



# **ALZHEIMER'S** Project

San Diego unites for a cure and care

## LONG TERM CARE INTEGRATION PROJECT PRESENTATION

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*June 12, 2015*

*Mark Sellers, MFT*

*Deputy Director, Aging & Independence Services*



# THE “SILVER TSUNAMI”

- By 2030, 1 out of every 5 Americans will be at least 65 years old
- Over the next 3 decades, the number of people older than 65 in the U.S. will double from 40 to 80 million!

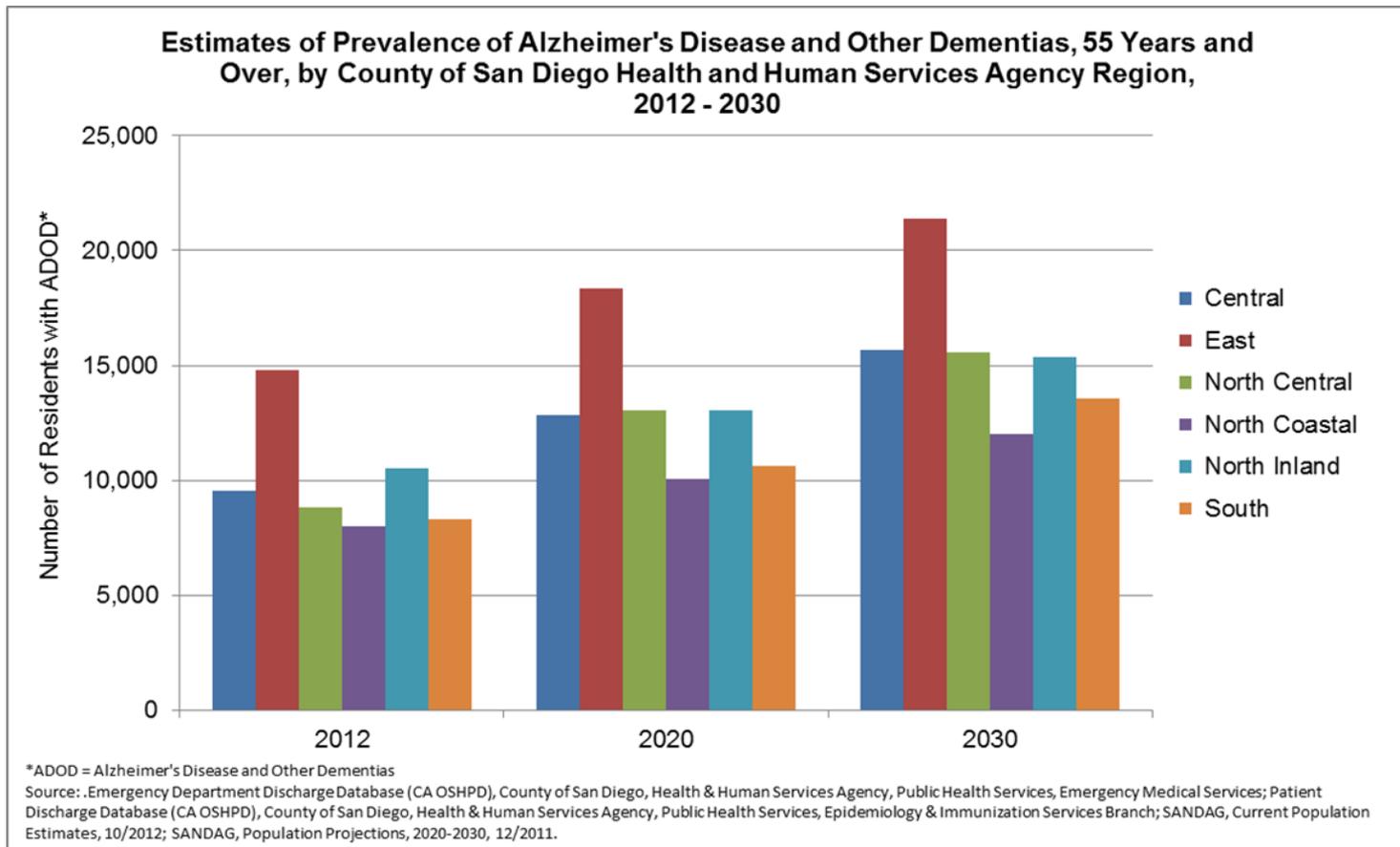


# PREVALENCE OF ALZHEIMER'S DISEASE AND OTHER DEMENTIAS



60,000 SAN DIEGANS ARE CURRENTLY LIVING WITH ADOD.

If nothing changes, an estimated 77,964 residents will be living with ADOD by 2020 and 93,555 residents will be living with ADOD by 2030.









## **ALZHEIMER'S**Project San Diego unites for a cure and care

- ✓ health care experts
- ✓ leaders of the Alzheimer's Association
- ✓ world-class researchers
- ✓ philanthropists
- ✓ public & private organizations
- ✓ law enforcement
- ✓ and many others!





Care &  
Safety

Cure

LEGISLATION & FUNDING

Clinical

Education &  
Awareness



# PROVIDING BETTER CARE

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*Pam Smith, Chairperson  
Care Roundtable*





## CARE ROUNDTABLE

- Broad, diverse membership
- Plan to improve care system
- Inventories – County and community resources
- What's working well & what needs improvement?
- Recommendations – existing and new resources
- Immediate and long-term actions identified





# WHAT'S WORKING WELL IN SAN DIEGO COUNTY'S SYSTEM OF CARE?



- High quality services for those with means to pay
- Caregiver support groups, service providers
- Engagement/commitment of community leaders
- Public discussion/collaboration
- Media coverage, educational presentations, informational materials



## NEEDS & GAPS IN CURRENT SYSTEM



- Caregiver Support
  - Affordable in-home care
  - Dementia-specific day care
  - Resource info & connections
  - Expand caregiver resource centers
  - Spanish-speaking caregiver conference
- Education/Training
  - All who serve individuals and families coping with dementia



## NEEDS & GAPS IN CURRENT SYSTEM

- Though San Diego is “resource rich,” there were two significant barriers to accessing those services:
  - Primary obstacle - financial
  - Geographic obstacles – rural East and North Inland areas

alzheimer's  association®



ADRC of San Diego County

*Linking you to home & community services*



## CARE IMPLEMENTATION PLAN ELEMENTS

Top Priority - Improve safety net, protect those at-risk for wandering

- Expand/enhance *Take Me Home* Program
- Preventive assessments to identify those at-risk for wandering
- Explore Silver Alert to help locate individuals who have wandered
- Direct support to families to help prevent wandering





## CARE IMPLEMENTATION PLAN ELEMENTS: EXISTING RESOURCES

14 recommendations within existing resources:

- Support older adults aging in place
- Work with employers to support caregivers and reduce negative impacts on workplace
- Increase awareness of FACT as resource for affordable transportation





## CARE IMPLEMENTATION PLAN ELEMENTS: NEW RESOURCES NEEDED

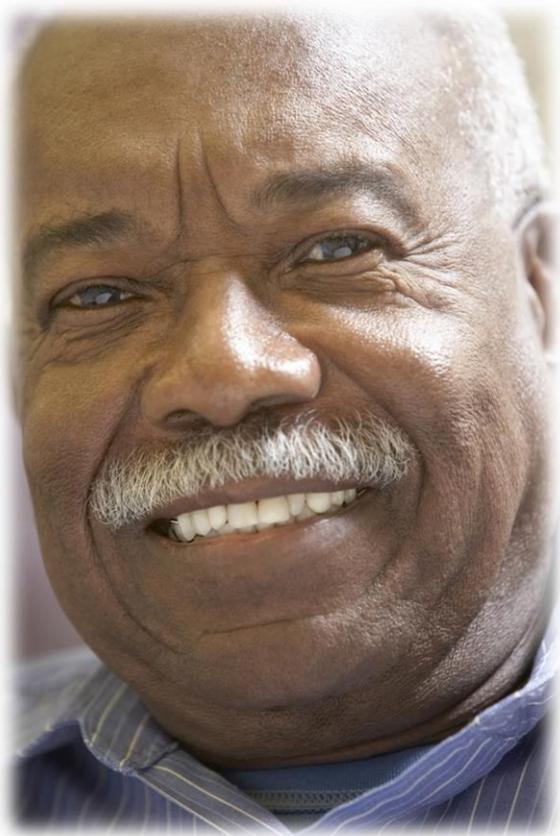
8 top priority recommendations for new resources:

- Training for first responders and County staff
- Connect community with resources
- Expand caregiver support centers
- Increase availability of affordable residential care





## CARE IMPLEMENTATION PLAN ELEMENTS: NEW RESOURCES NEEDED



- Expand dementia-specific adult day care
- Support caregivers with technology
- Increase culturally appropriate caregiver outreach and services
- Increase the affordability of in-home and respite care



# PUBLIC SAFETY

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*Lieutenant Michael Knobbe*  
*San Diego Sheriff's Department*





Community Education & Law Enforcement Coordination

Partnership with Adult Protective Services & CBO's



# SEARCHING FOR A CURE

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*SUPERVISOR DIANNE JACOB, CHAIR  
CURE ROUNDTABLE*





- ✓ Accelerate academic research & drug discovery
- ✓ Fund critical experiments
- ✓ Focus on finding cures
- ✓ Leverage local drug discovery expertise & automation
- ✓ Fund neuroimaging/biomarker capabilities
- ✓ Partner with biomedical & life sciences companies
- ✓ Launch “Collaboration 4 Cure” fund

# **SAN DIEGO DEMENTIA DRUG DISCOVERY PROGRAM COLLABORATION 4 CURE (C4C) PARTNERS**



SHILEY-  
MARCOS  
ADRC



**UC San Diego**  
HEALTH SCIENCES

**J. Craig Venter™**  
INSTITUTE



**William C. Mobley, MD, PhD,  
Department of Neurosciences, UCSD**

**Michael R. Jackson, PhD,  
Sanford-Burnham Medical Research Institute**

**Mary Ball  
Alzheimer's Association, San Diego**

**Thomas D.Y. Chung, PhD  
Sanford-Burnham Medical Research Institute**

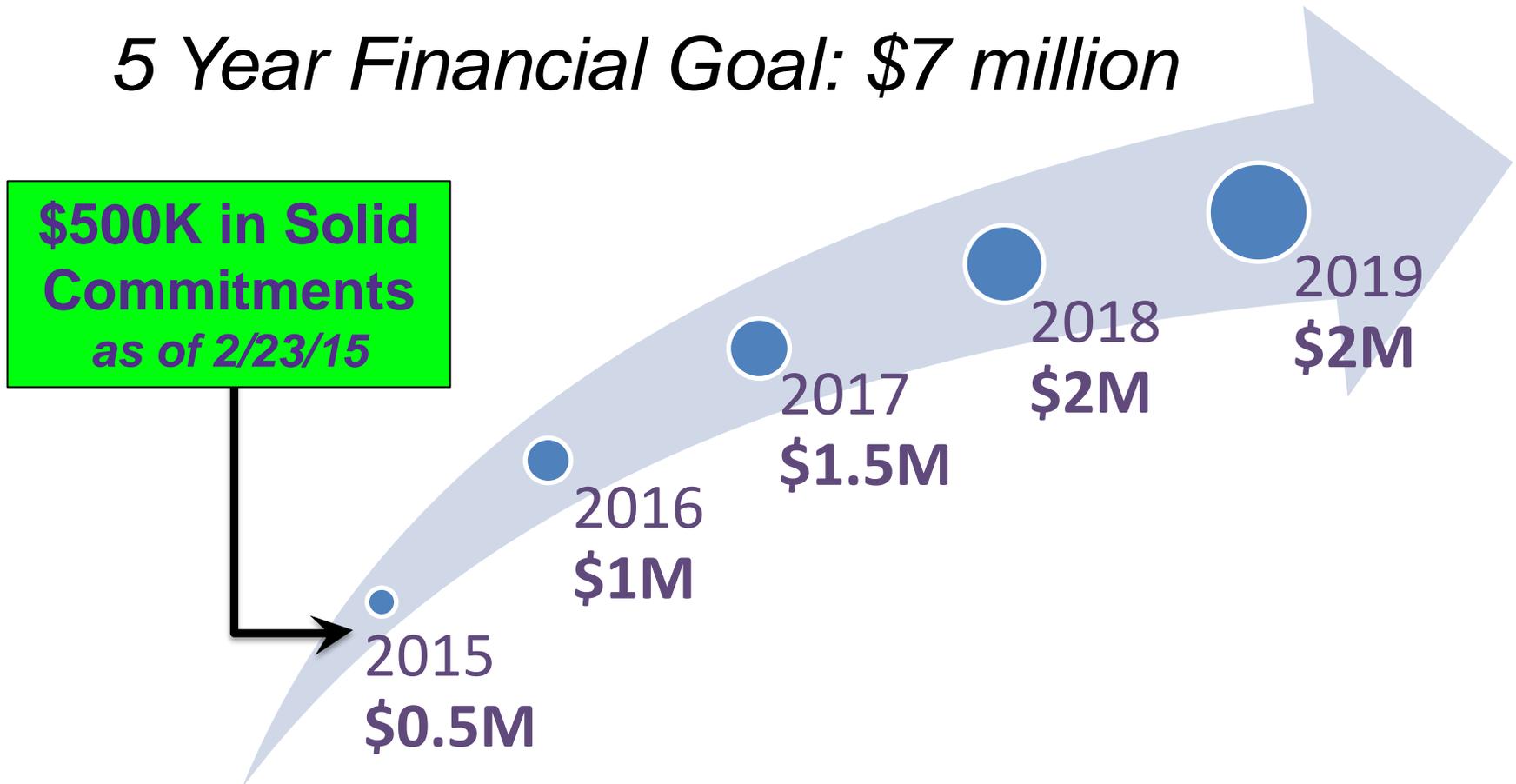
**Sanford|Burnham**  
Medical Research Institute



- Darlene Shiley
- Philanthropists
  - Patients
  - Physicians

# C4C 1<sup>st</sup> Year Funding Goal Met!

*5 Year Financial Goal: \$7 million*





# STANDARDS FOR DIAGNOSIS AND TREATMENT

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*Michael Lobatz, MD, Co-Chair,  
Nicholas Yphantides, MD, Co-Chair,  
Clinical Roundtable*





# OPPORTUNITIES FOR IMPROVEMENT FOR CLINICIANS

- Health care for persons with Alzheimer's and other dementia is often inconsistent
- Quality of dementia care varies
- Caregivers are integral partners to improving care
- Well-being and behavioral stability of patients with dementia is strongly influenced by the well-being of caregivers
- Comprehensive, integrated care and quality improvement initiatives must be explicit and practical



## FOCUS OF CLINICAL ROUNDTABLE

- Standards for screening, evaluation and diagnosis of Alzheimer's disease and related dementia
- Guidelines for disease management, behavioral and mental health issues
  - Education of primary care practitioners on standards and guidelines leading to countywide best practices
- Identification of resources for physicians and their staff
- Dissemination of tools for effective communications with patients and their caregivers



## SCREENING & EVALUATION SUBCOMMITTEE

- Development of simple algorithms for use by primary care practitioners

## DISEASE MANAGEMENT SUBCOMMITTEE

- Development of simple algorithm to include psychosis and behavioral disturbances

## EDUCATION & SUPPORT SUBCOMMITTEE

- Development of physician education materials for implementation throughout the community



# EDUCATING OUR COMMUNITY

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*Mary Ball, President/CEO,  
Alzheimer's Association – San Diego/Imperial Chapter*





LIVE WELL  
SAN DIEGO

## Awareness Campaign Objectives

**EDUCATE** San Diegans about Alzheimer's disease and the impact it has in our community.

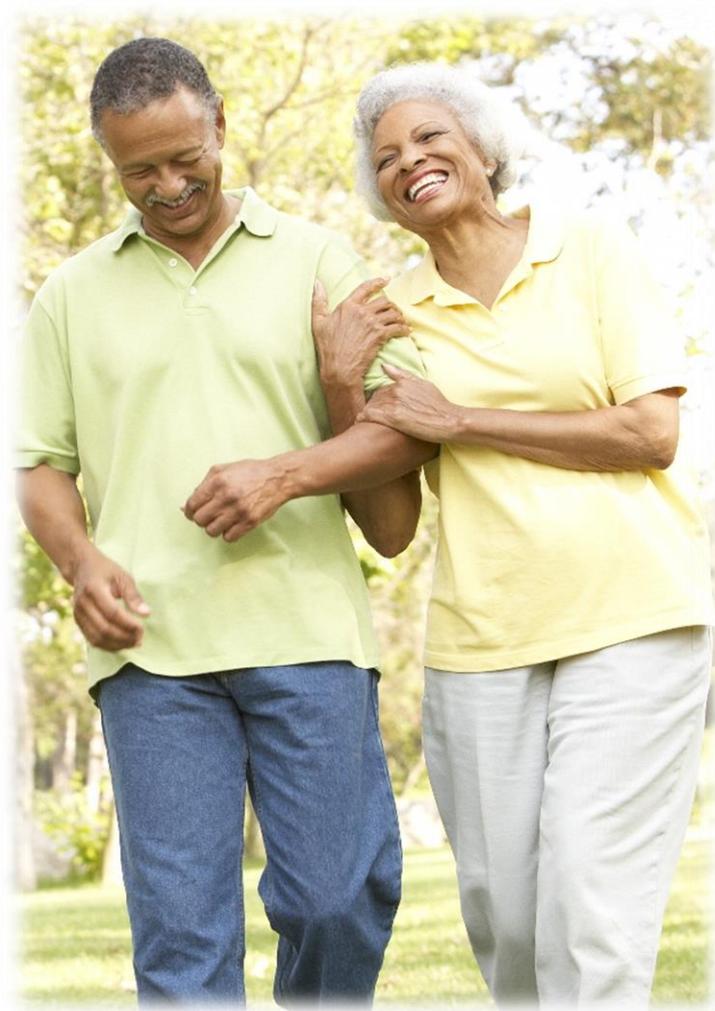
**ENGAGE** the San Diego community in a dialogue about the disease.

**BUILD AWARENESS** for the disease and the many resources offered to the San Diego community.

# PUBLIC AWARENESS & EDUCATION IMPLEMENTATION PLAN



- Partnerships to increase reach of messages
- Common messaging to increase understanding of priority ADOD issues
- Elder Abuse educational campaign
- Public education campaign – importance and assistance for planning in advance for life and financial future







## EARLY SIGNS AND SYMPTOMS

Alzheimer's disease and other dementias affect individuals in different ways. However, there are 10 early signs and symptoms, as described by the Alzheimer's Association, that are typical of the disease. These are not meant to replace a consultation with a doctor, but rather serve as a tool to help identify potential symptoms. Individuals should see a doctor if they notice any of these signs.<sup>1</sup>

- 1** **Memory loss that disrupts daily life.**  
This may include forgetting recently learned information or important dates and events, repeatedly asking for the same information, or relying on memory aides or family members for things they typically used to manage on their own.
- 2** **Challenges in planning or solving problems.**  
Individuals may have difficulty developing a plan and following through. They may also have trouble working with numbers, such as keeping track of monthly bills.
- 3** **Difficulty completing familiar tasks at home, at work, or at leisure.**  
Daily tasks, such as driving to a familiar place, may be difficult to complete.
- 4** **Confusion with time or place.**  
This may include losing track of dates or the passage of time. Individuals with Alzheimer's disease may forget where they are or how they got there.
- 5** **Trouble understanding visual images and spatial relationships.**  
Individuals with Alzheimer's disease may have trouble reading, judging distance, or determining color and contrast. They may also have difficulty with perception, such as passing a mirror and not recognizing their reflection.

FOR MORE INFORMATION ON ALZHEIMER'S DISEASE AND OTHER DEMENTIAS IN SAN DIEGO COUNTY VISIT [WWW.SDHEALTHSTATISTICS.COM](http://WWW.SDHEALTHSTATISTICS.COM)

## EARLY SIGNS AND SYMPTOMS

- 6** **New problems with words in speaking or writing.**  
Following or joining a conversation may be difficult. Individuals with Alzheimer's may also have problems with vocabulary, such as not being able to find or use the right words.
- 7** **Misplacing things and losing the ability to retrace steps.**  
This may also include placing things in unusual places.
- 8** **Decreased or poor judgment.**  
Examples include using poor judgment when handling money, or paying less attention to daily tasks such as grooming and bathing.
- 9** **Withdrawal from work or social activities.**  
Individuals with Alzheimer's disease may start to detach themselves from hobbies, social activities, work projects, or sports. They may also avoid being social because of the changes they are experiencing.
- 10** **Changes in mood and personality.**  
This may include becoming confused, suspicious, depressed, or fearful. Individuals with Alzheimer's disease may also be easily upset, especially in places out of their comfort zone.



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# 10X11 INSERT SEPTEMBER 15, 2014

## DID YOU KNOW?

**2X** WOMEN IN THEIR 60'S ARE AS LIKELY TO DEVELOP ALZHEIMER'S THAN BREAST CANCER



### JOIN THE FIGHT

Oceanside Pier - Saturday, October 4 • 4PM  
Balboa Park - Saturday, October 18 • 8AM

**SIGN UP TODAY - MAKE A DONATION**



San Diego's largest event to raise funds to support programs for families and advance critical research for a cure.



**1.800.272.3900** **alz.org/sandiego**  
alzheimer's association®

## THE HELP YOU NEED, WHEN YOU NEED IT

### FREE Community Education Classes

Register at: [www.alz.org/sandiego](http://www.alz.org/sandiego) 800.272.3900

All classes are held at the Alzheimer's Association, unless otherwise listed.

#### The Basics: An Orientation to Memory Loss

- Oct. 2, 10:00 AM - 11:30 AM
- Nov. 5, 10:30 AM - 12:00 PM  
*Grossmont Health Care District Auditorium*
- Nov. 6, 10:00 AM - 11:30 AM
- Nov. 19, 2:30 PM - 3:00 PM  
*\*En Español*
- Dec. 4, 10:00 AM - 11:30 AM

#### Know the 10 Signs: Early Detection Matters

- Oct. 8, 11:30 AM - 12:30 PM  
*Mottino Family YMCA, Oceanside*
- Oct. 27, 10:00 AM - 11:30 AM  
*Terrasanta Villages*
- Oct. 30, 1:00 PM - 2:00 PM  
*Carlsbad City Library, Dove Library*
- Nov. 17, 11:00 AM - 12:00 PM  
*Templo Adat Shalom, Poway*
- Dec. 2, 9:30 AM - 10:30 AM  
*Serving Seniors, Downtown San Diego*

#### Legal & Financial Planning For Alzheimer's Dementia

- Oct. 7, 4:00 PM - 6:00 PM
- Nov. 4, 4:00 PM - 6:00 PM
- Dec. 2, 4:00 PM - 6:00 PM

#### Learning to Live with Dementia

- Nov. 12, 4:00 PM - 7:00 PM

#### Living with Alzheimer's Middle Stage - for Care Partners

- Oct. 9, 1:00 PM - 4:00 PM
- Dec. 11, 1:00 PM - 4:00 PM

#### Preparing for the Later Stages of Alzheimer's Disease

- Nov. 13, 1:00 PM - 3:00 PM

#### Maximizing Your Brain Health

- Oct. 7, 10:00 AM - 12:00 AM  
*Terrasanta Village*
- Oct. 10, 9:30 AM - 10:30 AM  
*Norman Park Senior Center, Chula Vista*
- Nov. 14, 2:00 PM - 3:30 PM  
*San Luis Rey United Methodist Church*
- Nov. 18, 11:00 AM - 12:00 PM  
*Templo Sobel, Cardiff-by-the-Sea*
- Nov. 18, 1:00 PM - 2:00 PM  
*Peninsula Family YMCA, Point Loma*
- Dec. 5, 10:30 AM - 11:30 AM  
*Herrick Community Library, La Mesa*
- Dec. 10, 10:00 AM - 11:00 AM  
*Carlsbad City Library, Dove Library*

#### Driving & Dementia

- Oct. 16, 10:00 AM - 11:00 AM
- Nov. 20, 10:00 AM - 11:00 AM
- Dec. 18, 10:00 AM - 11:00 AM

#### Staying Safe and Maintaining Independence at Home

- Oct. 28, 10:00 AM - 11:30 AM
- Dec. 16, 10:00 AM - 11:30 AM

#### Options for the Family Caregiver: When It's Time for More Help

- Oct. 23, 2:00 PM - 3:00 PM

#### Addressing Behavior Through Compassionate Communication

- Oct. 14, 10:00 AM - 12:00 PM
- Oct. 16, 4:30 PM - 6:30 PM  
*Bancho Santa Fe Library*
- Nov. 10, 1:30 PM - 3:00 PM  
*Vista Library - Hosted by Vista Gardens*
- Dec. 9, 10:00 AM - 12:00 PM

### FREE CAREGIVER CONFERENCE: NOV. 1<sup>ST</sup>

Sharp HealthCare System Auditorium • 1:00 PM - 4:00 PM

In Partnership with Sharp Mesa Vista Hospital

#### Social Activities & Programs

Held at the Alzheimer's Association and assigned for persons with dementia to attend with a care partner.  
**More Info:** 800.272.3900

#### Memories in the Making® Art Program

Express yourself through art  
• 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month  
10:00 AM - 11:30 AM

#### Music Centered Wellness

Experiential music-making class  
• 2<sup>nd</sup> Friday of the month  
10:00 AM - 11:30 AM

#### C.L.U.B.

Stay Social! Be Active! Have Fun!

- 1<sup>st</sup> Wednesday of the month  
10:00 AM - 11:30 AM
- 3<sup>rd</sup> Wednesday of the month  
1:00 PM - 2:30 PM

#### Support For Families & Caregivers

##### Support & Discussion Groups

Find comfort, strength and hope in a compassionate and safe environment. All groups led by a trained group leader.

- 30+ Caregiver Groups
- Early-Stage Group
- Men's Group

**For meeting dates and locations:**  
[alz.org/sandiego](http://alz.org/sandiego) or 800.272.3900

#### Take Charge! Early Memory Loss Program

7-week educational support series for persons with early-stage memory loss and their care partners to attend together.

**More Info:** 800.272.3900

#### Family Care Consultations

Find the guidance you need - schedule a meeting with an Alzheimer's expert today!

**More Info:** 800.272.3900

FREE 24/7 Helpline: 800.272.3900 | [www.alz.org/sandiego](http://www.alz.org/sandiego)

alzheimer's association®



10X11 INSERT NOVEMBER 26, 2014

## DID YOU KNOW?

**3** THE  
**RD LEADING**  
**CAUSE OF DEATH**  
*IN SAN DIEGO COUNTY IS*  
**ALZHEIMER'S DISEASE**

THERE IS NO TIME TO WAIT  
**MAKE A DONATION TODAY**

HELP fund critical research for a **CURE**

1.800.272.3900    [alz.org/sandiego](http://alz.org/sandiego)  
alzheimer's  association®

## Rita Claiborne, diagnosed with Alzheimer's at the age of 55

### A Caregiver's Story

Rita Claiborne, a beloved mother and high school teacher was diagnosed with Alzheimer's disease at the age of 55. Thousands of children remember her vibrant smile, but none miss it more than her husband Alford.

*"When Rita was first diagnosed, I didn't really take it seriously. In fact, the doctor said I didn't understand the gravity of the illness. And I didn't." - Alford*

Over the next few years Rita's dementia continued to progress until one day Alford could no longer deny that he was losing his wife and best friend to this insidious disease.

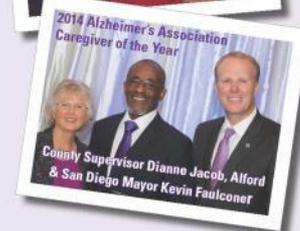
*"I came home from work and saw her watching TV, but the TV was a blank screen. I had no idea how long she had been sitting there or if she had eaten all day." - Alford*

To give Rita the care she needed, Alford quit his job and began his new role as her full-time caregiver. The transition from husband to caregiver was and is a difficult change; but Alford finds strength in knowing that he is not alone.

*"I have been part of an Alzheimer's Association support group since Rita was first diagnosed, and I continue to attend on a regular basis because of the support and connection I feel with the other caregivers." - Alford*

The Claiborne's story is one that is familiar to more than 60,000 San Diegans and their families living with Alzheimer's. The human cost increases every day. It is not only important, but imperative that we provide families with care today and hope of a cure for tomorrow.

*"I share my story so that our community can understand the impact of this disease. Our golden years were stolen from us, and my hope is that my story will give comfort to caregivers and inspire others to help us find a cure." - Alford*



WE NEED YOUR **HELP** - MAKE A **DONATION!**

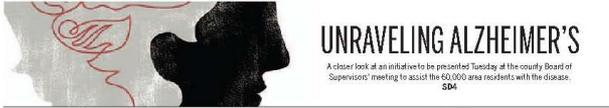
*Support care for families today & a cure for tomorrow*

[www.alz.org/sandiego](http://www.alz.org/sandiego) or 800.272.3900





# SD In Depth Alford Claiborne Story— November 30, 2014



## UNRAVELING ALZHEIMER'S

A clearer look at an initiative to be presented Tuesday at the county Board of Supervisors' meeting to assist the 650,000 area residents with the disease.

SAN DIEGO NEWSMAKERS, IDEAS + OPINIONS **SD IN DEPTH** SUNDAY NOVEMBER 30, 2014 SECTION **SD**



Alford Claiborne holds a photo of his wife, Rita, taken before her Alzheimer's diagnosis in 2009. Since then, Claiborne has been a full-time caregiver. **BY MICHELLE PARENTS**

## 'The job nobody applies for'

In this county alone, 650,000 are facing the challenges of caring for loved ones with Alzheimer's or other debilitating diseases

MICHELLE PARENTS • UT

**A**lford Claiborne was an anxious runner, so he knows how to push through pain, how to dig deep to master this will-to-be-gone. Down when he's spent more when it feels like he can't take another day.



For his wife Rita was diagnosed with early onset Alzheimer's disease when she was 52. Every day at their Escondido home, he needs all her needs. He holds her dropping head up to hold her hair. He brushes her teeth, helps her get to the bathroom and greases her. He lifts her 170-pound body in and out of her wheelchair. He meticulously tracks her medications, her doctor's appointments, her deadlines.

Nothing in his training, though, could have prepared him for what has turned into the longest-running challenge of his life.

For 23 years, Claiborne, 70, has been a full-time caregiver

for his wife. Rita was diagnosed with early onset Alzheimer's disease when she was 52.



**CAREGIVERS** Responsibilities put heavy strain on those providing care to loved ones



**From the classes, I learned they're always right, don't argue, get into their world as much as you can. I'm in their world, believe me.**

"We often come across caregivers who don't identify themselves as caregivers. Caregivers tell themselves, 'Of course I'm going to take care of my husband, of course I'm going to take care of my mother.'"



**Helping hand** San Diego County Aging and Rehabilitation Center... **Alford and Rita Claiborne** Rita was diagnosed with Alzheimer's disease in 2009. Alford has been a full-time caregiver for her since then.

### Caregiver demographics

Table with 2 columns: Demographic and Percentage. Includes rows for Age, Gender, and Education.

Age of caregiver: 50-59 (35%), 60-69 (30%), 70-79 (20%), 80+ (15%). Gender: Male (45%), Female (55%). Education: High school or less (30%), Some college (25%), Bachelor's (20%), Graduate (25%).

Alford Claiborne was a full-time caregiver for his wife Rita, who was diagnosed with Alzheimer's disease in 2009. He has been a full-time caregiver for her since then.

# SAVE THE DATE

Wednesday, June 17  
8:30 a.m. to 2:30 p.m.  
(Registration from 8:00 to 8:30)



## KEYNOTE SPEAKER



Dr. Paul Nussbaum, a neuropsychologist at the University of Pittsburgh School of Medicine and an internationally known speaker on brain health, will be a Vital Aging keynote speaker. He is the founder of the Brain Health Center, Inc., and author of "Save Your Brain."

## LOCATIONS

McMillin Center, Liberty Station  
2875 Dewey Road  
San Diego, 92106

California Center for the Arts  
340 N. Escondido Blvd.,  
Escondido, 92025

Learn how to improve your memory, mood and general brain health through nutrition, exercise, mental stimulation, social connection and more.

Also receive an update on the County's Alzheimer's Project.

Registration and exhibitor information coming soon

For more information, visit [www.AISEvents.org](http://www.AISEvents.org) or call (858) 514-4652



Vital Aging Conference  
June 17, 2015  
with a  
"Boosting Your Brainpower"  
theme