

Nevada

“Dementia Friendly Nevada”

FINAL REPORT DECEMBER 31, 2019

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# DEPARTMENT OF HEALTH AND HUMAN SERVICES

Aging and Disability Services Division

*Helping people. It's who we are and what we do.*



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## TITLE PAGE

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## EXECUTIVE SUMMARY

**Vision:** Nevada’s vision is to enhance the quality of life of people living with dementia and their family care partner (“caregivers”) through coordination of services and community driven systemic community improvements.

**Purpose and Scope:** The goal of this project is to engage Nevada communities, including people living with dementia, their family care partners, health care professionals and broader community partners/stakeholders, in dialogue about Alzheimer’s and related dementias in ways that will foster the adoption of supportive services at the local level that are evidence-based, evidence-informed or emerging best practices.. The Nevada Aging and Disability Services Division (ADSD) and partners expanded efforts in Nevada’s dementia-capable home and community-based services system. Expansion efforts included a focused emphasis on fostering dementia-friendly communities in six (6) targeted areas encompassing urban, rural and tribal settings, early engagement activities and enhanced marketing efforts, and supplying a menu of evidence-based (EB) programs as part of the Nevada Dementia Supports Toolbox.

**Target Populations** within Nevada communities included people living with dementia, their family care partners, health care professionals, and broader community partners/stakeholders.

**Results/Important Findings and Lessons Learned:** Communities across Nevada experienced increased community-driven awareness and education about Alzheimer’s and related dementias. Utilizing the Dementia Friendly America (DFA) model, six (6) community action groups (CAGs) developed specific goals around identified community needs and implemented activities to engage and educate their community. The community dialogue to shape community-specific action goals was informed by a statewide Dementia Community

Assessment that among other key information included the administration of the Dementia Attitudes Survey (DAS) to 1,104 respondents statewide (Fall 2017 through Fall 2018). Baseline results demonstrated an overall 74% positive attitude toward dementia, with higher scores for “knowledge” (80%) of dementia than “comfort” interacting with a person living with dementia (71%). These results informed a wide-sweeping community priority to raise awareness of dementia and offer education to reduce stigma associated with dementia, which was a goal established by all six of the community action groups, along with many other community-specific activities. A follow-up survey administered at the conclusion of the ACL-funded initiative, completed by 129 respondents, demonstrated a statistically significant increase in the public’s attitude toward dementia with an overall positive score on the DAS of 81% representing a +9.5% increase. Further, there were significant increases on both the *Comfort* (+13%) and *Knowledge* (+10%) subscales. Notably, there is a large difference in response rates from the baseline to follow-up survey, which should be considered when interpreting these results.

While there were numerous statewide and community-specific activities achieving a positive impact (see full evaluation report), community education was a consistent priority. To support community education and awareness raising, five of the six community action groups selected the *Dementia Friends* program, offered through Dementia Friendly America. Through this initiative, a total of 664 people were trained, including 590 as Dementia Friends and 74 as Dementia Friends Champions (i.e., trainers). A pre-post knowledge assessment survey demonstrated a statistically significant (+17%) increase in correct responses.

In addition to the impact of the community-specific activities, the overall statewide dementia supportive service utilization expanded dramatically throughout this initiative. **With a baseline established in FY’15, in which a total of 194 people living with dementia were**

**reported to have received ADSD-supported services, the total service utilization increased to 1,924 people living with dementia reported as receiving services in FY'19, representing an 892% overall increase.**

**Products Developed:** Significant products developed from this project include the surveys and analysis (like the Community Needs Assessment Surveys), the website (Dementia Friendly Nevada), Training Resources (stored, recorded and available online), Resource Material like the “Nevada Dementia Road Map: A Guide for Family and Care Partners” and “Resource Notebook *Navigating the Dementia Journey*”, CAG developed products and resources; and other trainings (like the Community Awareness Training that comprises three modules including a business, community, and faith-based module). Other products produced include marketing materials for dementia education awareness and care partner support training, flyers/brochures, partner data and narrative reports, semi-annual and final reports, and educational materials used in Dementia Friends sessions. A selection of these materials is included in the Appendix and Attachments sections of this final report.

***Program and Policy Implications:*** A Statewide Workgroup was formed to focused on the “Big Picture” and to establish and support dementia-friendly activities across Nevada. It provided insight on policy considerations and legislative support needed to remove barriers or improve state support for the population of Nevadans living with Alzheimer’s Disease and Related Dementia (ADRD) and assisted with activities to meet Nevada’s goal as a dementia-capable and dementia-friendly state.

The DFNV Statewide Workgroup developed a Dementia Capability Definition (What Dementia Capability Means for Nevada), which emphasizes focus areas for the State’s goals and outlines definitions for these priorities (***Appendix 2***).

The future of the Dementia Friendly Nevada initiative includes continuing focus in the following areas: Community awareness and understanding of dementia; Social and cultural engagement for persons with dementia; Improved physical environment; Empowerment of persons with dementia for protection of rights; Appropriate response by healthcare services to persons with dementia. Also, and possibly most importantly, it provides an opportunity to approach community services through a different lens, and directly engaging individuals who need services on a continual basis.

**Recommendations:** Drawing on the lessons learned during our ACL funding, Dementia Friendly Nevada would like to offer the following set of twelve (12) recommendations to other dementia-friendly initiatives: 1) Provide centralized support and infrastructure to help launch, facilitate and build capacity within dementia-friendly communities, and ensure that facilitation support focuses on the authentic engagement of people living with dementia; 2) Identify and support local champions in co-facilitating dementia-friendly community action groups and recruiting, supporting and celebrating local volunteer members; 3) Ensure the authentic participation of persons living with dementia and family care partners as part of dementia-friendly community action groups; 4) Provide dementia education to community action group members, recognizing that not all interested parties understand even the basics about dementia, the lived experience of dementia, care partnering approaches, or issues regarding accessibility and inclusion – consciousness-raising is an important prerequisite for action; 5) Build strong partnerships with aging services organizations and across multiple sectors for a cohesive, community-wide initiative; 6) Streamline data gathering to the fullest extent possible to ease the paperwork burden of people living with dementia, family care partners and volunteers; 7) Find or develop a home base within a public or not-for-profit organization in order to strengthen



sustainability by leveraging opportunities for grants and charitable gifts; 8) For statewide initiatives, create regular (e.g., bimonthly) opportunities to connect as a network via tele- or video-conferencing to share successes, challenges and resources, cross-pollinate ideas and work toward shared goals; 9) Develop an accessible ‘storage’ space, both online and in the physical environment for shared resources and program materials; 10) Create and support an AmeriCorps VISTA position to help build volunteer capacity for dementia-friendly community action groups, programs and services; 11) Develop community action groups that honor and reflect the diversity of your community; and 12) Regularly reflect on your dementia-friendly process, making adjustments and improvements as you go, and do not be afraid to sacrifice efficiency and productivity in an effort to live your dementia-friendly values – focusing on the *process* of dementia-friendly communities versus the desired *outcomes* will ultimately achieve a greater impact (i.e., Be the change you want to see in the world. If your dementia-friendly initiative is not truly inclusive of people living with dementia, then you risk tokenism, or worse, perpetuate a culture of exclusion).

## INTRODUCTION

Background: Through previous ACL Awards - including a Dementia Capable Award, Dementia Capable Expansion, and Evidence and Innovation Awards -ADSD established Evidenced-Based Alzheimer's and dementia specific programs, enhanced its data collection capacity and screening, developed its Dementia Supports Toolbox, and targeted services for rural and Hispanic-speaking populations. These activities were integrated into ADSD's service delivery and continued through competitive funding from its Older American Act funding and State funding sources, and commitments from project partners. Though many of these funded programs serve as a basis for Nevada's Dementia Supports Toolbox, they were not counted as accomplishments under this project. However, they were used as a measurement to track outcomes of dementia-friendly communities and measure the service utilization changes. These prior activities served as building blocks for the accomplishments within this project.

ADSD was awarded the Alzheimer's Disease Initiative - Specialized Supportive Services (ADI-SSS) Program in September 2016 for this project, building upon prior foundational activities. Central to the project were the four defined service gap areas, including:

- 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 care partners.

Because ADSD is a Lifespan Service Agency, it intentionally worked to include focus area three for individuals with intellectual and developmental disabilities affected by dementia.

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

- **Objective 1:** Begin fostering the development of a 'Dementia-Friendly Nevada' (DFNV) by initiating Community Action Groups in 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.
- **Objective 2:** Facilitating/mobilizing community-driven change and decision making for local Community Action Groups.
- **Objective 3:** Enhance the reach and spread of Nevada's Toolbox of available programs by making available for community action groups referring clients into existing Nevada's Toolbox of Evidence-based care programs.

Project Partners: ADSD was the project lead and collaborated with several significant partners. These partners were vital in carrying out the objectives and goals of this project. The following table identifies ADSD's partners and roles in this project:

- ***University of Nevada, Reno, School of Community Health Sciences:*** Co-facilitated and documented community action group meeting 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.
- ***University of Nevada, Reno Sanford Center for Aging (SCA)*** Led our program evaluation and actively assisted in the implementation of Nevada's dementia-capable system efforts. During the ACL funding period, SCA also held the Dementia Friends training license and provided a master trainer for the program. Dementia Friends has since moved to a permanent home in the Dementia Engagement, Education and Research Program in the School of Community Health Sciences at UNR.
- ***Alzheimer's Association Northern and Southern Chapters:*** Provided service delivery, rural outreach, dementia friendly support, recruitment and expansion of existing programs. Implemented evidence-based service delivery programs to support Nevada dementia friendly communities and address gap areas. Delivered of the Early Stage Partners in Care (EPIC) in Southern Nevada and Savvy Caregiver in Northern Nevada.
- ***The Northern Alzheimer's Association*** assisted in the co-facilitation of Washoe County CAG meetings. A staff member co-facilitated and helped ensure 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 Southern Nevada Urban CAG.
- ***Benjamin Rose Institute on Aging (BRI); Rosalynn Carter Institute for Caregiving (RCI)*** BRI/ RCI Care Consultation is an evidence-based phone information and support service that was integrated within two (2) of the four (4) Aging and Disability Resource Centers (ADRC) in Nevada, representing direct community relationships in Northern and Southern Nevada.

This improved the knowledge and locality of services in communities, a direct aim of Dementia Friendly America activities.

- ***Access to Healthcare Network (AHN)***: Northern and Rural Nevada ADRC. Delivered the BRI Care Consultation program in Elko, White Pine, Eureka, Lander, Humboldt, Pershing, Washoe, Carson City, and Douglas.
- ***Nevada Senior Services (NSS)***: Southern Nevada's ADRC. Delivered the BRI Care Consultation in Southern Nevada (Clark, Lincoln, Nye, and Esmerelda).
- ***Nevada Rural RSVP***: Expanded rural respite to target populations using volunteer service partnership with the rural and senior volunteer program (RSVP) to assist with transportation and respite services to populations targeted in the project.
- ***Dementia Friendly Communities (6); Community Action Groups (CAGs)***: Improved community ability to support people living with cognitive impairment and their care partners. Communities were provided with education to connect themselves and their populations to existing systems of care and support for Alzheimer's disease and other forms of dementia; including improved access to Nevada's Dementia Supports Toolbox; developing resources identified and needed in the community; and support groups.
- ***Cleveland Clinic Lou Ruvo Center for Brain Health (CCLRCBH)*** Las Vegas: Developed marketing and training resources to support dementia friendly communities selected in the project, using feedback from the Dementia Friendly Southern Nevada Urban CAG. Coordinated and identified needed material development with the Statewide Workgroup, community action groups, teams, and DFNV partners to develop needed training material assisting targeted areas of DFA initiative. Training resources will assist communities and improve utilization of existing programs.
- **National Association of Area Agencies on Aging (N4A)** was contracted to provide technical assistance to Dementia Friendly Nevada community action groups and assist with implementing the Dementia Friendly America process. N4A's role with the Dementia Friendly project strengthened Nevada's Dementia Friendly community action groups by providing resources and recommendations. This collaborative relationship assisted the Nevada Geriatric Education Center (NGEC)/Sanford Center for Aging in obtaining a sub-

license for Dementia Friends, a nationwide initiative aimed at changing the perception of dementia by transforming the way the nation thinks, acts, and talks about dementia.

- ***Task Force on Alzheimer’s Disease (TFAD)*** Advocated 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, as well as support for the establishment of a key partners’ network, which would create a system of referrals to appropriate services.

Highlights: Utilizing the Dementia Friendly America process, which takes a community-driven approach to mobilizing local goals and activities, the following list highlights many of our accomplishments, which are further detailed throughout this report as well as in the attached full evaluation report.

### **General and Administrative**

- Dementia Friendly Nevada Logo: Statewide Logo and community action groups (CAG) specific Logos.
- Dementia Friendly Nevada Website: <https://dementiafriendlynevada.org/> website houses CAG specific pages to highlight CAG activities.
- Dementia Friendly Nevada videos, art exhibits and television news segments:
  - Dementia Friendly Nevada VISTA, Casey Acklin, created a video about living well with dementia (posted on Dementia Friendly Washoe County’s webpage): <https://dementiafriendlynevada.org/living-well/>
  - Dementia Friendly Washoe County member, Carter Norris, curated an immersive art exhibit titled, “Lived Experience,” featuring stories and photos of strength, resilience, and community within the context of dementia (posted on Dementia Friendly Washoe County’s webpage): <https://dementiafriendlynevada.org/dementiastories/>

- Dementia Friendly Washoe County was featured on the local news for their *Walk With Me* community education event June 2019 (posted on News 4 & Fox 11):  
<https://mynews4.com/news/local/raising-awareness-for-dementia-and-mental-health-in-washoe-county>
- Two Dementia Friendly Washoe County programs, Dance With Me and Dementia Friends, were featured on the television program, *Aging & Awesome* (posted on the Dementia Friendly Washoe County webpage):  
<https://dementiafriendlynevada.org/communities/washoe/news-in-washoe/>
- Dementia Friendly Nevada Social Media Pages Facebook, Twitter, Instagram, Google+
- Reports: Final Project Report; 5 Semi Annual Progress Reports; *Dementia Friendly Nevada: Statewide Dementia Community Assessment* Evaluation Project Measures; Sub-recipient Reports.

### Statewide Workgroups and Discussion

- **Statewide Champions:** Provide an open discussion opportunity for funded communities to share and discuss best practices, ideas, concerns, and ways to improve Dementia Capability in their areas and across Nevada. Provide an update and engage state and others on developments and concerns.
- **Statewide Workgroup:** “Big Picture”; Establish and support dementia-friendly activities across Nevada. Provide insight on policy considerations and legislative support needed to remove barriers or improve state support for the ADRD population. Assist with activities to meet Nevada’s goal as a dementia-capable and dementia-friendly state.
- **Sustainability Workgroup:** To sustain Dementia Friendly Nevada activities. Focus on developing infrastructure to support Dementia Friendly Nevada efforts.

#### *Dementia Friendly Nevada*

*“Dementia Friendly Nevada has been a joy because people north and south, statewide, have been willing to share ideas and resources.”*

*Mary Liveratti, Chair, Dementia Friendly Nevada Statewide Workgroup*



## Resources and Guides

- **Resource Notebook: *Navigating the Dementia Journey*** 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.
- **Nevada Dementia Road Map: A Guide for Family and Care Partners:** A “Roadmap” guide to connect with community services.
- **Nevada Dementia Supports Toolbox:** “Toolbox” Services by CAG Area.
- **Infographic** on Dementia Statistics and Dementia Friendly Nevada activities and accomplishments.
- **General Outreach Materials:** Flyers, Brochures; Information; Subrecipient Outreach Material.

## Programs and Services

- **Nevada Dementia Supports Toolbox:** Savvy Caregiver; Early Stage Partners in Care (EPIC); and Benjamin Rose Institute on Aging - *Care Consultation*. <sup>TM</sup>
- **10 Warning Signs:** Alzheimer's Association Northern Nevada.
- **Community Memory Screenings:** Dementia Friendly Southern Nevada Urban conducted community memory screenings using the Brief Alzheimer’s Screen (BAS) Test.
- **Community Awareness Training (CAT):** Dementia Friendly Southern Nevada Urban designed this training to increase sector-specific understandings of dementia friendly practices related to communication, physical space and caregiving for businesses, faith-based communities and first responders

- ***Cracked: New Light on Dementia*** is a video-recorded version of a one-hour, innovative research-informed theater production that was utilized by two Dementia Friendly Nevada groups (Pahrump and Winnemucca) to provide community education about family and professional care partnering.
- **Dementia Friends:** *Dementia Friends* Champions training is a “train-the trainer” -type approach to providing community education, which allows trained Champions to then facilitate *Dementia Friends* information sessions throughout their respective communities.
- **Friends Day Out:** A 4-hour respite program that originated as part of Dementia Friendly Elko comprising lunch, social activity, Java Music Club (an evidence-based mutual peer support group), and gentle exercise, offering unique engagement activities for persons with dementia and respite for care partners.
- **Java Music Club:** 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.
- **Open Door Café:** Modeled after “memory café” models, the evidence-informed program, developed by Dementia Friendly Washoe County in partnership with people living with dementia, has 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.
- **Wellness, Art and Music:** A modified respite program, developed by Age- and Dementia-Friendly Winnemucca, utilizing materials from the Java Music Club and activities involving wellness, art, and music.
- **Dementia Friendly Library and Resource Center:** A lending library full of current educational materials launched within two dementia-friendly communities (Elko and Pahrump).

- **Dance with Me:** Dementia-friendly partner dancing in Washoe County, provided in partnership with Ballroom of Reno.

### **Training**

- **First Responder Training:** Includes physician presentations, patient/care partner interviews and testimonials, and a first responder panel discussion on the different behavioral presentations and management of Alzheimer's disease, Lewy Body Dementia and Frontotemporal Dementia.
- **Dementia 2018: Dementia Capable Communities CME Conference:** Held on June 2, and provided continuing education credits for physicians, advanced care practitioners, nurses, psychologists, social workers, and physical and occupational therapists.
- **Dementia 2019: Managing a Public Health Crisis CME Conference:** Held on May 31 to June 1, 2019 and provided continuing education credits for physicians, advanced care practitioners, nurses, psychologists, social workers, physical and occupational therapists, and long-term care administrators.
- **The Nevada Tribal Summit on Brain Health and Dementia:** Born of a desire to increase discussions about dementia within and across Nevada's Tribes, to learn about issues of aging, cognitive health, dementia care and support, and community resources. Potential applications of CDC Healthy Brain Initiative's Road Map for Indian Country.
- **Living Alone with Alzheimer's: A Solutions Summit:** conversations with persons who are navigating life with Alzheimer's or a related dementia, an overview of the numbers and types of single person households they live in, health and social risk factors such as social isolation, and ethical dilemmas to consider.
- **Caregiver Conference: Supporting the Well-Being of Residents Living with Dementia** Dr. Jennifer Carson, DFNV CAG Co-facilitator, 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 7<sup>th</sup>) and Reno (February 19<sup>th</sup>).

- **National Task Group (NTG) Overview for Aging and Intellectual Disabilities:** Understanding similarities and differences between the aging process and addressing safety and abuse concerns.
- **CarePRO (Care Partners Reaching Out) training:** 10-session skill-development care partner training provided by Dementia Friendly Pahrump in partnership with the Alzheimer’s Association Desert Southwest.
- **Community Awareness and Education Events:** Elko in October 2018; *Walk With Me* in Washoe County in June 2019; Pahrump in May 2019.

## ACTIVITIES AND ACCOMPLISHMENTS

### Overview

*For details and data demonstrating the progress and outcomes of all statewide and community-driven goals and activities, please reference Attachment 1 Dementia Friendly Nevada: Final Program Evaluation Report for the ACL-Funded Project Period.*

#### *Dementia Friendly Washoe County*

*“I think the only way I’ve changed—and this probably comes with aging too—is to be more understanding of other people... All of a sudden, it’s not like it’s me and them; It’s us... So, I think there’s that love that comes through much more than it ever did before.”*

*Mary Lee Fulkerson, Expert of Lived Experience, Member, Dementia Friendly Washoe County*

This project created unique opportunities and adopted a differing approach on service delivery. Historically, service delivery was about identifying a beneficial program and then “selling” it to the community to recruit participants. For this project, starting with a base of existing programs people can access for services, the approach was to identify what needs they have or perceive. This created an opportunity to educate each community about existing services, how to access services, and mechanisms for identifying needs. However, and perhaps most importantly, this also created discussions on what services communities (and individuals) are interested in and would choose to develop. This discussion not only involved professionals who understand systemic structure of existing service delivery paradigms, but individuals interested in services and driven to improve their communities and care for individuals with Alzheimer’s and related dementias. Most importantly, these discussions the involved care partners and individuals living with Alzheimer’s and related dementias, **the true experts on the disease.**

Though this project has numerous tangible measurable accomplishments, some of the most significant outcomes are immeasurable, including: improving sense of community and connectivity; understanding and shared actions toward a common purpose; energy and focus to facilitate change; and a sense of improving community action on Alzheimer's and related dementia. In essence, community, cohesion, drive, and action.

An accomplishment that cannot be overstated of this project is the collaborative convening of aging services professionals, community leaders, representatives from multiple sectors, and most importantly, people living with dementia and family care partners, for ongoing dialogue about Alzheimer's and related dementia. This discussion opportunity helped to share information and build awareness about available services, how to access services, and what services are still needed. Despite funding for services in urban and rural communities for people with ADRD, many providers and people in need of services had not heard of the kinds of services available or even how to connect. Sharing information on what services are available and how to access, and learning about unmet the needs of people living with dementia and family care partners will improve service provision and utilization. In addition, these groups help refer people to available services in their community.

### *Dementia Friendly Washoe County*

*“Resilience and thriving in an environment may manifest in different ways, not in ways that we may expect. Because I know sometimes, we may focus more-so on productivity, on having measured outcomes, and that’s not necessarily something that everybody can contribute. But there are different contributions that should be valued and recognized regardless of whether it’s something that we expect or not.”*

*Anakaren Lamas, Professional Care Partner, Member, Dementia Friendly Washoe County*

Direct service components of this project include the Early Stage Partners in Care (EPIC) delivered in Southern Nevada; Savvy Caregiver in Rural and Northern Nevada; and the Benjamin Rose Institute on Aging's, Care Consultation. These programs were initially referred to as the "Toolbox of Services." During this project, the "Toolbox of Services" became the *Nevada Dementia Supports Toolbox* programs and encompass the original programs as well as those services developed through community engagement and CAG activities.

As a further expansion on the idea of the *Nevada Dementia Supports Toolbox*, additional available services were added and include: **Support Services** (i.e. Adult Day Programs, Respite Services, Transportation, Legal Assistance, and Long-Term Care); **In-Home Services**; **Educational Workshops and Evidence-Based Services** (i.e. Care Partners Reaching Out "CarePRO", Skills2Care, Caring for You Caring for Me, and Powerful Tools for Caregivers).

**Note:** *Because these services are not funded from this project, they are not counted in the direct service outcomes. However, they are often utilized as assistive services from and by CAGs and grant partners. These form foundational basic services available in support of individuals living with Alzheimer's disease and their family care partners.*

## SAVVY CAREGIVER

*"The Savvy Caregiver program was/is a lifesaver for me. As my husband's Alzheimer's has progressed, I am able to see myself more patient and less fearful. I know there are much more difficult times ahead and I do feel that there is a foundation now for facing those challenges. I will always be learning, and this program has given me a great start. I was able to organize a family meeting that turned out to be one of the best things I've done so far. Not only was I able to calmly and thoroughly update everyone, I was also able to release a great deal of anxiety and apprehension about where we go from here. It is because of this program I have the courage to face the challenges ahead. Thank you to the instructor and all my classmates/friends".*

## ***Dementia Friendly Nevada and Initiating Community Action Groups (CAG)***

***Objective 1: Begin fostering the development of a ‘Dementia-Friendly Nevada’ (DFNV) 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.***

In March of 2017, a Request for Proposals was distributed to community partners through email, public meetings, newspaper publishing, and online resources (*Appendix 3*). ADSD, UNR, and members of the Nevada Statewide Dementia Friendly Workgroup reviewed the applications and selected four (4) community pilot sites, beginning in May 2017. The four (4) communities selected in the first year as pilot communities were: *Southern Nevada Urban, Washoe County, Elko, and Humboldt County-Winnemucca*. A critical component in selecting applications to fund was to identify communities willing to embrace the work of transforming the culture of dementia in their communities, the presence of a committed local champion willing to co-facilitate the community action group, and demonstrated capacity for potential members, assessed through letters of support.

A second Request for Proposals was published in January of 2018 to identify three (3) additional community action groups. Applications were reviewed in March 2018 and two additional communities were selected for funding: *Pahrump*, a rural community located in Southern Nevada and *Pyramid Lake Paiute Tribe*, located 35 miles northeast of Reno, NV. This brought the total number of Dementia Friendly Nevada community action groups to six.



## Announcement – Request for Proposal RFP

The Aging and Disability Services Division announces the availability of approximately \$30,000 to three (3) communities from its 2016 Nevada's Alzheimer's Disease Initiative (ADI) – Specialized Supportive Services (SSS) Program. The purpose of the initiative is to: 1) engage communities, including persons living with dementia, family care partners, healthcare professionals and the broader community, in dialogue about Alzheimer's disease and other forms of dementia; 2) foster a collaborative, multi-sector approach toward becoming a dementia friendly and inclusive community using the Dementia Friendly America model; and 3) expand the reach of the Nevada Dementia Supports Toolbox. As a result, this initiative aims to develop and promote communities that are informed, safe, respectful and inclusive of persons living with dementia and their care partners.

Award range is up to \$10,000 per year for one (1) or two (2) years.

For more information or an electronic application, please visit <http://adsd.nv.gov/programs/grant/opportunities> or contact one of the following Aging and Disability Services Division offices:

Las Vegas (702) 486-3545


Reno (775) 688-2964

Carson City (775) 687-4210

Elko (775) 738-1966

**Applications must be received on or before May 1, 2017 by 4:00 p.m.**

**Dementia Friendly Nevada**  
ADSD-Sponsored Community Action Groups



**Request for Proposals**

Introduction  
The statewide Dementia Friendly Nevada initiative is requesting proposals to launch seven (7) community action groups funded through a federal grant that was recently awarded to the Nevada Aging and Disability Services Division (ADSD). The purpose of the initiative is to: 1) engage Nevada communities, including persons living with dementia, family care partners, healthcare professionals and the broader community, in dialogue about Alzheimer's disease and other forms of dementia; 2) foster a collaborative, multi-sector approach toward becoming a dementia friendly and inclusive community using the Dementia Friendly America model; and 3) expand the reach of the Nevada Dementia Supports Toolbox. As a result, this initiative aims to develop and promote communities that are informed, safe, respectful and inclusive of persons living with dementia and their care partners.

**Objective 1:** Initiate community action groups in seven (7) targeted areas across the state aimed at transforming the culture of dementia in those communities, enabling conversation and participation by all citizens, especially persons living with dementia.

- Develop three (3) community action groups in 2017 and four (4) community action groups in 2018, with support from the following ADSD grant partners through September 2019:
  - Capacity-building (co-)facilitation support from Jennifer Carson, PhD, Research Assistant Professor, Community Health Sciences, UNR
  - Evaluation support from the Sanford Center for Aging, UNR
  - Program and technical assistance from a Resource Development Analyst, ADSD

**Objective 2:** Facilitate and mobilize community-driven change utilizing the Dementia-Friendly America model.

- Each community action group will identify and launch at least two (2) community goals to promote a dementia friendly and inclusive community using the Dementia Friendly American toolkit, available online (<http://www.dfamerica.org/>), which guides communities through four (4) phases of engagement, planning, goal-setting, and implementation:
  - **Phase 1: Convene** a community action group comprised of key community leaders and members to better understand Alzheimer's disease and other forms of dementia and their implications for the community.
  - **Phase 2: Assess** current strengths and gaps in meeting the needs that result from Alzheimer's disease and other forms of dementia, using a comprehensive community assessment.
  - **Phase 3: Analyze** community needs and determine which issues stakeholders are motivated to act on; then set at least two (2) community goals.
  - **Phase 4: Act** together to establish implementation plans for your goals and identify ways to measure progress.

1

### ***The questions on the Request for Proposals for application Narratives included:***

1. *Can you identify several organizations and individuals, including representatives from at least four (4) community sectors, willing to be involved in a community action group to collectively address how to become dementia friendly and inclusive?*  
*Please describe: (Please attach any letters of commitment from potential community action group members)*
2. *Does your community have an influencer/champion who is willing to endorse, kick off and co-facilitate a community action group and serve on the Statewide Advisory Team, and who can help the broader community commit to dementia friendly and inclusive principles? Please Describe.*
3. *Has your community shown an interest in dementia awareness, dementia capable, dementia friendly, or dementia inclusive initiatives in the past, specifically through involvement in local or regional efforts or related initiatives? Please Describe.*
4. *The process for becoming dementia friendly takes at least 18 months and is ongoing. With support from ADSD project partners, it engages the community through a community assessment, followed by data analysis and reporting, and then developing and implementing an action plan that addresses at least two (2) dementia friendly goals. Do you believe that with support your group can follow and accomplish this process? Please Describe.*

Each community was funded an initial \$10,000 to develop goals and actions specific to their community along with general activities supporting the scope of the ACL funded project. Community leads were contacted by Jennifer Carson, UNR and guided through the Dementia Friendly America process. ADSD grants management staff worked closely with each community sponsor/ lead to provide technical assistance related to internal grant controls. During this timeframe, as the initial Dementia Friendly America processes unfolded, some interesting generalizations occurred. Many of the groups were so energetic, they wanted to jump directly to “Action” steps instead of working through the prescribed process: Convene; Access; Analyze; Act.

In addition, awards were distributed but subrecipients budgets and action plans were not collected, as this would drive the activities of the community instead of a community given approach. In essence, money was given out without firm details and documentation of how it would be expended (as this would drive the goals of the community instead of communities identifying what they want to achieve within the guided framework). This completely new approach paradigm made many ADSD staff (both fiscal and programmatic) very uncomfortable, to say the least, but it was needed to give communities the freedom to identify who to address these needs in their communities. ADSD, UNR, and project leads worked closely together to develop new process and policy to ensure appropriate internal controls and community freedom to meet the project goals.

The University of Nevada, Reno, Sanford Center for Aging (SCA) was the Project Evaluator, under the direction of Peter Reed, PhD, which documented and measured progress in each community. There were three major elements to the evaluation:

1. Expansion of Dementia Capable Nevada. This entailed an annual report relative to the utilization of “Toolbox” programs (BRI/CC, CarePRO, and EPIC). The reach of the Nevada Dementia Supports Toolbox was continuously monitored.
2. Provide information to inform community action group discussions and planning. SCA developed online and paper versions of a Dementia Community Assessment, in English and Spanish (*Appendix 4*). Dr. Jennifer Carson, School of Community Health Sciences, UNR, served as a facilitator or co-facilitator to advise CAGs in the necessary steps to determine community goals. She provided guidance in survey distribution strategies and collection of evaluation data. Subsequently, the Sanford team analyzed the data to inform the groups in determining their community-driven goals. The Evaluation Plan developed by the SCA, and approved by ACL, is attached to this report (**Attachment 1**).
3. Track the progress each group makes in achieving a more dementia friendly community. A consistent goal of all communities throughout this project was to increase the reach of the Nevada Dementia Supports Toolbox.

Utilizing results gathered from each community's Dementia Community Needs Survey the CAGs developed individual goals to:

1. Engage their community in dialogue about Alzheimer's Disease and other Related Dementias;
2. Foster a collaborative multi-sector approach toward becoming dementia friendly; and
3. Develop a community that is informed, safe, respectful, and inclusive of person living with dementia and their caregivers (**Attachment 2**).

The Dementia Community Assessment 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 about dementia and attitude toward people living with dementia in their respective communities. The goals developed address the gaps and needs specific to each CAG community.

## **CAG Goal Development and Implementation**




The Dementia Friendly Action Team Process was developed to provide a step-by-step process to assist community action groups in creating action teams (SAT) to address priority goal areas (*Appendix 7*). This process created a standing action team meeting outside of regular community action group meetings and allowed for broader community membership participation. Dr. Carson developed resources each action team could use to plan their goal(s) and develop an action plan which included a timeline, milestone benchmarks, roles and responsibilities, projected outcomes, required resources, and a budget. Once a goal, action plan, and budget had been drafted and approved by the larger CAG, the action team then met with members of the Sanford Center for Aging team to develop an evaluation plan for their Dementia Friendly goal. Each action team then continued to provide periodic updates regarding their progress, identified challenges and plans for sustainability at monthly CAG meetings.




### *Dementia Friendly Nevada*

*“All community action groups are committed to including people living with dementia as our partners in decision making. They are the true experts on the lived experience of dementia.”*

*Jennifer Carson, Lead Facilitator, Dementia Friendly Nevada*

The community action groups' individual goals are listed below.

<p><b>Nye County "Pahrump"</b></p> 	<p><b>Goal 1: To improve geriatric clinical services in Pahrump with an aim to improve early detection and treatment</b></p> <p><b>Goal 2: To provide comprehensive dementia education to family care partners in conjunction with respite care for people living with dementia</b></p> <p><b>Goal 3: To provide community education and awareness</b></p>
<p><b>Elko</b></p> 	<p><b>Goal 1: Provide at least one Dementia Friends information session per month July 2018 – July 2019, offered at the Terrace at Ruby View, and by invitation</b></p> <p><b>Goal 2: Provide a weekly peer support/respite program at the Terrace at Ruby View in partnership with Nevada Rural Counties RSVP Rural utilizing the Java Music Club ("Friends' Day Out")</b></p>
<p><b>Humboldt "Winnemucca"</b></p> 	<p><b>Goal 1: To increase visibility of outreach events and Alzheimer's-related resources within Humboldt County / Winnemucca consistently year-over-year between 2016 and 2019.</b></p> <p><b>Goal 2: To educate and inform business owners, employees, and general public about Alzheimer's disease and other dementias; including signs, symptoms, progression, and how to best help care partners and individuals living with dementia.</b></p> <p><b>Goal 3: To offer REST (Respite Education and Resource Tools) training to expand knowledge of respite care and increase the number of respite workers in Humboldt County / Winnemucca</b></p> <p><b>Goal 4: To create and launch an early-stage dementia support group</b></p> <p><b>Goal 5: To create new Adult Day services within Humboldt County / Winnemucca</b></p>

<p><b>Washoe County</b> <b>“Reno”</b></p> 	<p><b>Goal 1: To build a robust offering of volunteer-driven, Peer Support opportunities for people living with dementia and their care partners through the creation of supportive environments designed specifically to meet their expressed needs.</b></p> <p><b>Goal 2: To offer opportunities for people living with dementia and their care partners to access services that promote holistic health and well-being within a dementia-friendly framework of support and inclusivity.</b></p> <p><b>Goal 3: To promote dementia awareness and supportive attitudes among the broader Washoe County community and to educate organizations and individuals to better serve and support people living with dementia.</b></p>
<p><b>Pyramid Lake</b> <b>“Pesa Sooname”</b></p> 	<p><b>Goal 1: Provide comprehensive geriatric clinical services in partnership with the UNR-Med’s Sanford Center for Aging</b></p> <p><b>Goal 2: Provide formal and informal opportunities for dementia education</b></p>
<p><b>Southern Nevada</b> <b>“Las Vegas Urban”</b></p> 	<p><b>Goal 1: To develop programs and training tools to increase public awareness / knowledge about dementia</b></p> <p><b>Goal 2: Implement community-based memory screenings</b></p> <p><b>Goal 3: Educate and update community resource providers on the signs and symptoms of dementia to properly route callers to the most helpful human services information and resources.</b></p> <p><b>Goal 4: Empower patients and caregivers with the knowledge and skills they will need to navigate the dementia journey.</b></p>

*Dementia Friendly Nevada*

*“The communities have to be the drivers. It’s not outsiders coming in with their ideas for transformation. Instead, local community members know what works best in their community.”*

*Jennifer Carson, Lead Facilitator, Dementia Friendly Nevada*

## **Objective 2: Facilitating/mobilizing community-driven change and decision making for local Community Action Groups.**

These communities helped to change the service delivery paradigm from a push out approach to an opportunity for providers to learn about the service needs of people living with dementia and family care partners, and for individuals to learn about types of services available. CAGs established priority areas and goals based on the analysis of the Dementia Community Assessment completed for each community. All Dementia Friendly Nevada (DFNV) CAGs continue to work towards implementing goals and expanding the reach of Dementia Friendly initiatives throughout their communities, working collaboratively to meet the unique needs in their communities. A general summary of CAG (Community Action Group) activities is displayed below. Detailed summaries of each individual CAG accomplishments from reporting periods 2-5 are included in the table in *Appendix I*. The following programs were developed and implemented through CAG activities:

- **Community Awareness Training (CAT):** Dementia Friendly Southern Nevada Urban designed this training to increase sector-specific understandings of dementia friendly practices related to communication, physical space and caregiving for businesses, faith-based communities and first responders
- **Friends Day Out:** A 4-hour respite program that originated as part of Dementia Friendly Elko comprising lunch, social activity, Java Music Club (an evidence-based mutual peer support group), and gentle exercise, offering unique engagement activities for persons with dementia and respite for care partners
- **Open Door Café:** Modeled after “memory café” models, the evidence-informed program, developed by Dementia Friendly Washoe County in partnership with people living with dementia, has 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.



- **Wellness, Art and Music:** A modified respite program, developed by Age- and Dementia-Friendly Winnemucca, utilizing materials from the Java Music Club and activities involving wellness, art, and music.
- **Dementia Friendly Library and Resource Center:** A lending library full of current educational materials launched within two dementia-friendly communities (Elko and Pahrump).
- **Dance with Me:** Dementia-friendly partner dancing in Washoe County, provided in partnership with Ballroom of Reno.

Additional services implemented by and through the CAGs from community dialogues, include:

- **10 Warning Signs:** Distributed by the Alzheimer's Association Northern Nevada to address community identify educational goals.
- **Community Memory Screenings:** Dementia Friendly Southern Nevada conducted (7) community memory screenings. The Cleveland Clinic Lou Ruvo Center for Brain Health trained nursing students from the College of Southern Nevada and University of Nevada Las Vegas to perform the Brief Alzheimer's Screen (BAS) Test. Screened community members, when appropriate, were recommended for additional screening with a health care provider.
- **Cracked: New Light on Dementia** is a video-recorded version of a one-hour, innovative research-informed theater production that was utilized by two Dementia Friendly Nevada groups (Pahrump and Winnemucca) to provide community education about family and professional care partnering.
- **Dementia Friends:** *Dementia Friends* Champions training is a “train-the trainer” -type approach to providing community education, which allows trained Champions to then facilitate *Dementia Friends* information sessions throughout their respective communities.
- **Java Music Club:** 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.
- **REST Trainings** – Respite, Education and Support Tools for volunteers and community members


*Training Resources* developed and/or implemented with and through the CAGs from community dialogues, include:

- **First Responder Training:** Includes physician presentations, patient/care partners interviews and testimonials, and a first responder panel discussion on Alzheimer's disease, Lewy Body Dementia and Frontotemporal Dementia. Training provides 4 hours of CEUs for EMT's, POST (police), paramedics, fire, social workers, physicians, NP's, PA's, RN's. Though there are other First Responder type videos and trainings available, this was a broadly identified need across Nevada.
- **Dementia 2018: Dementia Capable Communities Continuing Education Conference:** held on June 2, 2018 for physicians, advanced practice providers, nurses, psychologists, physical and occupational therapists, and social workers. Approximately 193 providers attended. Conference presentations have been published for online viewing at the [dementiafriendlynevada.org](https://showrunnerinc.com/e/5cf03be462043a0bd6bb9745/C10082) website.  
<https://showrunnerinc.com/e/5cf03be462043a0bd6bb9745/C10082>
- **Dementia 2019: Managing a Public Health Crisis Continuing Education Conference:** held on May 31 to June 1, 2019 and offered Continuing Education credits for physicians, advanced practice providers, nurses, psychologists, physical and occupational therapists, social workers, and long-term care administrators. Majority of the content was new to at least 75% of participants.  
<https://showrunnerinc.com/e/5cf03be462043a0bd6bb9745/C10082>
- **The Nevada Tribal Summit on Brain Health and Dementia:** Born of a desire to increase discussions about dementia within and across Nevada's Tribes, to learn about issues of aging, cognitive health, dementia care and support, and community resources. Potential applications of CDC Healthy Brain Initiative's Road Map for Indian Country.
- **Caregiver Conference: Supporting the Well-Being of Residents Living with Dementia** Dr. Jennifer Carson, DFNV CAG Co-facilitator, 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 7<sup>th</sup>) and Reno (February 19<sup>th</sup>); for more information see <https://med.unr.edu/calendar/2019/caregiver-conference-x31082>.
- **National Task Group (NTG) Overview for Aging and Intellectual Disabilities:** Understanding similarities and differences between the aging process and addressing safety and abuse concerns.
- **CarePRO (Care Partners Reaching Out) training:** 10-session skill-development care partner training provided by Dementia Friendly Pahrump in partnership with the Alzheimer's Association Desert Southwest.

- **Community Awareness and Education Events:** Elko in October 2018; *Walk With Me* in Washoe County in June 2019; and Pahrump in May 2019.

The following section summarizes CAG activities, comprising activities in the final six months leading up to the conclusion of the project from April 1, 2019-September 29, 2019. For a table with highlights of CAG activities during April 1, 2017-March 31, 2019 (periods 2-5), see *Appendix 1*.

Elko Community Action Group

<p><b>Elko</b></p> 	<p><b>Goal 1: Provide at least one Dementia Friends information session per month July 2018 – July 2019, offered at the Terrace at Ruby View, and by invitation</b></p> <p><b>Goal 2: Provide a weekly peer support/respice program at the Terrace at Ruby View in partnership with Nevada Rural Counties RSVP Rural utilizing the Java Music Club (“Friends’ Day Out”)</b></p>
<p><b>Summary Details</b></p>	<ul style="list-style-type: none"> <li>• 5,685 Individuals Aged 65+; 357 Age 85+</li> <li>• 632 individuals age 65+; including 119 individuals 85+ living with Dementia</li> <li>• 91 Living Alone with Dementia</li> <li>• 163 residents of Elko County completed the Community Awareness Survey</li> </ul>
<p><b>Additional Information</b></p>	<ol style="list-style-type: none"> <li>1. <i>Dementia Friendly Elko: Community Assessment. A Community-Action Group of the Nevada Aging and Disability Services division Dementia-Friendly Initiative (December 12, 2017)</i></li> <li>2. <i>Dementia Friendly Nevada: Statewide Community Assessment August 14, 2018</i></li> </ol>

*Dementia Friendly Elko County*

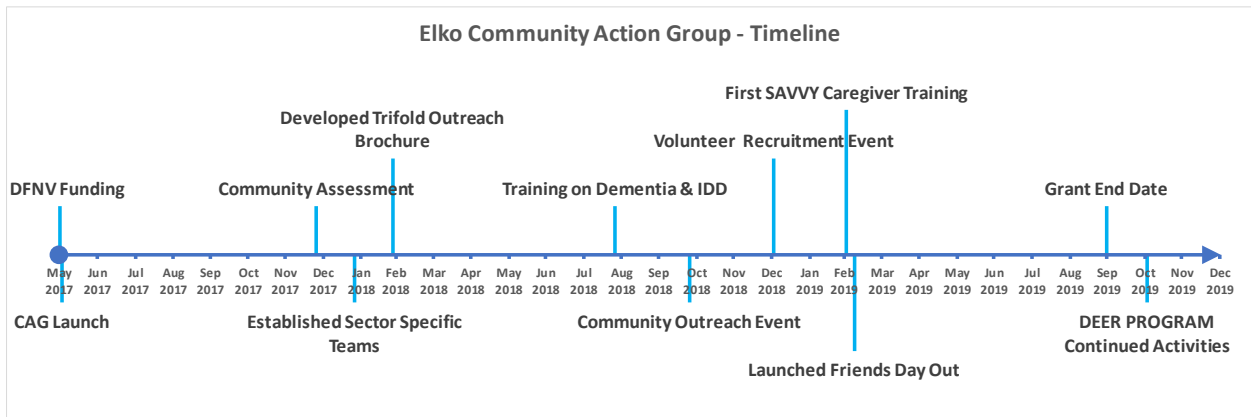
*“[My friend] knew I was looking for something else to continue to offer my experience in a positive way in the community. I thought, oh my gosh, this is an answer to a prayer.”*

*Cheryl Poll, Member, Dementia Friendly Elko.”*


The Elko CAG launched the Friends’ Day Out program to address the concerns of “lack of support groups” in the rural community, identified in the Dementia Community Assessment results. Friends’ Day Out is a weekly, volunteer-driven, 4-hour peer support/respice program that meets at the Terrace at Ruby View, utilizing Java Music Club as one of the components (*Appendix 14*). The first Friends Day Out was launched Friday, March 8, 2019. The Java Music Club is a standardized peer support intervention designed to address the critical rates of depression and loneliness common among elders, including people living with dementia. This research-based program is typically administered within a residential setting; however, the group incorporated the program into its existing once per week respice 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 theme-based session plans for a total of 52 unique and meaningful sessions. Java Music Club allows family care partners to attend as well as persons living with dementia and is facilitated by Rural RSVP volunteers.

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 the g project rant period concludes. Thru the end of the September 2019, a total of 11 unique participants were served in the weekly Friends Day Out program, with an average of 7 to 8 individuals per session.

Dementia Friendly Elko has also continued to deliver Dementia Friends Information Sessions within the community, recently securing a space at the Elko County Library for a standing monthly session.



Humboldt “Winnemucca” Community Action Group

<p><b>Humboldt “Winnemucca”</b></p> 	<p><b>Goal 1: Education and information for business owners, employees, and the public about Alzheimer’s disease and other dementias including signs and symptoms, progression, and how to best help the care partner and the individual with dementia.</b></p> <p><b>Goal 2: Offer REST (Respite Education and Resource Tools) training to expand knowledge of respite care and to increase the number of respite providers in Winnemucca and Humboldt County.</b></p> <p><b>Goal 3: Provide presentations such as Dementia Friends and education updates of Alzheimer’s and other dementias. Deliver our booklets and brochures that include additional community information and dementia postings.</b></p> <p><b>Goal 4: Expand community awareness through community events.</b></p> <p><b>Goal 5: Receive training to offer Early Stage Alzheimer’s support groups</b></p>
<p><b>Summary Details</b></p>	<ul style="list-style-type: none"> <li>• 2,566 Individuals Aged 65+; 268 Age 85+</li> <li>• 286 individuals age 65+; including 90 individuals 85+ living with Dementia</li> <li>• 41 Living Alone with Dementia</li> <li>• 119 residents of Humboldt County completed the Community Awareness Survey</li> </ul>
<p><b>Additional Information</b></p>	<ol style="list-style-type: none"> <li>1. <i>Dementia Friendly Humboldt County: Community Assessment. A Community-Action Group of the Nevada Aging and Disability Services division Dementia-Friendly Initiative (December 11, 2017)</i></li> <li>2. <i>Dementia Friendly Nevada: Statewide Community Assessment August 14, 2018</i></li> </ol>

In December 2016, Winnemucca joined the AARP age-friendly network through the AARP Community Challenge Grants. Winnemucca is working with community members to make Winnemucca an “Age-Friendly” and “Dementia-Friendly” community.

Winnemucca's CAG partnered with Rural RSVP to expand respite programs and services in Winnemucca. Respite retreats, titled "Wellness, Art, and Music" or "WAM," are held at the local Boys and Girls Club the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month. The two-hour program offers family care partners a break to attend to their own needs, run errands, go to the doctor, or enjoy other activities. WAM volunteers are Rural RSVP volunteers trained in Respite Education Support Tools (REST). Respite time include activities such as crafts, painting, singing, board and card games, walking, and interactive Smart Board activities.

Age- and Dementia-Friendly Winnemucca is also working to address the need for a local support group. Four (4) Winnemucca CAG members received training from the Alzheimer's Association in Reno to become support group leaders and they intend to hold local support groups within their community in coming months. However, during the last funding period, group members offered a monthly unstructured support group opportunity at the local hospital called, "Let's Talk about It."



Additionally, Winnemucca CAG incorporated the screening of *Cracked: New Light on Dementia* into its outreach efforts (**Appendix 15**). As described by the producers of the film, *Cracked: New Light on Dementia* is a one-hour, innovative research-based theater 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. The filmmakers explain 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. Four screenings have been offered in Winnemucca at various venues, including Humboldt Community Hospital and the Chamber Convention Center.

### *Dementia Friendly Winnemucca*

*“We have wonderful team members who deeply care. There is a concerted effort to help and provide information to seniors and all those families living with a connection to dementia.”*

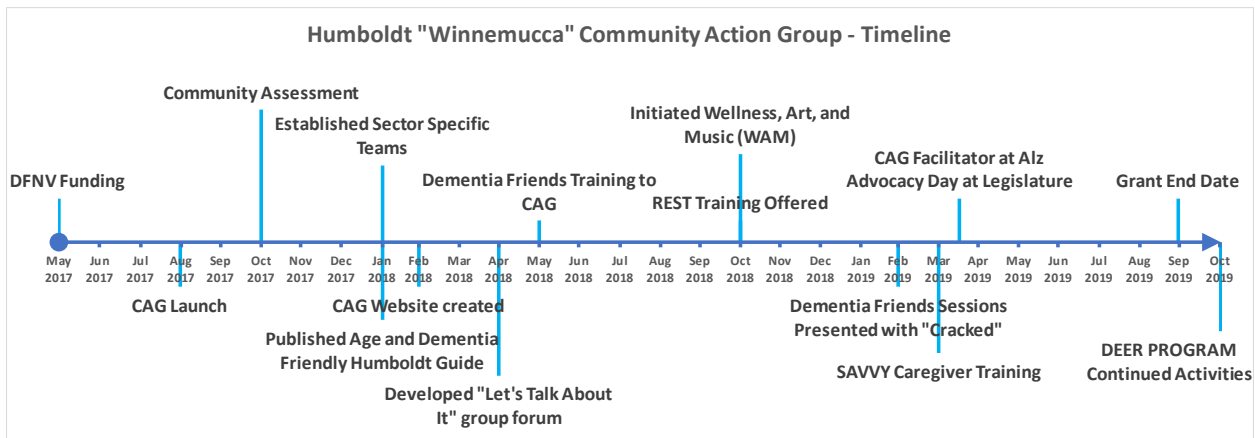
*Gini Cunningham, Facilitator, Age- and Dementia-Friendly Winnemucca*

*“It showed the seniors that a community cared about them.”*


*Di An Putnam, Member, Age- and Dementia-Friendly Winnemucca*

Winnemucca continued to offer Dementia Friends presentations as well as showing the movie *Cracked*. From this, the CAG was able to directly reach at least 96 individuals. CAG members presented an updated Dementia Friends presentation with law enforcement, first responders, and other health professionals. The presentation was designed to discuss the 10 potential warning signs of Alzheimer’s disease followed by actions and reactions of officials when they encounter an individual who appears to be in this stage/realm of the disease. They received very positive feedback including potential future presentations with other agencies.

Furthermore, the group continued monthly advertisements/announcements in the local newspaper and added periodic advertisements/announcements in another periodical: *Community Living Magazine*. A new attempt at outreach included radio blurbs – 20 per month with announcements about Winnemucca CAG meetings as well as tips and ideas for people and families living with Alzheimer’s and other dementias. Additionally, through CAG outreach efforts in Winnemucca, ten people were referred to Nevada 211, Dementiafriendlynevada.org website, and Winnemucca/Humboldt County ADF-Winnemucca website.



Nye County “Pahrump” Community Action Group

<p><b>Nye County “Pahrump”</b></p> 	<p><b>Goal 1: To improve geriatric clinical services in Pahrump with an aim to improve early detection and treatment</b></p> <p><b>Goal 2: To provide comprehensive dementia education to family care partners in conjunction with respite care for people living with dementia</b></p> <p><b>Goal 3: To provide community education and awareness</b></p>
<p><b>Summary Details</b></p>	<ul style="list-style-type: none"> <li>• 12,499 Individuals Aged 65+; 1,026 Age 85+</li> <li>• 1,389 individuals age 65+; including 342 individuals 85+ living with Dementia</li> <li>• 199 Living Alone with Dementia</li> <li>• 89 residents of Nye County completed the Community Awareness Survey</li> </ul>
<p><b>Additional Information</b></p>	<ol style="list-style-type: none"> <li>1. <i>Dementia Friendly Nye County: Community Assessment. A Community-Action Group of the Nevada Aging and Disability Services division Dementia-Friendly Initiative (August 1, 2019)</i></li> <li>2. <i>Dementia Friendly Nevada: Statewide Community Assessment August 14, 2018</i></li> </ol>

Pahrump CAG partnered with the Sanford Center for Aging (SCA) as part of a Geriatrics Workforce Enhancement Program (GWEP) grant to support comprehensive geriatric assessment via telemedicine, and dementia and geriatrics education for primary care providers in Pahrump (and across Nevada). Beginning on September 1, 2019, Jennifer Carson, co-facilitator, Dementia Friendly Pahrump, started working at as the liaison between Dementia Friendly Nevada and the Sanford Center for Aging to help both groups reach their shared goals. For this work, she has two key roles: 1) facilitate relationships between rural dementia-friendly communities, rural primary care clinics and SCA to engage rural providers (including Nye County) in inter-professional (IPE) geriatric training and establish geriatric telemedicine services; and 2) deliver the *Bravo Zulu: Achieving Excellence in Relationship-Centered Dementia Care*, a dementia care partner education program, at least four times per year. Jennifer is still in the early stages of her

outreach efforts to primary care clinics in Nye County, but the group was excited to announce that the first offering of *Bravo Zulu* was scheduled in Pahrump on November 7 and 8, 2019. *Bravo Zulu* will be free to all, including free CEUs and lunch provided by the SCA. *Bravo Zulu* is an innovative, comprehensive, 12-hour (2-day) military cultural competence, dementia and eldercare training program for professional and family care partners. While it has a focus on veterans living with dementia, it is also appropriate for care partners of non-veteran elders, and it meets and exceeds the Nevada State regulation for 8 hours of dementia education for skilled nursing and assisted living providers. Dementia Friendly Pahrump was proud to bring this comprehensive training opportunity to their community. Their role has been assisting with the promotion of the training, which they have been working on since the August 2019 meeting.

The Pahrump CAG, in partnership with the Alzheimer's Association Desert Southwest Chapter, choose to implement the CarePRO series in Pahrump, which began on January 30, 2019 and was facilitated by two volunteer members of Dementia Friendly Pahrump, with telephone coaching from an Alzheimer's Association volunteer (*Appendix 16*). The Alzheimer's Association tried to offer CarePRO in Pahrump previously, but could never gather enough people for a class. Thus, Dementia Friendly Pahrump developed a strong outreach strategy (divide and conquer), sharing information about CarePRO with 23 different organizations. Building on the previous success, the group is working in partnership with the Alzheimer's Association Desert Southwest Chapter to provide another CarePRO series in Pahrump in 2020. The CAG has also been working in partnership with Nevada Senior Services, to bring a second offering of *Caring for You, Caring for Me* to Pahrump. They will use the same divide and conquer outreach strategy to ensure that community members learn about this important opportunity.

## *Dementia Friendly Pahrump*

*“The Community Action Group worked really hard to spread the word about CarePRO. It was a significant outreach effort.”*

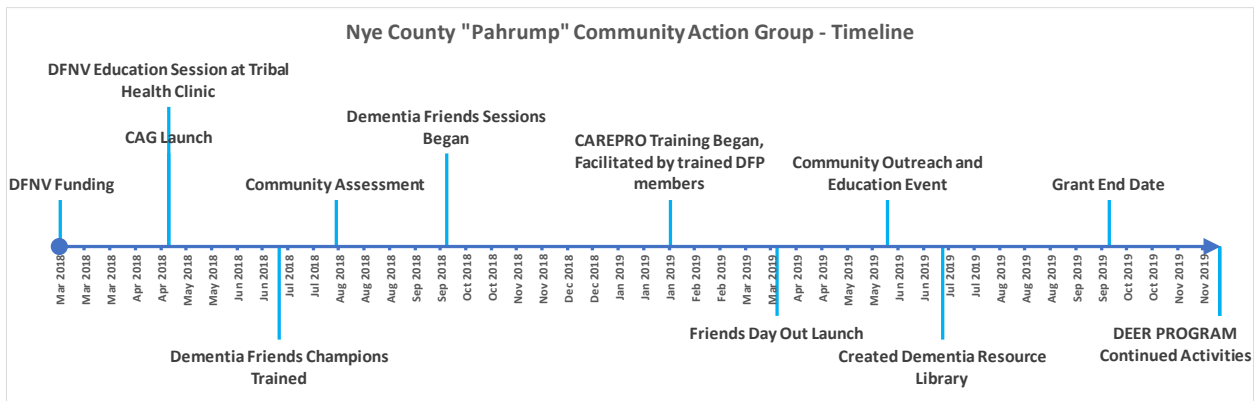
*Jan Lindsay, Former Co-facilitator, Dementia Friendly Pahrump*

Dementia Friendly Pahrump hosted a community outreach and education event on Wednesday, May 29, 2019, featuring the research-based film *Cracked: New Light on Dementia* and a presentation from Nevada State Senator Valerie Wiener (ret.) about the Nevada Task Force on Alzheimer’s Disease (TFAD) and the 2019 State Plan to Address Alzheimer’s Disease (**See Appendix 16**). The event, which was held at the Valley Conference Center, drew 65 community members; a great turnout for this rural community. The CAG also shared national, state and local resource information with attendees. CAG members felt the event was so successful that that are planning to launch a quarterly dementia film series in 2020.

With a view to better supporting tribal communities in and near Nye County (e.g., the Duckwater Shoshone Tribe), two community action group members traveled to Nixon, NV to participate in the Nevada Tribal Summit for Brain Health and Dementia, hosted by Pyramid Lake Paiute Tribe’s dementia-friendly Pesa Sooname Advisory Team on August 22, 2019. A CAG member also attended Dementia Friendly Southern Nevada Urban’s Community Awareness Faith-Based presentation on Sunday, August 11, 2019 to learn more about becoming a facilitator of that program.

Dementia Friendly Pahrump also continues to offer Dementia Friends information sessions. In April 2019, the Pahrump CAG co-facilitator provided an information session to the Search and Rescue Unit for Nye County, and in August 2019, Dr. Jennifer Carson provided one to community members as part of a Dementia Friends Champions training. A total of 14 Dementia Friends Champions and 87 Dementia Friends have been trained by Dementia Friendly Pahrump. Toward the end of this grant, Dementia Friendly Pahrump scheduled a regularly-occurring monthly Dementia Friends information session at the local Holiday Inn Express, who provided the group with free use of their conference room. Members feel this venue will provide a “neutral location” with great parking for interested community members.

Another way that Dementia Friendly Pahrump is working to provide community education and to raise awareness is through the newly-launched Dementia Friendly Pahrump Library and Resource Center, housed at the NV Rural RSVP office. The CAG has a long list of current, high-quality resources available for loan to community members, including comprehensive dementia education via DVD. They recently developed promotional materials to spread the word about this important and convenient resource.



*Dementia Friendly Pahrump*


*“Respecting what an elder is something that really should be instilled in our population. There’s such a wealth of information in the elder population that gets ignored. And that’s a shame.”*

*Barbara Payne, Member, Dementia Friendly Pahrump*

*“Get out there and get the information you need, so you have something to work with.”*

*Jan Lindsay, Former Co-facilitator, Dementia Friendly Pahrump*

Pyramid Paiute Tribe Community Action Group (Pesa Sooname Advisory Group)

<p><b>Pyramid Lake- “Pesa Sooname”</b></p> 	<p><b>Goal 1: Provide comprehensive geriatric clinical services in partnership with the UNR-Med’s Sanford Center for Aging</b></p> <p><b>Goal 2: Provide formal and informal opportunities for dementia education</b></p>
<p><b>Summary Details</b></p>	<ul style="list-style-type: none"> <li>• 212 Individuals Aged 65+; 22 Age 85+</li> <li>• 24 individuals age 65+; including 8 individuals 85+ living with Dementia</li> <li>• 4 Living Alone with Dementia</li> <li>• 22 residents of <i>Pyramid Lake Paiute Tribe</i> completed the Community Awareness Survey</li> </ul>
<p><b>Additional Information</b></p>	<ol style="list-style-type: none"> <li>1. <i>Dementia Friendly Pyramid Lake Paiute Tribe: Community Assessment. A Community-Action Group of the Nevada Aging and Disability Services division Dementia-Friendly Initiative (December 11, 2017)</i></li> <li>2. <i>Dementia Friendly Nevada: Statewide Community Assessment August 14, 2018</i></li> </ol>

“Pesa Sooname” is Northern Paiute for “good thought” and “good think.” After consulting with a tribal elder, Carla Eben, co-facilitator, named the Pyramid Lake Paiute Tribe’s dementia-friendly community action group “The Pesa Sooname Advisory Team” because “*we want to have good thoughts toward elders living with dementia and we want to protect our own good thinking.*” The Pesa Sooname Advisory Team is working to become more educated about brain health and dementia, and more supportive of elders living with deep forgetfulness and their families.



The Pesa Soaname Advisory Group helped facilitate a meeting between the Sanford Center for Aging and tribal clinic teams. The tribal clinic expressed strong interest in partnering with the Sanford Center to launch a comprehensive geriatric assessment clinic via telemedicine, but they have not taken action to date. Representatives from the clinic have continued to express an ongoing interest, but they seem to have other competing priorities. In the meantime, the CAG co-facilitator, Carla Eben, is considering taking tribal elders to the in-person Sanford Center geriatric clinic at UNR. The CAG will continue to promote this goal, but it is up to the tribal clinic team to take the next steps.

The Pesa Soaname Advisory Group hosted the 2019 Nevada Tribal Summit on Brain Health and Dementia (*Appendix 17*). It was a huge success with 114 people representing 14 different tribes in attendance. Convened on Thursday, August 22, 2019, from 9 AM – 4 PM, in Nixon, NV, the Tribal Summit was organized around four engaging national speakers:

- Mike Splaine, Owner and Principal, Splaine Consulting: *Overview and development of the CDC Road Map for Indian Country*
- Dave Baldrige (Cherokee), Executive Director, International Association for Indigenous Aging (IA2): *Customization and implementation of the CDC Road Map for Indian Country*
- Dr. Peter Reed, Director, Sanford Center for Aging, University of Nevada, Reno School of Medicine: *The Sanford Center for Aging’s Comprehensive Geriatric Assessment Clinic*
- Dr. J. Neil Henderson (Oklahoma Choctaw), Executive Director, Memory Keepers Medical Discovery Team on Health Disparities, and Professor, Department of Family

Medicine & Bio-Behavioral Health, University of Minnesota Medical School:  
*Dementia and Diabetes among Native People*

**SAVE THE DATE!**  
**The Nevada Tribal Summit**  
 on  
**Brain Health & Dementia**

Thursday, August 22, 2019

9:00 AM - 4:00 PM

Nixon Tribal Gymnasium, 301 Highway 447, Nixon, NV 89424

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



For more information, please visit:  
[DementiaFriendlyNevada.org/TribalSummit](http://DementiaFriendlyNevada.org/TribalSummit)  
 or contact:

Carla Eben, Pyramid Lake Paiute Tribe, Numaga Senior Services Director  
 Telephone: (775) 574-1064  
 Email: [ceben@plpt.nsn.us](mailto:ceben@plpt.nsn.us) OR  
 Jennifer Carson, Co-Facilitator, Pesa Sooname Advisory Group  
 Telephone: (775) 682-7072  
 Email: [jennifercarson@unr.edu](mailto:jennifercarson@unr.edu)

This project was supported in part, by grant number 90ALGG0011, 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.

**2019 Nevada Tribal Summit**  
**on Brain Health and Dementia**  
**Conference Proceedings**  
 Thursday, August 22, 2019



9:00 - 9:30 AM	Cultural opening and remarks
9:30 - 10:30 AM	<b>Mike Splaine:</b> Overview and development of the Road Map for Indian Country
10:30 - 10:45 AM	Break
10:45 - 11:45 AM	<b>Dave Baldrige (Cherokee):</b> Customization and implementation of the Road Map for Indian Country
11:45 AM - 12:00 PM	Opportunity for reflections and comments
12:00 - 1:00 PM	Lunch
1:00 - 1:45 PM	Wisdom circles regarding brain health and dementia
1:45 - 2:00 PM	Break
2:00 - 2:15 PM	Gentle yoga and movement
2:15 - 2:45 PM	<b>Dr. Peter Reed:</b> The Sanford Center for Aging's Comprehensive Geriatric Assessment Clinic
2:45 - 3:45 PM	<b>Dr. J. Neil Henderson (Oklahoma Choctaw):</b> Dementia and Diabetes among Native people
3:45 - 4:00 PM	Cultural closing and remarks

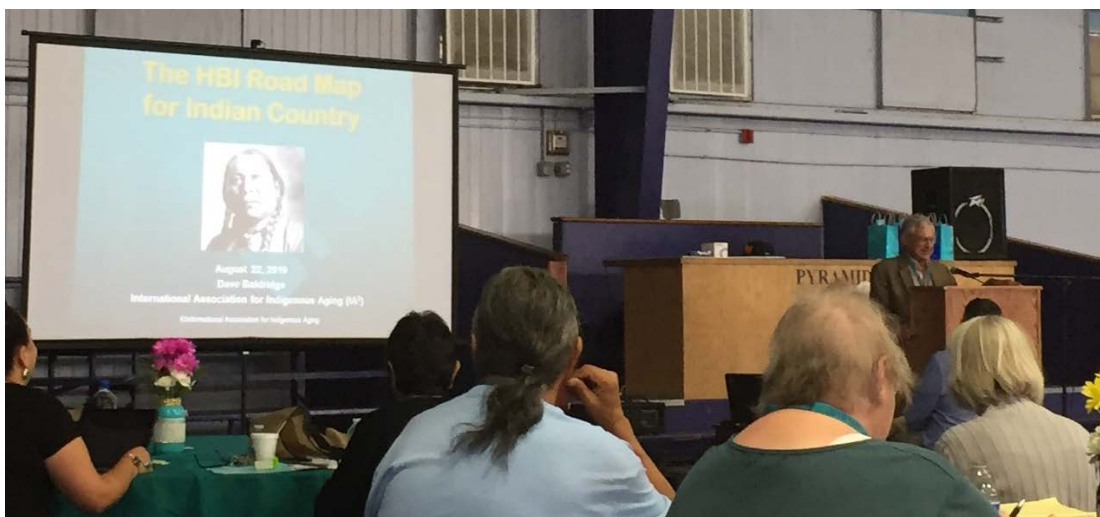
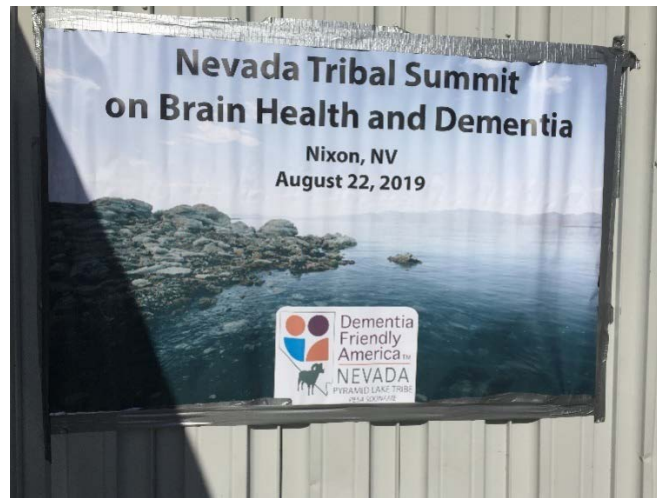
Register at [DementiaFriendlyNevada.org/TribalSummit](http://DementiaFriendlyNevada.org/TribalSummit)



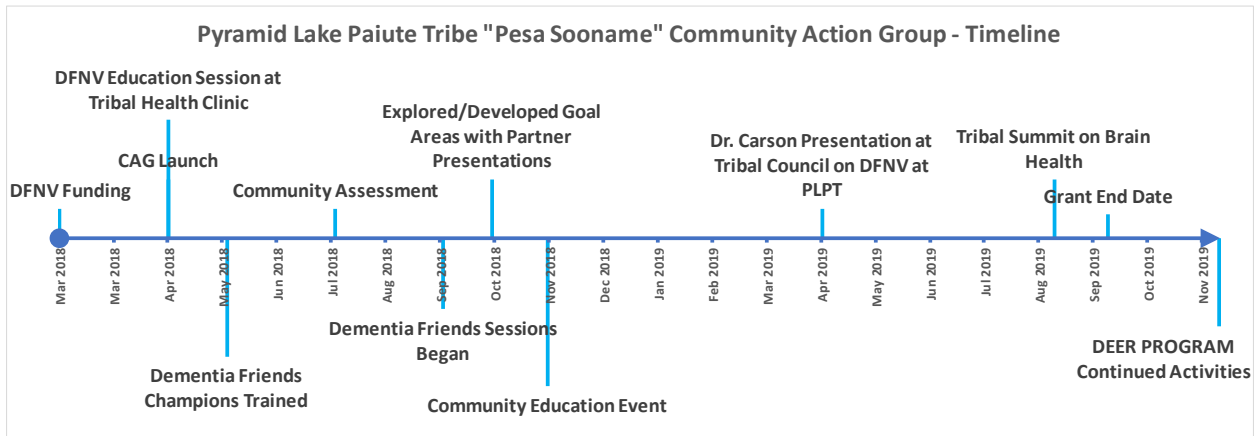
Participants also enjoyed a heart-healthy, brain-health lunch; some gentle yoga; wisdom circles to engage all attendees in important discussions about brain health and dementia using the new *CDC Road Map for Indian County*; and saw presentations from a Tribal Color Guard, two Northern Paiute songs, and three different prayers – two offered by Elders and one by the Chairman of the Pyramid Lake Paiute Tribe. Plus, the CAG seized the opportunity to promote the Nevada Dementia Supports Toolbox by sharing the new flyer with all attendees, and there was great representation from local aging services partners who tabled in the exhibit space.

The Tribal Summit was a great way to put grant funding to use in the best interest of Nevada's Tribes. Post Conference Evaluation Report for the 2019 Nevada Tribal Summit on Brain Health and Dementia is attached to this report (**Attachment 3**). Immediately following the


Summit, the Fallon Tribal Health Clinic sent Dr. Jennifer Carson an email to schedule a meeting. They met on September 5, 2019 to discuss their interest in 1) joining Dementia Friendly Nevada, and 2) hosting The Sanford Center for Aging’s Comprehensive Geriatric Assessment Clinic at their tribal clinic via telemedicine. As a result, follow up activities were planned for Fall 2019.



The Pesa Soaname Advisory Group is currently developing dementia resource notebooks for all of Nevada’s tribes and plans to host a series of three local ‘Talking Circles’ (January, March and May 2020) utilizing the CDC Road Map for Indian Country, in an effort to engage the Pyramid Lake Paiute Tribe in discussions about Pesa Soaname’s goals for 2020. Co-facilitators, Carla Eben and Jennifer Carson, have recently been invited to provide a Dementia Friends information session and a presentation on the Pesa Soaname Advisory Group, and lead a symposium on dementia, at the 2020 National Indian Council on Aging (NICOA) Conference, which will be held in Sparks, Nevada August 2020. In addition, Carla and Jennifer have submitted a session proposal about their partnership and work to the 2020 N4A Conference, coming to Portland, OR in July 2020.



Southern Nevada Urban (DFSNU) Community Action Group

<p><b>Southern Nevada “Las Vegas Urban”</b></p> 	<p><b>Goal 1: Develop &amp; Implement Community Awareness Program</b></p> <p><b>Goal 2: Increase number of Community Awareness Training master trainers and community volunteers</b></p> <p><b>Goal 3: Increase access to dementia awareness presentations</b></p> <p><b>Goal 4: Increase awareness of dementia</b></p> <p><b>Goal 5: Implement Community-Based Memory Screenings</b></p> <p><b>Goal 6: Increase number of individuals receiving memory screenings</b></p> <p><b>Goal 7: Assess individual’s willingness to follow-up on memory screening based on results</b></p> <p><b>Goal 8: Educate and update community resource providers on the signs and symptoms of dementia to properly route callers to the most helpful human services information and resources.</b></p> <p><b>Goal 9: Empower patients and care partners with the knowledge and skills they will need to navigate the dementia journey.</b></p>
<p><b>Summary Details</b></p>	<ul style="list-style-type: none"> <li>• 266,940 Individuals Aged 65+; 26,051 Age 85+</li> <li>• 29,660 individuals age 65+; including 8,684 individuals 85+ living with Dementia</li> <li>• 4,237 Living Alone with Dementia</li> <li>• 195 residents of Southern Nevada completed the Community Awareness Survey</li> </ul>
<p><b>Additional Information</b></p>	<ol style="list-style-type: none"> <li>1. <i>Dementia Friendly Southern Nevada: Community Assessment. A Community-Action Group of the Nevada Aging and Disability Services division Dementia-Friendly Initiative (March 15, 2018)</i></li> <li>2. <i>Dementia Friendly Nevada: Statewide Community Assessment August 14, 2018</i></li> </ol>

Dementia Friendly Southern Nevada continued focusing on delivery of activities developed in conjunction with CAG goals. Their efforts were also featured in an article, *New Thinking about Thinking*, in the Journal of the Alzheimer’s Association, Fall 2017 (**Appendix 18**).

### *Dementia Friendly Southern Nevada Urban*

*“We know that not everyone can come to us, so our goal is to get out in the community. We really want to get out there in locations that are underrepresented or underserved.”*

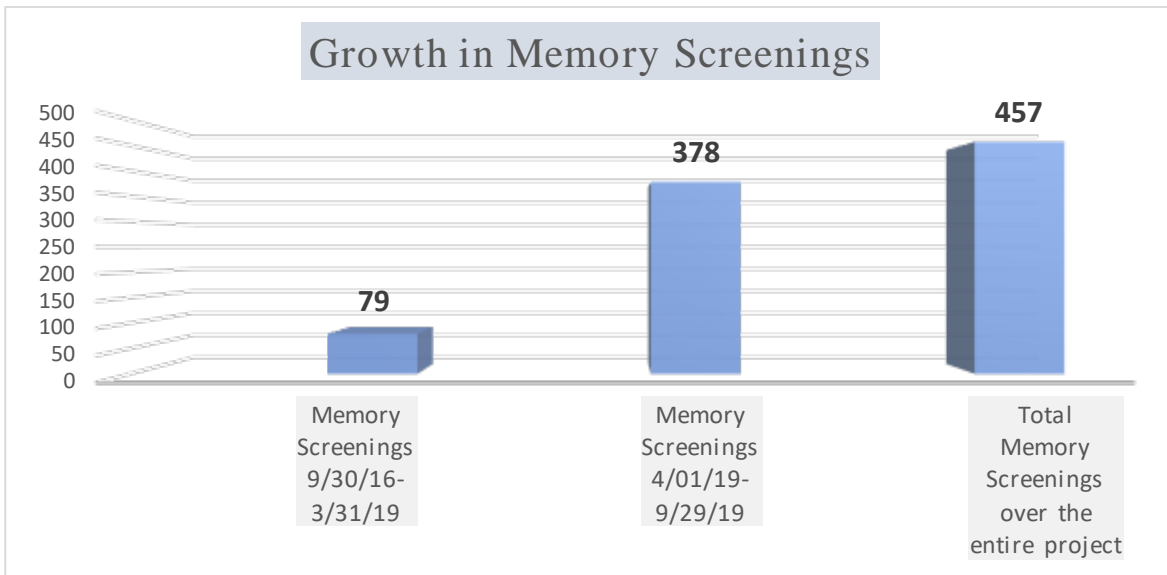
*Susan Farris, Member, Dementia Friendly Southern Nevada Urban*

### *Dementia Friendly Southern Nevada Urban*

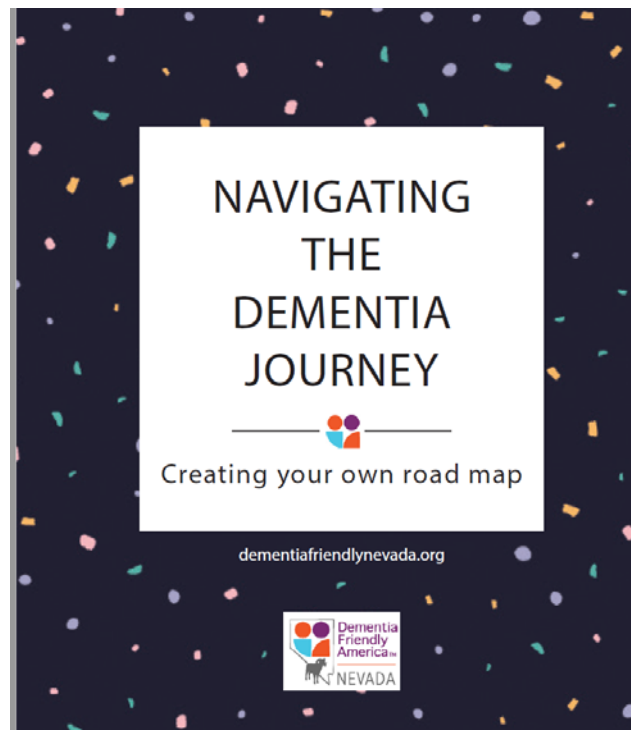
*“Thank you so much for helping me get involved in Dementia Friendly Southern Nevada. I am impressed with the people involved and think I can offer a lot to the group.”*

*Chuck McClatchey, Expert of Lived Experience, Dementia Friendly Southern Nevada Urban*

Between April 2019-September 2019, the group conducted four community memory screenings: St. Francis Church (4/30/19), Henderson Community Center (5/9/19), UNLV OLLI (6/22/19), and Cleveland Clinic Lou Ruvo Center for Brain Health (9/23/19). Cleveland Clinic Lou Ruvo Center for Brain Health Psychologist, Dr. Donna Munic-Miller, trained nursing students from the College of Southern Nevada and University of Nevada Las Vegas to perform the Brief Alzheimer’s Screen (BAS) Test. A combined total of 40 CSN nursing students and 20 UNLV nursing students screened a total of 378 community members during this reporting period. At least 28 community members earned a BAS score worthy of recommendation for additional screening with a health care provider.

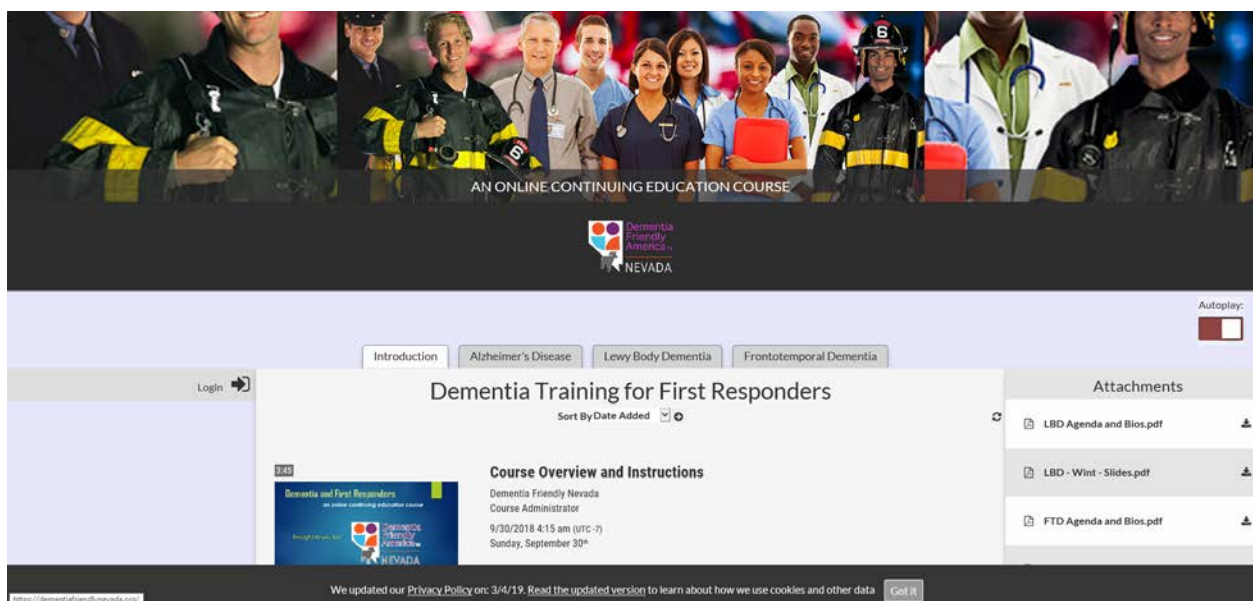


The final draft of the “Resource Notebook”, *Navigating the Dementia Journey* was completed and sent to print with an initial 7,500 copies (**Attachment 4**). The “Resource Notebook” provides information on supportive programs and services, how to find help for care planning, common issues and concerns related to dementia and cognitive impairment, and increased awareness of Dementia Friendly Practices. The “Resource Notebook” also addresses resources and services available for IDD populations. The “Resource Notebook” works in unison with Nevada 2-1-1, Nevada Care Connections, and [www.dementiafriendlynevada.org](http://www.dementiafriendlynevada.org) to help familiarize and direct people to the services that they need in every part of the state.





The first statewide First Responder Continuing Education Video was created in collaboration with Vegas PBS to include physician presentations, patient/care partners interviews and testimonials, and a physician and first responder panel discussion on Alzheimer’s disease, Lewy Body Dementia and Frontotemporal Dementia. CEUs were offered for first responders and healthcare professionals who participated in this training. An overall total of 550 people completed the training, although not all applied for CEUs.

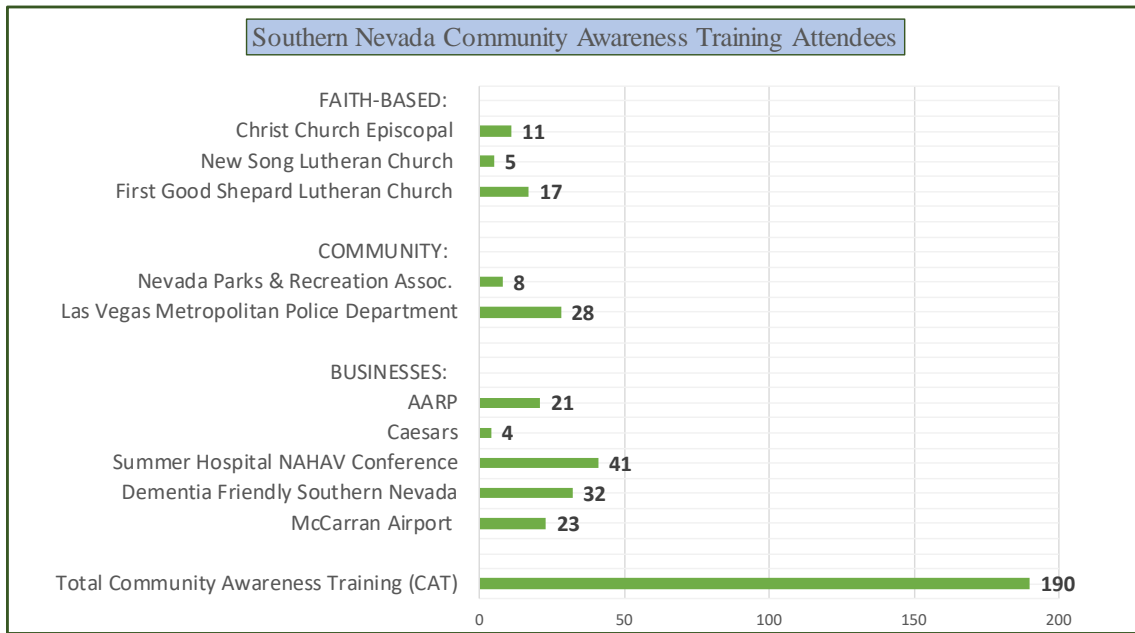


## *Dementia Friendly Southern Nevada Urban*

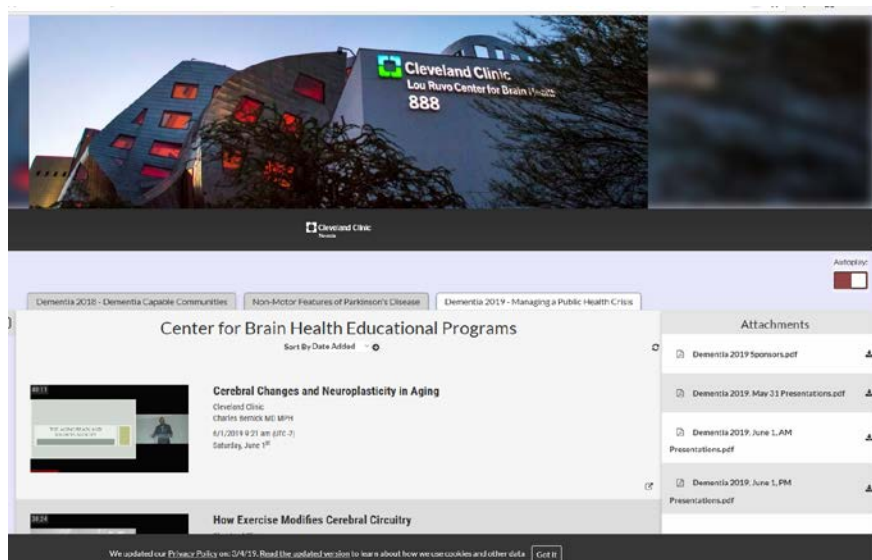
*“Being able to partner with colleagues from around our state has made advocating for change a more inspiring endeavor. Collaborating with people who share the same mission and values strengthens our work and effectiveness. We share the same government and the same laws and regulations, so working together to advocate for policies has helped set a solid foundation for creating a state that takes care of one of its most vulnerable populations – individuals with dementia.”*

*LeeAnn Mandarino, Co-facilitator, Dementia Friendly Southern Urban*

Community Awareness Training (CAT) grew to include 3 modules: faith-based, business, and community organization. There have been an estimated 88 participants attending 6 presentations from April 1 through September 30, 2019. Presentations were given at integral business and community sites such as the Smith Center for Performing Arts, the Las Vegas McCarran International Airport, and Nevada Parks and Recreation. Altogether since CAT was initiated, a reported total of 190 people have participated to date.



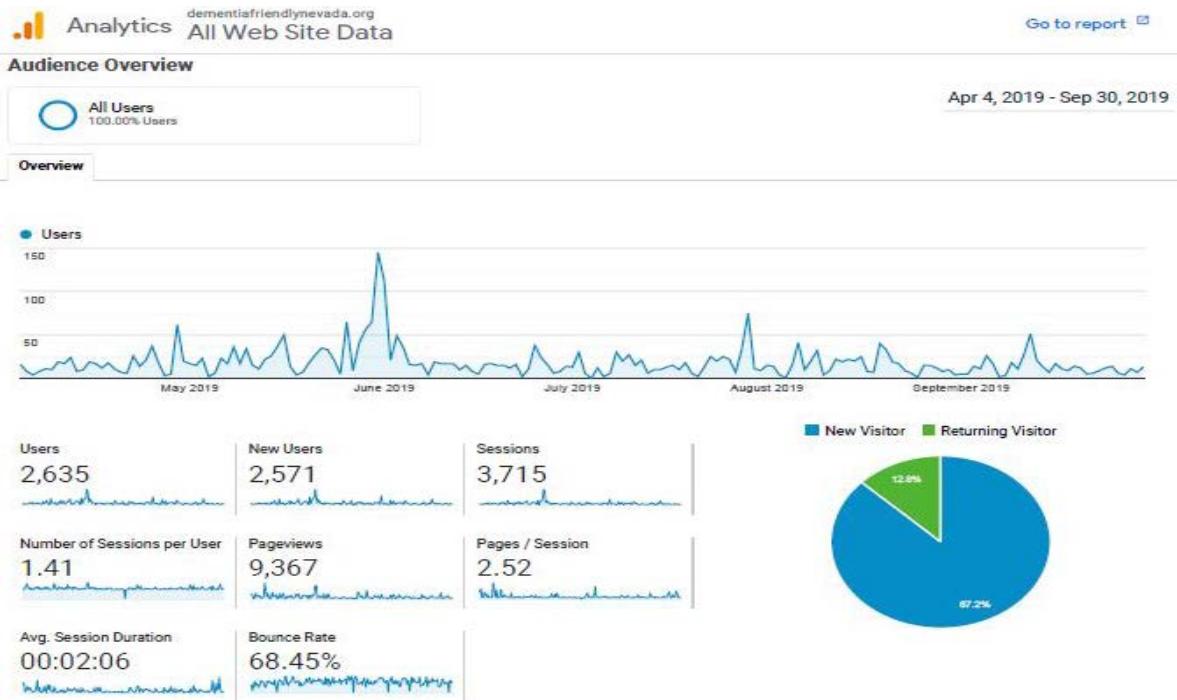
The Cleveland Clinic Lou Ruvo Center for Brain Health also hosted an Educational Conference entitled “Dementia 2019: Managing a Public Health Crisis” on May 31 to June 1, 2019 and provided continuing education credits for physicians, advanced care practitioners, nurses, social workers, physical and occupational therapists, psychologists, and long-term care administrators. Agenda topics included: 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. Over 160 healthcare professionals participated in this conference. Most of the content was new to at least 75% of participants. The Outcomes Study from this conference can be found in **Attachment 5**.

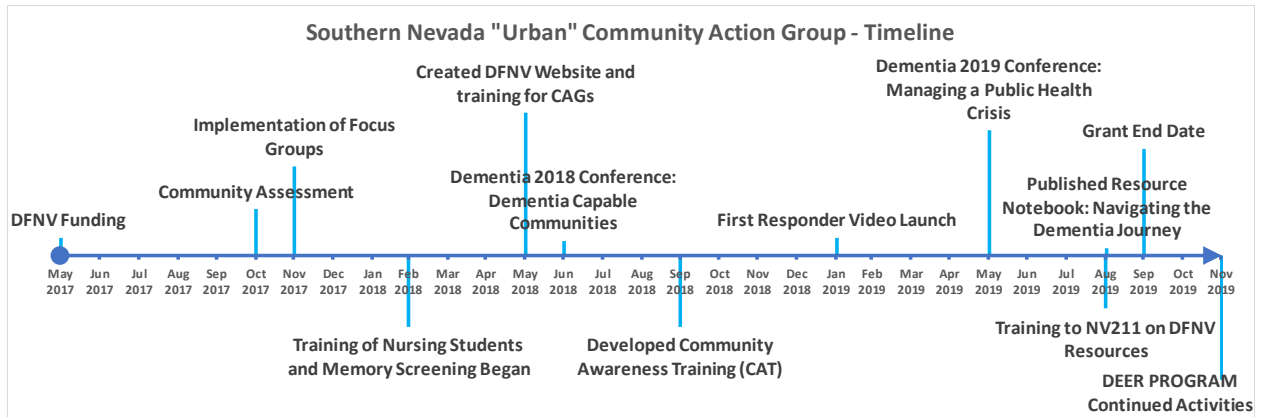


## **Dementia Friendly Nevada Website**


To raise more awareness and enhance of the ongoing work of this initiative, the CCLRCBH purchased a new domain for the Dementia Friendly Nevada website, [www.dementiafriendlynevada.org](http://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 and options, update events utilizing CAG specific calendars, accept RSVP's for events, and post news for each community. Statewide website training was provided to all Dementia Friendly Nevada CAGs. Website training increased online visibility and sharing of each community's goals, events and successes. Website training enhanced 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 also houses statewide dementia and care partner training activities taking place throughout Nevada. The website includes the new Dementia Friendly Nevada logo and CAG specific logos (*Appendix 21*), the Nevada Dementia Supports Toolbox, 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 connects with the newly-developed social media sites: Facebook, Twitter, Google+, and Instagram. The Southern Nevada Urban CAG continues to develop social media content containing the Nevada Dementia Supports Toolbox program information for posting. Social media community platforms, Facebook, and Dementia Friendly Nevada have achieved an increase in followers. DFNV online presence demonstrates public sharing of care partner resources, services, and events. The CCLRCBH team is in the process of incorporating Google Analytics into the Dementia Friendly Nevada Website to track how many unique IP address users have accessed the Nevada Dementia Supports Toolbox Service page and how many unique clicks to specific toolbox services. Additional website analytic inquiries will be queried with the establishment of community action group pages.





Washoe County Community Action Group

<p><b>Washoe County “Reno”</b></p> 	<p><b>Goal 1: To build a robust offering of volunteer-driven, Peer Support opportunities for people living with dementia and their care partners through the creation of supportive environments designed specifically to meet their expressed needs.</b></p> <p><b>Goal 2: To offer opportunities for people living with dementia and their care partners to access services that promote holistic health and well-being within a dementia-friendly framework of support and inclusivity.</b></p> <p><b>Goal 3: To promote dementia awareness and supportive attitudes among the broader Washoe County community and to educate organizations and individuals to better serve and support people living with dementia.</b></p>
<p><b>Summary Details</b></p>	<ul style="list-style-type: none"> <li>• 57,509 Individuals Aged 65+; 5,118 Age 85+</li> <li>• 6,390 individuals age 65+; including 1,706 individuals 85+ living with Dementia</li> <li>• 913 Living Alone with Dementia</li> <li>• 391 residents of Washoe County completed the Community Awareness Survey</li> </ul>
<p><b>Additional Information</b></p>	<ol style="list-style-type: none"> <li>1. <i>Dementia Friendly Washoe County: Community Assessment. A Community-Action Group of the Nevada Aging and Disability Services division Dementia-Friendly Initiative (April 2018)</i></li> <li>2. <i>Dementia Friendly Nevada: Statewide Community Assessment August 14, 2018</i></li> </ol>

The Dementia Community Assessment 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 Open Door Café, a 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). The Open Door Café is suitable for any person experiencing memory loss, dementia, or aging with

intellectual disabilities, and their family 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 Toolbox programs, and plan new opportunities. Dementia Friendly Washoe County has continued to offer the Open Door Café on a monthly basis and has also taken steps toward the introduction of the Java Music Club in the community (*Appendix 9*).

### *Dementia Friendly Washoe County*

*That's what's so powerful about the Open Door Café. That support and understanding is there, but if they don't want to talk about dementia they don't have to. It can be support or friendship. If they want to talk about swimming in the summer up at Lake Tahoe, they can do that."*

*Casey Acklin, Dementia Friendly Nevada VISTA*



Continuing from a previous re-structuring of the Open Door Café, as a result of the SCA focus group study, the “showcase” component was replaced by a shorter, more informal “icebreaker activity” to allow participants more time to engage in their own conversations and to mingle with the café community. A second focus group, conducted at the August 15, 2019 Open Door Café, yielded feedback that this change was appreciated and effectively furnished participants with the freedom they desired. Over the reporting period before the conclusion of the project, the Open Door Café had 62 participants (including repeat attendees), 6 of whom were new to the program. This volunteer-driven, peer support opportunity has become an important gathering place for people living with dementia and family care partners in our community, and other community action groups have an expressed interest in replicating the program.

During April 1, 2019-September 29, 2019, three Java Music Club test sessions were conducted in collaboration with The Continuum, and 11 elders—all participants in The Continuum’s ReGenerations Adult Day Program—participated (*Appendix 10*). These test sessions provided facilitation practice for volunteer facilitators and opened the opportunity for feedback from elders regarding how to best implement the Java Music Club program. Rollout of the Java Music Club is currently expected in the beginning on 2020, and the group will be facilitated by three (3) volunteers recruited through the national Retired and Senior Volunteer Program (RSVP), based in the Sanford Center for Aging.

Dementia Friendly Washoe County has partnered with the Truckee Meadows Parks Foundation and the Sanford Center For Aging to help support their weekly Dementia-Friendly Nature Walks (previously the Idlewild Health Walks), and has also partnered with the Ballroom of Reno to launch and sustain Dance With Me, a dementia-friendly partners ballroom dance class (*Appendix 10*).

Several meetings have been held between the three partner organizations of the Dementia-Friendly Nature Walks. These meetings served to educate all relevant staff on dementia using the Dementia Friends Information Session, and to invite all parties to collaborate on strategically reorienting the walks to promote both dementia inclusion and ADA accessibility. This reorientation included a name change, route change (to ensure safety for walk participants), and a conscious effort to create and maintain a set of guiding principles. A gathering also took place on October 15, 2019 to engage walk participants in discussion regarding the future of the walks, and to provide the Dementia Friends program to participants to ensure that the walks are truly dementia-friendly, as its new name details.

The Dance With Me partners dance class was officially launched on September 4, 2019 and is being offered weekly. The Dance With Me action team is currently seeking funding to grow and sustain the program, including research grants (in partnership with faculty from the University of Nevada, Reno) and donations. Its first donation of \$1000 was received after the ACL grant period. Three couples, each a dyad of a person living with dementia and their care partner, participated in three test classes, provided feedback, and are now participating in the weekly class itself. The group hopes to grow the offering from one class once per week to three classes four times per week for optimal therapeutic benefit, should future funding permit. The

Dance With Me program was recently showcased on the local aging-oriented news program *Aging and Awesome with Ky Sisson*, with the episode airing in October.

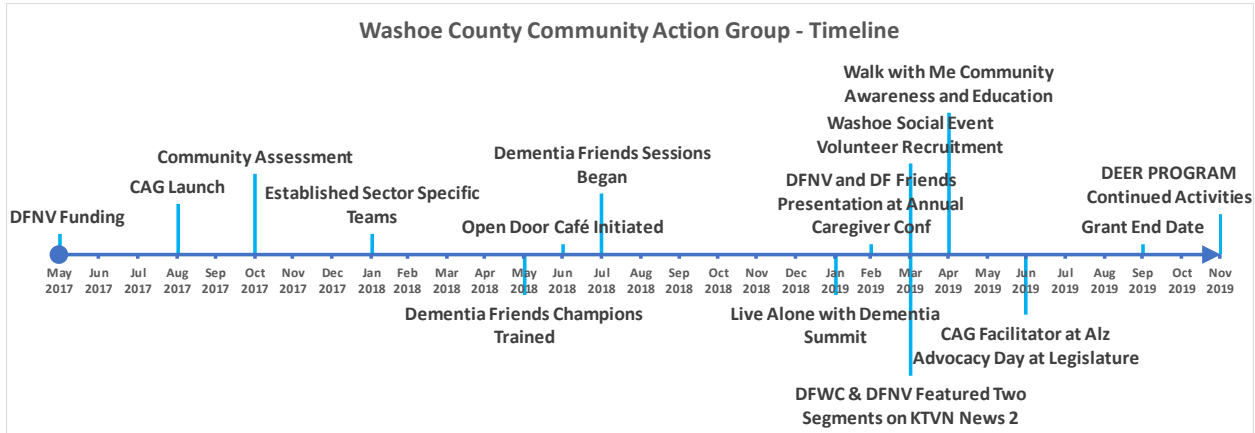
Dementia Friendly Washoe County Dementia Awareness Training and Education Sessions (DATES) action team has continued to offer Dementia Friends Information Sessions around the community, including in classes at the University of Nevada, Reno, at local aging services conferences, and as part of the Osher Lifelong Learning Institute (OLLI). The Washoe County CAG developed materials to promote these learning sessions. Examples of the DF Friends Information Session flyer and Business Outreach brochure have been included in ***Appendix 12 and 13***. During the reporting period April 1, 2019-September 29, 2019, Dementia Friendly Washoe County welcomed 165 new Dementia Friends (note, in October 2019, they welcomed an additional 47 new Dementia Friends). A recurring session at Renown South Meadows Medical Center was also planned and conducted monthly, however attendance was minimal. This prompted the DATES action team to re-evaluate the education priorities of Dementia Friendly Washoe County. However, upon discussion, they decided to not cancel the monthly opportunity at Renown, but to strengthen their outreach efforts. Members agreed that that outreach and awareness of all community education offerings is essential. They also decided to add one more monthly opportunity at a local library. The action team is currently working to construct a calendar that will provide a hub of information regarding where and when community members can access educational resources regarding dementia.

Additionally, on June 4, 2019, Dementia Friendly Washoe County—in collaboration with the Sanford Center for Aging and the Truckee Meadows Parks Foundation—held a community education event called “*Walk With Me: A Celebration of Strength, Resilience, and Community While Living With Dementia*” (***See Appendix 11***). At the event, which was combined with a

special offering of the then-titled Idlewild Health Walks, local artist and Dementia Friendly Washoe County member Carter Norris curated an immersive art exhibit titled *Lived Experience* featuring stories and photos of strength, resilience, and community within the context of dementia. Using an alternative photography process called “Cyanotyping,” and printing directly onto textiles, an evocative display of quotes and photos sourced from Washoe County community members was produced. Also shown at the event was a short film, produced by Dementia Friendly Nevada VISTA, Casey Acklin, showcasing members of the Washoe County community who are living well with dementia. *Walk With Me* participants went on to engage in small group discussions regarding how to make individual sectors of the community more friendly and inclusive for people living with dementia. The event ended with an opportunity to visit informational booths for each of Dementia Friendly Washoe County’s programs. Many new people living with dementia attended the event who had not been involved before. Also, Constituent Representatives from Senator Cortez-Masto’s office stopped by, as well as Wal-Mart management staff. In total, 65 attendees participated in *Walk With Me*, and Washoe County CAG received great media coverage on six different news broadcasts (four morning segments, one at noon and one at 5 PM). The group also received generous community donations for raffle prizes valued at roughly \$500, as well as launched a successful T-shirt fundraising campaign, which enabled them to purchase snacks and refreshments for the event. The Dementia Friendly Washoe County webpage contains event photos, stories from the *Lived Experience* art exhibit and the *Living Well with Dementia* video: <https://dementiafriendlynevada.org/communities/washoe/>

Drawing extensively on the good work of Dementia Friendly Washoe County, Dementia Friendly Nevada lead facilitator, Dr. Jennifer Carson, and Dementia Friendly Nevada VISTA, Casey Acklin, along with partners from the Sanford Center for Aging, Dr. Peter Reed and Dr.

Zeb Gibb, have been accepted to present two sessions at the upcoming Alzheimer’s Disease International (ADI) Conference in Singapore March 2020: an oral presentation about their implementation and evaluation of the Dementia Friends program, and a poster session about the development, implementation and evaluation of Washoe County’s Open Door Café.



## ***Dementia Friends***

***Note: Through this project, a total of 664 people were trained, including 590 as Dementia Friends and 74 as Dementia Friends Champions (i.e., trainers).***

***A pre-post knowledge assessment survey demonstrated a statistically significant (+17%) increase in dementia-related knowledge among participants.***

*Dementia Friends USA is part of a global movement that is changing the way people think, act, and talk about dementia. Anyone can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!*

*A Dementia Friend is someone who, through viewing a series of online videos or attending an in-person session, learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts.*

*~ <https://dementiafriendsusa.org/>*

The Dementia Friends program was developed by the Alzheimer's Society in the United Kingdom and is administered in the United States by Dementia Friendly America. This program helps community members learn what dementia is, how it affects people who have the disease, and actions that can be taken to support individuals living with dementia. The program follows a train-the-trainer model, with organizations who wish to bring the program to their state appointing a "Master Champion" who is trained through materials provided by Dementia Friends USA. This Master Champion then provides additional champion trainings to others within the state who wish to become Dementia Friends Champions. Once an individual has become a Dementia Friend Champion, they are able to hold the awareness-raising sessions within their own communities to provide education about dementia.

All Nevada communities established an education-related goal, with 5 of the 6 choosing *Dementia Friends* as their education program, to increase awareness of dementia and educate

community members. Overall, there were 590 “dementia friends” created through community education as part of this project, while both the initiative and education program continues beyond the end of the funded project.

### **National Engagement/Assistance to Dementia Friendly Nevada Community Action Groups**

N4A staff participated in *Champion* and *Statewide Workgroup* calls, throughout this project and shared national activities and offered considerations for Nevada. N4A staff also conducted a Dementia Friends outreach presentation to the Cleveland Clinic, Lou Ruvo Center for Brain Health (CCLRCBH) and ADSD dementia friendly project staff to provide an overview of the Dementia Friends initiative. CCLRCBH developed a similar training through its community action group efforts. N4A staff provided insight on Dementia Friends training to CCLRCBH to be used in the Southern Nevada community action group sector-specific training. With the assistance provided by N4A staff, the Southern Nevada Community Action Group was able to make the decision to continue with their sector-specific dementia training efforts as the Dementia Friends training was more general rather than specific to businesses and other community sectors.

In addition, N4A Jennifer Carson, Ph.D. connected initially and included Nevada partners on its email distribution, providing access to webinars and other resources that were helpful with Dementia Friendly initiatives. N4A coordinated a symposium about dementia friendly communities, including Dementia Friendly Nevada, for the 2019 American Society on Aging (ASA) conference in New Orleans titled, “New Approaches and Models to Build Dementia-Friendly Communities.” Part 1, “Dementia Friendly America and Dementia Friends: Building Community Capacity,” included Sandy Markwood (N4A), Jennifer Carson (DFNV) and Claudia

Thorne, and Part 2, “Dementia Friendly Nevada: Six Journeys toward Social Change,” included Jennifer Carson, Lee Ann Mandarino (DFSNU and CCLRCBH) and Peter Reed (SCA).

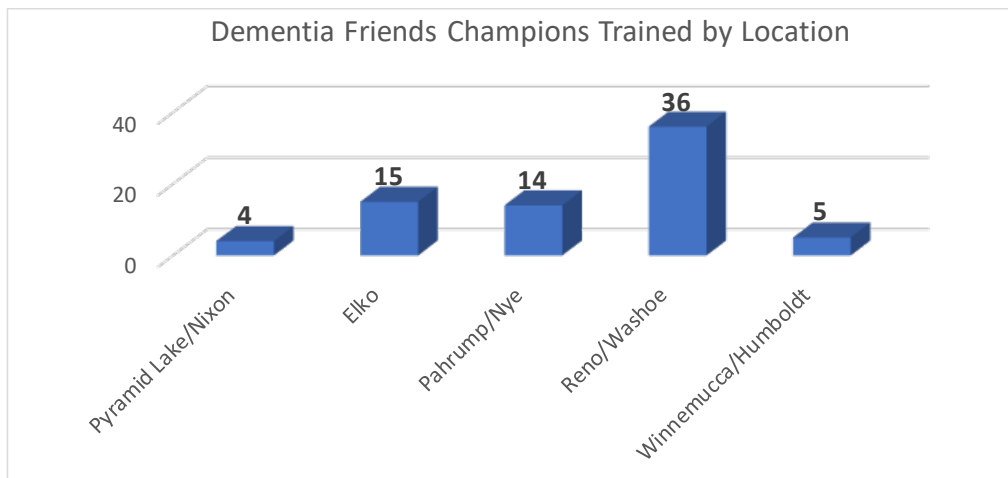
### **Champions**

The Sanford Center for Aging’s (SCA) Nevada Geriatric Education Center (NGEC) obtained the Dementia Friends sublicense for Nevada in January 2018. Holding a sublicense for Nevada allowed the NGEC, assisted by Dr. Jennifer Carson who served as a Master Champion, to train Dementia Friends Champions in all six (6) of the Dementia Friendly Nevada CAGs and affiliates associated with the CAGs. Dementia Friends Champions training is a “train-the trainer” type approach, 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 actions these Dementia Friends Champions committed to are:

- act as a Dementia Friend in their own community;
- deliver Dementia Friends information Sessions in their own community;
- track Dementia Friends information sessions data and report the data to the NGEC.



Dementia Friends reporting data includes client demographics (age, race, ethnicity, etc.) and pre/post knowledge change survey. Initially, fifty-one (51) Champions were trained through the NGECC, who later worked with CAGs to train Dementia Friends Master Champions, enabling them to train additional members of the NGECC prepared all training materials, set up master training meetings, organized agendas and provided promotional material for Champion training. Throughout the project period, the Elko, Winnemucca, Pahrump, Pyramid Lake, and Washoe CAGs all held Dementia Friends Champions trainings. This resulted in an additional twenty-three (23) Champions trained through CAGs. Seventy-four (74) Dementia Friends Champions were trained cumulatively, totaling an impressive two hundred and fifty-nine (259) hours of training.



Pre and post data was collected for Dementia Friends Champions training session and Dementia Friends information sessions to measure the impact of the training with respect to dementia knowledge change. The SCA also created a reporting template to help track Dementia Friends Champion trainings and Dementia Friends information sessions for reporting purposes. Significant increases in overall dementia knowledge were noted, as will be described in the next section (for additional information see **Attachment 1**).

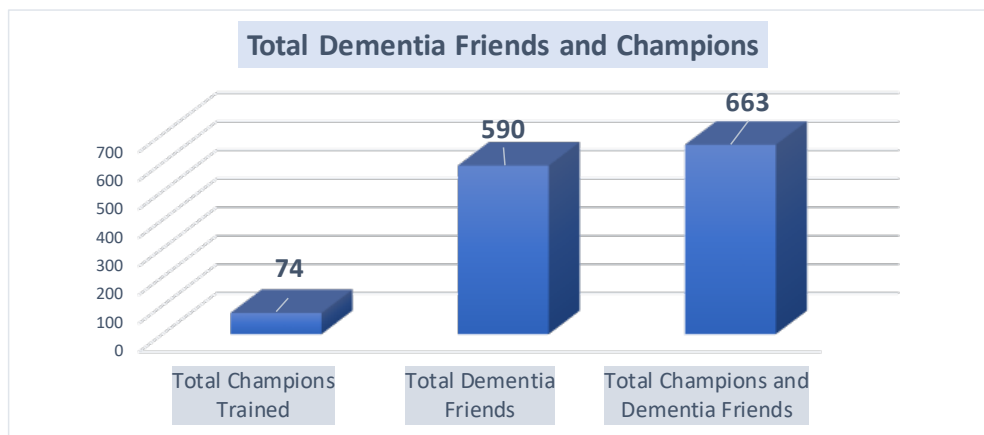
## **Dementia Friends**

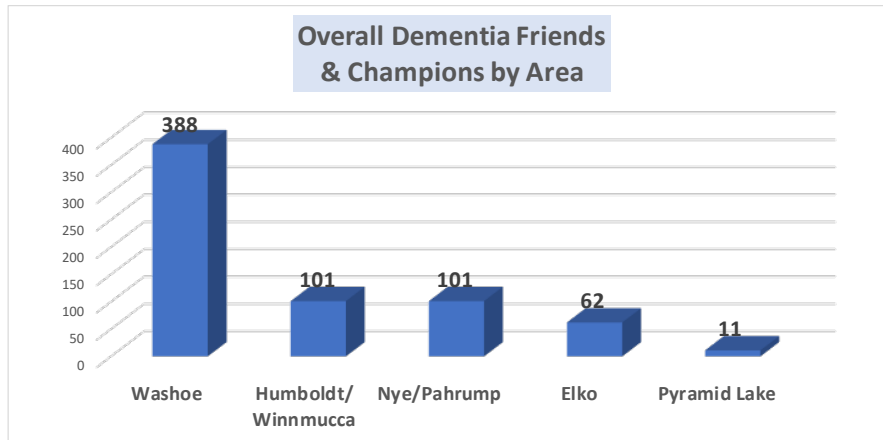
From 2017 – 2019, five of six Dementia Friendly Nevada communities achieved widespread dissemination of the Dementia Friends program, training 74 Dementia Friends Champions (i.e., trainers), who in turn delivered 52 training sessions to 590 new Dementia Friends (i.e., completers) across Nevada. Topics 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 people, 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 care partners of persons with dementia, friends, EMS, teens, own office, Homeowner's Association, seniors
Winnemucca/ Humboldt	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, AmeriCorps 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/Nye	Clients, volunteers, local businesses, groups that ask for the information, Art 4 Senior classes, dementia art classes, Fine Art Community, NCSA, three banks, church, care partners, shops, youth group, middle school students
Pyramid Lake	Elders, Tribal Department, staff, volunteers, care partners, Numaga Senior Center, P.C. Human Services

Along with training Dementia Friends Champions, NGECC also provided ongoing technical assistance. NGECC continued to assist each CAG by providing promotional materials, obtaining Spanish versions of training and surveys, and keeping Champions up to date on national Dementia Friends activities and changes. However, the overall goal was to enable the CAGs to become self-reliant in training Dementia Friends and running the Dementia Friends information sessions and allow NGECC to assist only as needed.

Cumulatively, 664 participants have attended Dementia Friends sessions, including both Dementia Friends Champions and Dementia Friends. Of the 664 Dementia Friends participants, 143 identified as care partners and 8 persons identified as living with dementia. Dementia Friends information sessions reached an impressive number of individuals during this project. This highlights the admirable level of commitment and effort the CAGs have dedicated to this program. CAG facilitators/co-facilitators understand that educating their communities is vitally important, and volunteer personal time, energy, and resources to provide this training to successfully serve individuals and families.





Pre and post surveys were collected at each Dementia Friends session to measure the level of increase in knowledge resulting from attending the session (*Appendix 8*). Utilizing only those cases where participants completed both the pre and post knowledge survey (n = 504), it was found that the program is very effective in increasing the overall knowledge of dementia, a goal of all DFNV communities. Information collected from the Dementia Friends survey indicated the following:

- 94 % of attendees strongly agreed or somewhat agreed their awareness of Alzheimer’s Disease and other dementias increased;
- 95 % of respondents strongly or somewhat agreed they felt more confident / equipped to offer support to persons living with dementia trying to navigate their community;
- 94.2 % of respondents strongly agreed / somewhat agreed they *felt inspired to offer support and be a friend to individuals living with dementia in their community*;
- 96% of respondents strongly agreed / somewhat agreed they *were likely to adopt a dementia friendly practice in their personal or professional life*;

**For additional information, see Attachment 1**

## ***Community Awareness Training (CAT Training)***

The Southern Nevada Urban CAG developed Community Awareness Training (CAT) for the business and faith-based communities, modified to meet the needs of the Southern Nevada community and inspired by Dementia Friends and the Orange County North Carolina model. Community Awareness Training is designed to increase understanding of Dementia Friendly practices related to communication, physical space and caregiving. The materials were developed by professional and community leaders who are part of the Southern Nevada Urban CAG. They completed the test phase for the CAT materials and actively conducted outreach to businesses and faith-based communities.

The Southern Nevada Urban CAG held multiple presentations at various locations including AARP, Caesars Entertainment, McCarran Airport, DFSNU CAG meetings, and the Nevada Association Hospital Auxiliaries and Volunteers Conference. Attendees offered positive comments about the materials and indicated the information is 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 training.

Using the template from the business presentation, a faith-based community module was developed. Cleveland Clinic Lou Ruvo Center for Brain Health first partnered with New Song Lutheran Church to modify the initial CAT module for businesses for a faith-based audience. As a result of this presentation, Cleveland Clinic received invaluable input to create the faith-based module and New Song Church strengthened its commitment to serving congregants whose lives are impacted by dementia. This has evolved into an ongoing relationship between Cleveland Clinic and New Song Church to explore the adoption of Dementia Friendly concepts throughout

their congregation. To date, impact from CAT have led to identifying specific ways to adapt their physical environment to better support persons with dementia and exploring their capacity to offer a support group in conjunction with respite care, utilizing the Cleveland Clinic model. CAT materials and presentations were also conducted at the First Good Shepard Lutheran Church and Christ Church Episcopal.

Recently, the third module of the Community Awareness Training (CAT) was produced. The two previous training modules focused solely on businesses and faith-based organizations. The final module focused on community organizations. This module helped to meet a gap in training by those who may already be engaged in work related to social services, but still need additional training in how to best serve dementia populations. Thus far, training outreach has been conducted at the Nevada Parks & Recreation Association and Las Vegas Metropolitan Police Department. Future sessions have been scheduled at the Smith Center for Performing Arts. Fortunately, the DFSNU CAG will be able to continue CAT presentations post project funding.

## *Nevada Dementia Supports Toolbox*

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

Dementia Friendly Nevada CAGs and project partners worked collaboratively to expand the reach of the Nevada Dementia Supports Toolbox of services. The following are highlights of the work of provider partner organizations.

## Alzheimer's Association of Northern Nevada

The Savvy Caregiver is an evidence-based program that helps provide professional skills for family care partners. 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. The first full six-week course of the Savvy Caregiver was offered in Washoe County beginning in mid-January and ending late February 2018. Despite winter weather, nine (9) participants completed the full six-weeks of the course.

A one-day workshop was scheduled in Elko and promoted through a variety of media channels (newspapers, radio), resulting in seven (7) people registering for and completing the course. A second one-day course was delivered in Winnemucca the following week and was attended by three (3) people. Online pieces were included in the Elko Daily Free Press, and a print/online article also in the Elko Daily Free Press.

The Alzheimer's Association of Northern Nevada (AlzNNV) continued to build upon foundations they had put in place over the preceding months. From October 2018 to March 2019, they provided three (of four scheduled) rounds of the Savvy Caregiver, in various locations throughout their 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.

During this final six-month reporting period, from April 2019-September 2019, AlzNNV scheduled and delivered five rounds of the Savvy Caregiver workshops in different formats. One took place in Fallon/Fernley (three times over six weeks, four hours each), two were full six-



week (12 hours total plus review time) workshops, one in Washoe County and one in Carson City. The final two were one-day workshops “Cuidando con Respeto” delivered in Spanish in Washoe County. A total of 37 care partners participated in these workshops, bringing the overall total to 66. The individuals who did participate in the workshops all reported very positive feedback on their experiences and were offered the opportunity to engage with and participate in other programs offered by the Alzheimer’s Association (such as support groups, other evidence-based education classes and funding for respite care) and access a full range of wraparound services. In turn, this has helped with increasing understanding of the disease, raising awareness of the resources available, and encouraging more people to seek help.

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. The efforts of the Alzheimer’s Association of Northern Nevada through this project, marketing the workshops and offering dedicated respite time, have made a difference.

During this period, Alzheimer’s Association of Northern Nevada distributed six-month follow up surveys to the individuals who participated in the January 2019 full six-week series of Savvy Caregiver workshops. All respondents reported they either Agreed or Strongly Agreed with the 12 measures they were asked to consider (everything from using Alzheimer’s Association services, using the techniques and materials to overcome barriers, to engaging in personal activities, feeling less guilty, depressed, or angry, and experiencing fewer feelings of isolation or fatigue). They inferred from this feedback that all the individuals who returned evaluations were continuing to benefit from and make use of what they had learned through the Savvy Caregiver.

AlzNNV organized a 12-month reunion for the individuals who had participated in the first round of Savvy Workshops in Carson City in summer 2018.

*Participant: “It was reassuring to see that, despite the progression of the disease in their loved ones, the caregivers were still applying the skills they had learned a year earlier.”*

*Participant: “Thank you for having the reunion. It was so good to see the different changes from all attending. I know that your class has made a great difference in my life and our family.”*

Some of the significant project partners included those that helped AlzNNV spread the word about the Savvy Caregiver workshops and provide media opportunities to promote the classes. Thanks to the availability of funding for public information, the group was able to place paid ads which also led to printed articles, radio and news interviews, and TV coverage. This helped raise interest in the Savvy Caregiver workshops and generated greater engagement with a full range of services. They placed a story in the Nevada Appeal publication, an article in the Senior Celebration magazine, and ad in Senior Spectrum magazine, and appeared on 101.3 FM Biggest Little Radio in Fernley. Thanks to their partnership with KOLO News Channel 8, one Savvy Caregiver was able to talk about how much the workshop had helped her during an extended piece about the Walk to End Alzheimer’s.

In addition to providing the Savvy Caregiver, which is an evidence-based program, the AlzNNV also accomplished increased reach through other Alzheimer’s Association education programs such as Understanding Alzheimer’s, Healthy Living for Your Brain and Body, 10 Warning Signs of Alzheimer’s, and Understanding and Responding to Dementia Related Behavior. They offered care consultations, respite care, access to a 24/7 helpline and website and, importantly, provided information and referrals to other services in the Nevada Dementia Supports Toolbox wherever possible.

Furthermore, one member of the AlzNNV staff, Anakaren Lamas, completed two years as a co-facilitator of the Washoe County Community Action Group, serving alongside Dr. Jennifer Carson. Anakaren helped schedule, organize, recruit volunteers, prepare materials, draft agendas and complete notes for the monthly Community Action Group meetings, and helped ensure continuity of the meetings. AlzNNV staff have also taken a leadership role in the Dementia Awareness Training and Education (DATES) subcommittee and have scheduled and delivered Dementia Friends presentations throughout the community.

In the April 2019 issue of the Senior Spectrum, Senator Catherine Cortez Masto 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 (*Appendix 19*).

## Alzheimer's Association Desert Southwest (AlzDSW)

The Alzheimer's Association Desert Southwest (AlzDSW) completed two Early Stage Partners in Care (EPIC) waves during reporting period October 1, 2018-March 31, 2019, serving 12 early stage participants. One additional EPIC wave was completed from April 1, 2019-September 29, 2019, serving 10 early stage clients in a rural community, Boulder City.

The Association partnered with Dementia Friendly Pahrump and trained 2 members of Dementia Friendly Pahrump to deliver Care Partners Reaching Out (CarePRO), a series of skill-building workshops for family care partners that focus on stress management and communication, in this rural community. The first rural CarePRO was delivered on January 30, 2019, serving 7 care partners in Pahrump. All seven workshop participants who began the workshop, completed the workshop. In addition, the AlzDSW ran one CarePRO wave during April 1, 2019-September 29, 2019, serving 6 care partners during this reporting period

The AlzDSW partnered with the CCLRCBH in alternating facilitation of Dementia Friendly Southern Nevada Urban (DFSNU). 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 from DFNV and worked in collaboration with the CCLRCBH to determine action areas / key priority areas that helped 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 Dr. Jennifer Carson, lead facilitator of DFNV, 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 Urban, including Wellbrook Grand Montecito,

A+ Home Care, the Homestead at Boulder City, Nevada Adult Day Care and Desert Springs Hospital Geropsychiatric unit, which have attended and participated in Dementia Friendly Southern Nevada Urban CAG meetings.

The AlzDSW, working in collaboration with the DFSNU community action group, has been addressing the key priority area of resource connections. With the realization of many of the resources available in the community, the CAG's focus has been to identify ways in which the resources can better align and connect, particularly Nevada 211 and Care Connection Resource Center. Association staff held mock phone calls with both Nevada 211 and the Care Connection Resource Center during CAG meetings, simulating an actual phone call made by a care partners caring for someone with dementia. Various targeted questions were asked to provide the CAG with better understanding of what it is like to make a call and to determine the strengths and challenges of these systems. These mock phone calls also provided a better understanding of how these two entities may be able to work collaboratively and seamlessly to best serve the needs of the community. The mock phone call with Nevada 211 provided an opportunity for growth and expansion for training for call center representatives, which the CAG will continue to pursue. In its meeting in September 2019, the DFSNU CAG began to develop a care path flow chart for potential use in training call center representatives at Nevada 211 and in the October 2019 meeting, they worked on refining the process to best suit the needs of those contacting Nevada 211 to receive accurate referrals and resources for dementia related concerns.

In addition, collaborating with the Southern Nevada Urban CAG, the Alzheimer's Association Desert Southwest will be the front line of services during memory screens that are provided in various churches and community centers in Southern Nevada. The Association attended each memory screen offered, providing a table with resources available to those who

may meet the threshold for memory loss. As a result of the Association's presence at memory screens, 5 persons in the early stage have connected with services. AlzDSW includes the Nevada Dementia Supports Toolbox programs in its monthly E-newsletter that reaches over 3000 individuals.

In mid-October 2018, the Association added the Nevada Dementia Supports Toolbox to the list of materials brought to each health fair, and mailings of information to its clients. They estimate that approximately 1,542 persons in Urban and Rural Southern Nevada received the Nevada Dementia Supports Toolbox as a result of this effort.

AlzDSW identified the importance of collaboration with community partners and has 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, utilizing best practices in managing these complex cases.

The Alzheimer's Association understands the importance of reaching underserved communities in our region. During this reporting period, the Alzheimer's Association, Desert Southwest Chapter has performed 120 outreach visits to rural, community centers, senior centers, fire departments, VA clinics, health departments, and health care facilities. The group provided services to 156 persons in Nye County, 3 persons in Beatty, 19 persons in Indian Springs, 23 persons in Amargosa Valley, 12 persons in Mesquite, 19 persons in Boulder City, 15 persons in Laughlin, 12 persons in Sandy Valley, 308 persons in suburban Henderson, and 235 persons in suburban North Las Vegas. This outreach included Alzheimer's Association programs and services, Dementia Friendly Southern Nevada First Responder training, the Nevada Dementia Supports Toolbox of Service 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. Performing outreach in collaboration with community partners has saved funds typically spent for travel for individual agencies and created relationships that support each other and enabled cross referral into partner agency programs and services.

In addition to rural communities, the Alzheimer's Association has also put much effort in Hispanic outreach. Association representatives attended events at the Mexican Consulate, the Latino Chamber of Commerce, Salvadorian Consulate, Healthy Foundation Center, Positively Kids, Centro Del Immigrante, Rafae Rivera, Guadalupe Medical Center, Miriam Hickerson Radio, Family Ties of Southern Nevada, East Valley Family Services, Hermandad Mexicana, Cardenas Super Market, Hispanics in Politics, Las Vegas Offices of Cultural Affairs, Uruapan de Nevada, Telemundo Health Fair, Health Plan of Nevada Health Fair, Hope Christian Health Fair and East Las Vegas Community Centers and have reached approximately 2022 Latinos in both urban and rural communities. The Association has also connected with the Economic Opportunity Board of Clark Count, Community Action Partnership of Southern Nevada to provide Spanish education on Alzheimer's and Dementia to Clark County School District low income schools under Project LISTOS. They will educate Hispanic parents about Alzheimer's disease in four different locations throughout Clark County. The Alzheimer's Association participated in the Consumer Protection Radio Show on September 24, 2019. This radio show was in Spanish and broadcasted to the Hispanic community. Discussion surrounded the impact of the devastating disease, how to recognize the signs and where to find help. The Association also provided education about Alzheimer's disease to four high schools in underserved areas

throughout Clark County throughout April and May 2019, hoping this would open lines of communication about the disease to younger populations, high school children and their parents. The AlzDSW also began a Spanish support group that meets monthly at a partnering agency.

Furthermore, the Alzheimer's Association Desert Southwest has promoted the First Responder Training developed by the Cleveland Clinic Lou Ruvo Center for Brain Health and DFSNU to Clark County Police and Fire. Since the First Responder training is an online module that offers CEUs, it has been particularly popular and of significant interest in rural communities, where this type of training is difficult to find, yet where it is needed most. The AlzDSW has promoted this training to Nye County, Indian Springs, Laughlin, Mesquite, Indian Springs, Amargosa Valley, Caliente, and Beatty, where needs have been identified.



## Respite Programs and Services

The Nevada Dementia Supports Toolbox was expanded in October 2017 to include Nevada Rural RSVP, a valuable service connection point that provides respite to care partners providing care for elder Nevadans and adults with disabilities throughout rural populations within Nevada. Rural RSVP closely coordinates with the Alzheimer's Association of Northern Nevada for volunteer training opportunities and promotes Dementia Friendly Nevada efforts through outreach, volunteer engagement, recruitment, and training. Respite care partners are volunteers recruited locally through the Alzheimer's Association and are trained on respite care.

**Nevada Rural RSVP** refers new primary care partner and care recipient to the Alzheimer's Association and the Sanford Center for Aging Geriatric Assessment Clinic. Additionally, clients receive information on the Nevada Dementia Supports Toolbox. Clients are also made aware of the other RSVP services that are available such as transportation and companionship opportunities at crafting classes, art cares classes, and respite in group settings. Over the span of the ACL grant, Rural RSVP identified and served 56 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 through partnership and attendance at CAG meetings in Washoe County, Elko, Winnemucca, and Pahrump. Additionally, RSVP is conducting outreach and working to provide services for the Pesa Soaname – Pyramid Lake Paiute Tribe. Dementia Friendly partners work to engage communities, including persons living with dementia, family care partners, healthcare professionals and others, in dialogue about Alzheimer's disease and other forms of dementia. Working with the CAGs around the state, and with assistance from ADSD staff and

collaborating partners of RSVP, Respite Retreat has helped improve understanding of the needs of persons living with dementia and their care partners and afforded RSVP the opportunity to connect with available Dementia Friendly support services and resources. RSVP conducted outreach activities and information sessions with field representatives and volunteers and encouraged them to identify persons living with dementia and their care partners. Field Representatives and staff conducted an awareness campaign within the various communities they serve around the state. The objective is to let people know Volunteer Respite Worker service 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 care partners understand that 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 also participated in the Dementia Friends Champion training. As a result, RSVP is qualified to host Dementia Friends training sessions with the community. Dementia Friends trainings have served 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.

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.

Additionally, RSVP received funding for an Innovation Grant proposal (ADSD Older American Act and State Funding) and is working on collaborations 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.

## **Awareness of and Referrals into the Nevada Dementia Supports Toolbox**

During the February 5, 2018 Dementia Friendly Nevada Champions meeting, an overview of the Nevada Dementia Supports Toolbox program was provided, along with enrollment details into the programs. Discussion focused on encouraging Dementia Friendly Champions to focus on a specific gap area and identify programs most suitable for their community's needs. Champions were also asked to plan an event to introduce the Nevada Dementia Supports Toolbox within the next year. Through this discussion, several challenges were discussed in terms of utilization of and referrals into these programs.

Several barriers included unfamiliarity of the programs within the Nevada Dementia Supports Toolbox with community action groups and availability of included programs in each community. The group also discussed methods to increase referrals from community action groups. As a result, ADSD worked directly with partners to gauge ideas to increase awareness and availability of Nevada Dementia Supports Toolbox programs. Nevada Rural RSVP and the Alzheimer's Association Northern Nevada Chapter scheduled outreach to various CAGs to familiarize these communities with the available programs, gauge interest, and evaluate the programmatic needs of each community action group.

Enhancing referrals of programs was also discussed at the April 2, 2018 Dementia Friendly Champions meeting. A Community Service Matrix was developed and was sent to all service providers to indicate which services are available in which communities. Responses provided a snapshot of potential CAG referrals into the Nevada Dementia Supports Toolbox, as well as identify additional community needs for available services.

The Nevada Dementia Supports Toolbox brochure has also been distributed during community action group meetings and was highlighted in the recent SB121 bill draft language

during the 2019 Legislative hearing session. In addition, the Nevada Dementia Supports Toolbox was also introduced on April 10, 2019 in a presentation created by Jennifer Carson PhD, and delivered to the Committee on Behavioral and Cognitive Needs of Older Adults.

ADSD recognized the ongoing need to refine and update information in the Nevada Dementia supports Toolbox to ensure the most current details are presented. The DFNV Statewide Workgroup and ADSD support staff worked collaborative to put together an updated version of the flyer, using a new tri-fold brochure format which also features dementia-related services available in DFNV communities. The new Nevada Dementia Supports Toolbox brochure was completed in Summer 2019 (*See Appendix 20*).

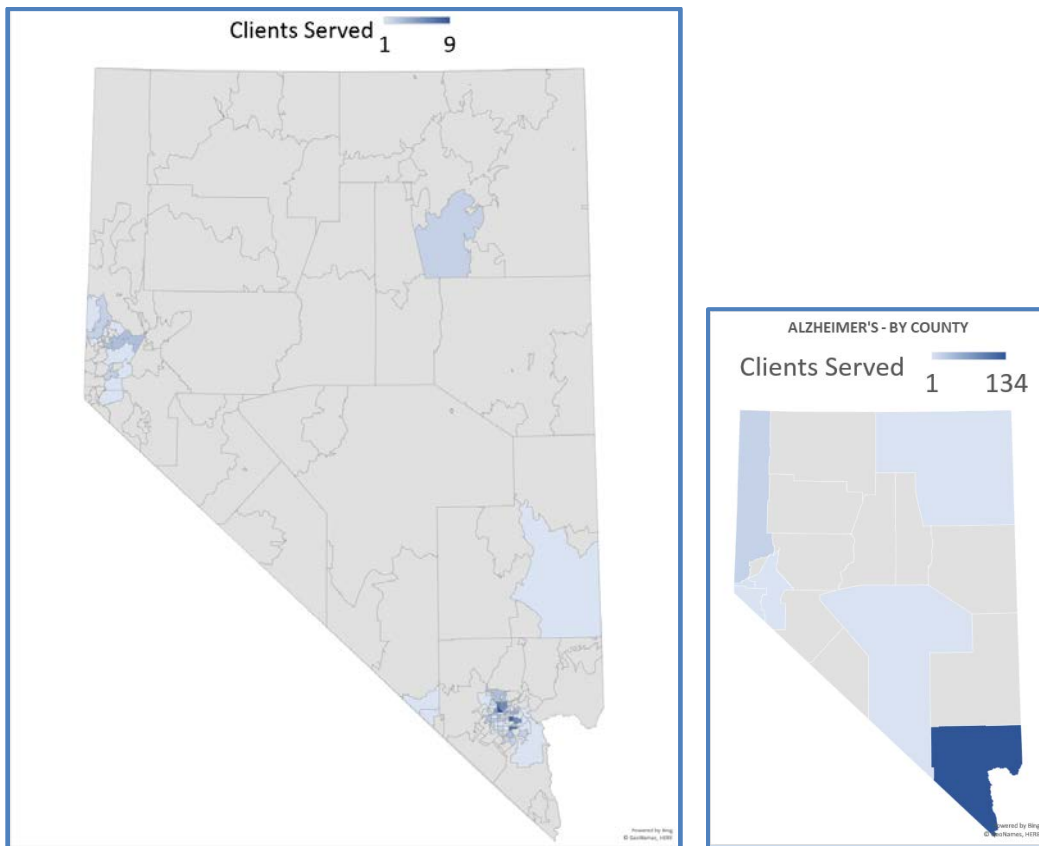
Over the course of the fiscal years included in this report (i.e., FY'15 – FY'19), there was an increase in all categories, except the number of service *providers*, which *dropped* by 7% (FY'15 = 15, FY'19 = 14), as did the number of American Indian / Alaskan Natives (-75%; FY'15 = 12, FY'19 = 3) served. Of particular note, the total number of clients who received services increased by 108% (FY'15 = 197 to FY'19 = 409), and the total number of unique clients (i.e., clients that are only found in one fiscal year) also increased for both FY'19 (+270%) compared to FY'18 as well as compared to baseline (+44%). If the 'expanded services' reporting people living with dementia served in FY'19 are included the increase is monumental. In addition, there were increases in the number of clients who were rural (+121%, FY'15 = 47 to FY'19 = 104) and the number of clients who were in poverty (+90%, FY'15 = 90 to FY'19 = 171).

***With a baseline established in FY'15, in which a total of 194 people living with dementia were reported to have received ADSD-supported services, the total service utilization increased to 1,924 people living with dementia reported as receiving services in FY'19 (including expanded services reported), representing an 892% overall increase in service utilization.***

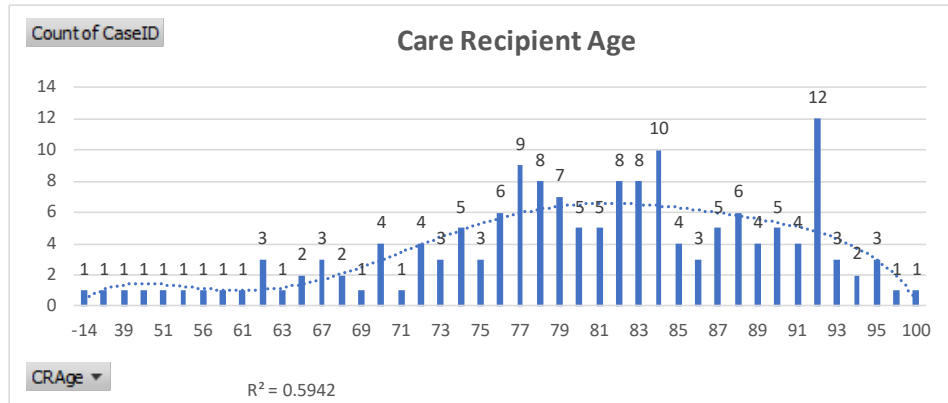
Benjamin Rose Institute on Aging Care Consultation program (BRI/CC)

The BRI Care Consultation Program was expanded through Access to Healthcare Network (AHN), an Aging and Disability Resource Center covering Northern and Rural Nevada. ***Rosalynn Carter Institute for Caregiving*** (RCI) held two trainings for AHN staff and provided training manuals and other resources, including: letter templates, sample marketing brochures, and client engagement tips. The first training was held on January 16, 2018 and included an overview of the BRI Care Consultation program, Care Consultation Information System (CCIS) system training, service delivery manual overview, training on assessments, action plans, maintenance and support, as well as implementation protocols. Case examples were also included in this training as well as data entry vignettes. Five (5) AHN care consultants also attended an in-person training with existing Southern Nevada BRI Care Consultation provider, Nevada Senior Services.

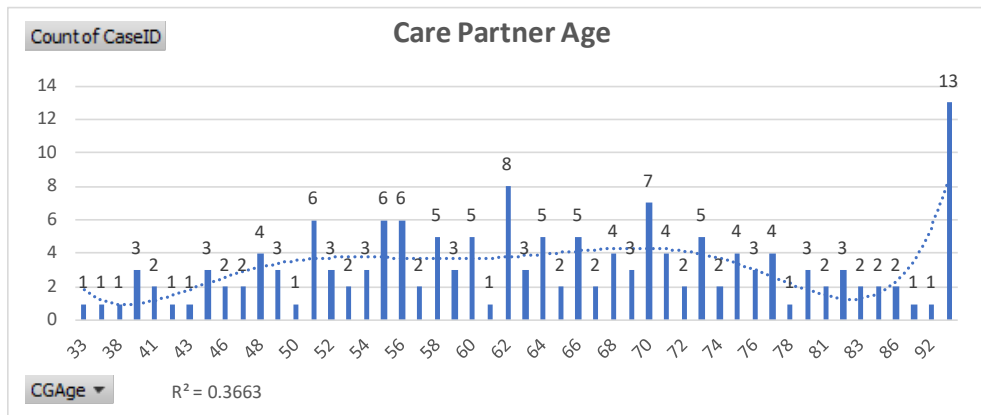
Overall, the BRI Care Consultation program was provided to 728 individuals across the state of Nevada between July 2016 and October 2019 (both with Alzheimer’s Disease and Related Disorders and Non-Alzheimer’s Related conditions). In Northern Nevada, the BRI-Care Consultation program was administered by Access to Healthcare Network to 166 participants. In Southern Nevada, the BRI-Care Consultation program was administered by Nevada Senior Services to 546 participants. Overall there was a significant increase of +443% in the number of both care recipients and care partners from FY16 (n = 60) to FY 19 (n = 326).



Altogether a total of 160 clients (320 including care partners) have been served through BRI/CC in both Northern and Southern Nevada for this project. Overall, the Average Care Recipient Age was 79, with a range between 39 and 100 and a grouping of Care Recipients over age 70.



**Average Age: Care Recipient 79.3375**

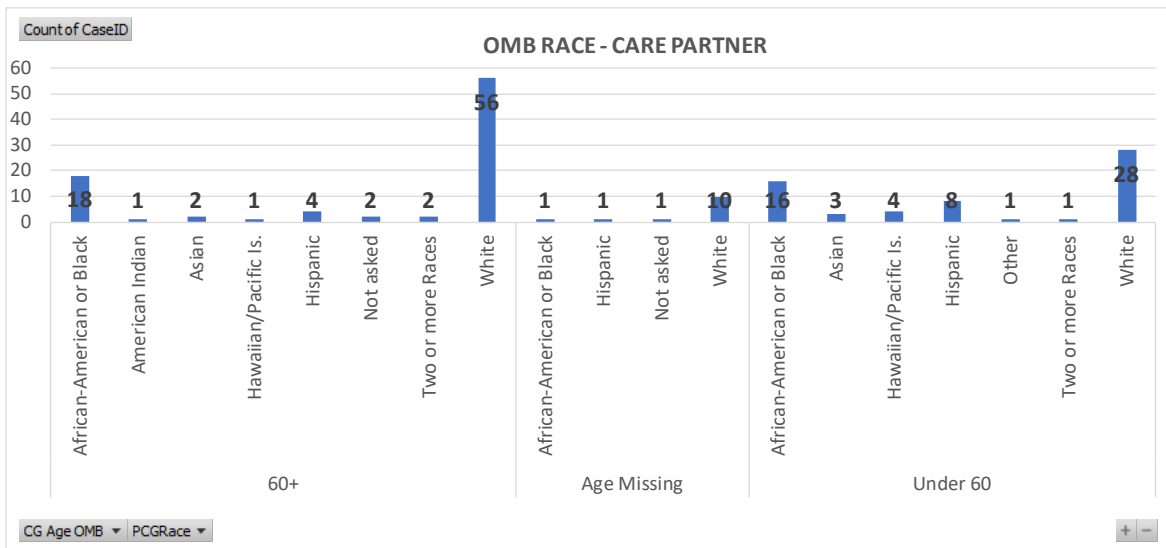
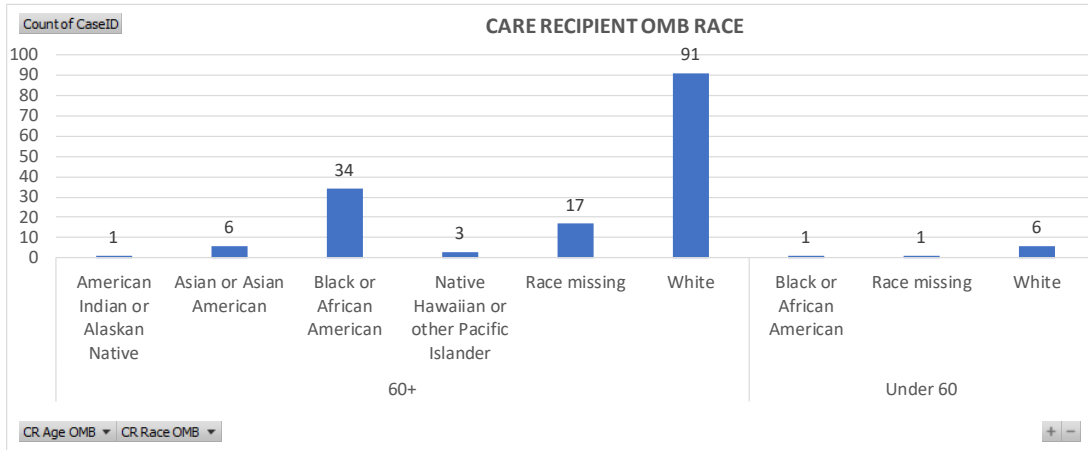


**Average Age: Care Partner 57.48**

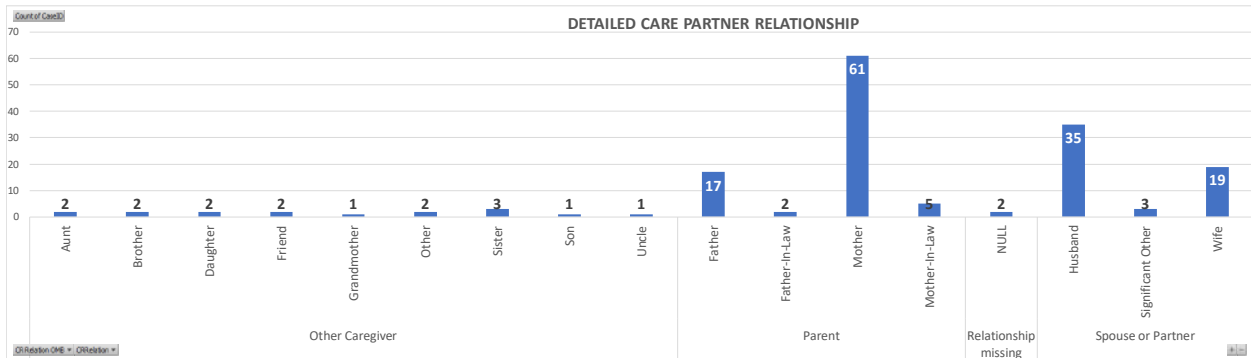
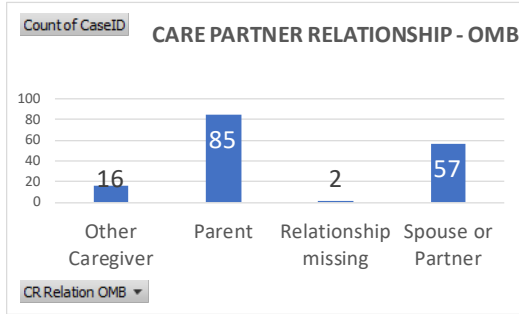
The Average age for the Care Partner was 57. Negating the “null” value, the average age was 63. Most care partners were female (Female = 108; Male = 39).



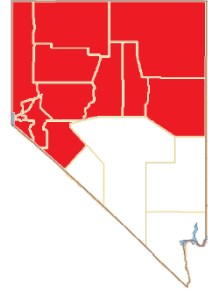
Most participants self-identified as white with the next highest occurrence as African American or Black with both having a higher prevalence for 60+, as expected.



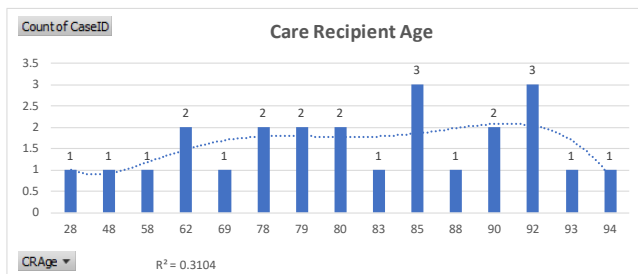
Care partners relationship details were most often Parents (76) or Spouse (56): Mother (56); Father (13); Husband (35) or Wife (18).



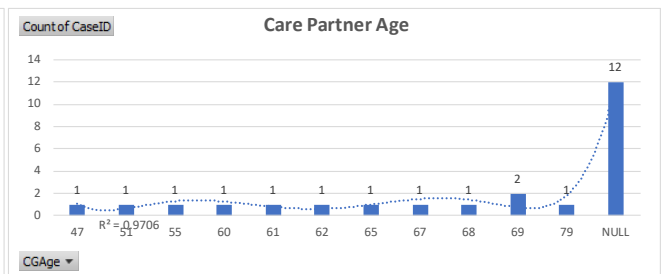
**Access to Healthcare Network (AHN) - Northern and Rural Nevada**



AHN has continued to build the reach of BRI Care Consultation. During the concluding six months of the project, Access to healthcare Network has been able to accomplish an outstanding amount of outreach and presentations to community partners throughout the northern and eastern counties in Nevada. Through this process they not only provided program education but also continued to establish open communication with new partners outside of the Nevada Dementia Supports Toolbox. The partnerships consist of the traditional senior locations such as senior centers and a variety of apartment complexes, clinics, religious congregations and Native American Tribes. In particular, AHN worked with the Pyramid Lake Paiute community. On September 3, 2019, AHN also manned a booth where they provided the information at the annual “Senior Fest” which is the largest senior fest in Northern Nevada where they estimated they reached 2,500 individuals. A total of 12 clients have been served through the BRI Care Consultation program in Northern Nevada.



**Average Age: Care Recipient 77.9166667**

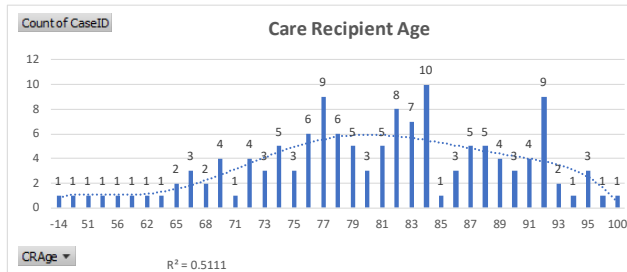


**Average Age: Care Partner 31.38**

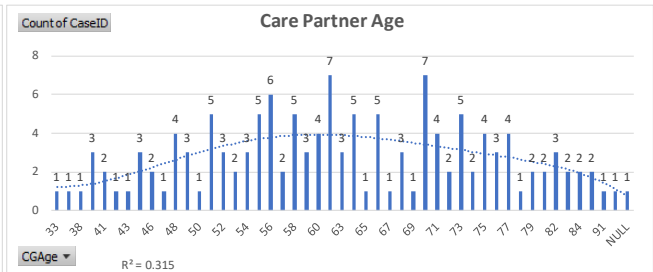
**BRI Care Consultations – Southern Nevada**



Southern Nevada’s existing BRI Care Consultation program being performed by Nevada Senior Services through ADRC funding expansion, has served a total of **135** clients (cumulative) through the BRI Care Consultation program. 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 care partners. Those with cognitive issues or type of dementia will be tracked separately from general care partners to help improve available data on services to this population, also part of Nevada’s sustainability plan.



**Average Age: Care Recipient 79.58823529**



## ***Data/OMB Reporting***

The OMB Report identified direct service included **312 individuals (PWD)** with dementia and **684 Caregivers** for a **total direct service of 996**. However, in addition, a “direct service” delivery was completed to **1,191 individuals who were neither a PWD nor a Caregiver** for the various programs. Professional training direct service included a **total of 971 professionals** through the end of the project.

To ensure the accuracy and efficiency of the OMB reporting form completed by partner organizations, Dementia Friendly Nevada partners received training on the OMB reporting form during the February 5, 2018 Dementia Friendly Champions meeting utilizing a presentation developed by ADSD. Each category required to be reported on the form was discussed to ensure accurate reporting. The ADP-DRT Data Collection Tool was sent to the group via email in advance to address any questions. A one-on-one training session was conducted with new service provider, Rural RSVP on March 15, 2018 via teleconference to educate the new partner on the use of the OMB form for reporting purposes. Group and individual training also emphasized the definition of “Persons Served” to ensure accurate understanding that persons utilizing existing services provided by the agency is not reported as persons served; however, those participating in new grant funded programs, should be reported as “Persons Served”.

ADSD also included clarification of professionals trained utilizing the guidelines set forth in the ADP-DRT Data collection form. Definitions of professionals trained were included and ADSD answered questions utilizing the ADP-DRT data collection tool as a guide. Direct Services as well as the definition of “respite services” were also outlined. Types of services that meet criteria for direct services as outlined in the ADSSP statute requirements were provided to the group. ADSD emphasized the importance of capturing direct services within each

organization and ensuring that such services meeting the criteria are documented on the OMB reporting form. Due to the high volume of questions related to direct services, ADSD developed an in-depth direct service training presentation for the April 2, 2018 Dementia Friendly Champions meeting. This training included definitions, criteria, and a step by step process on how and when to report a direct service. A separate one on one call was held with the Cleveland Clinic staff on April 12, 2018 to further discuss how their current activities may be captured under direct services. Another direct service training for all partners was scheduled in April/May 2018 to ensure all partner questions and concerns were addressed.

## What measurable outcomes did you establish for this project and what indicators did you use to measure performance?

### To what extent did your project achieve the outcomes?

The following table describes the objectives of the project and the established measurable outcomes. Additional detail is included in *Attachment 1 Dementia Friendly Nevada: Final Program Evaluation Report for the ACL-Funded Project Period*

### Measurable Outcomes

<p><b>Objective 1: Begin fostering the development of a ‘Dementia-Friendly Nevada’ (DFNV) 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 people living with dementia.</b></p>
<p><b>Outcome Measure:</b> Demonstrate increase in level of services in each funded community for Toolbox service programs and/or related dementia services (Adult Day Care, Respite Services, etc.). Source of information (SAMS, Toolbox program participant increase in community).</p>
<p><b>Objective 2: Facilitating/mobilizing community-driven change and decision making for local Community Action Groups (CAG).</b></p>
<p><b>Outcome Measure:</b> Funded communities will decide on action and establish measures to quantify change. Process may include:</p> <ul style="list-style-type: none"> <li>• Document collaborative planning process of each CAG</li> <li>• Determination of each CAG set of goals</li> <li>• Specific to each Community Action Groups</li> <li>• One consistent goal across communities to expand delivery of Nevada Dementia Supports Toolbox programs</li> <li>• Determination of what ‘success’ looks like to CAG on each goal (to create measurable outcome)</li> <li>• Specific to each Community Action Groups</li> <li>• CAG Structure and Function Assessment</li> <li>• 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</li> <li>• 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</li> </ul>

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

**Outcome Measure:** Pre and Post Survey: Increase percentage of referrals and Nevada Dementia Supports Toolbox program participants from each CAG community. Source of information (SAMS, ADRC Tracking).



**Excerpt from *Attachment 1 Dementia Friendly Nevada: Final Program Evaluation Report*  
for the ACL-Funded Project Period**

**Community Action Group Activities and Outcomes**

- *To meet the goals of the grant, six Community Action Groups were convened and engaged in collaborative planning to create their own community-specific goals and activities.*
- *All communities created an education-related goal, with 5 of the 6 choosing Dementia Friends as their education program, with a total of 644 people trained (see above).*
  - *Dementia Friendly Southern Nevada Urban developed its own education program that focused on three specific areas: Business, Faith, and the Community. The program was successful in increasing the knowledge of 162 community members within both the Business and Community settings.*
- *Each community developed new programs and community-engagement opportunities to help raise awareness and increase the quality of life for people living with dementia:*
  - *Dementia Friendly Elko developed the Friends Day Out program, which provides both socialization and respite opportunities, including use of the Java Music Club.*
  - *Dementia Friendly Winnemucca developed the Weekly Art and Music (WAM) respite program, and Let's Talk About It, an early stage support group.*
  - *Dementia Friendly Washoe County a new mutual peer support program, the Open Door Café, among other innovative social engagement opportunities.*
  - *Dementia Friendly Southern Nevada Urban facilitated memory screenings in the community, reaching 395 people. \*Note: there is a difference of the total memory screenings (457) and the total representing those that completed Memory Screening Surveys (395).*
  - *Pesa Sooname (Dementia Friendly Pyramid Lake Paiute Tribe) hosted multiple community outreach events, including the Nevada Tribal Summit on Brain Health and Dementia, which included representatives from 14 different tribal communities.*

*Dementia Friendly Pahrump hosted a very successful and innovative community education event, with 65 community members in attendance, highlighting *Cracked: New Light on Dementia*, a research-based play about living with dementia, as well as a report by the Nevada Task Force on Alzheimer's Disease (TFAD).*

**What indicator were used to measure performance**

The Assessment Tools include: Statewide Dementia Community Assessment; Dementia Attitudes Survey (DAS); 2015 Baseline Assessment; Pre and Post Knowledge Assessment Test for Dementia Friends; Existing Program Service Utilization Data (Change); Community Action Group Defined Goals and Process Measurement; Caregiver Burnout (EPIC); Quality of Life (Survey – BRI); Satisfaction Surveys.

**Community Action Group Goals with associated Measures**

<b>Potential CAG Goal</b>	<b>Indicator of success / Measure</b>
Increase community awareness of available programs and resources	Dementia Care and Support Services Awareness Survey: Pre + Annual
Increase positive attitudes / decreased stigma of dementia	Dementia Attitudes Survey (DAS): Pre + Annual
Increase in dementia-friendly retailers	# of community retailers receiving df training and designation (pre-post training knowledge survey; onsite observation)
Increase in dementia-friendly restaurants	# of community restaurants receiving df training and designation (pre-post knowledge survey; onsite observation)
Increase dementia-friendly first responders	# of community first responders participating in dementia training (pre-post knowledge survey)
Increase dementia-friendly front-line financial representatives	# of community financial representatives (i.e., bank tellers, financial planners) participating in dementia training (pre-post knowledge survey)
Increase social engagement opportunities for people living with dementia	# of events hosted by CAG / partner organizations (CAG tracking sheet)
Enhanced physical environment in community (e.g., # of park benches)	Community observation

## To what extent did your project achieve the outcomes?

### **Excerpt from Attachment 1 Dementia Friendly Nevada: Final Program Evaluation Report for the ACL-Funded Project Period**

#### **Executive Summary**

##### Community Assessment

Community dialogue to shape community-specific action goals in this statewide initiative using a Participatory Action Research Approach to community change was informed by a statewide Dementia Community Assessment. Among other key elements, this community assessment included the administration of the Dementia Attitudes Survey (DAS) to **1,104 respondents statewide**. **Baseline results demonstrated an overall 74% positive attitude toward dementia**, with higher scores for “knowledge” (80%) of dementia than “comfort” interacting with a person living with dementia (71%). These results informed a wide-sweeping community priority to raise awareness of dementia and offer education to reduce stigma associated with dementia, which was a goal established by all six of the Community Action Groups, along with many other community-specific activities. A follow-up survey administered at the conclusion of the ACL-funded initiative, completed by 129 respondents, demonstrated a **statistically significant increase in the public’s attitude toward dementia with an overall positive score on the DAS of 81% representing a 9.5% increase during the ACL-funded project period**. Notably, there is a large difference in response rates from the baseline to follow-up survey, which should be considered when interpreting these results.

##### Statewide Programs and Services

Five of the six Dementia Friendly Communities selected the Dementia Friends program for community education and awareness raising. Through this project, a total of **664 people were trained, including 590 as Dementia Friends and 74 as Dementia Friends Champions** (i.e., trainers). A pre-post knowledge assessment survey demonstrated a **statistically significant (+17%) increase in dementia-related knowledge** among participants.

During this ACL-funded project period, there was a great deal of effort to expand existing support services for people living with dementia and their care partners, both within the Nevada Dementia Supports Toolbox and through the many new programs launched by the Dementia Friendly Community Action Groups. With a baseline established in FY’15, in which a total of 194 people living with dementia were reported to have received ADSD-supported services, the **total service utilization increased to 1,924 people living with dementia reported as receiving services in FY’19, representing an 892% overall increase**.

***Statewide Impact – Attachment 1 Dementia Friendly Nevada: Final Program Evaluation Report for the ACL-Funded Project Period***

***Excerpt from Attachment 1 Dementia Friendly Nevada: Final Program Evaluation Report for the ACL-Funded Project Period***

*A key overarching goal of the Dementia Friendly Nevada initiative was to increase awareness of dementia by offering education to communities statewide. To support this goal, all six of the community action groups (CAGs) included dementia education and awareness as a community-specific goal in one way or another. In particular, five of the six CAGs delivered the Dementia Friends Program as their primary community education activity. Overall, there were 590 “dementia friends” created through community education as part of this grant-funded project, while both the initiative and education program continues beyond the end of the funded project. Additional details on the impact of Dementia Friends are provided below.*

*Another overarching goal of the Dementia Friendly Nevada grant was to increase the reach of program and services, including key evidence-based services in the Nevada Dementia Supports Toolbox in order to positively impact the lives of individuals living with dementia and their care partners. Several statewide programs were monitored during this initiative to determine if such an increase occurred. These programs included Savvy Caregiver, the Benjamin Rose Institute on Aging Care Consultation (BRI-Care Consultation) program, the Care Partners Reaching Out (CarePRO), the Early Stage Partners in Care (EPIC) program. This evaluation also monitored the REST Program, offering respite services and an additional education program addressing the intersection of aging, dementia and intellectual disabilities, provided by Dr. Rebecca Arvans-Feeney. Finally, this evaluation monitored other state-funded programs intended to support individuals living with cognitive impairment. Each program is detailed below, and includes any participant data as well as changes in reach and participation over time where possible.*

...

*Over the course of the fiscal years included in this report (i.e., FY’15 – FY’19), there was an increase in all categories, except the number of service providers, which dropped by 7%*

(FY'15 = 15, FY'19 = 14), as did the number of American Indian / Alaskan Natives (-75%; FY'15 = 12, FY'19 = 3) served. Of particular note, the total number of clients who received services increased by 108% (FY'15 = 197 to FY'19 = 409), and the total number of unique clients (i.e., clients that are only found in one fiscal year) also increased for both FY'19 (+270%) compared to FY'18 as well as compared to baseline (+44%). If the 'expanded services' reporting people living with dementia served in FY'19 are included the increase is monumental. **With a baseline established in FY'15, in which a total of 194 people living with dementia were reported to have received ADSD-supported services, the total service utilization increased to 1,924 people living with dementia reported as receiving services in FY'19 (including expanded services reported), representing an 892% overall increase in service utilization.** In addition, there were increases in the number of clients in rural communities (+121%: FY'15 to FY'19) and the number of clients who were in poverty (+90%: FY'15 to FY'19).

## **What, if any, challenges did you face during the project and what actions did you take to address these challenges?**

### **Administrative Challenges**

During this project ADSD modified its grants administration procedures as a directive from the Nevada Department of Health and Human services to standardize all grants administration across all of its Divisions. This required additional training and education for funded partners in the new procedures, which often reporting immense challenges regarding time and staff commitments to complete the required new processes.

***Funding / Reporting Structure*** Distribution of Funds among CAGs: Challenges arose with distribution of funds to fiscal agents working with CAGs and partners, such as Winnemucca, Pahrump, Pyramid Lake Paiute Tribe (Pesa Sooname), and Alzheimer's Association of Northern Nevada. To address these challenges, meetings were held with CAGs and partners both individually and as a group. ADSD grants management staff and assigned auditors participated on the calls to clarify questions while working together to resolve any future challenges associated with drawing down funds. Each CAG and partner were provided guidance to resolve these challenges related to dementia friendly grant expenditures, in accordance with ADSD Policy and Procedures. Some individual challenges arose in a few CAGs in getting needed information timely and tracking funds. Though these were resolved, it did delay payments, process, and timeliness for all involved and created issues with drawing down all of some sub awards.

*Data Collection Systems Addressing CAG Gap Area Focus:* In November 2017, ADSD developed a reporting template to capture the activities of each community action group and ensure groups were moving forward with specific gap area(s) of focus. The reporting template, CAG Meeting Log, was presented to the Dementia Friendly Champions meeting in December and ADSD received suggested revisions from the group (*Appendix 7*). The reporting template was presented to the Dementia Friendly Champions group on its February 5, 2018 meeting. Many partners found the collection template cumbersome and switched to taking meeting notes instead of completing the form.

Throughout the project, there was challenges with collecting the OMB required data template, especially considering the numerous programs being delivered and the various intricacies in collection for the required data for each program. This is a continuing challenge of fitting the programs into the collection and tracking methods. Overall, existing data collections systems like SAMS, despite their flaws, remained the most consistent for data collection. Some issues with SAMS have plagued the Division for a while but have not been able to be completely resolved. For instance, the collection of cognitive issues needs to be refined for condition, level of severity, and data collectors need to be trained on its usage. It could also differentiate specific cognitive issues or those associated with neurodegenerative cognitive decline like Alzheimer's disease and other forms of Dementia.

***Online Storage Capacity:*** Numerous online resources were developed and recorded through this project, including photos from community action groups. It quickly became apparent that the online webpage would need to be upgraded to house and continue the various developed materials. This creates ongoing maintenance costs to sustain these resources after the project period. Ideally, Nevada wants to host these materials for little or no cost, but there are significant barriers to maintaining these and ensuring they are available beyond just web costs. Community action groups are exploring various domains, including YouTube, to see about continuous hosting of content and ensuring it is available long after the project period. Through the ADSD provided 9-month extension, Jennifer allocated a portion of the budget to online capacity including staff time to assist with content development and CAG assistance for maintaining community related web content.

***Travel and Support*** is required and can be costly in Nevada. For instance, it is generally more than 8 hours to travel from Reno to Elko and back or from Vegas to Elko and back, thus often requiring an overnight stay. Even smaller travel options to support communities, Las Vegas to Pahrump, Reno to Winnemucca, require staff time and travel mechanisms. Throughout Nevada, partners are accustomed to accommodating travel details to support service programs, but it always creates challenges, especially seasonally with weather patterns. Developing rural programs that require urban support will necessitate intensive travel requirements, especially if conducted on a frequent basis. The other alternative, which is not always feasible, is to develop the programs in these rural communities.



## **Community Action Group Challenges**

***Leadership/ Facilitation:*** The lifeblood of a community action group is the energy of the volunteers and the leader to function. Some challenges relate to duplicating these energetic leaders and having backups in the community so the drive is more than just the drive of a single person, but of the community. As each community differs, most were able to share the facilitation primary and secondary duties while still maintaining the community action group and the various projects selected by each group. However, these challenges still exist and are unique to each community.

***Tracking Referrals*** initially, communities tried to track referrals to Dementia Supports Tool Box Services. However, these referrals became so routine and the tracking was more difficult than the referral. We'd love to be able to quantify the number of referrals, both the formal and the informal, but it quickly became apparent these activities could not be tracked in a meaningful way. Overall, measuring the change in individuals into the toolbox programs helped to quantify and measure referral activities were taking place.

***Programmatic Challenges:*** The Early Stage Partners in Care (EPIC) program had several programmatic limitations. As an early stage, and behavioral modification program, it is difficult to reach the populations in time. In addition to these challenges, difficulty recruiting waves of EPIC participants has also been a challenge for both Alzheimer's Association Chapters. Due to these challenges, the Alzheimer's Association, of Northern Nevada recognized its continued commitment to the project and searched for appropriate programs to meet programmatic requirements under the project while continuing to serve and impact the

Alzheimer's community at large. The Alzheimer's Association, of Northern Nevada proposed a modification to the direct services component of this project and began implementing an alternative evidence-based program - the Savvy Caregiver. To further address these challenges, the Savvy caregiver program was modified to better fit the needs of rural participants and account for travel consideration by offering a reduced dosage program.

### **Recruitment of Persons with Dementia and Care partners into CAGs**

Early on, ADSD and CAG lead facilitator, Jennifer Carson, PhD, recognized challenges regarding the recruitment and participation of persons living with dementia and their family care partners on local CAGs. Stigma related to the disease and the fear to self-identify as a person living with dementia likely limited this vital representation within some CAGs. Also, the format of CAG meetings, which tended to focus on strategic planning to advance community-driven goals, did not support the direct engagement of people living with more moderate to advanced dementia. A lot of collaborative planning takes place within a relatively short period of time at meetings – creating content and a pace that is often difficult for some people living with dementia. In light of these challenges, Dr. Jennifer Carson worked with individual CAGs to better support authentic partnerships with members living with dementia and family care partners, to help reduce stigma and encourage and support participation. Although each community is unique, Dr. Carson developed various resources and approaches to help overcome this challenge. First, each CAG was encouraged to regularly reflect on the engagement of all members using the authentic partnerships framework (**Attachment 12**) incorporating one or two reflection questions into each monthly meeting. This supported the CAGs in always keeping the engagement of people living with dementia front and center and guided them in making

adjustments and improvements as necessary to better support participation at subsequent meetings. Learning from these reflections, Dr. Carson and the co-facilitators continued making adjustments to the meeting format to better incorporate the perspectives of people living with dementia and family care partners. Now most of the strategic planning for community-driven goals takes place at specific action team meetings and not at the CAG meeting. Some action teams have representation from people living with dementia, and some do not, but for most of the ACL grant period and to date, each CAG has representation from persons living with dementia and family care partners. Another challenge has been that many CAG members do not have a good understanding or knowledge of dementia, including some aging services professionals, family care partners and people living with dementia themselves. As such, determining community-driven goals for programs and services can sometimes be difficult. Often, the knowledge some members had when they first came to CAG meetings was misinformed or misaligned with the values and aims of the Dementia Friendly movement. As such, moving forward, Dr. Carson, who will continue to support the CAGs, has proposed the following format for two-hour, monthly “Community Group” meetings (note, the word ‘action’ has been reserved for the ‘action team’ meetings):

- 1) Review who we are, what we believe and what we do (10 min.);
- 2) Provide dementia education on a specific topic (provided and/or curated by the DFNV support team; 30 min.);
- 3) Facilitate consciousness-raising discussion about the lived experience of dementia and care partnering as it relates to the education topic and more generally (drawing on the expertise of members living with dementia and family care partners; 30 min.);
- 4) Social break (10 min.);

- 5) Discuss dementia-friendly opportunities and outreach (30 min.); and
- 6) Invite updates from members (10 min.).

This new format ensures that all members, new and long-term, living with and without dementia, have opportunities to contribute, to have their voices heard and honored, and to have their perspectives incorporated into the group's priorities and strategic direction.

**Addressing CAG Challenges**

Some challenges the CAGs faced were related to growth, volunteer recruitment and capacity-building in light of job transitions among some of the members and CAG co-facilitators. As the CAGs continued to expand their efforts, they also needed to effectively build their volunteer capacity and meet certain challenges as they arose. The Dementia Friendly Champions meetings provided a forum for CAG leaders to discuss challenges with partners and other CAG leaders, as well as an open space to share ideas and discuss ways to overcome barriers each community faced. Dementia Friendly Champions meetings were facilitated by ADSD and held every other month. Some shared challenges and responses addressed over the entire project period are outlined in the following table.

<b>CHALLENGES FOR ALL NEVADA CAGS</b>	
<b>CHALLENGES</b>	<b>RESPONSES</b>
<p>Finding space to hold Dementia Friends information sessions in the community where general liability insurance coverage would not be an issue. Supporting partner agencies are often hesitant to cover Dementia Friendly activities under their umbrella policies, making it difficult if a prospective venue requires liability insurance</p> <p>Volunteers require workman compensation insurance on liability insurance which can be an issue for community action groups or sponsoring organizations.</p>	<p>Due to the recent transition of Dementia Friendly Nevada to the Dementia Engagement, Education and Research (DEER) Program at UNR, liability insurance is now provided through the Nevada System of Higher Education.</p>
<p>Recruiting and retaining volunteers needed to carry out many of the functions of the CAGs. Volunteers are utilized to provide Dementia</p>	<p>Creating a full-time AmeriCorps VISTA position for Dementia Friendly Nevada (March 2019) has enabled us to increase our volunteer capacity</p>

<p>Friends information sessions and Community Awareness Trainings and to facilitate activities such as the Respite Retreat held in Winnemucca; Friends’ Day Out in Elko; the Open Door Café, Java Music Club, Dementia-Friendly Nature Walks and Dance With Me programs in Washoe County; and memory screens in Southern Nevada.</p>	<p>through various engagement and outreach activities. Our Dementia Friendly Nevada VISTA has also developed a volunteer training manual and assists with the volunteer training for different Dementia Friendly Nevada programs. Also, involving other AmericCorps VISTAs as members of local CAGs has further increased volunteer capacity. We have also incorporated a volunteer information sheet as part of the <i>Dementia Friends</i> information session and recently became an official volunteer site with the SCA’s RSVP program, which has already produced new volunteers.</p>
<p>CAGs experienced lower attendance at meetings during the summer months due to vacations and high temperatures.</p>	<p>This is often CAG- and region-specific but there was a noticeable seasonal decline in participation, especially in Pahrump, a desert community in which many local residents leave for the summer</p>
<p>One challenge with the implementation of the Dementia Friends program was the limited ability to follow up with participants regarding ‘changes made in the community’ after becoming a Dementia Friend. We did not evaluate the program’s long-term impact.</p>	<p>Short of an opportunity for post-session follow-up with all new Dementia Friends, Dr. Jennifer Carson, DFNV lead facilitator, developed a list of DFNV volunteer opportunities (‘Ways to Engage’), which is shared with all new Dementia Friends.</p>
<p>Challenges occurred requiring changes in co-facilitators of three CAGs, namely Elko, Pahrump, and Washoe County due to two retirements (Elko and Pahrump), one employment changes (Elko), and one transition in job role (Washoe County).</p>	<p>New co-facilitators were identified in Pahrump and Washoe County. Elko is still actively recruiting for a new co-facilitator. In the meantime, Dr. Jennifer Carson will facilitate Dementia Friendly Elko solo.</p>

**Addressing Individual CAG Challenges**

The Dementia Friendly Nevada Community Action Groups worked hard to address the needs in their respective communities, which resulted in many impactful outcomes presented in this report. Despite tremendous efforts to advance their goals, the CAGs faced unique challenges and expended time and energy, along with resources, to address these concerns. Internally and with the Champions Workgroup, CAG members strived to tackle obstacles that arose and effectively developed solutions to ensure more positive outcomes for the future. Challenges and responses addressed are outlined in the following table.

<b>CHALLENGES SPECIFIC TO EACH CAG</b>	
<b>CHALLENGES</b>	<b>RESPONSES</b>
<p><b><u>Pahrump CAG:</u></b></p> <ul style="list-style-type: none"> <li>• Finding a consistent meeting space with good technology.</li> <li>• Establishing consistent membership.</li> <li>• Issues with fiscal agent and spending down funds</li> </ul>	<ul style="list-style-type: none"> <li>• Dementia Friendly Pahrump utilizes two venues for monthly meetings. The Pahrump CAG submitted a request to secure a permanent location at the Valley Conference Center in Pahrump to hold meetings.</li> <li>• 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 rescheduled the date and time of their meetings to avoid conflict with Rural RSVP’s Friends Day Out, which was scheduled at the same time at CAGs meetings.</li> <li>• CAG discussed and made plans to spend down funds before the end of the project period but was not able to do so due to lack of timely action by CAG fiscal agent. Notified RSVP Executive Director.</li> </ul>

<p><b><u>Winnemucca CAG:</u></b></p> <ul style="list-style-type: none"> <li>• Establishing the appropriate venues to disseminate information about events and dementia educational materials.</li> <li>• Difficulty using Boys and Girls Club as a venue due to lack of liability insurance.</li> </ul>	<ul style="list-style-type: none"> <li>• Dementia Friendly Winnemucca continued to attempt advertising events in newspapers, local magazines, radio, flyers, and word of mouth.</li> <li>• Consulted with Statewide Workgroup to explore possibilities of securing insurance. Insurance now provided through the Nevada System of Higher Education.</li> </ul>
<p><b><u>Elko CAG:</u></b></p> <ul style="list-style-type: none"> <li>• Finding volunteers to run the CAG/Rural RSVP program Friends’ Day Out.</li> <li>• CAG member participation has declined in recent months due to various reasons (retirements, job transitions, family care responsibilities and spotty attendance due to schedule changes)</li> </ul>	<ul style="list-style-type: none"> <li>• 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. While RSVP was able to recruit one volunteer, the group needs to develop more capacity for this weekly program. This is an issue the group plans to tackle in 2020.</li> <li>• Dementia Friendly Elko conducted a Doodle Poll to assess different dates and times to hold meetings for remaining members. A new meeting time was selected and held. This didn’t seem to increase attendance. In follow-up problem-solving conversations, members offered a number of reasons and suggested waiting to launch a new member recruitment strategy until after a new Executive Director was hired for the local senior center, which happened in November. The group is now planning their new member recruitment for January 2020...</li> </ul>



<ul style="list-style-type: none"> <li>• In September, Elko CAG co-facilitator resigned and took a different job that would not enable her to continue her membership.</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Carson continues to facilitate solo while the search for a new co-facilitator continues.</li> </ul>
<p><b><u>Washoe CAG:</u></b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Engagement of the Latino community is a continuing challenge despite numerous outreach efforts.</li> <li>• Lack of time during CAG meetings to adequately reflect on authentic partnership process, especially with members who are living with dementia.</li> </ul>	<ul style="list-style-type: none"> <li>• In order to address this challenge, a Spring 2019 social event was held to intentionally recruit a more diverse membership. The event was a lot of fun, but it did not produce the desired results. Dr. Jennifer Carson recently met Dr. Julie Lucero, Director of UNR’s Latino Research Center, and she plans to join as a member in January 2020, with an aim to build a bridge between Dementia Friendly Washoe County and community members served by the Latino Research Center.</li> <li>• More strategic outreach to target populations (e.g., medical practitioners to boost referrals to future information sessions at Renown Hospital, OLLI program participants over age 55, UNR students, caregiver conferences and gatherings, etc.) New membership recruitment meeting is also planned for January 2020.</li> <li>• Recently dedicated an entire meeting to reflect on authentic partnerships and their process.</li> </ul>

**Pyramid Lake CAG:**

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| <ul style="list-style-type: none"><li>• Due to the smaller population in Pyramid Lake, there is always a barrier in recruitment of additional CAG members. Pyramid Lake consists of three rural communities, each located approximately 20-30 minutes away from one another by car. Therefore, consistent attendance is a struggle.</li><li>• Prior to the Nevada Tribal Summit on Brain Health and Dementia, the Pyramid Lake CAG (Pesa Soaname Advisory Group) was having difficulty engaging good representation from the various tribal departments to attend meetings and participate in planning events.</li></ul> | <ul style="list-style-type: none"><li>• In order to address low CAG members attending meetings, the meeting time was changed to correspond with the congregate lunch at the Numaga Program (senior center). While this did enable them to engage more of the elders, it isn't a good time for the clinic team or social services. Moving forward, CAG meetings may alternate to ensure participation from all groups.</li><li>• Following the Tribal Summit, 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 and will require that all department leads participate in a Dementia Friends information session planned for early in 2020.</li><li>• Carla Eben, co-facilitator, made in-person recruitment efforts and sent regular email reminders to tribal leaders. DFNV VISTA, Casey Acklin, also attended tribal events, shared information, and solicited participation. Dr. Carson also presented information on the work of DFNV and the Pyramid Paiute Tribe's Pesa Soaname Advisory Group at the Tribal Council Meeting in July 2019.</li></ul> |
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<p><b><u>Southern Nevada Urban CAG:</u></b></p> <ul style="list-style-type: none"> <li>• The Southern Nevada Urban CAG had a difficult time trying to find locations to hold memory screenings.</li> <li>• There was 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.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify additional locations for memory screenings, the Southern Nevada Urban CAG held radio interviews with local podcast stations (i.e. PHLV Radio, Communities for Better Health, etc.) to garner interest.</li> <li>• The strategy to combat this challenge was to train additional nursing students from different colleges (Nevada State College, Roseman University, UNLV, and CSN School of Nursing).</li> </ul>
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## **Addressing the needs of the rural population**

Nevada has long been working to address the needs of people living with dementia and their family care partners and has a strong attention to improve outreach and delivery of services to rural communities. Of the four communities selected in May 2017 as pilot communities under the Dementia Friendly Nevada project, two rural communities, Elko and Winnemucca, were chosen. Subsequently in the second round of funding opportunity in January 2018, two more rural communities, Pahrump and Pyramid Lake Paiute Tribe joined the initiative and formed community action groups. These CAGs are comprised of stakeholders from various sectors in the community who have come together to examine the strengths and gaps in their community, develop goals to address identified needs, and are carrying out ongoing activities that are making a tremendous impact throughout their communities.

Furthermore, Dementia Friendly Nevada Partners, including the Sanford Center for Aging, Alzheimer's Association Northern Nevada and Desert Southwest Chapters, Nevada Rural RSVP, Access to Healthcare Network, Cleveland Clinic Lou Ruvo Center for Brain Health, and Nevada Senior Services have worked hand in hand with the CAGs to enhance programs and services in the rural communities. Altogether the impact of their collaborative efforts has been far reaching and have triggered activities which continue to benefit the under-served communities.

Highlights of some of the activities and accomplishments in the rural areas, along with collaborative undertakings between Dementia Friendly Nevada Community Action Groups (CAGs) and program partners are presented in the individual CAG activities and partner reports. Outreach efforts by direct-service providers working to further the reach of programs and services in the DFN initiative are featured in this report as well.

## **What impact do you think this project has had to date? What are the lessons you learned from undertaking this project?**

Drawing on the lessons learned during our ACL funding, Dementia Friendly Nevada would like to offer the following set of twelve (12) recommendations to other dementia-friendly initiatives:

1. Provide centralized support and infrastructure to help launch, facilitate and build capacity within dementia-friendly communities, and ensure that facilitation support focuses on the authentic engagement of people living with dementia;
2. Identify and support local champions in co-facilitating dementia-friendly community action groups and recruiting, supporting and celebrating local volunteer members;
3. Ensure the authentic participation of persons living with dementia and family care partners as part of dementia-friendly community action groups;
4. Provide dementia education to community action group members, recognizing that not all interested parties understand even the basics about dementia, the lived experience of dementia, care partnering approaches, or issues regarding accessibility and inclusion – consciousness-raising is an important prerequisite for action;
5. Build strong partnerships with aging services organizations and across multiple sectors for a cohesive, community-wide initiative;
6. Streamline data gathering to the fullest extent possible to ease the paperwork burden of people living with dementia, family care partners and volunteers;
7. Find or develop a home base within a public or not-for-profit organization in order to strengthen sustainability by leveraging opportunities for grants and charitable gifts;

8. For statewide initiatives, create regular (e.g., bimonthly) opportunities to connect as a network via tele- or video-conferencing to share successes, challenges and resources, cross-pollinate ideas and work toward shared goals;
9. Develop an accessible ‘storage’ space, both online and in the physical environment for shared resources and program materials;
10. Create and support an AmeriCorps VISTA position to help build volunteer capacity for dementia-friendly community action groups, programs and services;
11. Develop community action groups that honor and reflect the diversity of your community; and
12. Regularly reflect on your dementia-friendly process, making adjustments and improvements as you go, and do not be afraid to sacrifice efficiency and productivity in an effort to live your dementia-friendly values – focusing on the *process* of dementia-friendly communities versus the desired *outcomes* will ultimately achieve a greater impact (i.e., Be the change you want to see in the world. If your dementia-friendly initiative is not truly inclusive of people living with dementia, then you risk tokenism, or worse, perpetuate a culture of exclusion).

## **What will happen to the project after this grant has ended? Will project activities be sustained or replicated? What other funding sources will allow this to occur?**

**Please note your significant partners in this project and if/how you will continue to work on this activity.**

### **Sustainability and Future Plans**

The Dementia Friendly Nevada Sustainability Workgroup, a sub-group of the Dementia Friendly Nevada Statewide Workgroup, was created to focus on developing an infrastructure to support the Dementia Friendly Nevada initiative and to sustain activities beyond the ALC grant. This group began meeting monthly in October 2018 and discussing plans to explore other potential funding opportunities, as well as to gather information on sustainability in other Dementia Friendly communities across the country. Members investigated possible options, exchanged ideas, and debated the pros and cons of different avenues for sustainability over many months. Of the various options explored, the group decided the best plan for sustainability would involve moving Dementia Friendly Nevada from ADSD to a permanent administrative home in the Dementia Engagement, Education and Research (DEER) Program in the School of Community Health Sciences at the University of Nevada, Reno, under the direction of Dr. Jennifer Carson, who served a lead facilitator of Dementia Friendly Nevada over the course of the ACL grant.

With consensus from the Sustainability Workgroup and the Statewide Workgroup, Dr. Jennifer Carson then met with the ADSD Administrator and presented a plan to sustain DFNV activities for a nine-month period beyond the conclusion of the ACL grant, and leading up to the next ADSD competitive grant cycle in beginning July 2020. ADSD provided a 9-month grant,

effective October 1, 2019. As a core program of the DEER Program, Dementia Friendly Nevada will be embedded within University of Nevada, Reno (UNR), which will allow for access to UNR resources and opportunities to receive grants and charitable gifts. The DEER Program may also involve students, graduate assistants and VISTA volunteers, which will increase in capacity to support DFNV activities.

The current ADSD ‘gap’ funding covers:

1. Program administration (Dr. Jennifer Carson, DEER Program Director)
2. Co-facilitation and/or support of community action groups (Dr. Carson, DEER Program), plus travel
3. Online education and website administration (Cleveland Clinic)—Have a contract to use gap funding to hire an 8 hour/week person to update the website and support online education
4. Project/fiscal coordination (School of Community Health Sciences, UNR)—Using 5% of gap funding to have UNR be the sole fiscal agent for CAGs
5. Data reporting (Dr. Zeb Gibb, Sanford Center for Aging)—Using 5% of gap funding
6. Community action group funding to mobilize community-driven goals (\$1,750 per group; accounts have now been established at UNR)
7. Laptop for Dementia Friendly Nevada VISTA



By transitioning DFNV's administrative home from ADSD to UNR's DEER Program, while sustaining essential functions including website administration, online education, program evaluation and volunteer management, we aim to achieve the following goals, objectives and outcomes during the 9-month grant period:

**Goal 1: To connect family caregivers and people living with dementia and with needed resources through the continued facilitation and support of DFNV's six community action groups.**

DFNV community action groups provide vital support to family caregivers and people living with dementia through a variety of community-driven goals that include major community education opportunities, direct services, information sessions and referrals to programs and services within the Nevada Dementia Supports Toolbox. Our objectives and outcomes for this goal during the 9-month ADSD grant period include the following:

- Objective 1: Each community action group will continue to meet monthly, taking action on toward community-driven goals.
  - Outcome 1: Successful facilitation of at least one meeting per month per community action group.
  - Outcome 2: Progress toward community-driven goals, as evaluated by the Sanford Center for Aging.
- Objective 2: Each community action group will provide at least one major community education event that is inclusive of family caregivers and people living with dementia to raise awareness about dementia and dementia-related programs and services.
  - Outcome: Successful implementation of one major community education event per community action group.
- Objective 3: Each community action group will provide and/or make referrals into statewide and local direct services that support family caregivers and/or people living with dementia.

- Outcome: Increased utilization of direct services for family caregivers and people living with dementia.
- Objective 4: Each community action group will refer family caregivers and people living with dementia to programs and services within the Nevada Dementia Supports Toolbox through quarterly outreach efforts (e.g., tabling at an event) and/or Dementia Friends Information Sessions (please note: Dementia Friendly Southern Nevada Urban has developed their own community education program similar to Dementia Friends).
  - Outcome: Successful implementation of at least four (4) outreach efforts and/or Dementia Friends Information Sessions per community action group.

**Goal 2: To strengthen linkages to and outreach efforts for ADSD grant-funded UNR caregiver support activities.** In partnership and collaboration with UNR’s Sanford Center for Aging (SCA), DFNV aims to connect family caregivers and people living with dementia to ADSD grant-funded UNR caregiver support programs through increased referrals. Our objectives and outcomes for this goal during the grant period include the following:

- Objective 1: Each community action group will receive education about ADSD grant-funded UNR caregiver support activities, including the SCA’s Geriatric Specialty Clinic (available statewide via telemedicine and in-person at UNR); Medication Therapy Management (available statewide via telephone and in-person at UNR); Senior Outreach Services (available in Washoe County); Senior Mobility Program (available in Washoe County); and Dementia-Friendly Nature Walks (available in Washoe County).
  - Outcome 1: Successful implementation of one training regarding UNR’s caregiver support activities per community action group.
  - Outcome 2: Increased utilization of ADSD grant-funded UNR caregiver support activities.
- Objective 2: The SCA Geriatric Specialty Clinic will receive education from Dr. Carson regarding the programs and services within the Nevada Dementia Supports Toolbox to improve their statewide knowledge and referrals as their telemedicine option continues to grow.
  - Outcome 1: Successful implementation of one training to the SCA Geriatric Specialty Clinic team regarding the Nevada Dementia Supports Toolbox.
  - Outcome 2: Increased utilization of direct services for family caregivers and people living with dementia.
- Objective 3: Dementia Friendly Washoe County will work in partnership with the SCA to strengthen and increase participation in the Dementia-Friendly Nature Walks.
  - Outcome 1: Dementia Friendly Washoe County will provide Dementia Friends Information Sessions to all existing Dementia Friendly Nature Walk volunteers and, as needed, to any new volunteers.
  - Outcome 2: Dementia Friendly Washoe County will join the Nature Walks’ regular action team meetings to aid in planning ADA-compliant, age- and dementia-friendly nature walks.

## **Over the entire project period, what were the key publications and communications activities?**

### **How were they disseminated or communicated?**

Dementia Friendly Nevada CAGs and project partners developed numerous materials which they propagated and utilized to expand the reach and scope of their activities through various means and venues. The following list highlights some of the products produced which have been mentioned in the report and are also included in the Appendix. (*See Appendix Listing*).

**Key Publications:** Significant products developed from this project include the surveys and analysis (like the Community Needs Assessment Surveys), the website (Dementia Friendly Nevada), Training Resources (stored, recorded and available online), Resource Material like the “Nevada Dementia Road Map: A Guide for Family and Care Partners” and “Resource Notebook *Navigating the Dementia Journey*”, CAG developed products and resources; and other trainings (like the Community Awareness Training that comprises three modules including a business, community, and faith-based module). Other products produced include marketing materials for dementia education awareness and care partner support training, flyers/brochures, partner data and narrative reports, semi-annual and final reports, and educational materials used in Dementia Friends sessions. A selection of these materials is included in the Appendix and Attachments sections of this final report.

## General and Administrative

- Dementia Friendly Nevada Logo: Statewide Logo and community action groups (CAG) specific Logos.
- Dementia Friendly Nevada Website: <https://dementiafriendlynevada.org/> website houses CAG specific pages to highlight CAG activities.
- Dementia Friendly Nevada videos, art exhibits and television news segments:
  - Dementia Friendly Nevada VISTA, Casey Acklin, created a video about living well with dementia (posted on Dementia Friendly Washoe County’s webpage):  
<https://dementiafriendlynevada.org/living-well/>
  - Dementia Friendly Washoe County member, Carter Norris, curated an immersive art exhibit titled, “Lived Experience,” featuring stories and photos of strength, resilience, and community within the context of dementia (posted on Dementia Friendly Washoe County’s webpage): <https://dementiafriendlynevada.org/dementiastories/>
  - Dementia Friendly Washoe County was featured on the local news for their *Walk With Me* community education event June 2019 (posted on News 4 & Fox 11):  
<https://mynews4.com/news/local/raising-awareness-for-dementia-and-mental-health-in-washoe-county>
  - Two Dementia Friendly Washoe County programs, Dance With Me and Dementia Friends, were featured on the television program, *Aging & Awesome* (posted on the Dementia Friendly Washoe County webpage):  
<https://dementiafriendlynevada.org/communities/washoe/news-in-washoe/>
- Dementia Friendly Nevada Social Media Pages Facebook, Twitter, Instagram, Google+
- Reports: Final Project Report; 5 Semi Annual Progress Reports; *Dementia Friendly Nevada: Statewide Dementia Community Assessment* Evaluation Project Measures; Sub-recipient Reports.

### Statewide Workgroups and Discussion

- **Statewide Champions:** Provide an open discussion opportunity for funded communities to share and discuss best practices, ideas, concerns, and ways to improve Dementia Capability in their areas and across Nevada. Provide an update and engage state and others on developments and concerns.
- **Statewide Workgroup:** “Big Picture”; Establish and support dementia-friendly activities across Nevada. Provide insight on policy considerations and legislative support needed to remove barriers or improve state support for the ADRD population. Assist with activities to meet Nevada’s goal as a dementia-capable and dementia-friendly state.
- **Sustainability Workgroup:** To sustain Dementia Friendly Nevada activities. Focus on developing infrastructure to support Dementia Friendly Nevada efforts.

### Resources and Guides

- **Resource Notebook:** *Navigating the Dementia Journey* 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.
- **Nevada Dementia Road Map: A Guide for Family and Care Partners:** A “Roadmap” guide to connect with community services.
- **Nevada Dementia Supports Toolbox:** “Toolbox” Services by CAG Area.
- **Infographic** on Dementia Statistics and Dementia Friendly Nevada activities and accomplishments.
- **General Outreach Materials:** Flyers, Brochures; Information; Subrecipient Outreach Material.

## Programs and Services

- **Nevada Dementia Supports Toolbox:** Savvy Caregiver; Early Stage Partners in Care (EPIC); and Benjamin Rose Institute on Aging - *Care Consultation*. <sup>TM</sup>
- **10 Warning Signs:** Alzheimer's Association Northern Nevada.
- **Community Memory Screenings:** Dementia Friendly Southern Nevada Urban conducted community memory screenings using the Brief Alzheimer's Screen (BAS) Test.
- **Community Awareness Training (CAT):** Dementia Friendly Southern Nevada Urban designed this training to increase sector-specific understandings of dementia friendly practices related to communication, physical space and caregiving for businesses, faith-based communities and first responders
- ***Cracked: New Light on Dementia*** is a video-recorded version of a one-hour, innovative research-informed theater production that was utilized by two Dementia Friendly Nevada groups (Pahrump and Winnemucca) to provide community education about family and professional care partnering.
- **Dementia Friends:** *Dementia Friends* Champions training is a “train-the trainer” -type approach to providing community education, which allows trained Champions to then facilitate *Dementia Friends* information sessions throughout their respective communities.
- **Friends Day Out:** A 4-hour respite program that originated as part of Dementia Friendly Elko comprising lunch, social activity, Java Music Club (an evidence-based mutual peer support group), and gentle exercise, offering unique engagement activities for persons with dementia and respite for care partners.
- **Java Music Club:** 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.

- **Open Door Café:** Modeled after “memory café” models, the evidence-informed program, developed by Dementia Friendly Washoe County in partnership with people living with dementia, has 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.
- **Wellness, Art and Music:** A modified respite program, developed by Age- and Dementia-Friendly Winnemucca, utilizing materials from the Java Music Club and activities involving wellness, art, and music.
- **Dementia Friendly Library and Resource Center:** A lending library full of current educational materials launched within two dementia-friendly communities (Elko and Pahrump).
- **Dance with Me:** Dementia-friendly partner dancing in Washoe County, provided in partnership with Ballroom of Reno.

### Training

- **First Responder Training:** Includes physician presentations, patient/care partner interviews and testimonials, and a first responder panel discussion on Alzheimer’s disease, Lewy Body Dementia and Frontotemporal Dementia.
- **Dementia Capable Conference (2018):** Held on June 2, 2018 for healthcare providers and social workers.
- **Dementia 2019 - Managing a Public Health Crisis:** Held on May 31 to June 1, 2019 and offered Continuing Education credits for physicians and other healthcare practitioners as well as social workers and psychologists.
- **The Nevada Tribal Summit on Brain Health and Dementia:** Born of a desire to increase discussions about dementia within and across Nevada’s Tribes, to learn about



issues of aging, cognitive health, dementia care and support, and community resources. Potential applications of CDC Healthy Brain Initiative's Road Map for Indian Country.

- ***Living Alone with Alzheimer's: A Solutions Summit***: conversations with persons who are navigating life with Alzheimer's or a related dementia, an overview of the numbers and types of single person households they live in, health and social risk factors such as social isolation, and ethical dilemmas to consider.
- **Caregiver Conference: Supporting the Well-Being of Residents Living with Dementia** Dr. Jennifer Carson, DFNV CAG Co-facilitator, 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 7<sup>th</sup>) and Reno (February 19<sup>th</sup>).
- **National Task Group (NTG) Overview for Aging and Intellectual Disabilities**: Understanding similarities and differences between the aging process and addressing safety and abuse concerns.
- **CarePRO (Care Partners Reaching Out) training**: 10-session skill-development care partner training provided by Dementia Friendly Pahrump in partnership with the Alzheimer's Association Desert Southwest.
- **Community Awareness and Education Events**: Elko in October 2018; *Walk With Me* in Washoe County in June 2019; Pahrump in May 2019.

## Acronyms

ACL- Administration for Community Living

ADSSP- Alzheimer's Disease Supportive Services Program

ADI-SSS- Alzheimer's Disease Initiative-Specialized Supportive Services Program

ADRC- Aging and Disability Resource Center

ADRD- Alzheimer's Disease and Related Dementias

AHN- Access to Healthcare Network

AlzDSW- Alzheimer's Desert South West

AlzNNV- Alzheimer's of Northern Nevada

ASA- American Society on Aging

BAS- Brief Alzheimer's Screen

BRI/CC- Benjamin Rose Institute/Care Consultation

CAG- Community Action Group

CarePRO- Care Partners Reaching Out

CAT- Community Awareness Training

CCIS- Care Consultation on Information System

CCLRCBH- Cleveland Clinic Lou Ruvo Center for Brain Health

CSN- College of Southern Nevada

DATES- Dementia Awareness Training and Education Subcommittee

D.E.E.R- Dementia Engagement Education and Research

DF- Dementia Friends

DFNV- Dementia Friendly Nevada

EB-Evidence-Based

EPIC- Early Stage Partners in Care

IDD- Intellectual and Developmental Disabilities

IFC- Interim Finance Committee

N4a- National Association of Area Agencies on Aging

NGEC- Nevada Geriatric Education Center

NSS- Nevada Senior Services

NTG- National Task Group

PWD-Person Living With Dementia

RCI- Rosalynn Carter Institute for Caregiving

REST- Respite Education and Support Tools

RFP- Request for Proposal

RSVP- Retired and Senior Volunteer Program

RTI- RTI, International. The National Alzheimer's and Dementia Resource Center (NADRC)

SCA- Sanford Center for Aging

TFAD- Task Force on Alzheimer's Disease

UNLV- University of Nevada Las Vegas

UNR- University of Nevada Reno

## Appendix Listing

**Appendix 1-** CAG Activities through grant period 2-5

**Appendix 2-** ADSD developed the Definition of Dementia Capability and what it means to Nevada.

**Appendix 3-** Sample of the Community Action Group Application process.

**Appendix 4-** In order to provide information that facilitates group discussion and planning, the Sanford Center for Aging developed an online Community Needs Assessment in the context of dementia.

The Sanford Center for Aging used two tools, one a basic demographics question and the other a Dementia Attitude Scale (O'Connor & McFadden, 2010), a scale designed to measure attitudes towards people living with dementia.

**Appendix 5-** Dementia Friendly Nevada's Statement of Purpose.

**Appendix 6-** Dementia Friendly Nevada's Mobilizing Beliefs.

**Appendix 7-** ADSD developed a reporting template to capture the activities of each Community Action Group and ensure groups were moving forward with specific gap area(s) of focus. The Dementia Friendly Sector-Specific Action Team (SAT) worksheet was developed to provide a step by step process to assist Community action groups in creating sector-specific action teams that address priority areas, goals, actions, and budgets.

**Appendix 8-** To best measure impact of Dementia Friends trainings, the Sanford Center for Aging developed pre and post surveys to measure increases in knowledge of those who participate.

**Appendix 9-** An example of The Open Door Café, modeled after other well established "memory café" models that have proven to be effective in combating loneliness, isolation, and stigma. The DATES action team have arranged multiple opportunities to attend Dementia Friends training.

**Appendix 10-** Dementia Friendly Washoe County helps support the Dementia-Friendly Nature Walks (previously the Idlewild Health Walks) and the Java Music Program. The Ballroom of Reno launched Dance With Me, a dementia-friendly partners ballroom dance class.

**Appendix 11-** Dementia Friendly Washoe County, in collaboration with the Sanford Center for Aging and the Truckee Meadows Parks Foundation, held a community education event called "Walk With Me: A Celebration of Strength, Resilience, and Community While Living With Dementia."

**Appendix 12-** Washoe County developed a trifold teaching the 10 early signs and symptoms of dementia and information about Dementia Friends Sessions.

**Appendix 13-** Washoe County developed a trifold brochure to give businesses to assess their level of dementia awareness.

**Appendix 14-** The SAVVY Caregiver program highlighted in Elko is described as "professional-level training for the non-professional" and educates care partners to assess the functioning of the care recipient and adjust the caregiving approach to the level assessed in the care recipient. The Java Music Club featured in Elko's Friends Day Out flyer utilizes a unique combination of researched based themes, photography, music, and readings to address the critical rates of depression and loneliness common among people living with dementia.

**Appendix 15-** Dementia Friendly Winnemucca offered a showing of the movie *Cracked*.

**Appendix 16-** Dementia Friendly Pahrump offered an educational event that includes a viewing of the movie *Cracked: A New Light on Dementia* and held an information session with Nevada Senator Valerie Wiener (Ret.). The program CarePRO is also offered in Pahrump.

**Appendix 17-** The Pyramid Lake Piute tribe is featured in the CDC Roadmap for Indian Country. The Pesa Soaname Pyramid Lake community action group hosted a Tribal Summit for all the tribes in Nevada.

**Appendix 18-** Cleveland Clinic facilitates memory screenings to provide a simple and safe healthy brain checkup. Dementia Friendly Southern Nevada is featured in a newspaper article that explains their work and acts as a recruiting tool.

**Appendix 19-** Article in the Senior Spectrum on Alzheimer's written by Senator Catherine Cortez Masto.

**Appendix 20-** Nevada ADSD Alzheimer's Team developed a flyer for its Dementia Friendly Outreach Toolbox, entitled "Nevada Dementia Friendly Support Services". This toolbox changed throughout the grant to provide a more detailed list of services in each community, as well as, keeping broad statewide resource information. The final name is Nevada Dementia Supports Toolbox.

**Appendix 21-** Dementia Friendly grant partners and logos.