

Nevada Task Force on Alzheimer's Disease

State Plan Recommendations Planning Template

Recommendation #: 9

TFAD Member Lead(s): Chuck Duarte

Current Recommendation as Stated:

Recommendation #9: Caregiver Support (2019)

Background

Caregivers of people with Alzheimer's disease and other forms of dementia frequently report high levels of stress, which can be emotionally, physically, and psychologically harmful to them. According to the Latest Facts and Figures Report from the Alzheimer's Association, 15.9 million family members and friends provided 18.1 billion hours of unpaid care to those with Alzheimer's disease and other forms of dementia in 2015. That care had an estimated economic value of \$221.3 billion. Approximately two-thirds of caregivers are women, and 34 percent are age 65 or older. Forty-one percent of caregivers have a household income of \$50,000 or less. On average, care contributors lose more than \$15,000 in annual income as a result of reducing or quitting work to meet the demands of caregiving. Alzheimer's disease and other forms of dementia take a devastating toll on caregivers. Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; about 40 percent suffer from depression. One in five care contributors cut back on their own doctor visits because of their care responsibilities. And, among caregivers, 74 percent report they are "somewhat" to "very" concerned about maintaining their own health since becoming a caregiver.

Provide caregivers with information about and access to evidence-based education, support services, and resources to: 1) promote knowledge and understanding of Alzheimer's disease and other forms for dementia to best support people living with dementia, 2) provide and expand respite services for family and informal caregivers of persons with dementia and, 3) enhance caregiver well-being. These services include, but are not limited to: family care consultation, solution-focused caregiver support groups, educational programs and services, respite programming, and evidence-based programs in the Nevada Dementia Supports Toolbox. Support efforts to promote and fund comprehensive caregiver services that are provided by many organizations, including, but not limited to: AARP, Alzheimer's Associations, Catholic Charities, the Cleveland Clinic Lou Ruvo Center for Brain Health, Nevada Senior Services, and Nevada Caregiver Support Center.

- Broaden the eligibility requirements for programs and grant funding so that more families may benefit from them regardless of financial status or age.
- Support the Nevada Dementia Friendly initiative and the work of the state's Dementia Friendly Community Action Groups throughout Nevada.

- Improve access to support services and programs by sustaining a statewide information and referral system (recommendation #1) for families, caregivers, and individuals with Alzheimer's disease and other forms of dementia.

Indicators

Aging and Disability Services Divisions (ADSD) will track and compile data it collects provided in the ADSD-funded programs, as well as data provided by the key partners network and other dementia-related organizations that are working in alignment to support these efforts. ADSD will annually monitor program availability, waitlists, number of consumers, and hours of caregiver support services provided in the ADSD-funded programs and other programs, as feasible. ADSD will also monitor Dementia Friendly Champions, including community action groups throughout Nevada.

Potential Funding

Fund for a Healthy Nevada. Retired and Senior Volunteer Group (RSVP). Older Americans Act Funding. The Alzheimer's Association. Grants, donations, and/or gifts. Explore additional funding opportunities to support caregiver programs once existing funds expire.

Determination: Do you propose that for the 2021 State Plan this recommendation be:

- 1) ~~Retained as is~~
- 2) ~~Retired to the Appendix (it has been accomplished or is no longer relevant)~~
- 3) **Revised / Updated**

Justification: If you propose revising this recommendation, what is your rationale for your suggested changes: Updated statistics from the 2020 Alzheimer's Disease Facts and Figures report. Revisions to recommendation and indicators are suggestions in view of updates to services.

Suggested Revisions: Please provide the text for your suggestions on how to revise the recommendation (and be sure to include each of the following required elements):

- **Recommendation:**

Background

Caregivers of people with Alzheimer's disease and other forms of dementia frequently report high levels of stress, which can be emotionally, physically, and psychologically harmful to them. According to the Alzheimer's Association 2020 *Alzheimer's Disease Facts and Figures* report, 16.3 million family members and friends provided 18.6 billion hours of unpaid care to those with Alzheimer's disease and other forms of dementia in 2019. That care had an estimated economic value of \$244 billion.

Approximately two-thirds of caregivers are women, and 34 percent are age 65 or older. Forty-one percent of caregivers have a household income of \$50,000 or less. On average, care contributors lose more than \$15,000 in annual income as a result of reducing or quitting work to meet the demands of caregiving. Alzheimer's disease and other forms of dementia take a devastating toll on caregivers. Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; and between 30 and 40 percent suffer from depression. Increased feelings of depression over a sustained period of time are linked to more frequent visits to the doctor, a higher number of outpatient tests and procedures, and greater use of over-the-counter and prescription medications. Among caregivers, 74 percent report they are "somewhat" to "very" concerned about maintaining their own health since becoming a caregiver.

Provide caregivers with information about and access to evidence-based/informed education, support services, and resources to: 1) promote knowledge and understanding of Alzheimer's disease and other forms for dementia to best support people living with dementia, 2) provide and expand respite services for family and informal caregivers of persons with dementia, and 3) enhance caregiver well-being. These services include, but are not limited to, family care consultations, solution-focused caregiver support groups, educational programs and services, respite programming, and evidence-based programs as included in the Nevada Dementia Supports Toolbox. Support efforts to promote and fund comprehensive caregiver services that are provided by many organizations, including, but not limited to: AARP, Alzheimer's Association, Catholic Charities, the Cleveland Clinic Lou Ruvo Center for Brain Health, Nevada Senior Services, and Nevada Caregiver Support Center.

- Broaden the eligibility requirements for programs and grant funding so that more families may benefit from them regardless of financial status or age.
- Support the Nevada Dementia Friendly initiative and the work of the state's Dementia Friendly Community Action Groups throughout Nevada.
- Improve access to support services and programs by sustaining a statewide information and referral system (recommendation #1) for families, caregivers, and individuals with Alzheimer's disease and other forms of dementia.

- **Indicators:**

Aging and Disability Services Division (ADSD) will track and compile data it collects from ADSD funded programs. ADSD will annually monitor program availability, waitlists, number of consumers/clients served, and hours of caregiver support services provided through ADSD-funded programs. Key partners and other dementia-related organizations that are working in alignment to support these efforts will also be asked to report on service delivery and outcomes from caregiver support programs.

ADSD will also monitor Dementia Friendly Champions, including community action groups throughout Nevada.

- **Potential Funding:**

Potential Funding

Fund for a Healthy Nevada. Retired and Senior Volunteer Group (RSVP). Older Americans Act Funding. The Alzheimer's Association. Grants, donations, and/or gifts. Explore additional funding opportunities to support caregiver programs once existing funds expire.