

Nevada Task Force on Alzheimer's Disease State Plan Recommendations Planning

Recommendation #: 7 Caregiver Support

TFAD Member Lead(s): Ben Challinor

Current Recommendation as Stated:

According to the Alzheimer's Association 2022 Facts and Figures, an estimated 48,000 care partners are providing 79 million hours of unpaid care to Nevadans living with dementia. Further, 80% of those care partners have chronic health conditions and 18% have depression. Care partner support interventions can help improve the health and well-being of dementia care partners. In addition, effective support for care partners can also delay nursing home admission of the person living with dementia by providing care partners with skills and resources (emotional, social, psychological and/or technological) to continue helping their relatives or friends at home.

Therefore, TFAD supports providing care partners information about, and access to, evidence-based and evidence-informed education, support services, and resources to:

- 1) Promote knowledge and understanding of Alzheimer's disease and other forms of dementia;
- 2) Increase understanding of effective approaches to care partnering to support people living with dementia;
- 3) Provide and expand respite services for family and informal care partners of people living with dementia; and
- 4) Emphasize the importance of maintaining care partners' health and well-being.

The support services should include, but are not limited to, family care consultations, care partner support groups, educational programs, including those focused on the proactive promotion of family care partner health, and respite care.

TFAD also supports efforts to promote and fund comprehensive care partner education and services that are provided by many organizations across the state.

TFAD seeks to improve access to support services and programs for family care partners and people living with dementia including, but not limited to, the following:

- Broadening the eligibility requirements for programs and grant funding so that more families may benefit from them, regardless of financial status or age;
- Supporting the work of organizations across the state that are focused on improving the lives of those living with dementia, their care partners and families; and
- Sustaining a statewide information and referral system (See

Recommendation #1) for families, care partners and people living with Alzheimer's disease and other forms of dementia.

TFAD, ADSD and the Division of Health Care Financing and Policy (DHCFP, or Nevada Medicaid) shall explore effective home and community-based programs operating in other states. The goal will be to revise existing programs to better identify and deliver individualized training to family care partners that may be offered through a home visit, secure electronic communication, web-based training or other ways that are flexible, accessible and meaningful for the care partner.

In addition, TFAD encourages ADSD to conduct an awareness campaign around eligibility of current respite care programs.

Indicators:

- 1) ADSD and the Division of Public and Behavioral Health (DPBH) are asked to track and compile data collected from their respective funded programs. ADSD will annually monitor program availability, waitlists, number of consumers/clients served, and hours of care partner 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 care partner support programs.
- 2) The DHHS Office of Analytics will be asked to report, at least once biannually, data from the Nevada BRFSS Caregiver Support survey module. In addition, the Office is asked to conduct a longitudinal review of past BRFSS Caregiver module surveys to better track progress of this recommendation. In addition, TFAD requests that data from this survey be routinely included in the Nevada Elders Count report.

Potential Funding:

- Grants, gifts and donations
- Specific sources may include:
 - Fund for a Healthy Nevada

Current Status (i.e., activities/outcomes?):

During the 2023 Legislative Session, AB208 or the Structure Family Caregiver Medicaid Waiver was passed specifically for those living with dementia. It is currently in the approval process.

Additionally, the current respite voucher amount is for \$1,000 dollars per family per calendar year.

Determination: For the 2025 State Plan do you propose this recommendation be:

- Revised / Updated

Justification: While there has been progress in this area, more can be done. Especially with the pending approval of the SFC Medicaid Waiver, the outreach to families that may qualify will be needed.

There are also updated statistics from the 2024 Facts and Figures.

Suggested Revisions:

• **Recommendation:** According to the Alzheimer's Association 2024 Facts and Figures, an estimated 84,000 caregivers are providing 142 million hours of unpaid care to Nevadans living with dementia. Further, 54% of those caregivers have chronic health conditions and 31% have depression. Caregiver support interventions can help improve the health and well-being of dementia care partners. In addition, effective support for care partners can also delay nursing home admission of the person living with dementia by providing care partners with skills and resources (emotional, social, psychological and/or technological) to continue helping their relatives or friends at home.

Therefore, TFAD supports providing caregivers information about, and access to, evidence-based and evidence-informed education, support services, and resources to:

- 5) Promote knowledge and understanding of Alzheimer's disease and other forms of dementia;
- 6) Increase understanding of effective approaches to care partnering to support people living with dementia;
- 7) Provide and expand respite services for family and informal caregivers of people living with dementia; and
- 8) Emphasize the importance of maintaining care partners' health and well-being.

The support services should include, but are not limited to, family care consultations, caregiver support groups, educational programs, including those focused on the proactive promotion of family caregiver health, and respite care.

TFAD also supports efforts to promote and fund comprehensive caregiver education and services that are provided by many organizations across the state.

TFAD seeks to improve access to support services and programs for family caregivers and people living with dementia including, but not limited to, the following:

- Broadening the eligibility requirements for programs and grant funding so that more families may benefit from them, regardless of financial status or age;
- Supporting the work of organizations across the state that are focused on improving the lives of those living with dementia, their caregivers and families; and
- Sustaining a statewide information and referral system (See Recommendation #1) for families, caregivers and people living with Alzheimer's disease and other forms of dementia.

With the passage of AB208 of the 82nd Legislative Session, TFAD, ADSD and the Division of Health Care Financing and Policy (DHCFP, or Nevada Medicaid) shall promote the structured family caregiver Medicaid waiver. The goal will be to deliver individualized training to family caregivers that may be offered through a home

visit, secure electronic communication, web-based training or other ways that are flexible, accessible and meaningful for the caregiver.

In addition, TFAD encourages ADSD to increase the voucher amount available to people living with Alzheimer's disease and other forms of dementia and conduct an awareness campaign around eligibility of current respite care programs.

• **Indicators:**

- ADSD and the Division of Public and Behavioral Health (DPBH) are asked to track and compile data collected from their respective funded programs. ADSD will annually monitor program availability, waitlists, number of consumers/clients served, and hours of care partner 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 care partner support programs.
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