A Public Health Response to the Alzheimer’s Disease Epidemic: Creating Collaborative Partnerships that Increase Community Competency and Resiliency Among Vulnerable Populations

Glenda Redeemer, MSN – Chronic Disease Prevention Division Manager
Monica Tipton, M.Ed. – Medical Reserve Corps Coordinator
A Public Health Response to the Alzheimer’s Disease Epidemic

Glenda Redeemer, MSN
Manager, Chronic Disease Prevention
Learning Objectives

- Provide a general description of dementia and Alzheimer’s disease
- Explain current and forecasted scope of the epidemic
- Compare health disparities between Tarrant County, Texas, and Federal
- Review Projected Alzheimer’s Costs
- Explain the Public Health Role Across the Entire Population
- Provide examples of collaborative partnerships involving Tarrant County Public Health
General Description of Dementia and Alzheimer’s Disease

**Dementia**
- General umbrella term
- A syndrome that includes a multitude of symptoms
- Able to diagnose while living
- Causes vary:
  - Medications
  - Strokes
  - Infections

**Alzheimer’s Disease**
- A specific disease process
- Accounts for 60-80% of dementia cases
- Unable to diagnose while living
- Cause is due to development of plaques and tangles
Comparing the Data

National Data

1 in 9 people aged 45 years and older are experiencing Subjective Cognitive Decline.

81% of people with SCD have at least one chronic condition, SCD might make the condition more difficult to manage.

Less than half of people with SCD have discussed their symptoms with a healthcare provider.

35% of people with SCD need help with household tasks.

Subjective Cognitive Decline


SCD is self-reported MEMORY PROBLEMS that have been GETTING WORSE over the past year.

40% of people with SCD had to give up day-to-day activities.

One in three of people with SCD say it interfered with social activities, work, or volunteering.

Texas Data

1 in 8 people aged 45 and older are experiencing Subjective Cognitive Decline.

40.4% needed help with household chores.

42.0% had to give up day-to-day activities.

Only two in five with SCD have talked to a health care provider about it.

Among those with SCD...

Over 80% with SCD have at least one chronic condition.

SCD is self-reported MEMORY PROBLEMS that have been getting worse over the past year.

Two in five say SCD interfered with social activities, work, or volunteering.

Content source: Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion
Cost of Alzheimer’s Disease

Roles of Public Health

Figure 2: Life Course Perspective on Alzheimer’s and Other Dementias and the Role of Public Health Across the Entire Population

Throughout the dementia continuum (shown in purple), the public health community (shown in blue) can intervene by promoting health behaviors to reduce risk of cognitive decline, encourage early detection and diagnosis of cognitive impairment and dementia, ensure the safety of those with memory issues, and improve the quality of care for those impacted by dementia in their communities. These essential public health activities help reduce burden, improve health outcomes, and promote health and well-being among both people living with dementia and their caregivers.

Original concept by Michael Splaine with later contributions by Peter Reed, Matthew Baumgart, and Becca Rubin.
Three Key Public Health Intervention Tools

- Surveillance/Monitoring
- Primary prevention (risk reduction)
- Early detection and diagnosis
Collaborating to answer the call

healthy living for your brain and body
tips from the latest research

An education program by the Alzheimer's Association

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

The one-hour program covers:
- Typical age-related changes
- Common warning signs of Alzheimer's
- How to approach someone about memory concerns
- Early detection: the benefits of a diagnosis and the diagnostic process
- Alzheimer's Association resources.

Visit als.org/CRP to register online and explore additional education programs in your area.

To find a program near you or to schedule a program, contact Tarrant County Public Health
817-321-4700
selfmanager@tarrantcounty.com

Free Program. Available in Spanish.
Collaborative Partnerships to Increase Community Competency and Resiliency Among Vulnerable Populations

Monica D. Tipton, M.Ed.
Medical Reserve Corps Volunteer Coordinator
mdtipton@tarrantcounty.com

A healthier community through leadership in health strategy
Disasters affect people living with dementia differently.

- People living dementia are more likely to be negatively impacted by a disaster.
- Are less likely to fully recover from a disaster.
Dementia & Disasters

It’s important that caregiver’s have the resources to develop a plan that meet’s the specific needs of a person with dementia.
Methodology

Organizational Assessment → Programmatic & Project Goals → Community Assessment → Volunteer Training → Community Education
Organizational Assessment

- Conducted by each partner organization
  - Based on organization’s mission and/or grant deliverables
  - Identify gaps in services/resources for those living with Alzheimer’s
  - Determine which resources each organization would provide to meet project goal
Programmatic & Project Goals

- Develop a **toolkit** that provides resources and other essential items to help people living with dementia and their caregivers be better prepared to respond to and recover from a disaster.
- Increase community resiliency through **education**
Community Assessment

- Survey’s & Focus groups
  - Alzheimer’s
  - Caregiver’s Summits
  - Support Groups
- UNTHSC
  - Caregivers support group

### Alzheimer’s Preparedness Survey

Your feedback will help Tarrant County Public Health improve preparedness for Alzheimer’s disease and痴呆症. The Alzheimer’s Association and UNTHSC Sciences Center developed a tool designed specifically to help caregivers of individuals living with dementia or Alzheimer’s to increase their ability to respond to and recover from an emergency or large-scale disaster.

#### I am a (please check only one box):

- Caregiver of a person living with dementia or Alzheimer’s
- Person Living with Dementia or Alzheimer’s

#### Primary Language Spoken at Home

<table>
<thead>
<tr>
<th>Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
</tr>
<tr>
<td>Spanish</td>
</tr>
<tr>
<td>Other (please list)</td>
</tr>
</tbody>
</table>

#### Race / Ethnicity

<table>
<thead>
<tr>
<th>Ethnicity</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American</td>
</tr>
<tr>
<td>White (not Hispanic)</td>
</tr>
<tr>
<td>Hispanic / Latino</td>
</tr>
<tr>
<td>Asian</td>
</tr>
<tr>
<td>Native American</td>
</tr>
<tr>
<td>Other</td>
</tr>
</tbody>
</table>

#### Age

<table>
<thead>
<tr>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 or under</td>
</tr>
<tr>
<td>20 - 29</td>
</tr>
<tr>
<td>30 - 39</td>
</tr>
<tr>
<td>40 - 49</td>
</tr>
<tr>
<td>50 - 59</td>
</tr>
<tr>
<td>60 - 69</td>
</tr>
<tr>
<td>70 - 79</td>
</tr>
<tr>
<td>80 - 89</td>
</tr>
<tr>
<td>90+</td>
</tr>
</tbody>
</table>

#### Gender

- Male
- Female

#### Zip Code

Instructions: Please answer the following questions based on your perception as a caregiver or a person living with dementia or Alzheimer’s.

1. How prepared are you in taking care of the physical needs of the person living with Alzheimer’s in the event of an evacuation?
2. How prepared are you in taking care of the emotional needs of the person living with Alzheimer’s in the event of an evacuation?
3. How prepared are you in taking care of the medical needs of the person living with Alzheimer’s in the event of an evacuation?
4. How prepared are you in responding to and handling personal emergencies of the person living with Alzheimer’s?

CONTINUED ON BACK – FLIP PAGE OVER
Staff & Volunteer Training

- Public Health Staff
  - Community Health Workers
- Volunteers
  - HOSA Students
Community Education

- Personal Preparedness training is incorporated into each class on
  - Healthy Living for Your Brain and Body;
  - 10 Warning Signs of Alzheimer’s
Caregivers will be provided a toolkit with educational resources and disaster supplies, including:

- Weather radio
- Hygiene items
- Flash light
- First Aid Supplies
Questions
Main Address:
1101 S. Main Street
Fort Worth, TX 76104

Phone:
817-321-4700

Website:
health.tarrantcounty.com

Social Media: