

## State Plan Revision Input—Albert Chavez

### Recommendation 1

LeeAnn and I met with Cheyenne Pasquale, the website on Alzheimer's. I would suggest we continually build upon this particular recommendation and continually build out this website.

### Recommendation 3

We have had two Telehealth Consortium meetings. The idea is we connect the state with leaders in tele-medical, tele-health and tele-education. We are meeting on a monthly basis. The consortium is being facilitated by Jacob Harmon in the north and Nicole Anderson my Regional Programs and Services Coordinator in the south. Our goal is to build out telehealth and education statewide creating access to these programs and services in the rural and frontier areas.

This work and the work on recommendation 1 go hand and hand with what we are rolling out in with the Dementia Friendly Nevada project in collaboration with ADSD, AARP and the Alzheimer's Association.

We would like to continually work on building out recommendation 3.

### Caregiver Support

One of the top five issues identified early on in the process of building the recommendations for our state plan on Alzheimer's, was the area of navigation. When a person is diagnosed with Alzheimer's disease or other related disorders where do they turn?

More often a people are provided with a diagnosis and provided with a prescription for medication and given a follow up appointment date for months from that date, and that is it. This practice is common and leaves people diagnosed with this disease and their family members with little information and little support.

The Alzheimer's Association provides a program called Family Care Consultation. Our Family Care Consultants are available statewide and can provide case management and really navigation through early, middle and late stages of the disease.

Family Care Consultation is a service that can help develop a road map to navigate through the many thoughts, emotions, and questions about memory loss and dementia.

Individuals participating in this program will receive valuable one-to-one assistance that will enable them to better understand the disease, manage the symptoms of dementia and cope better with the disease.

This service can be accessed in person, by phone and even virtually.

Our Family Care Consultants assist with:

- Identifying your current needs
- Assistance with developing a plan
- Assistance with finding resources and services
- Problem-solving
- Providing education and support
- Providing ongoing support and follow-up
- Stress Alleviation

It is easy to contact us through our Helpline. The Alzheimer's Association Helpline operates 24 hours a day, seven days a week, in 140 languages. The call is toll free 1.800.272.3900.

We would like to encourage this program and others like it be promoted throughout Nevada. We would further encourage that this program and programs like it be promoted in all provider offices; especially those providing diagnosis and care for those with Alzheimer's disease and other related disorders.

It is through this program people with this disease, their caregivers and family members will then have access to other programs and services such as:

- Education
- Early Stage Programs
- Support Groups
- Medic Alert Safe Return
- Respite Programs
- Care Partners Reaching Out (CarePRO)
- Early Stage Partners In Care (EPIC)

And other programs like the above Nevada wide.