

ALZHEIMER'SProject

San Diego unites for a cure and care



ANNUAL REPORT • MARCH 2017



LIVE WELL
SAN DIEGO

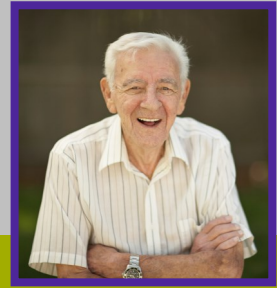




Table of Contents

SECTION	PAGE
Message from Chairwoman Dianne Jacob and Vice-Chairwoman Kristin Gaspar	4
Executive Summary	5
Finding a Cure	7
Clinical Roundtable	9
Care Roundtable	11
Public Awareness & Education	21



COUNTY OF SAN DIEGO

Dear San Diego County Residents:

We are pleased to present the 2017 Alzheimer's Project Annual Report.

Launched in 2014, The Alzheimer's Project has become one of the boldest and most innovative initiatives in the nation aimed at finding a cure for the disease and helping families and caregivers.

The San Diego County-led effort is making steady progress in addressing the toll of dementia, but we have a lot more work ahead of us. This report charts what we've done and where we're headed.

The trend lines remain troubling. Approximately 64,000 San Diegans have Alzheimer's or another form of dementia. The County's death rate from Alzheimer's is among the highest in California.

Under the umbrella of the Project, our region's top brain researchers, public universities, health care systems, elected leaders, caregiver experts and others have moved on multiple fronts.

The accomplishments include enhancing safeguards for those at risk of wandering, developing the region's first standards for the diagnosis and treatment of dementia, and creating Collaboration4Cure, an Alzheimer's research incubator on Torrey Pines Mesa.

This year, our goals include the creation of a dementia screening app for primary care doctors, the establishment of a clinical trial registry for patients and expanded services for caregivers.

We want to thank all those who are part of the initiative, including San Diego Mayor Kevin Faulconer, philanthropist Darlene Shiley, Sheriff Bill Gore, Mary Ball with Alzheimer's San Diego and the world-class researchers with Collaboration4Cure. For more information on the Project, go to sdalzheimersproject.org.

Those 65 and older are the fastest-growing age group in our region. Many of them will develop dementia. The Alzheimer's Project was created to help meet this challenge and end the disease.

While we are pleased with the progress so far, in many ways, our work is just starting.

A handwritten signature in black ink, appearing to read "Dianne Jacob".

Dianne Jacob
Chairwoman, 2nd District

A handwritten signature in black ink, appearing to read "Kristin Gaspar".

Kristin Gaspar
Vice-Chairwoman, 3rd District

EXECUTIVE SUMMARY- Rallying the Region

In 2014, Supervisor Dianne Jacob issued a call to arms to address one of the largest public health challenges facing our region: Alzheimer's disease and related dementias (ADRD) (referred to in prior reports as ADOD or Alzheimer's disease and other dementias). Alzheimer's is the third leading cause of death in San Diego County, far exceeding national (6th) and state (5th) figures¹. In 2014, more than 64,000 San Diegans 55 and older were living with ADRD, and were cared for by more than 145,400 unpaid caregivers. That same year, the County launched The Alzheimer's Project, an unprecedented regional initiative that has united ADRD stakeholders from multiple community sectors to address the toll the disease is taking on our families, communities, and local health care systems.

In March 2015, the Board of Supervisors approved a comprehensive regional strategy developed by roundtable groups working under the umbrella of The Alzheimer's Project. This strategy encompasses four key areas: the search for a cure (Cure Roundtable/ Collaboration4Cure (C4C), clinical diagnosis and disease management (Clinical Roundtable), care for San Diegans living with ADRD and their caregivers (Care Roundtable), and public education (Public Awareness & Education Roundtable). The Alzheimer's Project also supports legislation and pursues funding opportunities that advance the regional strategy.

The San Diego County Board of Supervisors' commitment to The Alzheimer's Project remains as strong today as the day it was launched. This year, Vice-Chairwoman Kristin Gaspar, San Diego County's newest Supervisor representing District 3, joins Chairwoman Dianne Jacob in leading this ambitious regional initiative. Supervisor Gaspar brings equal passion and depth of dedication to ensure our region is prepared for the surge in seniors and families affected by ADRD.

The goal of this report is to provide the public with an annual update on the initiative and to outline the work ahead. Some accomplishments of The Alzheimer's Project over the past year include:

- Cure/C4C—Supported eight local research projects
- Clinical—Finalized physician guidelines for the screening, diagnosis and management of ADRD
- Care—Secured a \$1 million federal grant to enhance services for those with ADRD and their caregivers
- Public Awareness & Education—Launched The Alzheimer's Project website

The Alzheimer's Project supports the Healthy Families and Safe Communities initiatives of the County of San Diego's 2016-2021 Strategic Plan, as well as the County's *Live Well San Diego* vision of a region that is focused on Building Better Health, Living Safely and Thriving. Moving into its third year, The Alzheimer's Project's collective impact is evident, thanks to the dedication and commitment of the vast partnerships in the region. Past project reports can be found on The Alzheimer's Project website – www.sdalzheimersproject.org. There are many opportunities on the horizon, particularly with addressing long-range recommendations that tackle large-scale, systemic issues that require significant resources and building community capacity.

THE ALZHEIMER'S PROJECT

Project Snapshot | 2016 Major Accomplishments

Collaboration4Cure (C4C)

Goal: Establish a San Diego County based research fund to harvest the best local research ideas and put them on a translational path towards identifying effective therapies for Alzheimer's Disease and Related Dementias (ADRD)



Supported
8 research
projects

Clinical Roundtable



Goal: Increase primary care providers' ability to effectively care for individuals with ADRD and their families and caregivers



Finalized physician guidelines
for screening, diagnosing and
managing of ADRD

300 Primary Care Providers
were trained

Care Roundtable

Goal: Strengthen the local network of social services available to those with the disease, their families, and caregivers



Secured a \$1 million federal
grant to enhance ADRD
screening, increase respite and
bolster other ADRD services

Public Awareness/Education

Goal: Educate, engage and build awareness of ADRD by providing the public and key community sectors with comprehensive information



TV spots for
ADRD public
education
campaign



People attended the
Age Well San Diego
Aging Summit



64,000 (8.3%) of San Diegans age 55
years and older had ADRD in 2014¹



Finding a Cure

Background: Within 15 years, the number of San Diegans living with ADRD is projected to increase by almost 50%, from 64,000 to nearly 94,000¹. The average life expectancy for San Diegans diagnosed with ADRD is four to eight years. According to 2012 figures, lifetime cost of care for San Diegans diagnosed with ADRD is estimated to be between \$13.5 and \$27 billion, depending on length of survival². Clearly, the need to identify effective therapies for ADRD is great, and many leading-edge research institutions searching for a cure call San Diego County home. In 2014, The Alzheimer's Project assembled approximately 15 of the region's preeminent ADRD researchers, physician-scientists, and biotech representatives, to comprise the Cure Roundtable in an effort to accelerate local drug discovery projects to find a cure for ADRD.



Actions: In 2015, the Cure Roundtable evolved into the Collaboration4Cure (C4C), a San Diego County-based research fund to harvest the best local research ideas and put them on a path towards identifying effective therapies for ADRD. C4C is led by Alzheimer's San Diego, in partnership with the Salk Institute, Sanford Burnham Prebys Medical Discovery Institute (SBP), The Scripps Research Institute (TSRI), University of California, San Diego (UCSD), The J. Craig Venter Institute, Darlene Shiley, City of San Diego Mayor Kevin Faulconer, and the County of San Diego. C4C supports drug discovery efforts through the provision of funds raised from generous San Diego donors, and by facilitating access to the world-class translational drug discovery infrastructure and expertise made available by the C4C scientific institutions. Eight research projects have been supported through C4C to date, and a second round of request for proposals was released in August 2016.



Finding a Cure continued

Through contractual arrangements, managed by Alzheimer's San Diego, second round awardees will have access to the drug discovery capabilities and services provided by SBP and TSRI.

On the horizon: C4C has continued to build its local philanthropic base, as it judiciously manages opportunities to secure grants from other agencies and foundations to support this highly innovative, cooperative program. In addition to supporting drug discovery projects, C4C will launch a new initiative in 2017 to create a clinical trial registry. By participating in clinical trials, persons with ADRD will gain access to potentially beneficial therapies. The registry will allow Alzheimer's San Diego to directly connect the families they help to clinical trials in San Diego County.



Research projects funded by C4C



Seven local institutions are running ADRD clinical trials

DATE WITH A CURE

On September 10, 2016, Alzheimer's San Diego held their annual event, Date With A Cure. Approximately 500 attended the event to hear leading researchers discuss treatment, cure and best of all, hope! The next Date With A Cure event will be held in September 2017.



1. County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2016. Alzheimer's Disease and Other Dementias in San Diego County. Retrieved 01/03/17 from www.SDHealthStatistics.com.
2. County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015. The Economic Burden of Alzheimer's Disease and Other Dementias in San Diego County. Retrieved 01/03/17 from www.SDHealthStatistics.com.

Clinical Roundtable

Background: Primary care physicians and other primary care practitioners are finding themselves on the frontline of dementia care, as they are often the first point of contact when problems with cognitive impairment arise. The relatively small number of practicing neurologists, geriatricians, and psychiatrists are often only accessible through a referral and therefore, most of the screening, evaluation, diagnosis, and treatment of



300

*Primary care providers
trained on resources for
those with ADRD*

ADRD is handled by primary care providers. Cognitive impairment and dementia are vastly underdiagnosed among older adults. Since the passing of the Patient Protection and Affordable Care Act of 2010, Medicare began offering a free annual wellness visit that includes a cognitive assessment. Given that the Medicare population is a large and growing segment in San Diego County, there is a need to assist primary care providers in caring for the growing number of individuals experiencing ADRD and their families and caregivers.



Courtesy of Champions for Health—webinar image

Actions: The goal of the Clinical Roundtable is to increase the capacity of primary care providers to effectively care for individuals with ADRD and their families and caregivers. The Clinical Roundtable is comprised of a team of clinicians hailing from the major health systems of San Diego County, including neurologists, geriatricians, family practice physicians, pharmacists, and psychiatrists. It also includes organizations such as Champions for Health (formerly the San Diego Medical Society Foundation) and Alzheimer's San Diego. In 2016, the Roundtable finalized new physician guidelines, a 60-page document that provides standards for screening, evaluating, and diagnosing ADRD and provides guidelines for the management of the behavioral and psychological symptoms of this progressive disease. The guidelines also include tools to help facilitate effective communication between the physician, patient, and caregivers as well as supportive resources for caregivers. These guidelines will also assist primary care providers with providing comprehensive care planning

Clinical Roundtable continued

services. In early 2017, the Health Outcomes, Planning, and Education (HOPE) for Alzheimer's Act was implemented. The HOPE Act provides Medicare coverage for the administration of comprehensive care planning services by a medical professional for those diagnosed with ADRD and their caregivers.

The Clinical Roundtable encourages the use of these guidelines across the County to facilitate a more uniform process for clinicians to improve patient care and health outcomes. In coordination with the San Diego State University Geriatric Education Center initiative, a series of webinars have been produced to provide professional education on screening, evaluation, disease management, and end-of-life care. To date, approximately 300 primary care providers have been trained on the guidelines. The guidelines will be revised as new technology and advances in information are introduced. The guidelines are available for download on the Champions for Health website (www.championsforhealth.org/programs/).

On the horizon: Professional education presentations at area hospitals and health systems are planned throughout 2017. The webinars will be available on demand to physicians and their care team members, and will provide continuing medical education credits.

The Clinical Roundtable is also developing a mobile application, at the request of practitioners, to assist them in the process of screening, evaluating, and developing of appropriate treatment plans.



The mobile app will enhance the practitioner's ability to directly engage the patient, instead of being confined behind a large computer screen. The app will assist the clinician in providing an effective assessment of the patient and caregiver by providing valuable information and access to screening and evaluation instruments. Completion of this app is anticipated for fall 2017.



The guidelines make my job working with caregivers and patients much easier and it is beneficial to know that the guidelines have been carefully vetted by a group of neurologists."

Steve Koh, MD, MPH, MBA

Care Roundtable

Background: Eighty percent of individuals living with ADRD are cared for at home by almost 145,400 family members in the region. In 2014, these caregivers provided an estimated 165.5 million hours of unpaid care, valued at nearly \$2 billion. Caregivers are often overwhelmed by the challenges of managing the complexities and behavioral symptoms of the disease, as well as legal and financial considerations. These concerns place many caregivers under immense stress and they struggle to manage their own physical and mental health, at an estimated local cost of \$80.2 million per year. The Alzheimer's Project Care Roundtable is working to strengthen the local network of services available to those with the disease, their families and caregivers. Chaired by Pam Smith, a leader in the field of older adult services, the Care Roundtable brings together a wide variety of care providers, including Alzheimer's San Diego, experts in dementia, family caregivers, residential and day care providers, public safety representatives, and community-based organizations. The Care Roundtable categorized their recommendations in the

regional strategy into four focus areas: wandering, abuse and neglect, caregiver and ADRD patient support, and caregivers in the workplace.

Actions: To further efforts to serve the growing needs of older adults, in March 2016, the County Board of Supervisors directed county staff to pursue the opportunity to join the worldwide Network of Age-Friendly Communities. The World



Health Organization has partnered with AARP to create the network, which serves as a catalyst to help communities become more supportive of older adults and persons of all ages. The Age-Friendly framework encompasses 8 domains of livability (listed below) that recognize the diversity of older adults who experience the aging process differently, and who need a wide array of resources to support them as they age.



Care Roundtable continued

Also in 2016, the County Board of Supervisors directed County staff to pursue the opportunity to become a Dementia-Friendly America partner. This national initiative is catalyzing a movement to more effectively support and serve those across America who are living with dementia and their caregivers. County staff began working on both the Age-Friendly and Dementia-Friendly initiatives. With the assistance of Harder+Company, they conducted listening sessions throughout the county to gather input and ideas for each domain.

“*In the summer of 2016, an elderly male was found walking alone along a street in Escondido at 1:30AM. When officers arrived, they found an expired driver's license with an out of town address. Escondido officers connected with the Take Me Home program and within a few minutes the gentleman was identified and returned safely to a nearby care facility where he lived. The Escondido officer was on this case for only 30 minutes, which is almost unheard of in most incidents involving elderly citizens who might be disoriented and not know where they live. In the middle of the night, it could be hours before anyone would know they were missing and call 911.*”

- Escondido Police Department's experience with the Take Me Home Program

Wandering

Six in ten individuals diagnosed with ADRD will wander, even if they are in a familiar environment. In an effort to enhance their safety, the San Diego County Sheriff's Department has been training law enforcement across the county on Take Me Home, a regional, photo-based information system. Take Me Home provides law enforcement with emergency contact information, detailed physical descriptions, photographs of the individual, known routines, favorite attractions, and any special needs, such as ADRD. This information assists law enforcement in communicating with, locating a residence for, or handling an emergency involving, an individual with special needs. To date, Take Me Home has registered approximately 1,600 individuals and the program has been well received by law enforcement agencies across the county.

In addition, Alzheimer's San Diego has equipped 100 local families with a free GPS device to help lower the risk of wandering and to help bring their loved one back safely if they do wander. They partnered with the San Diego County Sheriff's Department, Supervisor Greg Cox and GreatCall, a provider of active aging and independent living technologies. Alzheimer's San Diego also developed a local partnership with the MedicAlert Foundation, a national registry and emergency response system.



1,600

*Registered with the
Take Me Home
Program*



Abuse & Neglect

Maintaining the ability to live safely and independently in one's own home for as long as possible is paramount for many older adults. Project CARE (Community Action Reaching the Elderly) is a community effort that enables an older adult or a person with a disability to remain safely in their home and reduce the risk of isolation and self neglect. In 2016, the County's two Project CARE contractors, 2-1-1 San Diego and Interfaith Community Services, received approximately 24,000 access assistance calls, made about 300 home visits, provided follow-up support to almost 2,500 people, and maintained ongoing support to more than 900 elderly and/or disabled San Diegans. Furthermore, 2-1-1 San Diego and Interfaith Community Services are collaborating with seven non-profit and municipal agencies across the county that are providing component services of Project CARE. This collaboration further amplifies Project CARE's ability to maintain effective contact with vulnerable

older adults and empower them to remain safe and independent as possible.

The County of San Diego Health and Human Services Agency's (HHSA) Aging and Independence Services (AIS) Adult Protective Services (APS) program has developed a wandering protocol that is utilized by APS social workers to provide a consistent response to support ADRD individuals and their family members when wandering behavior becomes a concern. The wandering protocol includes an assessment of the client's situation, identification and intervention around safety risks when possible, and linkages to appropriate community partners. In 2016, APS served 7,869 individuals, of which 6,677 were elder (65 and older) clients. Of the 6,677, 32.9% of those clients had some type of cognitive impairment, with 17.8% specifically diagnosed with ADRD. Of those diagnosed with ADRD, 17% had at least one wandering incident and 28.2% also had a suspected or diagnosed mental health concern.

“*Project CARE staff working with the Gloria McClellan Adult Activity Center (Vista Senior Center) met Mike, an isolated older adult who has multiple medical conditions. Mike recently had surgery and Project CARE staff called him in the hospital to see how he was doing. A very special Project CARE volunteer “religiously calls every Wednesday like clockwork” to remind Mike that even though he doesn’t leave the house often he still has friends who care about him. He really looks forward to her calls. Over the holiday season, Project CARE was able to fulfill Mike’s Christmas wish list providing simple things like new socks and slippers that brought a tear to his eye. Our Senior Emergency Fund provided Mike with a new walker and Project CARE’s Minor Home Repair Department installed grab bars in his home. I believe that the safety net of Project Care has really helped to improve Mike’s life. You are always guaranteed a smile when you call or visit him in person!” - Project CARE Staff*

Abuse & Neglect continued

In addition to the wandering protocol, last year APS developed the award winning Acutely Vulnerable Adult (AVA) protocol and has found a unique connection to those with ADRD. The AVA protocol augments their response to individuals who have severe cognitive or communication deficits that prevent them from protecting themselves from maltreatment and who are highly



100% of the AVA cases were closed successfully in 2016

dependent upon an individual caregiver. An enhanced assessment was developed for AVA identified clients, along with targeted interventions to mitigate the risk to the vulnerable adult. AVA cases remain open longer (148.5 days) in comparison to a typical APS case (24.5 days) and there are additional follow-up intervals to confirm the continued safety of the client. The AVA protocol requires a high level of collaboration between the San Diego Regional Center, Public Guardian and other community partners. This collaboration has resulted in successful outcomes in several significant cases of neglect of AVA identified clients. In 2016, APS served 46 AVA cases of which 21 or 46% had ADRD.

Similar to the use of the AVA protocol by APS, the utilization of the High Risk Dementia protocol (HRD) has assisted

APS social workers in refining interventions with ADRD individuals. The HRD addresses individuals with the following concerns:

- Dementia/Alzheimer's diagnosed or suspected
- Isolated, limited or no community services involved
- Limited or no social support
- Resistant or refuse services or assistance
- Allegation of self-neglect which includes significant health and safety risks

For these clients, APS social workers are required to go beyond usual practice to enhance the client's safety and quality of life. Additional attempts to engage clients are needed, as well as to directly link them to needed services, as opposed to simply making referrals. In some cases, Involuntary Case Planning protocols that were developed by APS may be necessary when the client appears to lack capacity and has no authorized representative or other family member to make decisions on their behalf.



Caregiver & ADRD Patient Support

As ADRD progresses, caregivers find themselves increasingly challenged to effectively manage dementia-related behaviors such as wandering, agitation, and repetitive questioning. This demanding job often leads to increased emotional stress, economic hardship, and poor health. Respite services can assist with preventing poor health outcomes associated with caregiver stress and can enhance one's ability to be a caregiver. The Alzheimer's Caregiver Respite Program (ACGRP), administered by AIS, serves seniors (60+) who are suffering from ADRD. Clients enrolled are typically ineligible for In-Home Supportive Services and other care coordination/case

have been authorized since the beginning of the program.

In San Diego County, Latinos are the largest and fastest growing minority population and they comprise 14% of the County's senior population. According to the University of Southern California's Edward R. Roybal Institute on Aging and the Latinos Against Alzheimer's Network, Latinos are at least 50% more likely than non-Hispanic whites to develop ADRD, and are also more likely to suffer from missed or delayed diagnoses. Southern Caregiver Resource Center (SCRC), in partnership with The Alzheimer's Project and the San Diego Imperial Geriatric Education Center

“The spouse of a person with dementia who enrolled in ACGRP describes the program as “awesome, I can’t tell you enough.” She stated that she is “really appreciative” and described the caregiver as “sweet and caring, who feels like a part of the family. I can’t tell you how wonderful she is.” She went on to say that she is taking a pottery class on Thursdays when the caregiver is there. She then added “words can’t express how happy I am.”

management services. These individuals often are unable to afford private pay services. The ACGRP provides seniors and their caregivers a comprehensive assessment, care planning, assistance to access long term services, respite, coordination of care and ongoing monitoring. Unlike other programs and services offered within the community, this program provides clients and caregivers access to services that may have gone underutilized due to lack of familiarity with them. In all, 5,468 hours of respite care

(SDIGEC), held two Spanish language ADRD caregiver conferences in 2016, reaching 270 participants. These conferences provided information, resources, and support to caregivers to assist them in caring for their loved ones and in maintaining their own health and well-being. In 2016, with the support of the County of San Diego HHSA's Behavioral Health Services, SCRC expanded REACH (Resources for Enhancing Alzheimer's Caregivers Health), an evidence-based, culturally and linguistically appropriate

Caregiver & ADRD Patient Support continued



Southern Caregiver Resource Center reached 52,239 individuals (80% Latino family caregivers) in 2016 through their ADRD focused educational events and outreach activities.

program countywide. REACH is designed for individuals that are caring for a loved one with ADRD at home. Trained dementia care specialists teach family caregivers the skills to find solutions for caregiver stress, challenging behaviors, home safety, depression, self-care, and social support. The REACH program has been shown to improve the caregiver's overall quality of life and caregiving abilities, while decreasing feelings of anger, levels of stress, and depressive symptoms – all factors associated with helping the family caregiver maintain their loved one at home longer. This year, 216 ADRD family caregivers graduated from the REACH program.



In 2016, 216 ADRD family caregivers graduated from SCRC's evidence-based REACH



Alzheimer's San Diego, with the generous support of the San Diego County community served more than 32,000 San Diegans through their free local programs and services

In July 2015, San Diego State University's School of Nursing, School of Social Work, and Graduate School of Public Health, along with the County of San Diego HHSA's Aging & Independence Services, UCSD Geriatric Medicine, and five community partners, received a grant for \$2.5 million from the U.S. Department of Health and Human Services' Geriatrics Workforce Enhancement Program to cultivate the development of the next generation of geriatric health workers in San Diego County. This funding established the SDIGEC. Through community partners, SDIGEC has trained over 6,500 caregivers to date on topics that address the needs of individuals living with ADRD. The SDIGEC is engaging the next generation of professional care providers by training graduate students, medical residents, and fellows on integrating geriatrics and primary care. Furthermore, the SDIGEC partnered with Alzheimer's San Diego and San Diego County's Public Authority for In-Home Supportive Services (IHSS) to add an ADRD component to their Registry

Application Workshops, National Caregivers Training Program, and Individual Provider Enrollment Sessions. Overall, the Public Authority is providing resource information on ADRD to more than 500 newly trained IHSS providers (trained, in-home caregivers) each month, equipping them with the resource information needed for assisting someone with ADRD.



6,500
*Caregivers trained on
ADRD*



*Each month the Public
Authority equips 500
newly trained
caregivers with ADRD
resources*

In October 2016, San Diego Community Action Network (SanDi-CAN) and the City of San Diego, held a free End-of-Life conference that helped families and seniors with end-of-life planning. Approximately 70 people attended the conference and learned how to identify their end-of-life values and how they would like to be cared for. Attendees also learned communication strategies necessary to make informed health care planning decisions.



Caregiver & AD/HD Patient Support continued

In July 2016, AIS submitted a successful grant proposal to the Administration for Community Living's Alzheimer's Disease Initiative-Specialized Supportive Services Project. The Project's goal is to improve the dementia-capability of San Diego County's aging and disability network by consistently identifying individuals with ADRD and by increasing the quality, quantity, and accessibility of ADRD-related services. Through the grant, AIS will implement the FIRST project (First Identify and Refer, then Serve and Track) to conduct the following activities:

- Increase identification of individuals with ADRD through brief screening and referrals for diagnosis
- Expand evidence-informed behavioral symptom management training and expert consultation for family caregivers through a train-the-trainer program
- Administer *Serve*, a dementia-specific case management program
- Reduce caregiver burden by increasing the availability of respite services (including a respite-voucher program)
- Conduct a formal evaluation and disseminate findings and lessons learned



AIS secured a \$1 million grant from the Administration for Community Living that will enhance services for those living with ADRD and their caregivers



More than 500 older adults and others attended the Get Connected Technology Fair on October 22, 2016, coordinated by the Technology and Aging Coalition. Hosted by San Diego Oasis, the event included a variety of Tech Talks, exhibitors, and an Ask the Expert section. The event highlighted technologies that could be beneficial for caregivers, while also providing caregivers with information on where to go to find additional training with computers, smart phones, and other technologies. Improving technology skills can help caregivers get the information, resources, and support they need to be successful with their important role.

Over the past year, the Care Roundtable began exploring the long range recommendations that address larger systemic issues related to the availability, affordability, and accessibility of adult day care/adult day health care, as well as in-home and residential care. The Care Roundtable formed a sub-committee that developed a strategic framework outlining specific opportunities and partnerships that could help advance these recommendations. In parallel, the County of San Diego integrated the Housing and Community Development (HCD) division into HHSA, which facilitated opportunities to leverage expertise between AIS and HCD. As a result, a partnership was established with the California Department of Health Care Services (DHCS) Long Term Care division and the California Department of Housing and Community Development. Two Health and Housing Forums were held, bringing together state and local stakeholders. Approximately 200 representatives from public housing entities, housing developers, home health agencies, case management agencies and IHSS attended the forums. Each forum provided information about how the Assisted Living Waiver (ALW), a Medi-Cal Home and Community-Based Services waiver, can increase the availability and affordability of supportive housing for Medi-Cal beneficiaries who meet the level of care provided in a nursing facility.

The second forum highlighted ALW best practices and lessons learned. The second forum also featured new changes

to Housing and Urban Development's Project Rental Assistance 811 grant awards, updates on DHCS' renewal application for the Nursing Facility/Acute Hospital Waiver, and an overview of California's HCD's No Place Like Home Program.

Caregivers in the Workplace

The impacts of caregiving on our multi-generational workforce will continue to increase into the foreseeable future. Therefore, it is vital that employers implement innovative workplace solutions that cultivate a supportive working environment, help reduce the loss of productivity, and enhance the quality of the life of employees. HHSA administered a caregiver survey to its employees that identified tangible ways the County can enhance supports for staff who are caregivers. HHSA and the County's Department of Human Resources are working together to enhance the resources available and to educate all employees about the programs and services that are available to assist them in their caregiving role(s).

These resources will soon be made available on the Employee Wellness website or on the Employee Benefits website.



Thank you so much for realizing the importance of this issue."

– HHSA Employee

On the horizon: The Age-Friendly and Dementia-Friendly initiatives each have inherent strategies that support the four focus areas of the Care Roundtable. Implementation of the Age and Dementia Friendly initiatives involves a five year process, with the first two years devoted to planning and the latter three to implementation and evaluation. Key community partners that will be involved in this endeavor include AARP, the San Diego Foundation, San Diego Regional Chamber Healthcare Committee, UCSD's Center for Healthy Aging, and Harder+Company.

The San Diego County Sheriff's Department aims to train all county police departments on the Take Me Home program by the end of 2017. In the coming year, SDIGEC plans to collaborate with Alzheimer's San Diego to create a mobile app for law enforcement that will provide easy access to ADRD warning signs, resources, and the Take Me Home registry.

SCRC will continue to grow the REACH program by incorporating proven strategies that will facilitate referrals from hard to reach populations countywide. Alzheimer's San Diego, in addition to the wealth of classes, conferences, support groups and social outings, will be holding free memory screening days throughout 2017. Additionally, Alzheimer's San Diego will be one of only two locations in the nation to provide Cognitive Stimulation Therapy, a research-proven, non-pharmaceutical treatment designed to slow the progression of early dementia and improve memory. Furthermore, as a



partner in the FIRST initiative, Alzheimer's San Diego will be expanding their respite services and training AIS social workers and nurses to deliver an evidence-informed behavioral symptom management program to family caregivers in the home. Best practices and trainings developed under the FIRST initiative will be expanded and made available to community partners.

The Care Roundtable is also planning on leveraging the partnership with SDIGEC in the coming year to tailor an ADRD training curriculum to fit the needs of adult daycare and adult day healthcare providers. Finally, the Care Roundtable will continue to partner with DHCS and local health and housing partners to continue to build community capacity around the availability, accessibility and affordability of adult day care/adult day health care, in-home and residential care.

Public Awareness & Education

Background: The Public Awareness and Education roundtable is a driving force in providing key community sectors and the public at large with comprehensive information about ADRD. Led by Alzheimer's San Diego's President and CEO, Mary Ball, the Public Awareness and Education roundtable is comprised of a diverse group of community partners including caregivers, community-based organizations, residential, day, and home health providers, healthcare providers, dementia care experts, and staff from HHSA.

Actions: Over the past year, Alzheimer's San Diego conducted nearly 300 free educational programs that served over 9,100 people. The SDIGEC has also helped fund a public awareness campaign developed and conducted by Alzheimer's

*Alzheimer's San Diego provided **300** free educational programs that served over **9,100** people*

San Diego that feature personal stories of local celebrities' experiences with ADRD. This large and successful public awareness campaign has reached tens of thousands of San Diegans through the Union Tribune, television (KPBS and Cox), and social media platforms.

On June 15, 2016, approximately 3,000 people attended the County's "Age Well San Diego" Aging Summit that featured keynote presentations on Age-Friendly and Dementia-Friendly communities. The Summit offered a workshop titled "The



3,000 Individuals attended Age Well San Diego Aging Summit

“Amazing aging summit!! Please do this conference every year. Learned a lot on Alzheimer's Disease.”

– Summit Attendee

Aging Brain: Healthy Aging, Dementia, and the Fight Against Alzheimer's" that was organized and facilitated by Alzheimer's San Diego. AIS also provided outreach and education training to AIS staff and more than 1,000 community partners.

The County of San Diego launched The Alzheimer's Project website in July 2016. The website provides San Diegans a central location where they can obtain detailed information about the initiative, learn how ADRD is affecting the San Diego County community and where they can find local quality resources to assist them in their journey with ADRD.

On the horizon: Alzheimer's San Diego will continue its highly successful public awareness campaign, as well as providing their quality educational programming. The County's Vital Aging conference, entitled "Steps to Success," will be held on June 2, 2017. Conference topics will include: brain health, caregiver health, nutrition, and physical activity.

Acknowledgements

Steering Committee

Dianne Jacob, Chairperson
Kristin Gaspar
Mayor Kevin Faulconer
Darlene Shiley
Sheriff William D. Gore
Mary Ball
Michael A. Lobatz, MD
Nick Macchione

Cure Roundtable

Dianne Jacob, Chairperson
Mayor Kevin Faulconer
Darlene Shiley
Paul Aisen, MD
Kristin Baldwin, PhD
Mary Ball
Jerold Chun, MD, PhD
Martin Hetzer, PhD
Michael Jackson, PhD
Stuart Lipton, MD
Thomas Chung, PhD
Michael Lobatz, MD
Nick Macchione
William Mobley, MD, PhD
Joe Panetta
Michael Rafii, MD, PhD

Clinical Roundtable

Michael Lobatz, MD, Co-Chairperson
Nicholas Yphantides, MD, Co-Chairperson
E. Clark Allen, MD
Mary Ball
Justin Bennick, MD
Sherry Braheny, MD
Guillermo Cantu-Reyna, MD
Abraham Chyung, MD
Lisa Delano-Wood, PhD
Renée Dupont, MD
Jessica Empeño
Marge Galante, RN
Douglas Galasko, MD
Chris Gordon, MD
James Grisolia, MD
Randall Hawkins, MD
Lisa Heikoff, MD
Gilbert Ho, MD
Steve Koh, MD
Barbara Mandel
Marianne McKennett, MD
Aaron Meyer, MD
William Mobley, MD, PhD
Irene Oh, MD
Glenn Panzer, MD
Steven Poceta, MD
Michael Rafii, MD
Rachel Robitz, MD
Amelia Roeschlein, MD
Michael Rosenblatt, DO
William Samuel, MD
Gretchen Schlosser, MD
Mark Sellers
Daniel Sewell, MD
Marshall Stanek
Kalya Vardi, MD
Roberto Velasquez

Chairwoman, San Diego County Board of Supervisors, District 2
Vice-Chairwoman, San Diego County Board of Supervisors, District 3
City of San Diego
The Shiley Foundation
San Diego County Sheriff's Department
Alzheimer's San Diego
Scripps Health
County of San Diego, Health and Human Services Agency (HHSA)

Chairwoman, San Diego County Board of Supervisors, District 2
City of San Diego
The Shiley Foundation
University of California, San Diego (UCSD)
The Scripps Research Institute
Alzheimer's San Diego
The Scripps Research Institute
Salk Institute
Sanford Burnham Prebys Medical Discovery Institute
Sanford Burnham Prebys Medical Discovery Institute
Sanford Burnham Prebys Medical Discovery Institute
Scripps Health
County of San Diego, HHSA
UCSD
Biocom
UCSD

Scripps Health
County of San Diego, HHSA
UCSD
Alzheimer's San Diego
UCSD
Retired Physician
Private Practice
Scripps Clinic
UCSD
Private Practice
Alzheimer's San Diego
George G. Glenner Alzheimer's Family Centers
UCSD
Family Health Centers of San Diego
Scripps Health
Sharp Rees-Stealy
Kaiser Permanente
Palomar Health
UCSD
Champions for Health
UCSD
Physician
UCSD
Private Practice
Elizabeth Hospice
San Diego County Medical Society & Scripps Clinic
UCSD
Physician
Physician
Scripps Health
Private Practice, Palomar Health
Kaiser Permanente
County of San Diego HHSA, Aging & Independence Services
UCSD
Dementia Consortium
UCSD
Southern Caregiver Resource Center

Acknowledgements

Care Roundtable

Dianne Jacob
 Darlene Shiley
 Pam Smith, Chairperson
 Amy Abrams
 Anette Asher
 Gloria Baker
 Mary Ball
 Jillian Barber
 Caroline Boaz
 Don Butz
 Aaron Byzak
 Debbie Case
 Linda Cho
 Linda Cioffi
 Kevin Crawford
 Kristen Cusato
 Ken Darling
 Kimberly DeVera
 Jessica Empeño
 Douglas Galasko, MD
 Philip Greiner
 Jonathan Istrin
 Thomas Johnson
 Alana Kalinowski
 Gabriel Kendall
 Amelia Kenner-Brininger
 Molly Kintz
 Lt. Mike Knobbe
 Greg Knoll
 Michael Lobatz, MD
 Nick Macchione
 Janice Mazone
 Bill Mathis
 Kevin Mattson
 Cmdr. Gigi McCalla
 Sonia McClister
 Susan Miller
 William Mobley, MD, PhD
 Theresa Nakata
 John Ohanian
 Martha Rañon
 Leslie Ray
 Dara Schwartz, PhD
 Kellie Scott
 Rosana Scolari
 Todd Shetter
 Kristen Smith
 Alejandra Sotelo-Solis
 Joe Stevens
 Greg Talavera, MD
 Lorie Van Tilburg
 Roberto Velasquez
 Lindsey Wade
 Patrick Zondler

Support Staff

Christi Knight
 Matthew Parr
 Steve Schmidt
 Christopher Duke
 Jenel Lim
 Renée Sherrill
 Brynn Vale

Chairwoman, San Diego County Board of Supervisors, District 2
 The Shiley Foundation
 County of San Diego, HHSA
 Alzheimer's San Diego
 George G. Glenner Alzheimer's Family Centers
 Private Citizen/Caregiver
 Alzheimer's San Diego
 Sharp Healthcare, Community Benefits
 Institute for Palliative Care, CSU San Marcos
 Fire Chiefs' Association
 UCSD Health Sciences
 Meals-on-Wheels, Greater San Diego
 Stellar Care
 Alpine View Lodge
 United Way
 Private Citizen / Caregiver
 Private Citizen / Caregiver
 County of San Diego HHSA, Public Health Services
 Alzheimer's San Diego
 UCSD
 San Diego State University (SDSU)
 Libertana
 In-Home Supportive Services Public Authority
 2-1-1 San Diego
 2-1-1 San Diego
 County of San Diego HHSA, Emergency Medical Services
 Loving Care Adult Day Health Care
 San Diego County Sheriff's Department
 Consumer Center for Health Education and Advocacy
 Scripps Health
 County of San Diego, HHSA
 County of San Diego, Department of Human Resources
 Always Best Care
 San Ysidro Health Center
 San Diego County Sheriff's Department
 Center for Family Health
 Private Citizen / Caregiver
 UCSD
 The San Diego Foundation
 2-1-1 San Diego
 Southern Caregiver Resource Center
 County of San Diego HHSA, Emergency Medical Services
 Sharp Mesa Vista Hospital
 San Diego/Imperial Geriatric Education Center
 San Ysidro Health Center
 ActivCare
 County of San Diego HHSA, Aging & Independence Services
 The San Diego Foundation
 Private Citizen / Caregiver
 San Ysidro Health Center
 Southern Caregiver Resource Center
 Southern Caregiver Resource Center
 Hospital Association of San Diego and Imperial Counties
 Meals-On-Wheels

San Diego County Board of Supervisors, District 3
 San Diego County Board of Supervisors, District 2
 San Diego County Board of Supervisors, District 2
 County of San Diego HHSA, Aging & Independence Services
 County of San Diego HHSA, Aging & Independence Services
 County of San Diego HHSA, Aging & Independence Services
 County of San Diego, HHSA Executive Office

