

Nevada

“Dementia Friendly Nevada”

SEMI-ANNUAL REPORT APRIL 30, 2019

*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 October 1, 2018 to March 31, 2019. 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.

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 Dementia Supports Tool Box for people living with dementia and their care partners. The four defined service gap areas remain a focus of this project and include:

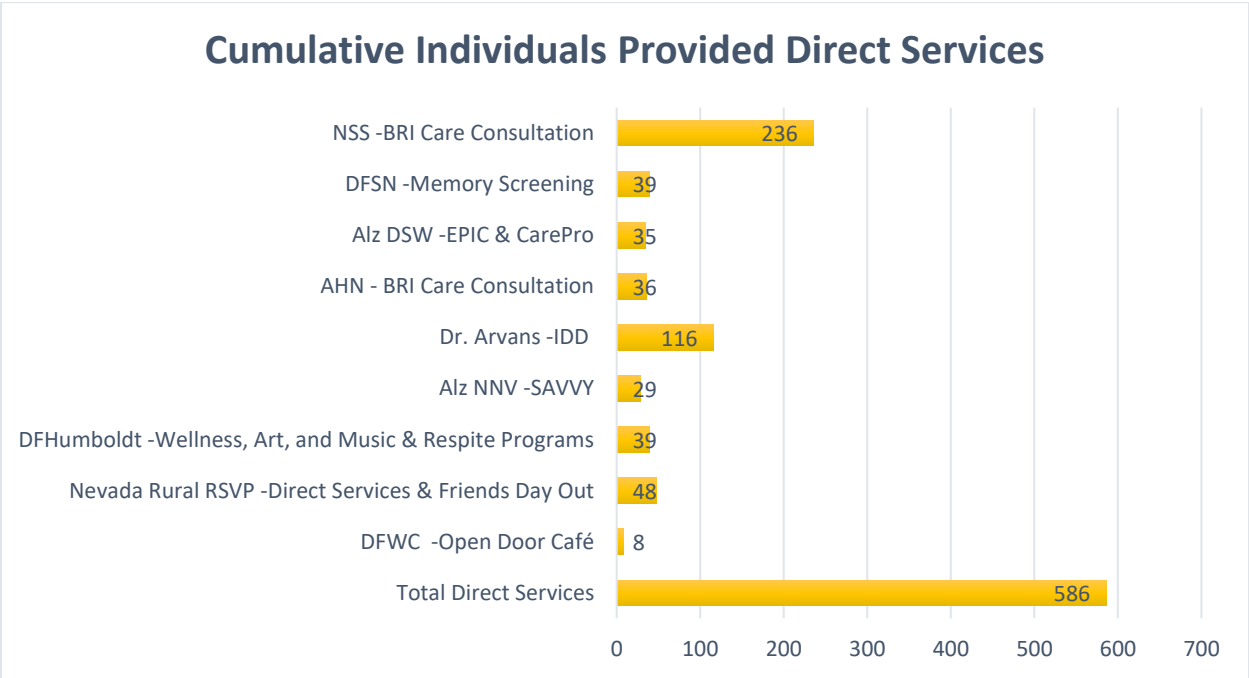
- 1) Provision of effective supportive services to persons living alone with ADRD in the community;
- 2) Provision of effective care/supportive services to persons living with moderate to severe impairment from ADRD and their caregiver;
- 3) Improvement of the quality and effectiveness of programs and 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 table identifies ADSD’s partners and roles in this project:

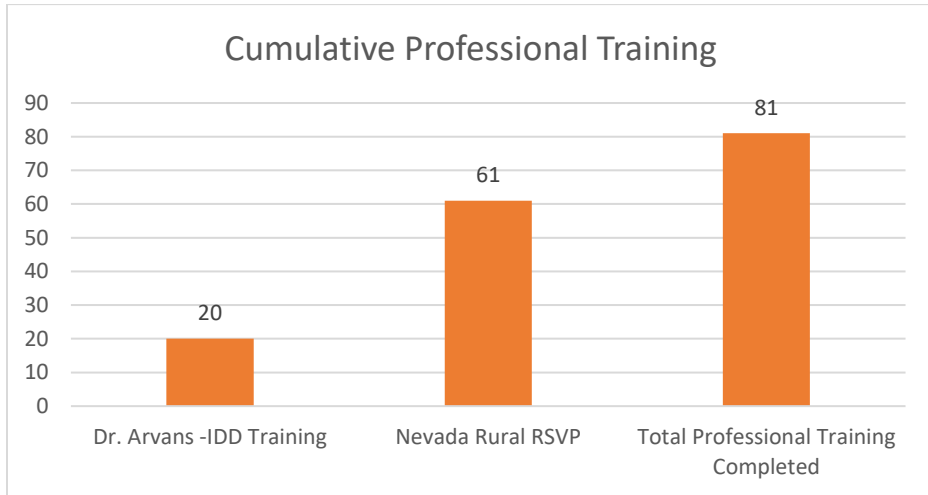
	Organization	Role
EVIDENCE-BASED SERVICE DELIVERY	Alzheimer’s Associations Southern Nevada and Northern Nevada	Northern and Southern Chapters: Service Delivery, Rural outreach, Dementia Friendly Support, recruitment and expansion of existing programs. Implement Evidence-based service delivery programs to support Nevada dementia friendly communities and address gap areas. Delivery of the <i>Early Stage Partners in Care (EPIC)</i> in Southern Nevada and <i>Savvy Caregiver</i> in Northern Nevada. The Northern Alzheimer’s Association assists in the facilitation of Washoe County CAG meetings. A staff member co-facilitates and ensures representation in the CAG including participants from community sectors, people living with dementia/Alzheimer’s and their care partners. In October 2018, Southern Nevada Alzheimer’s Association began assisting in the facilitation of the Pahrump and Southern Nevada CAGs.
	Benjamin Rose Institute on Caregiving (BRI) Rosalynn Carter Institute for Caregiving (RCI) Access to Healthcare Network (AHN) and Nevada Senior Services. Nevada Senior Services (NSS)	BRI/ RCI Care Consultation is an Evidence-based phone information and support services integrated with two (2) of the four (4) Aging and Disability Resource Centers (ADRC) in Nevada, representing direct community relationships in Northern and Southern Nevada. This improves the knowledge and locality of services in communities, a direct aim of <i>Dementia Friendly America</i> activities. AHN: Northern and Rural Nevada ADRC. Delivers the BRI Care Consultation in (Elko, White Pine, Eureka, Lander, Humboldt, Pershing, Washoe, Carson City, Douglas). NSS: Southern Nevada’s ADRC. Delivers the BRI Care Consultation in Southern Nevada (Clark, Lincoln, Nye, Esmerelda).
	UNR Nevada Reno, School of Community Health Science	CAG Facilitator guides and documents groups in each of the targeted communities toward envisioning community goals, developing localized activities to support the aims of the initiative, and reflecting on progress and impacts.
COMMUNITY ACTION GROUP/ COMMUNITY SUPPORT	UNR - Sanford Center for Aging (SCA) Program Evaluation	Program Evaluation and actively assists in the implementation of Nevada’s dementia-capable system efforts. SCA also holds the Dementia Friends training license and provides a master trainer for the program.
	Dementia Friendly Communities (6) Community Action Group (CAG) <i>Note: updated to six (6) in 2018</i>	Improve community ability to support those with cognitive impairment and their care partners. Communities are 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 Dementia Supports Tool Box; developing resources identified and needed in the community; and support groups.
	Cleveland Clinic Lou Ruvo Center for Brain Health (CCLRCBH) Las Vegas	Develop Marketing and Training resources supporting Dementia Friendly Communities selected in the project, using feedback from 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 resources will assist communities and improve utilization of existing programs.

	Nevada Rural RSVP (16 of Nevada 17 Counties)	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.
LEGISLATIVE	Task Force on Alzheimer’s Disease (TFAD)	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.

Dementia Friendly CAGs and partners are actively engaged in providing direct services to persons with dementia and family members. These services are provided through various programs. Below is a chart that provides a snapshot of the number of people who received direct services through this project through this reporting period.



A few Dementia Friendly partners are actively training professionals to assist in educating their communities about dementia. The chart below displays how many individual professionals have been trained cumulatively.



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

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 Soome, in achieving Dementia Friendly goals.

The two new CAGs funded in 2018 are developing awareness and interest in Dementia Friendly initiatives with the purpose of 1) engaging 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 CAG 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 CAG 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 CAG 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. CAGs consist of sector-specific representation as well as persons with dementia and caregivers, to ensure voices of the CAG are representative of the community.

Activities and Accomplishments

All activities continue to assist ADSD reach its defined goals and objectives, which include:

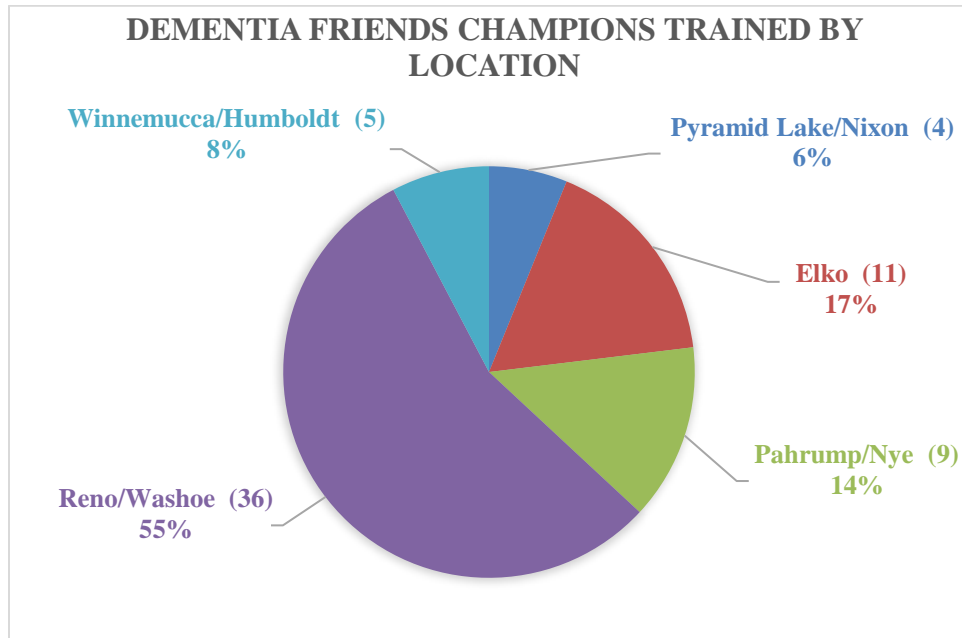
<p>Objective 1: Foster the development of a ‘Dementia-Friendly Nevada’ (DFN) by initiating community action groups in six (6) targeted areas throughout the state, aimed at transforming the culture of dementia in those communities, enabling conversation and participation by all citizens, especially those living with dementia and their care partners.</p> <p>Outcome Measure: Demonstrate increase in the level of services in each funded community for Nevada’s Dementia Supports Tool Box service programs and/or related dementia services (Adult Day Care, Respite Services, etc.). Source of information (SAMS, program participants, 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 CAG • Determination of each CAG set of goals • Identify specifics for each CAG <ul style="list-style-type: none"> ○ One consistent goal to expand delivery of Nevada Dementia Supports Tool Box programs ○ Determination of what ‘success’ looks like to CAG on each goal (to create measurable outcome) ○ Specific to each CAG, CAG 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 <p>Quality of interaction between CAG 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</p>
<p>Objective 3: Enhance the reach and spread of Nevada’s Dementia Supports Tool Box of available programs by making available for community action groups referring clients into existing Evidence-based care programs.</p> <p>Outcome Measure: Pre- and Post-Survey: Increase percentage of referrals and Tool Box program participants from each CAG community. Source of information (SAMS, ADRC Tracking).</p>

Dementia Friends

The Sanford Center for Aging (SCA) obtained the *Dementia Friends* sublicense for Nevada in January 2018. Holding a sublicense for Nevada allowed SCA to train *Dementia Friends* Champions in all six (6) of the Dementia Friendly Nevada CAG 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 *Dementia Friends* information sessions data and reporting data to SCA. Data includes client level (age, race, ethnicity, etc.) and pre/post knowledge change survey.

Since the purchase of the *Dementia Friends* sublicense through the end of this reporting period on 3/31/2019, all six (6) CAGs held *Dementia Friends Champions* trainings, sixty-five (65) *Dementia Friends Champions* were trained cumulatively, totaling over 227 hours of training. Of the sixty-five *Champions* trained, two (2) identified themselves as a person living with dementia, and twelve (12) identified themselves as a caregiver.



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

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

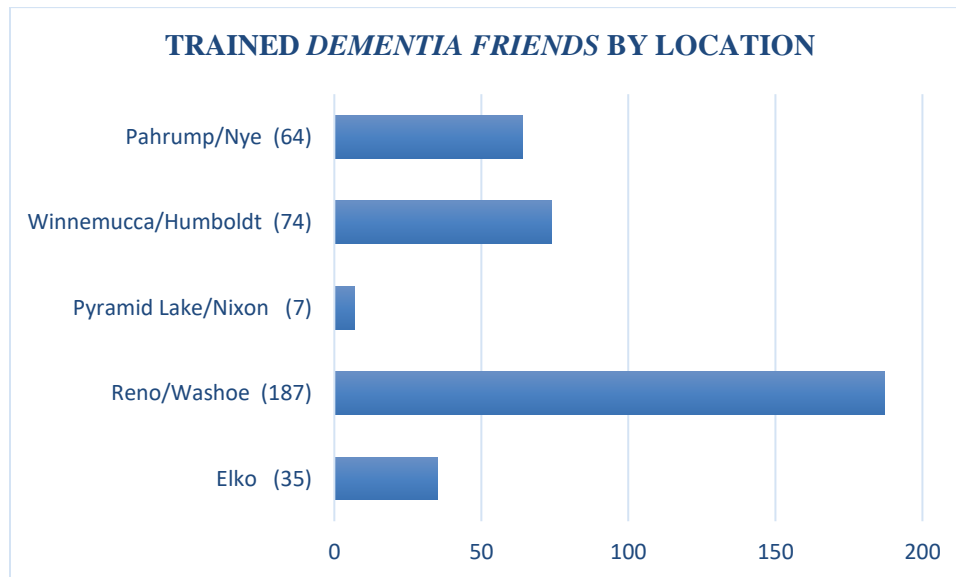
is helping everyone in a community understand what dementia is and how it affects families, allowing each person to make a difference for people touched by dementia. Each CAG was asked to list priority delivery sites for their respective communities. Below is a snapshot of each CAGs *Dementia Friends* training delivery goals:

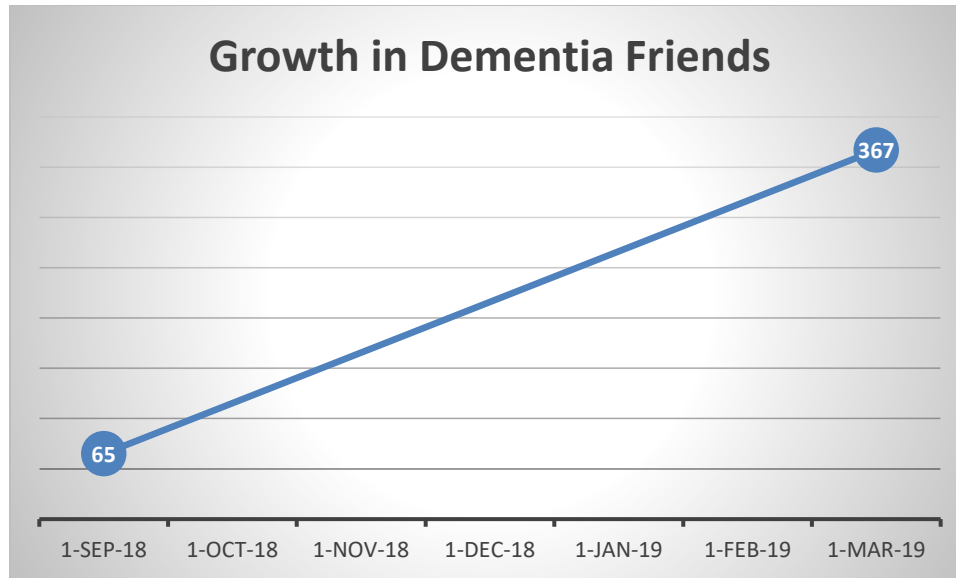
Elko	Community businesses, institutions, medical community, faith-based community, family and caregivers of persons with dementia, Faith based community, friends, EMS, teens, Own office, Homeowner's association, seniors
Winnemucca	All interested residents, age and dementia friendly team members, businesses, 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, local business organizations, 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*, SCA also provides on-going technical assistance. SCA continues to assist 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. However, the overall goal is to enable the CAGs to become self-reliant in running the *Dementia Friends* training sessions and allow SCA to assist only as needed. SCA worked 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. SCA has prepared all training materials, set up master training meetings, organized the agenda and provided promotional material for the upcoming training. In addition, SCA has prepared new and culturally appropriate resources for youth and Native American populations.

Dementia Friends Sessions

Twenty (20) *Dementia Friends* sessions have been conducted by CAGs this reporting period (Winnemucca 4, Washoe 13, Pahrump 3), with a grand total of 29 sessions conducted since the program was purchased. Three hundred sixty-seven (367) participants have attended *Dementia Friends* sessions. Of the three hundred sixty-seven *Dementia Friends* participants, ninety-two (92) identified as caregivers and three (3) persons identified as living with dementia attended a *Dementia Friends* session. *Dementia Friends* training increased an astounding 464% from 4/1/2018 through the end of the current reporting period 3/31/2019. This increase indicates the high level of commitment and effort CAGS and SCA have dedicated to this program. CAG facilitators/co-facilitators understand educating their communities is vitally important, and volunteer personal time, energy, and resources to provide this training and truly serve individuals and families.





Pre and post surveys are collected at each *Dementia Friends* session to measure the level of increase in knowledge resulting from attending the session. Utilizing only those cases where participants completed both the pre and post knowledge survey, it was found that the program is very effective in increasing the overall knowledge of dementia, a goal of several communities.

Information collected from the *Dementia Friends* survey indicated

- 93.7% of attendees strongly agreed or somewhat agreed their awareness of Alzheimer’s Disease and other dementias increased;
- 94.6 % 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;
- 95.1 % of respondents strongly agreed / somewhat agreed they were inspired to offer support and be a friend to someone living with dementia;
- 95.2% of respondents strongly agreed / somewhat agreed they were likely to adopt dementia friendly practices in their personal / professional life;

- 51.7% reported they were going to get in touch / stay in touch with someone they knew living with dementia;
- 69.3% reported they would support dementia friendly efforts within their community;
- 31.8% reported they would volunteer for an organization that helps people with dementia;
- 46.6% reported they would encourage a friend to become a dementia friend;
- 59.7% reported they would carry out a personal action regarding individuals living with dementia; and
- 23.9% reported they would ask their doctor for a cognitive assessment during their annual physical exam.

Community Awareness Training (CAT Training)

The Southern Nevada CAG has developed Community Awareness Training (CAT) for the Business Community, inspired by *Dementia Friends* and the Orange County North Carolina model, modified to meet the needs of the Southern Nevada community. The materials were developed by professional and community leaders who are part of the Southern Nevada CAG. They have completed the test phase for the CAT materials and are actively conducting outreach to schedule business presentations.

In fall 2018, the Southern Nevada CAG held five CAT test presentations at various locations including AARP and Caesars Entertainment. Attendees offered positive comments about the materials and indicated the information would be helpful in a business setting. The feedback received was overwhelmingly positive. Participants particularly resonated with the personal stories shared to illustrate key points. Areas for improvement were documented and incorporated into the final version of the training. Two test sites out of four made contact for follow up sessions. Caesar's Entertainment scheduled additional training in 2019.

Using the template from the business presentation, a faith-based community module was developed. As of March 2019, the Southern Nevada CAG is looking to schedule test sessions at three (3) to four (4) faith-based communities. Two sites have been identified to serve as test sites for the faith-based module, with this phase anticipated to be completed by Spring 2019.

Measurable Outcomes and Products Created to Meet this Objective

Community Action Group Summaries

CAG (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**. CAGs established priority areas and goals based on the analysis of the community needs assessment surveys completed for each community. CAGs are in the process of implementing goals and expanding the reach of Dementia Friendly initiatives throughout their communities. All CAGs received *Dementia Friends Champions* trainings and are actively offering the training in their respective communities.

TRAININGS
<i>Dementia Friends</i> – 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 in 2018.
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.
Living Alone with Alzheimer’s: A Solutions Summit – The event aimed to educate and share best practice about how people are living alone with cognitive impairment and convened colleagues from the field who have developed supportive solutions. The Summit took place in Las Vegas and Reno in January 2019.
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.

GENERAL ACTIVITY
Dementia Friendly Communities – pilot six (6) communities.
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.
Dementia Friends Trainings – Six (6) CAGs received <i>Dementia Friends</i> training from SCA. CAGs have and continue to deliver trainings to increase awareness of dementia and gain skills necessary to create Dementia Friendly organizations in their communities.
Memory Screening - Dementia Friendly Southern Nevada conducted two memory screenings: Doolittle Senior Center (10/16/2018) and Christ Church Episcopal (11/13/2018). Cleveland Clinic Lou Ruvo Center for Brain Health Psychologist, Dr. Donna Munic-Miller, trained 32 second-year nursing students from the College of Southern Nevada to perform the Brief Alzheimer’s Screen (BAS) Test. The nursing students screened 72 people and identified 7 people meeting the criteria for further cognitive testing recommended with a healthcare professional. After the BAS Test, participants were given the opportunity to visit stakeholder information booths: Alzheimer’s Association, Nevada Senior Services, Aging and Disability Services Division, and the Cleveland Clinic Lou Ruvo Center for Brain Health. A 6-Month Follow-Up survey will be conducted to those consenting to a phone call to measure the effectiveness of the community memory screening, dementia awareness campaign.
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 https://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 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

Outreach and Collaborations

ADSD continues to present project updates at community events including the Task Force on Alzheimer’s Disease (TFAD); Southern Nevada, Washoe County, Elko, Winnemucca, Pahrump, and Pyramid Paiute Dementia Friendly Nevada monthly meetings; regional planning groups; Dementia Friendly Nevada Statewide Workgroup; and to ADSD partners. Dr. Jennifer Carson, DFNV CAG Facilitator, also presented an overview of the Dementia Friendly Nevada Project at the *Caregiver Conference: Supporting the Well-Being of Residents Living with Dementia* in both Las Vegas (February 7th) and Reno (February 19); for more information see <https://med.unr.edu/calendar/2019/caregiver-conference-x31082>. In Las Vegas, 192 attendees and 118 attendees in Reno attended the presentation, providing valuable insight on DFNV activities throughout the State of Nevada. Additionally, Dr. Carson and Sunadda Woodbury, Dementia Friendly Projects Coordinator, participated in the Tribal Consultation Meeting on April 10, 2019 and presented information and overview of Dementia Friendly Nevada, as well as highlighted the ongoing work and activities of the Pyramid Paiute Pesa Sooname CAG. The presentation generated interest for future involvement by other tribal councils.

Challenges and Responses

Addressing CAG Challenges

Many challenges the CAGs currently face are related to growth and volunteer recruitment. As CAGs continue to expand efforts, they must also effectively meet 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 meetings are facilitated by ADSD and held every other month. Challenges and responses addressed during this reporting period are outlined in the following table.

CHALLENGES SPECIFIC TO EACH CAG	
CHALLENGES	RESPONSES
<p><u>Pahrump CAG:</u> Finding a consistent meeting space with appropriate technology.</p> <p>Establishing consistent membership.</p>	<p>Dementia Friendly Pahrump utilizes two venues for monthly meetings. The Pahrump CAG is looking to secure a permanent location at the Valley Conference Center in Pahrump.</p> <p>Membership attendance varies and they are developing a plan to recruit new family care partners/persons living with dementia couples to attend CAG meetings. They also need to reschedule the date and time of its meetings, as Rural Nevada Friends Day Out is scheduled at the same time.</p>
<p><u>Winnemucca CAG:</u> Establishing the appropriate venues to disseminate information about events and dementia educational materials.</p>	<p>Dementia Friendly Winnemucca continues to attempt advertising events in: newspapers, local magazines, radio, flyers, and word of mouth.</p>
<p><u>Elko CAG:</u> Finding volunteers to run the CAG program Friends Day Out.</p> <p>CAG member participation has declined in recent months due to various individual reasons.</p>	<p>Dementia Friendly Elko partnered with NV Rural RSVP to host a volunteer recruitment event for Friends Day Out. Unfortunately, the event was poorly attended due to inclement weather. Thus, volunteer recruitment is still an issue.</p> <p>Dementia Friendly Elko conducted a Doodle Poll to assess different dates and times to hold meetings. A new meeting time was held. This didn't seem to alleviate the issue. Thus, they are back to the original time and are working on a recruitment strategy.</p>
<p><u>Washoe CAG:</u> The Washoe CAG has strong representation at its meetings from the aging services sector and persons living with dementia. However, they would like to see more diversity among the members, specifically from the Hispanic/Latino community.</p>	<p>In order to address this challenge a Spring Social event was held to intentionally recruit a more diverse membership.</p>

<p>Pyramid Lake CAG: Due to the smaller population in Pyramid Lake, there is always a barrier in recruitment of additional CAG members. Pyramid Lake consists of three counties, all located approximately 20 minutes away, therefore consistent attendance is a struggle. The Pyramid Lake CAG is having difficulty engaging the various tribal departments to attend meetings and participate in planning events.</p>	<p>In order to address low CAG members attending meetings, the meeting time was changed. While this did enable them to engage more of the elders, it isn't a good time for the clinic team or social services. The Pyramid Lake co-facilitators spoke with the new tribal chairperson to discuss the need for more collaboration across tribal departments. He agreed to personally encourage other tribal departments to participate in future meetings.</p>
<p>Southern Nevada CAG: The Southern Nevada CAG is having a difficult time trying to find locations to hold memory screenings.</p> <p>There is also an issue with trying to find qualified people to do the memory screenings. Trained nursing students are restricted to one community event per school semester.</p>	<p>To identify additional locations for memory screenings, the Southern Nevada CAG is holding radio interviews with local podcast stations (i.e. PHLV Radio, Communities for Better Health, etc.). The strategy to combat this challenge is to train additional nursing students from different colleges (Nevada State College, Roseman University, UNLV, and CSN School of Nursing).</p>

CHALLENGES FOR ALL NEVADA CAGS	
CHALLENGES	RESPONSES
<p>Finding space to hold <i>Dementia Friends</i> 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 its umbrella policy, making it difficult to find a venue that does not have such a requirement.</p> <p>Volunteers require workman compensation insurance on liability insurance which can be an issue for community action groups or sponsoring organizations.</p>	<p>The Dementia Friendly Statewide Workgroup keeps this issue in its ongoing discussion, which ties in closely with sustainability of Dementia Friendly Nevada. Identifying a structure, or supported by a structured framework or organization (such as becoming 501(C)3 non-profit organization or being sponsored by an organization without potential undue influence in the outcomes), the insurance coverage and volunteer insurance issue could be resolved.</p>
<p>Recruiting and retaining volunteers needed to carry out many of the functions of the CAGs. Volunteers are utilized to provide <i>Dementia Friends</i> 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.</p>	<p>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 <i>Dementia Friends</i> presentations.</p>
<p>CAGs experienced low attendance at meetings during the summer months.</p>	<p>This is often CAG and region specific but there is a noticeable seasonal decline in participation.</p>
<p>One challenge with the <i>Dementia Friends</i> training is its limitations for follow up in “changes made in the community”, a question posed on the <i>Dementia Friends</i> 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.</p>	<p>Jennifer Carson, University of Nevada Reno School of Community Health Science 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.</p>

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 dementia friendly goals. Community Assessment surveys are closed and complete for all CAGs. 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 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. During the reporting period 10/1/2018-3/31/2018 CAGs continued to develop goals and enhanced plans with meaningful activities.

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. For 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.

During the current reporting period, the CAG successfully held five Open-Door Café’s since October 2018 and has secured the Lake Mansion to hold Open-Door Café’s on the third Thursday of each month. Participation in the five Open Door Cafes has increased from 18 to 22 participants to between 20-25 participants. The Open Door Café is co-chaired by members other than the co-facilitator for the CAG. One of the current co-chairs is a member that is living with dementia. This helps to distribute leadership and build capacity. The Open Door Café action team also receives additional support from the Dementia Friendly Nevada VISTA volunteer.

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 Dementia Supports Tool Box programs, and plan new opportunities.

SCA (Sanford Center for Aging) conducted a focus group in October of 2018 in order to evaluate the Open Door Café. This report was used to make improvements to the program (e.g., differently formatted icebreakers, activities, and food). It was also discovered that participants desired more structured peer support opportunities. In order to achieve this, the Dementia Friendly Washoe County requested and received additional funding to purchase the Java Music Club. This program will be implemented during the upcoming summer of 2019, with plans to be held at a local library on a weekly basis.

Additionally, the main theme developed during the focus group was how appreciative the participants were for the opportunity to socialize with others who also understood the intricacies of the disease and thus were able to move beyond the normal ‘getting to know what to expect’ quicker and on to more ‘normal’ things. It was also mentioned several times how important being able to socialize was to the participants.

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 its 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 purchased Java Music Club, which provides 52 workplans and holds a total of fifty sessions. Java Music Club allows 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.

The Elko CAG, working in partnership with Nevada Rural RSVP, Dementia Friendly Elko successfully launched Friends' Day Out, a weekly, volunteer-driven, 4-hour peer support/respite program that meets at the Terrace at Ruby View, utilizing Java Music Club as one of the components. First Friends Day Out was launched Friday, March 8, 2019 from 12:00 p.m.-4:00 p.m. The 4-hour format, facilitated by two volunteers, featured:

- 12:00 – 12:45 PM Lunch together
- 12:45 – 1:00 PM Break
- 1:00 – 2:30 PM Java Music Club
- 2:30 – 2:45 PM Break
- 2:45 – 3:30 PM Physical activity
- 3:30 – 4:00 PM Visit and pick up

There were twelve participants in the first session. On March 15, 2019, in the second session, eight people participated. Friends Day Out is being administered in conjunction with RSVP Rural respite volunteer facilitators who also work to help promote the event on the Dementia Friendly Elko Facebook page and other means of outreach. The goal is to provide Friends Day Out on a weekly basis (every Friday afternoon). Rural RSVP secured ADSD's Innovation Funding to continue the Java Music Program and Friends Day Out, integrated with its service paradigm, which will help to sustain Java Music Program activities for CAGs after this project period.

Winnemucca's CAG partnered with newly funded grant partner, Rural RSVP, to expand respite programs and services in Winnemucca. Respite retreats (Wellness, Art, and Music), referred to as WAM, are held at the local Boys and Girls Club every 1st and 3rd Mondays of the month. The two-hour program offers caregivers a break to attend to their own needs, like run errands, go to the doctor, or other activities. Loved ones have an opportunity to engage in fun activities as well. WAM volunteers are Rural RSVP volunteers trained in REST. Twelve (12) WAM sessions were held during 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 on the 2nd and 4th Mondays of the month. 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.

Additionally, Winnemucca CAG incorporated the screening of *Cracked: New Light on Dementia* (a research-based production) into its outreach efforts. The film affords a glimpse into the life of persons with dementia and their families and facilitates meaningful discussions among viewers. Four screenings have been offered in Winnemucca at various venues, including Humboldt Community Hospital and the Chamber Convention Center.

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. State-wide website training was provided to all Dementia Friendly Nevada CAGs. Website training increases online visibility and sharing of each community's challenges and successes. Website training enhances the variety of information as well as a platform for communicating upcoming meetings and events. It allows those visiting the site to access local Nevada CAGs posted content by clicking on a community link. The site will also house statewide dementia and caregiver training activities taking place throughout Nevada. The website includes the new Dementia Friendly Nevada logo (and CAG specific logos), the Nevada's Dementia Supports Tool Box, an online self-assessment, link to Nevada Care Connections, and a link to Nevada 2-1-1. Cleveland Clinic Education videos, including Dementia Training for First Responders, education conferences, lunch and learn, and special presentations are posted in the Resources tab of the Dementia Friendly Nevada website.

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 Nevada's Dementia Supports Tool Box program information for posting. Social media community platform, Facebook page, Dementia Friendly Nevada, has achieved over 240 followers, up 100 followers, since October 2019. Our online presence demonstrates public sharing of caregiver resources, services, and events. Meeting events and education

opportunities generate over 1,000 impressions, up over 900 views from an average of 40 views per post at the start of October 2019.

More to Come: Upcoming 2019 Dementia Conference

Registration is underway for an upcoming Educational Conference entitled “Dementia 2019: Managing a Public Health Crisis”. The conference is scheduled for May 31 to June 1 and will offer Continuing Education credits for physicians and other healthcare practitioners as well as social workers and psychologists. Agenda topics include: 1) Social Engagement vs. Loneliness and Risk of Dementia 2) Bringing Elder Neglect Into Focus 3) Assessing for Depression and Preventing Suicide in Elders 4) Cerebral Changes and Neuroplasticity in Aging 5) How Exercise Modifies Cerebral Circuitry 6) Brain Health and the Human Microbiome 7) The Anti-Alzheimer’s Diet 8) What’s New and Coming in Alzheimer’s Disease 9) Best Practices for Diagnosing Common Dementias 10) Behavioral Syndromes as Heralds of Dementing Disease 11) Preempting Dementia Complications: A Multimodal Approach.

National Association of Area Agencies on Aging (N4A)

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 for Nevada’s Dementia Friendly CAGs. N4A’s role with the Dementia Friendly project has strengthened Nevada’s Dementia Friendly CAGs by providing resources and recommendations that offer additional support to work group initiatives, improving the structure and advancement of CAGs, and providing assistance and/or suggestions to group facilitators to achieve project outcomes. This collaborative relationship has assisted SCA 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 SCA holds the *Dementia Friends* sub-license for Nevada.

Living Alone with Alzheimer's: A Solution Summit

The Living Alone with Alzheimer's day-long summit aimed to educate and share best practice about how people are living alone with cognitive impairment and convened colleagues from the field who have developed supportive solutions. ADSD, utilizing ADI-SSS grant funding, sponsored twenty attendees to attend the Summit held in Las Vegas on January 16 and Reno on January 18, 2019. These participants included CAG members who committed to attend the all-day conference and return and share what they learned to their respective groups. Representatives from Elko, Pahrump, Southern Nevada, Washoe County, and Winnemucca gained value insight in various topics including Care Maps, Identifying and Meeting the Needs of Individuals with Dementia Who Live Alone, and Assistive Technology. Networking opportunities and facilitated group discussions on Local System Challenges, Opportunities, and Policy Changes promoted exchange of ideas and resources, as well as strengthened collaborations.

Cracked: New Light on Dementia

Dementia Friendly Nevada CAGs worked diligently to increase awareness and dementia education in their local communities. As part of the efforts, Winnemucca, Elko, and Washoe County CAGs organized multiple screenings of the movie *Cracked: New Light on Dementia*.

As described by the producers of the film, *Cracked: New Light on Dementia* is a one-hour, innovative research-based theatre production. It casts a critical light on society's one-dimensional view of dementia as an unmitigated tragedy. The play was developed by Collective Disruption, an interdisciplinary group of researchers and performance artists. Made in collaboration with persons living with dementia and their family members. *Cracked: New Light on Dementia* was informed by research conducted by the researchers in Collective Disruption.

The filmmakers explained that *Cracked: New Light on Dementia* is intended to inspire alternative ways of seeing persons with dementia through instilling the importance of maintaining strong relationships and reinforcing the imperative for good ethical care. *Cracked: New Light on Dementia* follows persons with dementia and their families on their unique journeys with dementia. The journey spans from diagnosis through to their new lives in a long-term care home. The families in the play grapple with what the diagnosis means, if and how the diagnosis changes their relationships, and how they struggle to be with each other in the present where the persons with dementia call them to be.

Enhancing the reach and spread of Nevada's Dementia Supports Tool Box

Activities and Accomplishments

Rural RSVP

Rural RSVP refers each new primary caregiver and care recipient to the Alzheimer's Association and SCA Geriatric Assessment clinic. Additionally, clients receive information on Nevada's Dementia Supports Tool Box. During this reporting period, Rural RSVP identified and served twenty-four (24) persons living with dementia and their care partners, providing client intakes, service plans, and matched the families with RSVP volunteer respite workers.

RSVP participates in Dementia Friendly collaboration opportunities including partnership and attendance at CAG meetings in Washoe, Elko, Winnemucca, and Pahrump. Additionally, RSVP is conducting outreach and working to provide services for the Pesa Soomame – 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. Working with the CAGs around the state, and with assistance from ADSD staff and collaborating partners of the Respite Retreat improved understanding of the needs of persons living with dementia and their care partners and affording RSVP the opportunity to connect with available support services and resources. During this reporting period, RSVP conducted outreach activities and information sessions with Field Representatives and volunteers and encouraged identify persons living in dementia and their care partners. Field Representatives and staff conducted an awareness campaign within the communities they serve. The objective is to let people know Volunteer Respite Worker services are available at no charge to the family. This helps to allay the fear and stigma of dementia

families endure and helps them know they have assistance available to help care of their loved one or friend living in dementia. RSVP helps caregivers understand having regular breaks and a reprieve from the stress of caregiving is essential and beneficial. Understanding Respite Care is good for persons living with dementia and having someone new to share thoughts and feelings with, if able, stimulates the mind and body and lets them know they are still valued and a part of the community and society.

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. RSVP presented *Dementia Friends* training to community members along with the Alzheimer's Association on October 31, 2018. 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. Loved ones have an opportunity to engage in fun activities as well. WAM volunteers are trained Rural RSVP volunteers and trained in REST.

Through RSVP's partnerships and relationships with Dementia Friendly CAGs and *Dementia Friends Champions*, RSVP connected with Dementia Friendly support services and anticipates growth of its volunteer base to support more dementia care recipients. During this reporting period, RSVP conducted outreach activities and encouraged field representatives to identify persons living with dementia and their care partners. Field Representatives and staff conducted awareness campaigns within the communities they serve statewide.

Through community outreach and engagement in Rural Nevada and Carson City and continuing work with volunteer leaders and the community. RSVP continues to work to recruit additional volunteers to support the growing number of caregivers of family members living with Dementia.

RSVP received funding for an Innovation Grant proposal (ADSD Older American Act 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" (See Elko CAG above) and is working on the details to partner with the Winnemucca CAG to present "Friends Day Out" and to implement the Java Music Club.

BRI Care Consultation

BRI Care Consultation is an evidence-based, telephone-based information and support service for adults with physical and mental health challenges and their family caregivers. The program was developed through a series of research studies by the Center for Research and Education at the Benjamin Rose Institute.

Access to Healthcare Network (AHN)

Access to Healthcare Network is an Aging and Disability Resource Center (ADRC), funded to provide BRI Care Consultation for this project in Northern and Rural Nevada. During this reporting period AHN provided outreach and presentations to community partners in Northern and Eastern Nevada. AHN provided program education and established additional partners outside of the Nevada's Dementia Supports Tool Box. These partners range from traditional locations such as senior centers to a variety of apartment complexes, clinics, religious congregations, transportation services, and Native American Tribes. The activities conducted during this project period helped AHN's measurable outcomes by ensuring ongoing outreach efforts to those in need of services and providing direct contact information to partners. Additionally, the streamlined referral process ensured trust and follow-through from AHN, increasing partner referrals. Along with the Nevada's Dementia Supports Tool Box flyer, a RACK card was distributed to promote services in Northern Nevada and includes both English and Spanish promotional content. AHN utilized Respite services outside of the project (Respite Rx) to increase numbers for the BRI Care Consultation program. AHN staff provided training to Elko's resource center, where the BRI Care Consultation program is promoted and staff will provide care consultation services throughout five (5) rural communities. Twenty-five clients

were served through the program this reporting period. In the next project period, AHN plans to use various social media platforms and its newsletter, which reaches over 5,000 people across Nevada, to expand outreach efforts and improve access to services.

Southern Nevada—Nevada Senior Services

In Southern Nevada, Nevada Senior Services served 236 clients through the BRI Care Consultation program. During this reporting period, as part of Nevada’s sustainability plan, Nevada Senior Services integrated the BRI Care Consultation program into its ADRC function and state funding. As such, the BRI Care Consultation program will be a core component of ADRC service delivery for caregivers. Those with cognitive issues or type of dementia will be tracked separately from general caregivers to help improve available data on services to this population, also part of Nevada’s sustainability plan.

Nevada Senior Services was responsible for bringing the *Living Alone with Alzheimer’s: A Solutions Summit* and its *Stakeholder Conference Dementia Capable Care Transitions: Navigating Hospital to Home* to Nevada as part of its outcomes for its ADI-SSS project. Nevada Senior Services invited individuals from ADSD and partners from the Dementia Friendly Nevada initiative to attend these events and share information with their communities.

NTG Training

Dr. Rebecca Arvans-Feeney, Ph.D., BCBA-D, Licensed Psychologist at the ADSD, 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 Nevada's Dementia Supports Tool Box programs as appropriate. Information on the Nevada Dementia Supports Tool Box programs is 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 attended multiple team meetings to support individuals with dementia and to provide basic training for team members, as appropriate, regarding typical behaviors seen for individuals with dementia and ID. She completed multiple assessments to track dementia-related concerns for individuals with ID. Furthermore, attended Caregiver Conference; attended Advocacy Leadership Retreat; and scheduled an upcoming training regarding behavior concerns in individuals with ID and dementia. Dr. Arvans reported more families with dementia and ID are getting access to valuable resources in the community. Additionally, professionals in the community are getting access to training that is most relevant to individuals with ID and dementia. Service coordinators are also becoming more aware of what to do for individuals and families when diagnosis of ID arises. Dr. Arvans highlighted a success story regarding a couple of individuals getting actual (appropriate) diagnoses of dementia, which has been helpful for team training and understanding about how to

address behaviors. There have also been a few cases where dementia has been ruled out for now, but the care recipients will be monitored over the course of the next several years.

Alzheimer’s Association Partner Activities

Alzheimer’s Association of Northern Nevada

During this reporting period, the Alzheimer’s Association of Northern Nevada continued to build upon foundations they had put in place over the preceding months and provided three (of four scheduled) rounds of the Savvy Caregiver, in various locations throughout its service area. They were able to reach more deeply into the community, especially in the rural areas, and connect with family care partners to provide them with the kind of caregiving training and skill development that is typically associated with professionals in the field. In the past, barriers including having to travel long distances to attend workshops, a lack of awareness of services, limited understanding of what the workshops involve, and the inadequacy of respite care contributed to lower participant numbers. However, the award of additional funds to help market the workshops and offer dedicated respite time, have made a difference, and they have already awarded one respite grant.

The Savvy Caregiver is an evidence-based program that helps provide professional skills for family caregivers. The Alzheimer’s Association of Northern Nevada modified the delivery of Savvy, which is typically structured as a 12-hour course over six weeks (with “homework” in between), to offer a condensed three-week and a one (full) day session. A 2006 article published in *Dementia* by Sage Publications, and authored by researchers from Colorado State University, found not only that the number of training sessions did not change program effectiveness, but also that substantial modification of the program to meet special needs of rural caregivers “appears not to sacrifice desired outcomes”. Studies also reported that “interventions that are

delivered in one large dose as opposed to multiple small doses may in reality be more realistic for some caregivers”. The post-workshop evaluations indicated the value and effectiveness of the workshops, and the 6-month follow ups will be reported in the next reporting period.

The first full six-week course of the Savvy Caregiver was offered in Washoe County beginning in mid-January and ending late February. Despite winter weather, nine participants completed the full six-weeks of the course. A one-day workshop was scheduled in Elko in November 2018, but was cancelled due to only one person signing up. This one was rescheduled for March 5, 2019 and concerted efforts were made to promote the event through a variety of media channels (newspapers, radio), resulting in seven people registering for and completing the course. A second one-day course was delivered in Winnemucca the following week and was attended by three people. Details of the print ads are attached in the appendix. Online pieces were include in the Elko Daily Free Press, and a print/online article also in the Elko Daily Free Press.

At the completion of this reporting period, 29 of a projected 100 unduplicated clients have been served, with solid plans in place for upcoming workshops over the final six months of the project period. This includes Savvy Caregiver workshops in Fallon/Fernley (three four-hour sessions), Carson City and Washoe County (each over six weeks), as well as a Spanish workshop and one at Pyramid Lake.

With only one exception, all 19 participants Strongly Agreed that the workshops were clearly presented, the facilitator helped make the information relevant, they felt more knowledgeable about caring for a person with dementia, have more skills for their work and are more confident in themselves as a care partner, and would recommend the Savvy Caregiver program to others. Comments included “loved the program – great for caregivers”, “great job!”,

“do more times in Elko”, “more sessions”, “thank you for the information and support” and “the structure and content of this program are well thought out and presented! Keep it up!”.

Participants were invited to suggest topics pertaining to the dementia journey that they would like to see more classes on. Responses included: future care needs, more information, more details on the stages of dementia, placement options, more on family working together, research developments, getting financial help, information from care facilities, day care, VA and attorneys.

Per the requirements of the Savvy Caregiver Program, follow-up evaluation surveys were mailed to participants who completed the first round of workshops in Carson City in the summer of 2018 at the six-month follow up point. Five of the nine were completed and returned. With overwhelming consistency, participants either Strongly Agreed or Agreed that since completing the Savvy Caregiver they had used the services of the Alzheimer’s Association (support groups, education, helpline etc), employed methods they had learned in the Savvy Caregiver program to decrease barriers, used the workbook to reassess the *Allen Levels* of the person with dementia, used *Contented Involvement* techniques, refocusing/directing techniques, participated in matching structure and support to the person with dementia’s abilities, used the *OOVL* decision making model, engaged in a personal free-time activity, felt less guilty, managed feelings of depression, anger/frustration and felt less isolation/fatigue. There were some disagreements for clearly personal reasons, and not all surveys were returned. Follow-up surveys results will be shared in the next reporting period. Direct service programs in Spanish and at Pyramid Lake are scheduled to take place in the coming months. One third of the clients who attended the Savvy Caregiver reside in rural areas and two thirds are over the age of 60.

In the April 2019 issue of the Senior Spectrum, Senator Catherine Cortez Mastro wrote an article regarding how the BOLD Act will help strengthen the treatment and care for people living with Alzheimer's. In the article, she also highlighted the work of several DFNV partners, including the Alzheimer's Association of Northern Nevada, and applauded Dementia Friendly Nevada efforts throughout the state. She gave positive emphasis on innovative new programs like the Savvy Caregiver Training being offered in Northern Nevada. The article can be found at <https://seniorspectrumnewspapers.com/bold-act-boosts-treatment-and-care-for-alzheimers-patients/>.

Alzheimer's Association of Southern Nevada

The Alzheimer's Association, Desert Southwest Chapter completed two Early Stage Partners in Care (EPIC) waves during this reporting period, serving 12 early stage participants. The Association partnered with Dementia Friendly Pahrump, and trained 2 members of Dementia Friendly Pahrump to deliver CarePRO in this rural community. The first rural CarePRO was delivered on January 30, 2019, serving 7 caregivers in Pahrump. All seven workshop participants who began the workshop, completed the workshop.

The Desert Southwest Chapter partnered with the Cleveland Clinic in alternating facilitation of Dementia Friendly Southern Nevada. This includes providing hosting sites every other month, which began in January 2019. The Association assisted with CAG activities by introducing the Action Teams concept and worked in collaboration with the Cleveland Clinic to determine action areas / key priority areas that will move the CAG forward in 2019. These priority areas include 1) Engagement of people living with dementia and their care partners, 2) Resource Connection, and 3) Community Awareness. During the March 2019 CAG meeting, the

Chapter collaborated with Jennifer Carson at the Sanford Center on Aging to bring *Cracked: New Light on Dementia* to the CAG for viewing. The film was well received and is being considered as future tool for educating the community. The Chapter introduced five new agencies to Dementia Friendly Southern Nevada to include Wellbrook Grand Montecito, A+ Home Care, the Homestead at Boulder City, Nevada Adult Day Care and Desert Springs Hospital Gero-Psych unit, which have attended and participated in Dementia Friendly Southern Nevada CAG meetings.

In addition, collaborating with the Southern Nevada CAG, the Desert Southwest Chapter will be the front line of services during memory screens that are provided in various churches and community centers in Southern Nevada. The Chapter attended each memory screen offered, providing a table with resources available to those who may meet the threshold for memory loss. The Nevada Dementia Supports Tool Box is also available during these memory screens. As a result of the Association's presence at memory screens, 2 persons in the early stage have connected with services. The Chapter also includes community partner Nevada's Dementia Supports Tool Box programs in its monthly eNews letter that reaches over 3000 individuals.

In mid-October, the Chapter added the Nevada's Dementia Supports Tool Box to the list of materials brought to each health fair, and mailings of information to its clients. They estimate that approximately 724 persons in Urban and Rural Southern Nevada received the Nevada's Dementia Supports Tool Box as a result of this effort. Discussion was also held at the CAG meeting in February to solicit ideas on ways to expand the Nevada Dementia Supports Tool Box throughout the community.

The Chapter conducted in-service trainings with the Cleveland Clinic and Nevada Senior Services staff to share services of each agency and find ways to collaborate on highly complex

cases to ensure clients are provided with all needed resources and services. The Alzheimer's Association, Nevada Senior Services and the Cleveland Clinic continuously collaborate to ensure the client is provided all needed services available in the community and also refer to other agencies to provide supplemental support such as food, transportation, housing, utility and social security/Medicare resources.

During this reporting period, the Chapter performed outreach to an estimated 1,647 persons in rural physician offices, community centers, senior centers, fire departments, VA clinics, health departments, and health care facilities. This outreach included Association programs and services, Dementia Friendly Southern Nevada First Responder training, the Nevada's Dementia Supports Tool Box programs and community partner resources, and physician cognitive screening tool kits developed by the Alzheimer's Association to increase early screening and diagnosis. Much of this outreach performed was in collaboration with community partners, Nevada Senior Services and the Cleveland Clinic. Teams from each organization come together to perform outreach and provide access to services in rural communities. Performing outreach in collaboration with community partners saves funding typically spent for travel for individual agencies and created relationships that support each other and provide cross referral into partner agency Nevada Dementia Supports Tool Box.

In addition to rural communities, the Chapter has also put much effort in Hispanic outreach. The Chapter attended events at the Mexican Consulate, the Latino Chamber of Commerce, Day of the Dead Festival, and Salvadorian Consulate and have reached approximately 784 Latino's in both urban and rural communities.

The Chapter promoted the First Responder Training developed by Dementia Friendly Nevada, to Clark County Police and Fire. The Dementia Friendly Southern Nevada First

Responder training is an online module that offers CEU's. It has been particularly popular and of significant interest in rural communities, where this type of training is difficult to find and needed. The Chapters promoted this training to Nye County, Indian Springs, Laughlin, Mesquite, Indian Springs, Amargosa Valley, Caliente, and Beatty, where needs have been identified.


Challenges and Responses

Awareness of and Referrals into Nevada's Dementia Supports Tool Box

Nevada Dementia Supports Tool Box programs are made available at all six CAG meetings. In addition, the Nevada Dementia Supports Tool Box is distributed during outreach events held by each CAG 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 CAG to bring its services to these communities. In addition, the assistance of RSVP volunteers has been instrumental in providing volunteers for CAG 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 Nevada Dementia Supports Tool Box was 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 Nevada Dementia Supports Tool Box listing is on the Dementia Friendly Nevada website for public viewing.

Products Produced or Disseminated



Dementia Friends Information Session

People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend.

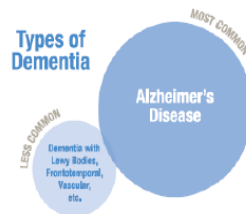
Visit dementiafriendlynevada.org/communities/washoe to learn more!

With permission of Dementia Friends, Alzheimer's Society, London UK

What is Dementia?

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Alzheimer's disease is the most common type of dementia and accounts for 60 to 80 percent of cases. Other types of dementia include Dementia with Lewy Bodies, Frontotemporal, and Vascular.



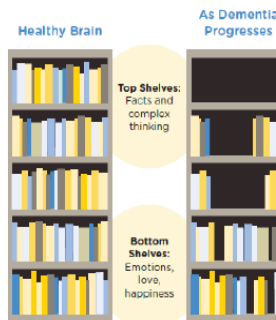
Five Key Messages

1. Dementia is not a normal part of aging.
2. Dementia is caused by diseases of the brain.
3. Dementia is not just about having memory problems.
4. It is possible to have a good quality of life with dementia.
5. There's more to the person than the dementia.

10 Early Signs & Symptoms

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

Source: www.alz.org/10-signs-symptoms-alzheimers-dementia.asp



Dementia Friendly Washoe CAG developed this trifold brochure to hand out as an education tool for recognizing signs of dementia.



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>



This flyer was developed by the Sanford Center for Aging and is used to recruit Champions.

The Question



Would you know if a patron was living with dementia?

More than 45,000 Nevadans are living with Alzheimer's disease or another type of dementia, and over 149,000 family members provide care and support for our friends, neighbors, and customers. Creating a welcoming environment for everyone is not just good for our community, it's good for your business.

Would you know how to help?

The Answer



If your business takes steps to stand out in support of people living with dementia, you're attracting a customer base that you may have been missing out on before.

Learn about what it takes to become a dementia-friendly business, including no- and low-cost accommodation strategies.

Become a Dementia Friendly Business



The First Step

Contact Dementia Friendly Washoe County to...

- Learn about dementia
- Translate your understanding into action
- Discover skills for interacting with people who have dementia
- Host a Dementia Friends information session at your business

Check out a video at: tinyurl.com/DementiaFriendsUSA

Dementia Friendly Washoe Developed this trifold brochure for businesses.



WAYS TO ENGAGE

Want to learn more about our efforts and get involved? Please provide your personal information and indicate the ways you are interested in getting involved.

Name: _____
 Email: _____
 Phone: _____

Dementia Friendly Washoe CAG uses this tool to recruit members.

Community Action Group

- Attend monthly meetings
- Note taker
- Photographer

Communications & Outreach

- Manage internal communications
- Manage external communications
- Boots on the ground – inviting community members to join our efforts
- Maintain website

Open Door Café

Goal: to launch and sustain an inclusive and comfortable gathering place for people living with dementia and their loved ones.

- Serve on the Open Door Café subcommittee
- Volunteer to cohost Open Door Café
- Participate in Open Door Café

Dementia Awareness Training & Education (DATEs)

Goal: help community members across multiple sectors become more welcoming and inclusive of people living with dementia.

- Serve on the DATEs subcommittee
- Host a Dementia Friends Information Session – invite us to provide an info session to your group
- Become a Dementia Friend – attend one-hour information session
- Become a Dementia Friends *Champion* – attend 4-hour information session to be able to lead your own Dementia Friends Information Sessions

Donate

- Donate time to miscellaneous events
- Donate food and drink to host events
- Donate money to help grow our efforts

Another Special Skill to Share?

Other: _____

SAVE THE DATE!

**The Nevada Tribal Summit
 on
 Brain Health & Dementia**

Thursday, August 22, 2019
 9:00 AM - 4:00 PM
 Nixon, NV

The Pyramid Lake CAG is hosting an educational event for multiple tribes in Northern Nevada. This event will be a tremendously unique opportunity.

Hosted by the Pyramid Lake Paiute Tribe's
 Pesa Sooname Advisory Group:
 A member of Dementia Friendly Nevada

Diabetes Health Day



Dementia and Type 2 Diabetes



If you would like more information about the [Pesa Sooname](#) Advisory Group please contact:

Carla Eben, Senior Services Director
Numaga Program
 (775) 574-1064
ceben@plpt.nsn.us

More than five million people are living with dementia in the U.S., and that number will continue to soar as more baby boomers enter their 60's when the risk for dementia begins to rise. People with diabetes may be at even greater risk for dementia.

→ Glycemic control is a central aspect of T2D care and is typically measured by glycosylated hemoglobin A1c (A1c) levels. Higher A1c levels are associated with lower cognitive function and accelerated cognitive decline.

→ Higher average glucose levels have been shown to be associated with incidence of dementia, not only among older adults with T2D but also among those without T2D.

→ Heart disease and stroke increase the chances of getting vascular dementia

Alzheimer's Disease and Vascular Dementia

→ Several studies have attempted to examine the relationship between type 2 diabetes (T2D), Alzheimer's disease, and vascular dementia. Overall, there is a stronger association with vascular dementia than Alzheimer's disease in the literature.

→ Depression and depressive symptoms have been linked with an increased risk of dementia in the general population. Depression is more common among people with T2D than in the general population; it is estimated that nearly 20% of adults with T2D have depression.

→ Two recent studies found that patients with T2D with comorbid depression were twice as likely to develop dementia over 5 years as patients with T2D without depression.

→ Insulin resistance (the hallmark of T2D) can impair blood flow to the brain, which means brain cells aren't getting sufficient oxygen and nutrients for them to function properly.

This flyer was used as an educational tool for the Pyramid Lake CAG.

Dementia Friendly Pahrump Community Education Event

Wednesday, May 29, 2019

2:00 - 5:00 PM

Valley Conference Center, 800 E. Highway 372, Pahrump, NV



- Learn about Dementia Friendly Pahrump and national, state and local community resources
- Learn about the Nevada Task Force on Alzheimer's Disease and the 2019 State Plan, presented by Senator Valerie Wiener (Ret.)
- Watch "Cracked: New Light on Dementia," a research-based film about family and professional care partnering
- Engage in a facilitated audience discussion
- Identify actions you can take to help create a more dementia-friendly and inclusive Pahrump

For more information, please contact:

Jan Lindsay, Field Representative
 Nevada Rural Counties RSVP Inc.

Telephone: (775) 253-5791

Email: dementiafriendlypahrump@gmail.com



This project was supported in part, by grant number 90ALGG001 1, from the U.S. Department of Health and Human Services, Administration for Community Living, Administration on Aging, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

This is an example of CAG featuring the movie *Cracked: New Light on Dementia* to educate about dementia.

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.



This class is offered with support from the Nevada Aging and Disability Services Division.

Tuesday, March 5, 2019
9 a.m. to 3 p.m.

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

Registration Required by:

- Tuesday, Feb. 5, 2019, if respite funding will be requested
- Monday, Feb. 25, 2019 if no respite funding will be requested

Contact Heidi Slater
at 775.786.8061
or heslater@alz.org

Lunch provided

alzheimer's association®

Examples of programs offered through the Alzheimer's Association as a Dementia Friendly partner.

alzheimer's association®

CarePRO - Pahrump



Developing the Skills Needed to Care for Someone with Dementia or Memory Loss

- Are you a family caregiver residing in Nevada that helps care for someone with dementia or memory loss?
- Do you find caring for your loved one increasingly demanding of your time and energy?

If so, CarePRO may be able to help you. Through our five week workshop, you will learn:

- About dementia and its impact
- How to manage your frustration, and stress
- How to communicate with your loved one
- How to take better care of your own health

Time: 2-5 p.m.
Date: Wednesdays
10 Week Series
Beginning January 16, 2019

Registration is MANDATORY for attending this 10 session workshop series.

Location: Pahrump Community Library
701 East Street
Pahrump, NV 89048

> For more information please call
Anna Hodges, 702.248.2770
or email: anhodges@alz.org.