



UCSF Weill Institute for Neurosciences

Memory and Aging Center

Dementia Education, Support, and Non- Pharmacological Treatment Strategies

Osher Mini-Medical School

May 14, 2019

Sarah Dulaney, RN, CNS
Clinical Nurse Specialist
UCSF Memory and Aging Center

Objectives

- Describe the concept of person and family centered care in dementia
- Outline general goals of care by level of cognitive and functional abilities
- List common behavioral challenges and provide a framework for behavior symptom assessment & management
- Review concerns related to hospitalization in dementia
- Describe the Care Ecosystem as a model for dementia care
- List key resources available in San Francisco



*“If you’ve met one person with dementia,
you’ve met one person with dementia”*

--Unknown



Mild Cognitive Impairment

Health Promotion, Adaptation, & Coping Strategies

- Health Promotion
- Manage cardiovascular risk factors
- Avoid potentially harmful medications
- Use organization & reminder tools
- Stay socially & physically active



General Goals of Care—Early Stage

Education, Safety, & Health Promotion

- Learn about the disease & what to expect
- Discuss driving alternatives
- Retire weapons
- Promote a healthy lifestyle:
 - Mediterranean Diet
 - Exercise
 - Sleep
 - Social engagement

What To Expect
Understand what to expect when visiting a doctor about symptoms, how Alzheimer's disease progresses, and what resources are available.

Diagnosis
Learn what to expect when visiting a doctor for symptoms of Alzheimer's.
[Learn More](#)

Stages of Alzheimer's
Alzheimer's disease typically progresses slowly in three general stages.
[Learn More](#)

Why Get Checked?
Read about the benefits of receiving an early diagnosis.
[Learn More](#)

Treatments
While there is no cure for Alzheimer's or a way to slow its progression, there are treatments that may help symptoms.
[Learn More](#)

General Goals of Care—Early Stage

Doing What Matters Most

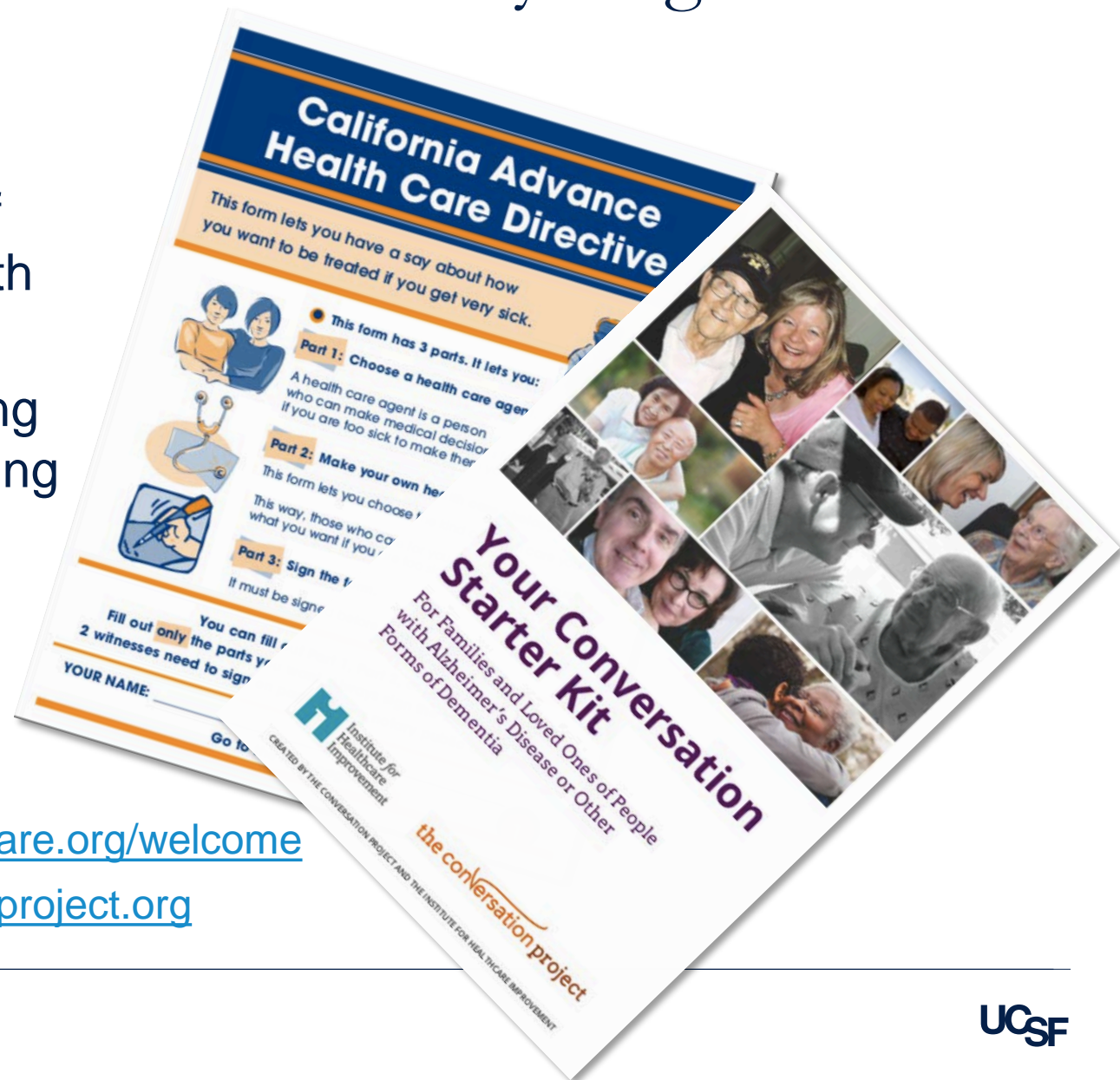
- Relationships
- Participation in research
- Peer support
- Advocacy
- Bucket list activities



General Goals of Care—Early Stage

Advance Care Planning

- Durable Power of Attorney for Health and Finances
- Financial and Long Term Care Planning
- Discuss and document values and preferences



<https://prepareforyourcare.org/welcome>

<https://theconversationproject.org>

General Goals of Care—Middle Stage

Facilitate Function, Minimize Risks, Cope with Changes

- Minimize safety risks
- Adapt communication strategies
- Manage behavior symptoms
- Support functional strengths
- Provide structure and routine



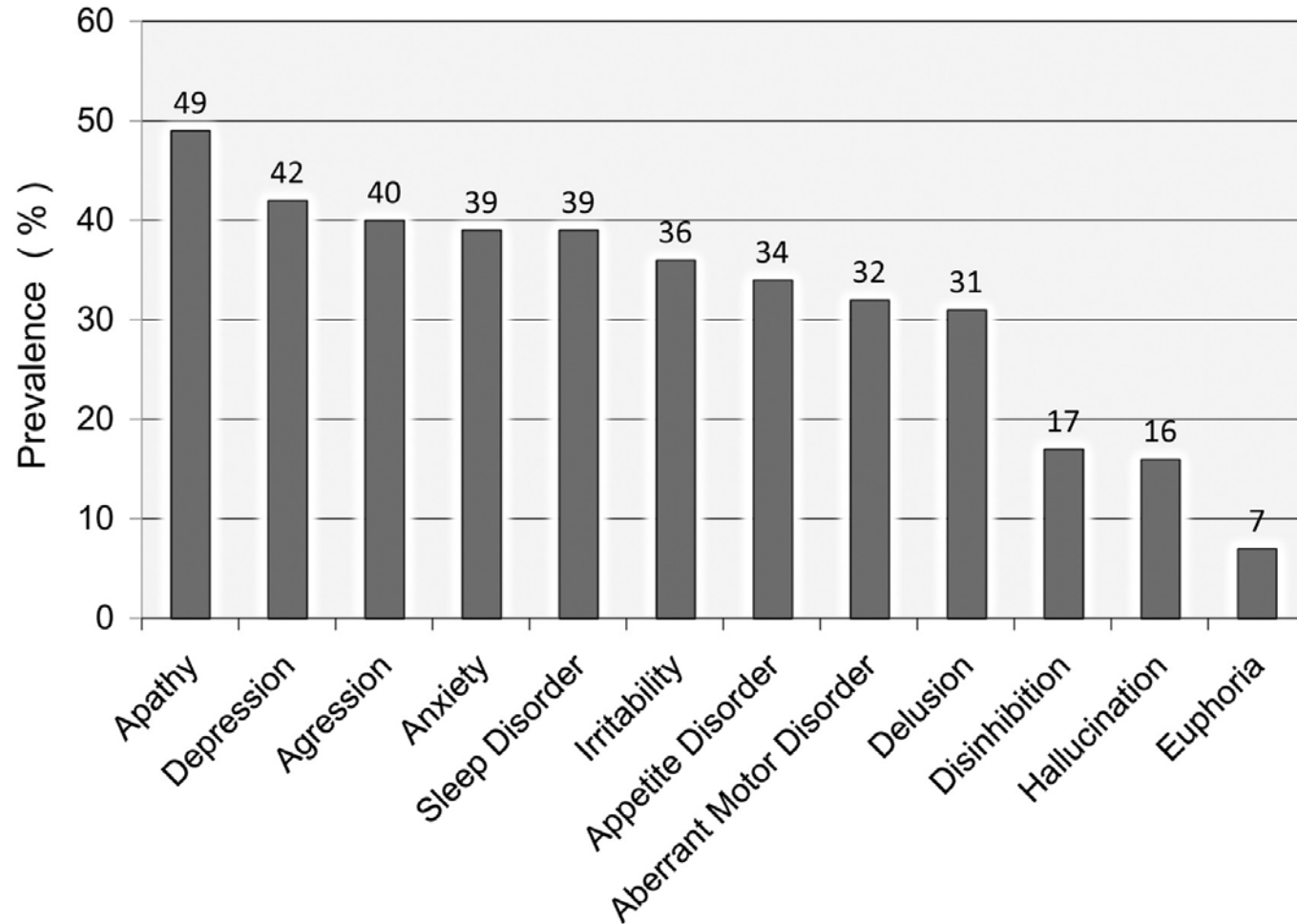
General Goals of Care—Late Stage

Comfort, Connection, Cope with Loss

- Weight loss
- Swallowing difficulty
- Limited communication
- Increased infections
- Immobility
- Grief and bereavement



Common Behavioral Symptoms



Is this Behavior “Normal” for Someone with Dementia?

Dementia

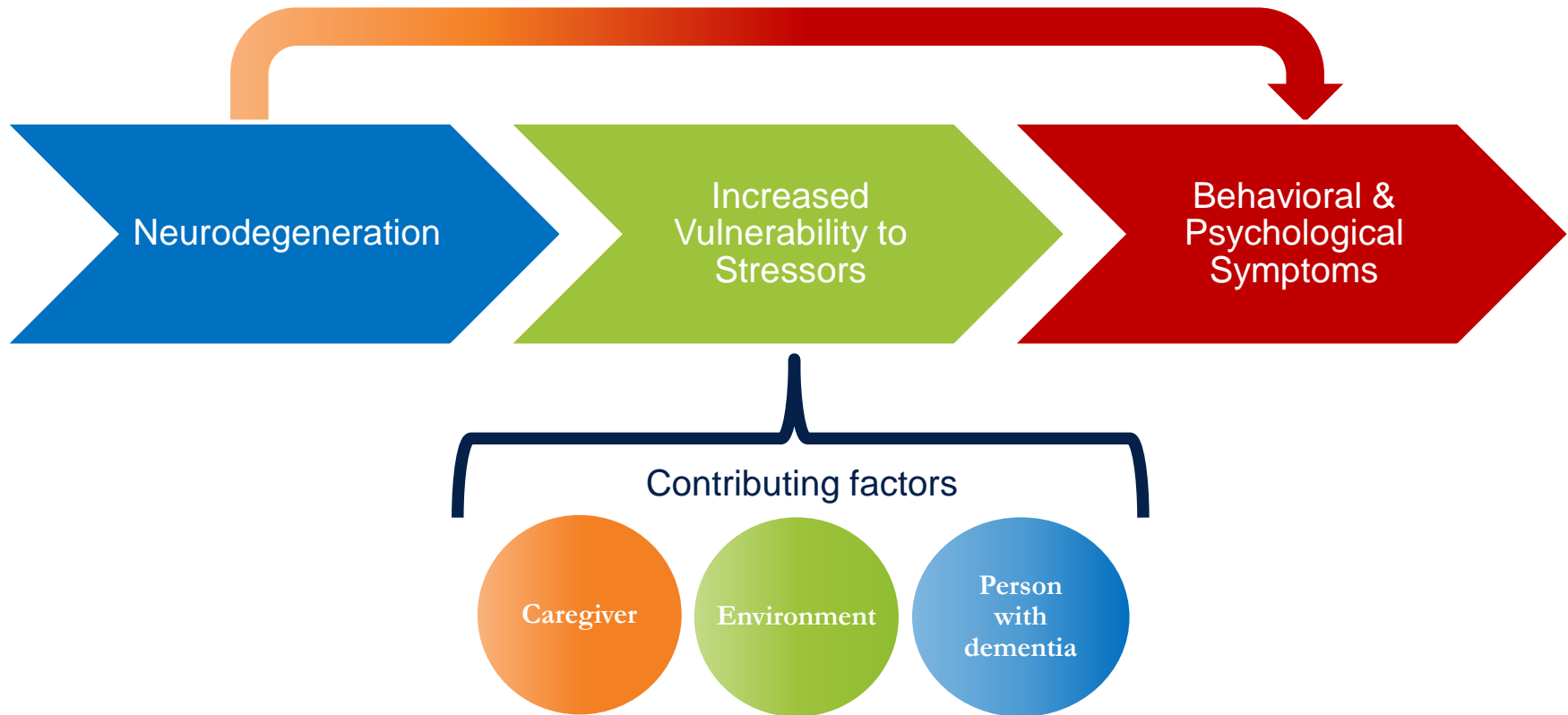
- Gradual onset, in months to years
- Slow, steady progression
- Existing medications have limited effect on behavioral symptoms

Delirium

- Sudden onset, in hours to days
- Fluctuates throughout the day
- Behavioral symptoms usually improve after underlying cause is treated



Understanding Behavior Symptoms



Managing Behavioral Symptoms



Describe the situation and how the behavior unfolded



Investigate (caregiver, environment, person with dementia)




Create a **P**lan (information, support, and resources)



Evaluate within a specific time frame

Comment from Caregiver



My husband is following me around everywhere I go. Even to the bathroom. He wants to be next to me every second of the day. I can't get anything done!

Describe

Person with Dementia

- Started gradually 6 months ago
- Feels distressed when wife leaves the house
- Never left home alone

Caregiver

- Knows this is a common symptom of AD
- Worries about getting paperwork done
- Not distressed and no safety risks

Environment

- Live together in older home
- Very little outside help or respite
- Have a few friends that help sometimes

Q Investigate

Person with Dementia

- Anxiety is a common symptom of AD
- Needs attention and needs to feel secure
- Wife is “anchor”

Caregiver

- Relaxed, affectionate, uses humor
- Always puts her husband’s needs first
- Getting behind on important paperwork

Environment

- Home office with doors to do paperwork
- Like watching TV and socializing
- Have a handheld timer



Create a Plan

Person with Dementia

- Talk with doctor or pharmacist about medication for anxiety
- Consider using a reward

Caregiver

- Provide information about shadowing
- Encourage attending a support group
- Get more regular respite

Environment

- Take 30min to do paperwork in closed office
- Set up snack, TV, have a friend visit
- Use handheld timer if PWD can track time

Evaluate

- What worked well, what didn't work, and why?
- Were there any unintended consequences or side effects?
- Are the goals realistic?
- Are there any barriers to trying new strategies?



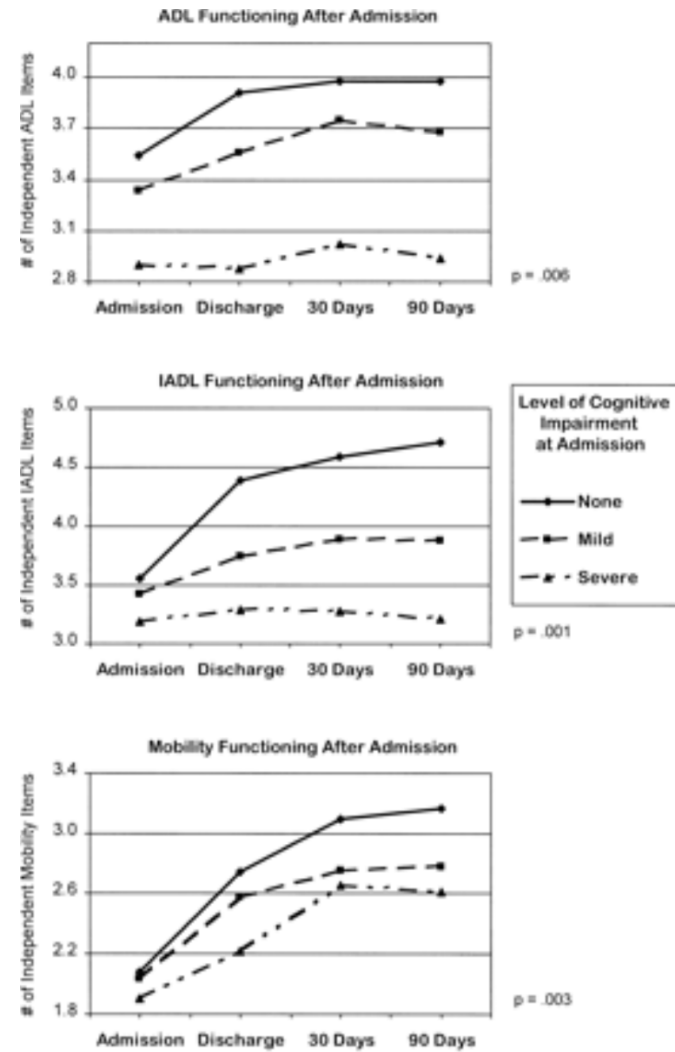
“Galen’s Mother”

Hitting and pinching



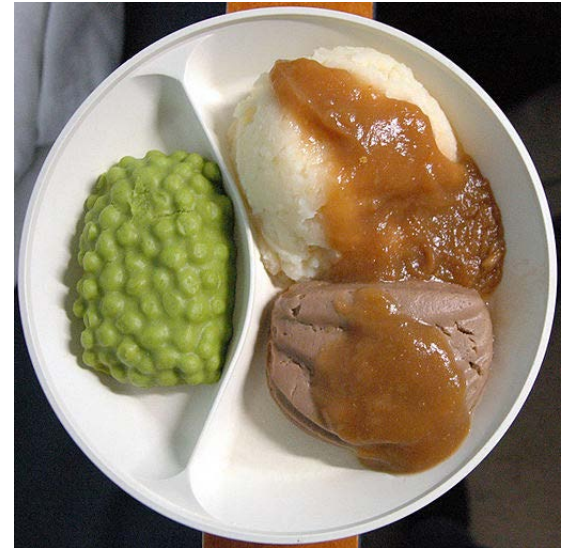
Reasons to Avoid Hospitalizations

- Cognitive impairment was associated with significant decline in function and mobility 90 days after hospitalization



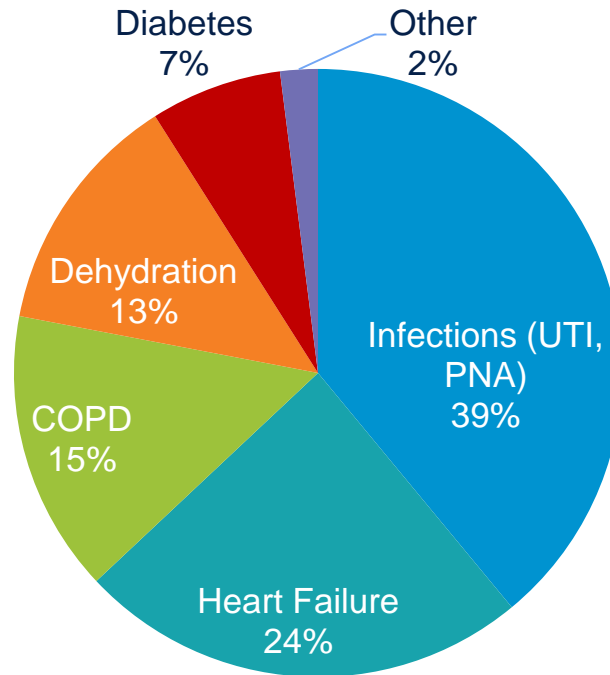
Hospital care can lead to poor outcomes

- Polypharmacy
- Undernutrition and dehydration
- Increased dependence—institutional focus on safety and efficiency
- Institutionalization—discharge planning is often delayed and focused on freeing up a hospital bed as soon as possible



Reasons for Hospitalizations in Dementia

Analysis of frequency of potentially avoidable hospitalizations among Medicare beneficiaries with Alzheimer's Disease and Related Dementias in 2013 (280,547 patients, 369,165 hospitalizations)



Lin P. J., et. al. *Alzheimer's Dementia* (2017).

Injury-related hospitalizations

- Falls were the cause of injury in 90% of injury-related hospitalizations among older adults with dementia
- Injuries:
 - Hip fracture and head injuries were more common in people with dementia
 - Upper limb fractures were less common in people with dementia



CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=24362>

Behavior-related hospitalizations

- Caregiver distress due to psychotic symptoms of dementia → increased ED visits and hospitalizations
- Psychotic symptoms alone in the advanced stage of dementia → fewer ED visits



<https://pixabay.com/en/stress-man-hand-face-old-voltage-111426/>

Avoiding unnecessary hospitalizations

- ✓ Improve management of co-morbid illnesses
- ✓ Simplify medications
- ✓ Prevent injuries due to falls and burns
- ✓ Teach caregivers about modifiable risk factors for common infections and conditions (UTI, PNA, dehydration, constipation, diarrhea, pain)
- ✓ Train caregivers to monitor and report early signs of delirium or clinical deterioration
- ✓ Provide 24/7 access to telephone nurse triage
- ✓ Facilitate advance care planning and revisit goals of care discussions as the person's condition changes

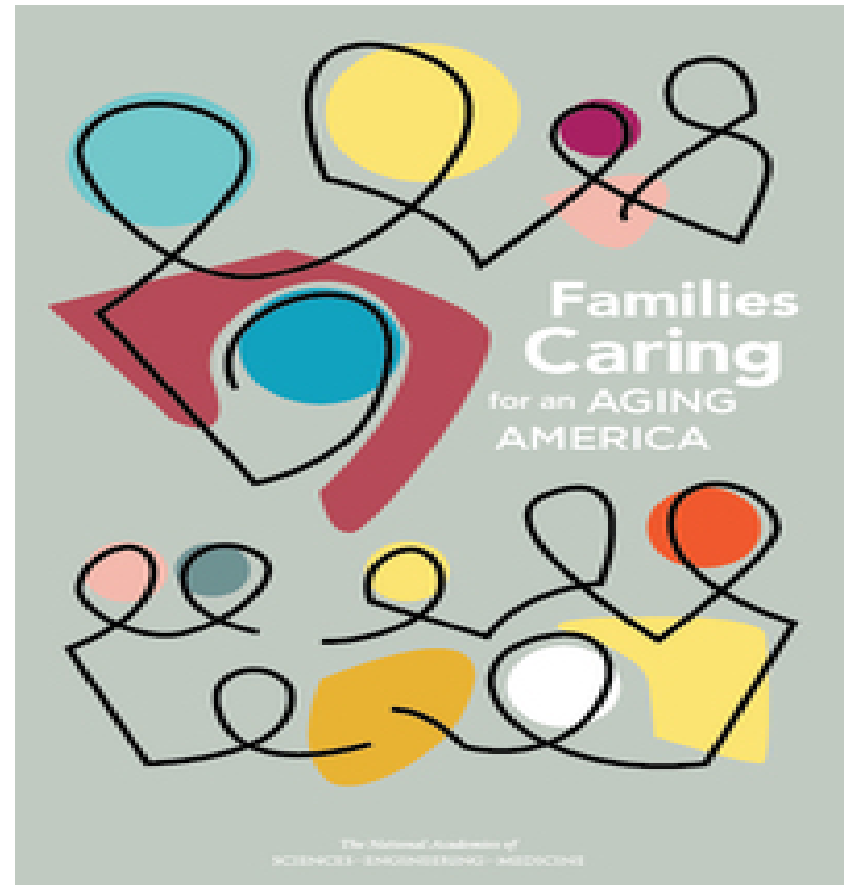
Care Ecosystem Model for Dementia Care



- Provide personalized information
- Provide emotional support and encouragement
- Connect with health programs and community services
- Assist with care coordination

Recognizing & Supporting Family Caregivers

- Family caregiving is an urgent public policy issue
 - The state of family caregiving for older adults in the U.S. is concerning
 - We cannot assume that family caregivers will continue to be available without more support
 - Care must be *family-centered* and include the family caregiver



Resources in San Francisco

CANHR *Long Term Care Justice and Advocacy*
CALIFORNIA ADVOCATES FOR NURSING HOME REFORM

Find a Nursing Home Residential Care / Assisted Living CCRCs Medi-Cal for Long Term Care Elder Abuse / Financial Abuse **DONATE**

About CANHR LRS Home

Find an Elder Law Attorney



The CANHR Lawyer Referral Service (LRS) is the only statewide referral service that deals primarily with elder law issues.

Founded in 1985, the LRS is certified by the California state bar, and uses rigorous screening to select only highly qualified attorneys.

Attorneys for Elder Abuse/Neglect **Attorney**

INSIDE THIS SECTION:

- Online Referral Form - Submit a Referral Request
- Types of Elder Law Attorneys and Referral Panels
- Lawyer Referral Service frequently asked questions (FAQ)
- Printable Lawyer Referral Service (LRS) Brochure (PDF)
- Links to Legal Service Providers by County (PDF)

Helpful Links Newsroom Home

Google Custom Search

<http://canhr.org/about/index.html>

CITY AND COUNTY OF SAN FRANCISCO
HUMAN SERVICES AGENCY

SERVICES ABOUT CONTACT PARTNERS LANGUAGES

I am looking for... **GO**


Home > About > Locations > DAAS Benefits and Resources Hub

2 GOUGH

DAAS Benefits and Resources Hub

This is the **Department of Aging and Adult Services (DAAS)** Benefits and Resources Hub, serving older adults, people with disabilities, and veterans through the **County Veterans Service Office (CVSO)**.

GET DIRECTIONS



<https://www.sfhsa.org/about/locations/2-gough-service-center-seniors-adults-disabilities-and-veterans>

Resources in San Francisco

Bay Area Caregiver Resource Center

[Printer-friendly version](#)

Caregiving is Challenging — We're Here to Help

When you're caring for a chronically ill family member or friend, it's easy to forget to take care of yourself. Since the late 1970s **Family Caregiver Alliance/Bay Area Caregiver Resource Center** has recognized the unique needs of family caregivers. We offer free and low-cost services in the greater San Francisco Bay Area to help you provide the best possible care to your loved one, while also focusing on your own health and well being.

It is neither selfish nor a sign of weakness to need support and information to help you provide care. When you contact Family Caregiver Alliance (FCA), a staff member will speak with you about your caregiving situation. You can also ask to meet with an FCA Family Consultant for a caregiver assessment and care planning session. FCA assists caregivers as long as needed. FCA is a nonprofit organization serving all income levels.

If you are providing care to an adult with a chronic, disabling condition in the San Francisco Bay Area, please join [FCA CareJourney](#) or [email](#) /call FCA today.

(415) 434-3388 | (800) 445-8106 | info@caregiver.org



<https://www.caregiver.org/bay-area-caregiver-resource-center>

San Francisco 16 Younger Onset Caregiver Support Group

📍 Alzheimer's Association, Northern CA & Northern NV, SF
100 Pine St Ste 2150
San Francisco, CA 94111
Distance: 1.74 miles

Date: Tuesday, May 28, 2019
Time: 06:00 PM - 07:30 PM *Recurring*
Delivery Method: In Person
Audiences: Caregivers

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about ...

SAVE

San Francisco 11 Caregiver Support Group

📍 UCSF - Memory and Aging Center Room NS238
675 Nelson Rising Lane - Neurosciences Building 19A
San Francisco, CA 94158
Distance: 1.96 miles

Date: Tuesday, May 14, 2019
Time: 06:00 PM - 07:30 PM *Recurring*
Delivery Method: In Person
Audiences: Caregivers

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about ...

SAVE

San Francisco 6 FTD Caregiver Support Group

📍 UCSF - Memory and Aging Center Room NS238
675 Nelson Rising Lane - Neurosciences Building 19A
San Francisco, CA 94158
Distance: 1.96 miles

Date: Thursday, June 13, 2019
Time: 12:30 PM - 02:00 PM *Recurring*
Delivery Method: In Person
Audiences: Caregivers

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about ...

SAVE

San Francisco 4 Caregiver Support Group

📍 Institute On Aging Room A
3575 Geary Blvd
San Francisco, CA 94118
Distance: 2.30 miles

Date: Saturday, June 01, 2019
Time: 10:30 AM - 12:00 PM *Recurring*
Delivery Method: In Person
Audiences: Caregivers

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about ...

SAVE

<https://www.communityresourcefinder.org>

Resources in San Francisco

Adult Day Programs

