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AGING AND DISABILITY SERVICES DIVISION

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SEMI-ANNUAL PERFORMANCE REPORT COVER SHEET

- | | |
|---|--|
| 1. Grant #: | <u>Award Number: 90AE0333/01</u> |
| 2. Project Title: | <u>ADSSP Evidence Based Grant:</u>
<u>NevadaCare ADSSP 2009 Nevada Evidence-Base Grant</u>
<u>CarePRO</u> |
| 3. Grantee Name & Address: | <u>State Of Nevada - Aging and Disability Services Division (ADSD)</u>
<u>3416 Goni Road</u>
<u>Carson City, Nevada 89706</u> |
| 4. Telephone #: | <u>702-486-3367</u> |
| 5. Project Period: | <u>9/30/2009 – 9/29/2012</u> |
| 6. Reporting Period: | <u>4/01/2011 – 9/30/2011</u> <u>Due 10/31/2011</u> |
| 7. Final Reporting Period: | <u>Ending September 29th, 2012</u> |
| 8. Project Investigator/ Telephone | <u>Shirley Alloway, Resources Development Specialist</u>
<u>702-486-0852</u> |
| 9. Report Author Telephone #: | <u>Jeff Doucet, Management Analyst 702-486-3367</u> |
| 10. Date of Report: | <u>October 31, 2011</u> |
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Introduction:

Nevada was awarded the ADSSP Evidence-based grant called NevadaCare, funded through a cooperative agreement from the Administration on Aging, in September 2009. The purpose of this project is to translate an evidence-based caregiver intervention research program known as *Coping with Caregiving* (CWC) into a series of community-based caregiver psycho-educational group workshops and individual interventions known as CarePRO (Care Partners Reaching Out). The project is a collaboration between: the State of Nevada, Aging and Disability Services Division (ADSD); Cleveland Clinic Lou Ruvo Center for Brain Health (CCLRCBH); Arizona State University (ASU); Alzheimer's Association Northern CA / Northern NV Chapter (AA-NoNV); and the Alzheimer's Association Desert Southwest Chapter (AA-DSW).

During the first year of this project, NevadaCare partners established the required infrastructure and setup needed to implement the CarePRO demonstration which included: administration; program partner training; and process development. Funds were accepted and first year appropriations were distributed to program partners. The required Institutional Review Board (IRB) procedures were set up and approvals were obtained from the Cleveland Clinic and Arizona State University. The NevadaCare project will continue to work with the required IRBs throughout the course of this project. Partners received training on their specific roles and how they fit into the larger role of the NevadaCare project. No interventions were hosted during the first year of the project.

This Semi-Annual report covers activities for the last six (6) months of the second year of the project and planned activities for the third year of the project. This report represents only one

year of actual outcomes as the first year of the project was devoted entirely to system and process development to ensure fidelity to CarePRO. During this reporting period (March 31, 2011 - September 30, 2011), partners continued delivering the intervention. It is anticipated that a total of 28 series or “waves” will be developed to meet the Nevada goal of serving 224 caregivers. However, follow up assessments for each participant are completed within defined periods with the final assessment completed 12 months after the last workshop to identify changes in the responses of the caregiver, (see [Appendix B Nevada CarePRO Participants Flow Chart](#)).

Activities and Accomplishments

- 1. What did you accomplish during this reporting period and how did these accomplishments help you reach your stated project goal(s) and objective(s)? Please note any significant project partners and their role in project activities.**

During this reporting period which represents the second year of the project, the NevadaCare project focused on recruiting, pre and post assessment, and the CarePRO intervention. Program partners continue to expand recruitment and identify and enhance recruiting method. The “promotora” concept is utilized for recruiting and efforts continue to recruit “promotoras” in rural communities to increase recruitment into CarePRO. Coach calls from in-process waves and follow up assessment calls from finished waves continue. An outreach plan focus this quarter in Southern Nevada was to expand locations for organizations willing to host interventions and assist in specific

recruiting. Six new sites were approved by CCLRIBH's IRB this quarter in the communities of Henderson, Mesquite, Pahrump and Laughlin.

Nevada started monthly conference calls with program partners to discuss strategy for the third year of the project. Program partners in Nevada met in September at the ADSD office to discuss activities to date, barriers, and strategy for the third year of the project. Several key concepts were discussed including advertising, sustainability, and timeframe extensions for the research component of the project. Due to the research nature of the project, certain advertising is prohibited. Program partners will utilize the IRB approved language in flyers and ADSD will develop posters for use at senior facilities where populations with Alzheimer's disease are targeted. However, it was determined and understood the best recruiting for the program is through word of mouth and personal recommendations into the program.

Outreach and Advertisement

ADSD hired a Health Promotion and Disease Prevention contractor who works to secure partnerships and outreach specific to several discretionary grants including: Medicare Improvements for Patients and Provider's Act (MIPPA); the Chronic Disease Self Management Program (CDSMP); and CarePRO. The coordinator has developed 15 trained volunteers to attend various community events and workshops set up throughout Southern Nevada. In addition, some volunteers are available at existing senior facilities to advocate for these programs. During this reporting period, the coordinator attended 25 Health Fairs; did 15 presentations; met with 14 center directors and distributed 4000

flyers. The contractor and volunteers aim to promote and advocate for CarePRO and other ADSD programs beyond what a flyer can achieve, which will provide personal and passionate information to the target populations. The outreach will help promote the program and initiatives throughout the community even when the target population appropriate for the grant is not directly represented. Program partners are encouraged to work with the contractor as a tool to support their outreach, marketing, presentations, and missions for the project.

Cleveland Clinic has developed an outreach strategy utilizing volunteers to reach target populations. Volunteers present information at various forums in the community and several programs offered at the Clinic including CarePRO. The resources at CCLRCBH, including the caregiver lending library, the medical staff, and the facility itself, are expected to help expand the recruitment for participants to CarePRO.

Nevada Program Partners have advertised the CarePRO project in the following resources:

- Winter 2011 Northern Nevada Alzheimer's Association Newsletter - circulation estimate of 7,000.
- Fall 2011 Northern Nevada Alzheimer's Association Newsletter - circulation estimate of 7,000.
- ADSD New Directions Newsletter (2011 2/3 Quarter) - circulation estimate of 2,000.
- 2011 Walk to End Alzheimer's Disease in Sparks Nevada – September 24, 2011.

- Materials at Support Groups, Educational Sessions, and SeniorFest.

Southern Nevada Outreach Activities:

Type of Outreach	# Activities	# Contacts
Health Fairs	3	58
Contacts with Community Based Organizations	36	281
Presentations / Distribution at Education Sessions	18	272
Direct Contact with DSW existing clients		
• # Support Groups/ Facilitators	4	7
• # Helpline Contacts	29	71
• # FCC Contacts	10	13
TOTAL	100	702

Other Activities

AA-DSW Chapter in Arizona was awarded a grant to translate CarePRO into Spanish.

Nevada anticipates and is preparing to complete waves in Spanish but translation activities continue and the Spanish waves in Nevada are postponed from their initially anticipated roll out. During this quarter, two waves were initiated, with one being completed. The new Southern Nevada Regional Director began during the previous quarter and completed training on CarePRO during this reporting period.

AA-NoNV continues CarePRO activities and currently has 40 clients who have completed the intervention. Activities continue to expand recruitment throughout the community. Challenges include the staff time for the intervention. AA-NoNV is looking to expand to more rural areas in Nevada and is excited to do interventions in Spanish.

Southern Nevada - Respite was approved and provided for six participants this quarter, for a total of 117 hours at a cost of \$2,343.

Action	
The fifth wave was started with 8 participants and completed with 6 participants.	
Sixth wave was initiated and the first held at the Centennial Hills Active Adult Center. 17 participants were referred into the wave but only 3 were eligible.	

Border waves were planned and had to be rescheduled due to insufficient recruitment.	
A total of 86 coach calls were made this quarter, as follows: Wave #6 – 14; Wave #5 – 69; Wave #4 – 2, Wave #3 – 1	

Northern Nevada - Respite was approved and provided for five participants this quarter, for a total of 60.5 hours at a cost of \$655.

Action	
Wave 1 and Wave 2 Continue (20 Clients)	
Recruitment for Wave 3 Begins	
Coaching for previous waves continue. Recruitment for 4 th wave begins	
Current (30 Clients) 10 New clients for Wave 4 begin August 9th	
10 clients recruited for wave 5- begin October 18th	

2. What, if any, challenges did you face during this reporting period and what actions did you take to address these challenges? Please note in your response changes, if any, to your project goal(s), objective(s), or activities that were made as a result of challenges faced.

Continuing challenges associated with this project are recruitment, planning and program expansion, and the coordination of staff time. Most recruited individuals still come through the Alzheimer’s Association care consultations. However, efforts are underway to expand the recruitment by all partners through specific strategies.

The main challenge with recruiting is to recruit the numbers of eligible and willing participants needed to meet the goals of the program. In addition, successful recruitment means getting a representative sample throughout the community of participants willing and able to complete the intervention and follow up assessments. Nevada’s recruitment

goal is to provide a wide base of recruitment for testing the CarePRO intervention across Chapters are the Alzheimer's Association, across Nevada, and across State borders.

Nevada is having more success in recruitment in Northern Nevada and continues to recruit a sufficient number of participants for each wave. Expansion of the recruitment outside the "low hanging fruit" is still a continued priority throughout Nevada. In Southern Nevada, outreach efforts for CarePRO are extensive yet the outcome of these efforts is less than those achieved in Arizona with similar activities. For an example of some recruiting issues, this quarter in Southern Nevada (17) individuals were recruited (the greatest number for a single wave to date in Southern Nevada). However, only three participants were qualified for the wave.

AA-DSW recognizes caregivers who typically serve with Core Programs (Helpline, FCC, Support Groups, Education) in Las Vegas tend to be in a greater state of crisis than the Arizona regions. It is likely that this is presenting a barrier to CarePRO participation.

Continuing Challenges:

- **Recruitment-** Despite significant outreach and modifying outreach paradigms, Nevada continues to have challenges associated with recruitment into the program. An estimate of 4000 CarePRO flyers were distributed to attendees at health fairs and other community events this reporting period. Recruitment is mostly completed through the Alzheimer's Associations; however, efforts are underway to significantly expand recruitment throughout the community. Nevada

hopes to improve outreach and recruitment through volunteers and program coordination with MIPPA and CDSMP. Adult Day Care facilities were attempted as a potential recruiting ground for the project. However, the eligible individuals were not interested in CarePRO at this time. Many work full time and preferred to be stressed than to commit two and a half hours a week. In addition, some were attending the lunch and learn sessions at CCLRCBH and were content with the learning related to their condition. Adult Day Care Centers are aware of the program and hopefully future eligible individuals will be interested in attending.

- **Planning and Program Expansion** – All program partners are referring into the program. The required set up for recruitment and referrals was accomplished based on the fidelity model. Efforts to expand the project to rural areas and Spanish speaking populations continue though the results are limited. There must be sufficient eligible and willing individuals to conduct an intervention wave. Many rural activities do not elicit a response from enough participants for a wave and the traveling to a more populous area is often a deterrent.
- **Staffing/ Scheduling-** Identifying and scheduling discussions and meetings based on staff availability continue to be a struggle. The AA-DSW staff team experienced a leadership transition, as Luis Carrillo, Southern NV Regional Director resigned effective 3/18/11. Recruitment to refill this position was completed with Albert Chavez, who has quickly adjusted to the leadership role in Nevada and continues to work in the community for numerous programs. At the

state level, ADSD was assigned numerous projects in the most recent legislative session with definitive time frames for completion further complicating the scheduling issues. However, program partners continue to excel and strive to improve services for Nevadans and improve the welfare of the Alzheimer's community.

- **IRB Setup and Approval** - This psychosocial project requires specific IRB setup at both the Cleveland Clinic and Arizona State University for approval. Changes necessary for the CarePRO demonstration can require several weeks for approval due to IRB scheduled review times and inherent procedures associated with approval from both IRBs. However, ASU and Cleveland Clinic continue to communicate regularly and work closely to facilitate IRB updates. As required, all project staff have received CITI training (several hours of certified human subjects training) prior to working on the project.
- **Retention Concerns** – Ensuring individuals attending each session complete the CarePRO demonstration. To accomplish this, incentives were devised based on the experience obtained from the Arizona intervention to encourage completion for all sessions. Nevada has a high retention and follow-up rate of individuals attending the intervention. As the assessments continue, Nevada is streamlining the procedure to ensure the communication necessary for incentives disbursement to program participants after defined mile markers.

- **Projected Goals** – Nevada continually monitors outcomes to ensure target numbers are met.

3. How have the activities conducted during this project period helped you to achieve the measurable outcomes identified in your project proposal? Please note in your response, information on evaluation outcome measures and systems development measures, as approved in your grant application and developed in conjunction with AoA and AoA-provided technical assistance.

All activities continue to help Nevada reach its defined goals. Shifting the outreach paradigm and continuing outreach activities is essential to informing the community about specific existing programs. Utilizing the promotora outreach model strengthens the encouragement in targeted communities and helps recruitment. Volunteers provide a more lay level outreach approach which may be more accepted than previous outreach activities.

The delivery of the intervention has continued during this reporting period which includes, outreach, recruitment, retention, follow-up, and other coordination necessary to ensure the functioning of each wave. The numbers of individuals progressing through the intervention and the follow-up assessments continues to increase. As these individuals finish the CarePRO intervention and improve their stress level and life, they will become much stronger advocates for the program and perhaps even promotoras in their communities.

- 4. What was produced during the reporting period and how have these products been disseminated? Products may include articles, issue briefs, fact sheets, newsletters, survey instruments, sponsored conferences and workshops, websites, audiovisuals, and other informational resources.**

Products during this reporting period include: the intervention manual; the outreach flyer; ADSD newsletter articles; workshops; Semi-Annual Report; and demographic data.

The newsletter is distributed to all ADSD grantees, approximately 200, in both Northern and Southern Nevada.

Appendix A CarePRO Flyers Samples (Statewide, Northern Nevada, Southern Nevada)

The flyers contain the approved wording for recruitment into CarePRO, which is approved by the Cleveland Clinic and the Arizona State University IRBs. The flyer updated and approved in May 2011.

CarePRO: Care Partners Reaching Out



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 provide an average of 4 hours of care or supervision per day for that individual?
- ◆ 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 free workshops, you will learn:**

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

**For more information, please call:
CarePRO Program to assist family caregivers**

Alzheimer's Association 1-800-272-3900

- Northern Nevada Office 775-786-8061
- Southern Nevada Office 702-248-2770

Cleveland Clinic Lou Ruvo Center for Brain Health

702-483-6023 or 888-810-5687

Please see reverse for details

Updated 5/18/11

CarePRO:

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

WHAT IS THIS PROJECT'S PURPOSE?

- To assist family members caring for a loved one by providing free dementia related education and training workshops designed to reduce caregiver stress, enhance caregiver well-being, and help caregivers manage difficult caregiving situations.
- To gather feedback from individuals about their caregiving experience to continue to improve programs for dementia caregivers.

PAYMENT:

- Each participant will be given \$25 for participating in each telephone interview scheduled 3, 6, and 9 months following the original pre-workshop interview.

WHO WILL BE INVOLVED IN THIS PROJECT?

- Approximately 224 men and women residing in Nevada, who report caregiving for a person with dementia or memory loss.
- Project staff from the local Alzheimer's Associations in Nevada, the State of Nevada Aging and Disability Services Division, Cleveland Clinic Lou Ruvo Center for Brain Health, and Arizona State University.

WHAT WILL INVOLVEMENT MEAN FOR ME?

- Attending five 2.5 hours workshops to learn strategies to help you handle difficult caregiving situations, reduce caregiver stress, improve mood, and communicate better with others, including your relative with memory problems. Respite care will be available to help caregivers attend these workshops.
- Participate in five 30-40 minute individual telephone coach calls to review material covered in the workshop and apply it to your own caregiving situation.
- Three additional 30-40 minute check-in calls 1, 2 & 6 months after the end of the workshops.
- Prior to the first workshop, you will be asked to participate in a 45 minute confidential telephone interview that asks you questions about your caregiving experience, including its impact on your stress levels, mood, and physical health. You will be asked to participate in a similar interview again about 3, 6 and 12 months after your first interviews to help us to continue to improve the program.
- You also will be encouraged to give information about this project to other caregivers of people with dementia.

HOW WILL THIS HELP MY COMMUNITY AND ME?

- Many caregivers appreciate the opportunity to learn new strategies and meet other caregivers. The feedback gathered from speaking with caregivers like you will be used to help improve the quality of caregiving health and education programs.

WHO WILL KNOW THE INFORMATION I GIVE DURING THESE INTERVIEWS?

- Every precaution will be taken to protect your privacy.
No one will be identified individually in reports or materials developed from the project.

Updated 5/18/11

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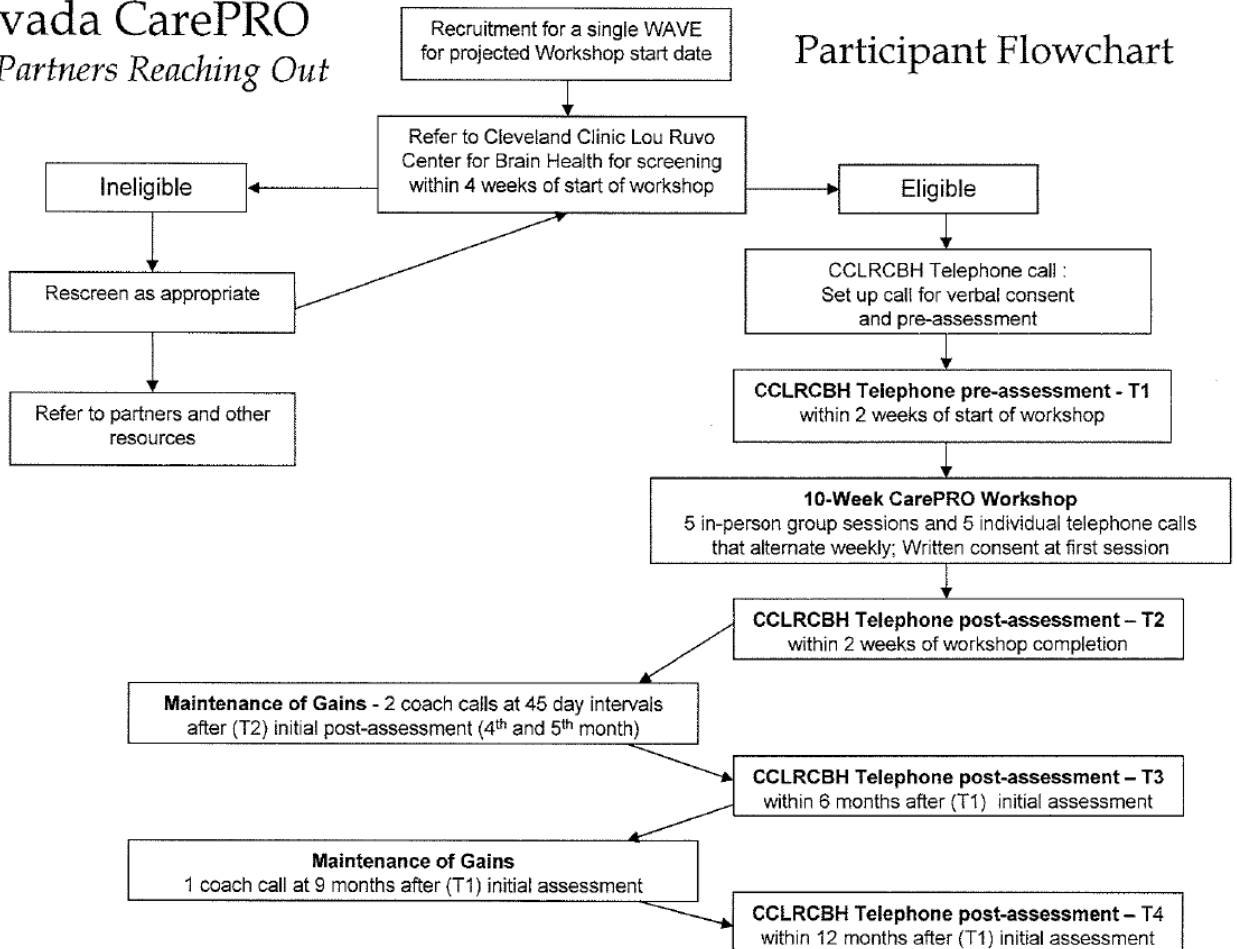
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Updated 5/18/11

Appendix B Nevada CarePRO Participants Flow Chart

Nevada CarePRO
Care Partners Reaching Out

Participant Flowchart



Appendix C Nevada CarePRO Waves to Date

NEVADA CAREPRO Southern Nevada Waves To Date

Wave	Start Date	End Date	Location	Enter	Drop	Notes
1	10/12/10	12/07/10	Alzheimer's Association Office	6	0	
2	12/15/10	02/09/11	Alzheimer's Association Office	5	1	Attended 2 workshop sessions. CR passed away. CG chose not to continue.
3	02/15/11	04/12/11	Alzheimer's Association Office	5	1	Attended 3 sessions. CG has health concerns. Currently unreachable. AA FFC will keep advised.
4	05/03/11	06/28/11	Alzheimer's Association Office	2	0	
5	07/12/11	09/06/11	Alzheimer's Association Office	8	2	Attended 1 session CG dropped for personal reasons. Attended 2 sessions CR died. CG Chose not to continue.
6	09/13/11	11/08/11	Centennial Hills Active Adult Center	4	1	5 scheduled to date

TOTALS

30

5

NEVADA CAREPRO
Northern Nevada Waves To Date

Wave	Start Date	End Date	Location	Enter	Drop	Participant Code and Reason
1	11/30/10	2/1/11	Alzheimer's Association Office	11	0	First Wave- Dr. Coon hosted and trained staff in Northern Nevada
2	3/1/11	5/10/11	Alzheimer's Association Office	9	0	
3	5/24/11	8/2/11	Alzheimer's Association Office	11	1	
4	8/9/11	10/18/11	Alzheimer's Association Office	10	0	
5	10/18/11		Alzheimer's Association Office			Currently Recruiting

TOTALS

41

1