care to loved ones with Alzheimer's or dementia have been doing so for at least 2 years, and nearly 40 percent (compared to a national average of 30 percent) of those caregivers provide 20 or more hours of care each week. BRFSS findings also indicate that caring for someone with Alzheimer's or dementia creates physical and mental health problems for the caregivers, as one in eight caregivers report frequent physical distress and 22.9 percent report experiencing depression. Family caregivers play an essential role in helping people with Alzheimer's disease remain

engaged and active in the community, while avoiding or delaying institutional placement, but often to the detriment of their own health.

Barbara Singer, long-time Carson City resident, has been touched by Alzheimer's disease, as her mother — and three of her mother's siblings — lived with Alzheimer's disease. Singer enrolled in the Savvy Caregiver Training course last year to develop strategies to address the differing behaviors of a person living with Alzheimer's disease, and to learn about self-care techniques.

"I signed up to take the Savvy course because I wanted to find out ways to help my mom and her siblings," Singer said. "I needed ideas and techniques. Also, I facilitate two support groups and I wanted to increase my knowledge to help them. My uncle who lives in Maine took the Savvy course and said it really helped him, so he encouraged me to take it."

The training, which has been described as offering professional-level training for the non-professional, uses occupational therapy approaches to assess the

functioning of the person with the disease, and helps caregivers match their approach to that level with more self-confidence and a heightened sense of value and self-worth.

"While research continues to focus on ways to stop, slow, prevent or cure Alzheimer's disease, much of the responsibility for helping people with dementia, preserving their sense of identity, autonomy and quality of life, while avoiding institutional placement, lies with caregivers," said Rubarth. "Ensuring the health and well-being of caregivers is high on our list of priorities, and giving caregivers the skills and strategies they need and can rely upon to feel a sense of mastery of the caregiving role is just as important."







Free Savvy Caregiver Training will be offered at the Carson City Senior Center, 811 Beverly Drive, starting June 13. For information about dates and times, or to register, call 775-786-8061, or email heslater@alz.org. For additional information and resources, call the Alzheimer's Association of Northern Nevada's 24/7 help line at 1-800-272-3900.

CLINT'S STORY - CHAPTER 3

Appendix Q:

NEVADA

DEMENTIA FRIENDLY - SUPPORT SERVICES

<p style="text-align: center;">ALZHEIMER'S ASSOCIATION OF NORTHERN AND SOUTHERN NEVADA</p> <div style="text-align: center;">  </div> <p style="text-align: center;">24/7 Helpline 1-800-272-3900 www.alz.org</p> <p style="text-align: center;">Person Living With Dementia Support Services</p> <ul style="list-style-type: none"> • Early-Stage Engagement Activities <p style="text-align: center;">Person Living With Dementia & Caregiver Support Services</p> <ul style="list-style-type: none"> • EPIC (Early-Stage Partners In Care) • Care Consultations • Education Workshops • Support Groups: Person Living With Dementia, Early Stage <p style="text-align: center;">Caregiver Support Services</p> <ul style="list-style-type: none"> • CarePRO (Care Partners Reaching Out) • Respite Voucher Services • Support Groups: Caregiver <p style="text-align: center;">Other Support Services</p> <ul style="list-style-type: none"> • Safety Net: Medic Alert/Safe Return, First Responder Trainings 	<p style="text-align: center;">CLEVELAND CLINIC LOU RUVO CENTER FOR BRAIN HEALTH</p> <div style="text-align: center;">  </div> <p style="text-align: center;">www.keepmemoryalive.org/socialservices www.healthybrains.org</p> <p style="text-align: center;">Person Living With Dementia & Caregiver Support Services</p> <ul style="list-style-type: none"> • Lunch and Learn—Phone: 702-778-6702, email: louruvosocialserv@ccf.org • Frontotemporal Disorders—email: familyservicesNV@ccf.org • Huntington's Disease—Contact Donna, phone: 702-483-6035, email: municd@ccf.org • Memory Loss for Caregivers—Contact Donna, phone: 702-483-6035, email: municd@ccf.org • Parkinson's Disease—Contact Samuel, phone: 702-701-7929, email: hicksos@ccf.org • Counseling Services—email: familyservicesNV@ccf.org • Lynne Ruffin-Smith Library—Phone: 702-483-6033, email: louruvolibrary@ccf.org • Art & Education Offerings—Phone: 702-778-6702, email: louruvosocialserv@ccf.org <ul style="list-style-type: none"> -Art Explorations-Art Therapy -Conversations to Remember -The Learning Arts -Music Therapy-Respite -Healthier Living -Powerful Tools for Caregivers
<p style="text-align: center;">ACCESS TO HEALTHCARE NETWORK</p> <div style="text-align: center;">  </div> <p style="text-align: center;">www.accesstohealthcare.org/ 1-877-861-1893</p> <p style="text-align: center;">Provides services through Northern NV Aging and Disability Resource Centers (ADRCs)</p>	<p style="text-align: center;">NEVADA SENIOR SERVICES</p> <div style="text-align: center;">  </div> <p style="text-align: center;">www.nevadaseniorservices.org</p> <p style="text-align: center;">Person Living With Dementia & Caregiver Support Services</p> <ul style="list-style-type: none"> • Adult Day Care: Las Vegas 702-648-3425, Henderson 702-368-2273 • Nevada Care Connection Resource Center: 702-364-2273 or 844-850-5113 • New Pathways Café (Early Memory Loss Program): 702-333-1538 • Connections (Moderate Memory Loss Program): 702-333-1538 • Respite Care & Support Program: 702-333-1599 <p style="text-align: center;">Caregiver Support Services</p> <ul style="list-style-type: none"> • Caregiver Support Groups: Las Vegas 702-648-3425, Henderson 702-368-2273 • BRI (Benjamin Rose Institute on Aging) Care Consultation: 702-364-2273 or 844-850-5113 • RCI (Rosalynn Carter Institute for Caregiving) REACH (Resources Enhancing Alzheimer's Caregiver Health): 702-364-2273 or 844-850-5113 • Skills2Care: 702-364-2273 or 844-850-5113 • Caring for You, Caring for Me: 702-364-2273 or 844-850-5113
<p style="text-align: center;">NEVADA RURAL RESPITE SERVICES</p> <div style="text-align: center;">  </div> <p style="text-align: center;">www.nevadaruralsvp.org/ 775-687-4680 x123</p>	<p style="text-align: center;">NEVADA AGING AND DISABILITY SERVICES DIVISION</p> <p style="text-align: center;">http://adsd.nv.gov/</p> <div style="text-align: right;">  </div> <p>Regional Centers provide Federal—Home & Community Based Waivers, Counseling, Employment Services, Family & Residential Support, & Service Coordination for individuals throughout the lifespan.</p> <p>Provides support and services to children and adults with intellectual disabilities or related conditions.</p> <ul style="list-style-type: none"> • Desert Regional Center: 1391 S. Jones Blvd., Las Vegas 702-486-6200 or 702-486-7850 • Rural Regional Center: 1665 Old Hot Springs Rd., Ste. 157, Carson City 775-687-5162 • Sierra Regional Center: 605 S. 21st St., Sparks 775-688-1930 • Elko: 1825 Pinion Rd, Ste. A 775-753-4236 • Fallon: 131 N. Maine St. 775-423-0347 • Silver Springs: 3595 Highway 50 West, Ste. 3 775-577-4077 • Winnemucca: 475 W. Haskell, Ste. 3 775-623-6593