

Committed to Care Excellence: Age-Friendly Care in Home Health Webinar Session #4

**Early Detection & Family Connection:
Building Better Outcomes in Home Health
Dementia Care**



Learning Objectives- Session #4

1. Describe dementia screening in home health including requirements and limitations.
2. Discuss the impact to the patient-family dyad in dementia in terms of health outcomes and the psychosocial impact on the family unit.
3. Recommend non-pharmacological behavior management strategies for clients/family.
4. Identify patient and family support resources available through community partnerships such as the Alzheimer's Association.



Sutter Care at Home is 1 of only 6 Home Health Systems in the World Designated as a “Committed to Care Excellence” in Age-Friendly Care by the Institute for Healthcare Improvement (IHI)



Kerri Maya, PhD(c), MSL, RN, NPD-BC
Director, Continuing Professional Development
& SME on Age-Friendly Care



Cheryl Brunk
Health Systems Director,
Northern California, Northern Nevada, and Arizona
Alzheimer's Association

This designation was achieved through a collaborative partnership with IHI to define and prototype Age-Friendly care in home health settings.

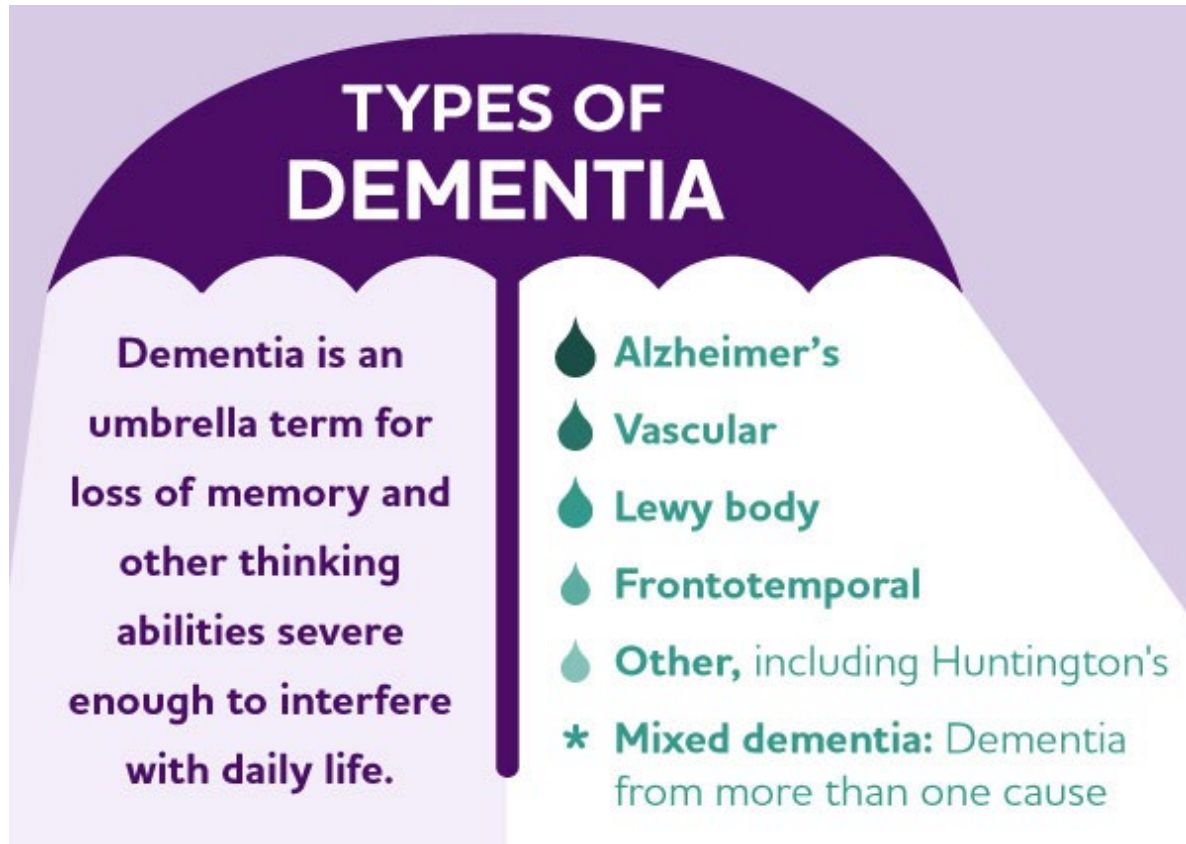
Cognitive Impairment

"Those with dementia are **still people** and they **still have stories**, and they **still have character** and they're **all individuals** and they're **all unique**.

And they just need to be
interacted with on a human level."

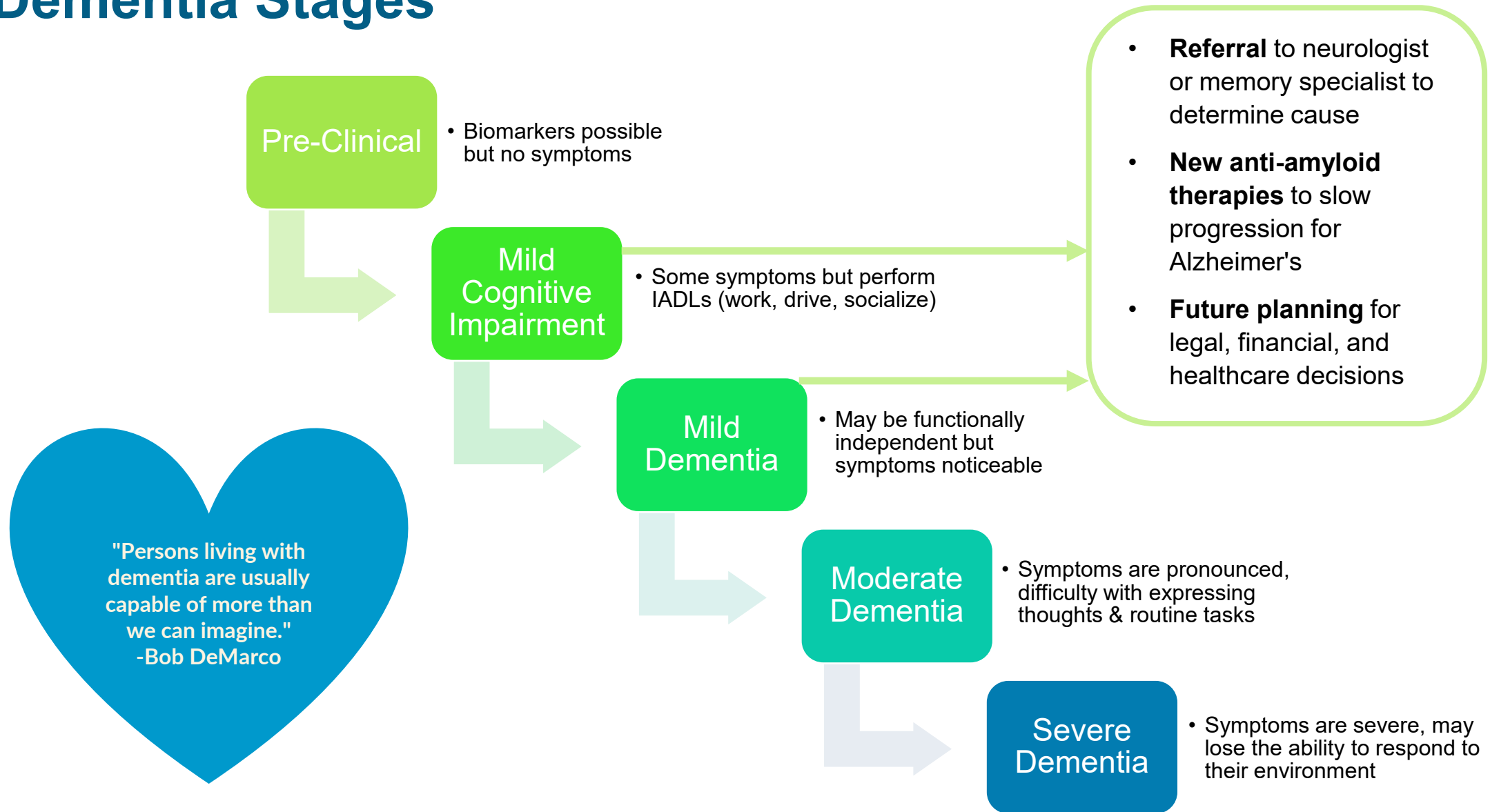
-Carey Mulligan

What is Dementia?



- “Dementia” is a general umbrella term, for memory loss and cognitive changes (including language and problem-solving) that impact an individual’s daily life and ability to perform everyday activities.
- There are many different *causes or types* of dementia.
 - Alzheimer’s disease is the most common type of dementia (60-80%), but there are other types that include vascular, frontotemporal dementia, Lewy Body dementia, and others. There is also mixed dementia, with more than one cause.
- Dementia is **not a normal part of aging**. It is an abnormal brain change. Meaning not everyone is going to get dementia just because they are aging. However, age is the largest risk factor.

Dementia Stages



Brief Interview for Mental Status (BIMS) in Home Health



Scores from a carefully conducted BIMS assessment where patients can hear all questions, and the patient is not delirious suggest the following distributions:

- 13-15: cognitively intact
- 8-12: moderately impaired
- 0-7: severe impairment

Brief Interview for Mental Status (BIMS)

C0200. Repetition of Three Words

Enter Code

☐

Ask patient: "I am going to say three words for you to remember. Please repeat the words after I have said all three. The words are: **sock, blue, and bed**. Now tell me the three words."

Number of words repeated after first attempt

0. None
1. One
2. Two
3. Three

After the patient's first attempt, repeat the words using cues ("sock, something to wear; blue, a color; bed, a piece of furniture"). You may repeat the words up to two more times.

C0300. Temporal Orientation (Orientation to year, month, and day)

Enter Code

☐

Ask patient: "Please tell me what year it is right now."

A. Able to report correct year

0. Missed by > 5 years or no answer
1. Missed by 2-5 years
2. Missed by 1 year
3. Correct

Enter Code

☐

Ask patient: "What month are we in right now?"

B. Able to report correct month

0. Missed by > 1 month or no answer
1. Missed by 6 days to 1 month
2. Accurate within 5 days

Enter Code

☐

Ask patient: "What day of the week is today?"

C. Able to report correct day of the week

0. Incorrect or no answer
1. Correct

C0400. Recall

Enter Code

☐

Ask patient: "Let's go back to an earlier question. What were those three words that I asked you to repeat?"

If unable to remember a word, give cue (something to wear; a color; a piece of furniture) for that word.

A. Able to recall "sock"

0. No – could not recall
1. Yes, after cueing ("something to wear")
2. Yes, no cue required

Enter Code

☐

B. Able to recall "blue"

0. No – could not recall
1. Yes, after cueing ("a color")
2. Yes, no cue required

Enter Code

☐

C. Able to recall "bed"

0. No – could not recall
1. Yes, after cueing ("a piece of furniture")
2. Yes, no cue required

C0500. BIMS Summary Score

Enter Score

Add scores for questions C0200-C0400 and fill in total score (00-15)

Enter 99 if the patient was unable to complete the interview

Limitations & Best Use of the BIMS Screening

“The BIMS should be interpreted with caution, particularly for patients with mild cognitive impairment.”

(Chih-Ying et al., 2022)

Limitations

The BIMS is not a diagnostic tool for dementia and should not be used for early detection on its own.

- **Not a Diagnostic Tool:** The BIMS is not designed to diagnose dementia or other cognitive impairments. It's meant to be a screening tool, and results should be interpreted in conjunction with other information.
- **Limited Scope:** The BIMS assesses basic cognitive functions like memory, orientation, and some aspects of attention, but it doesn't provide a complete picture of cognitive abilities.
- **Sensitivity Issues:** Some studies have shown that the BIMS has low sensitivity in identifying mild and moderate cognitive impairments.

Best Use

The BIMS is a screening tool that primarily helps identify the need for further, more comprehensive evaluation.

- **Tracking Cognitive Function:** BIMS scores can be used to track changes in a person's cognitive function over time.
- **Referral for Further Assessment:** A significant deterioration in a BIMS score can trigger a referral for a more comprehensive dementia evaluation.



Supplemental Screening: The AD8 as an Example of Informant Interview for Dementia

The AD8

Remember, "Yes, a change" indicates that you think there has been a change in the last several years cause by cognitive (thinking and memory) problems	YES, A change	NO, No change	N/A, Don't know
Problems with judgment (e.g. falls for scams, bad financial decisions, buys gifts inappropriate for recipients)			
Reduced interest in hobbies/activities			
Repeats questions, stories or statements			
Trouble learning how to use a tool, appliance or gadget (e.g. VCR, computer, microwave, remote control)			
Forgets correct month or year			
Difficulty handling complicated financial affairs (e.g. balancing checkbook, income taxes, paying bills)			
Difficulty remembering appointments			
Consistent problems with thinking and/or memory			
TOTAL AD8 SCORE			

Patients or their family members are often the first to report any early signs or symptoms of cognitive impairment, most commonly after noticing a decline in memory.

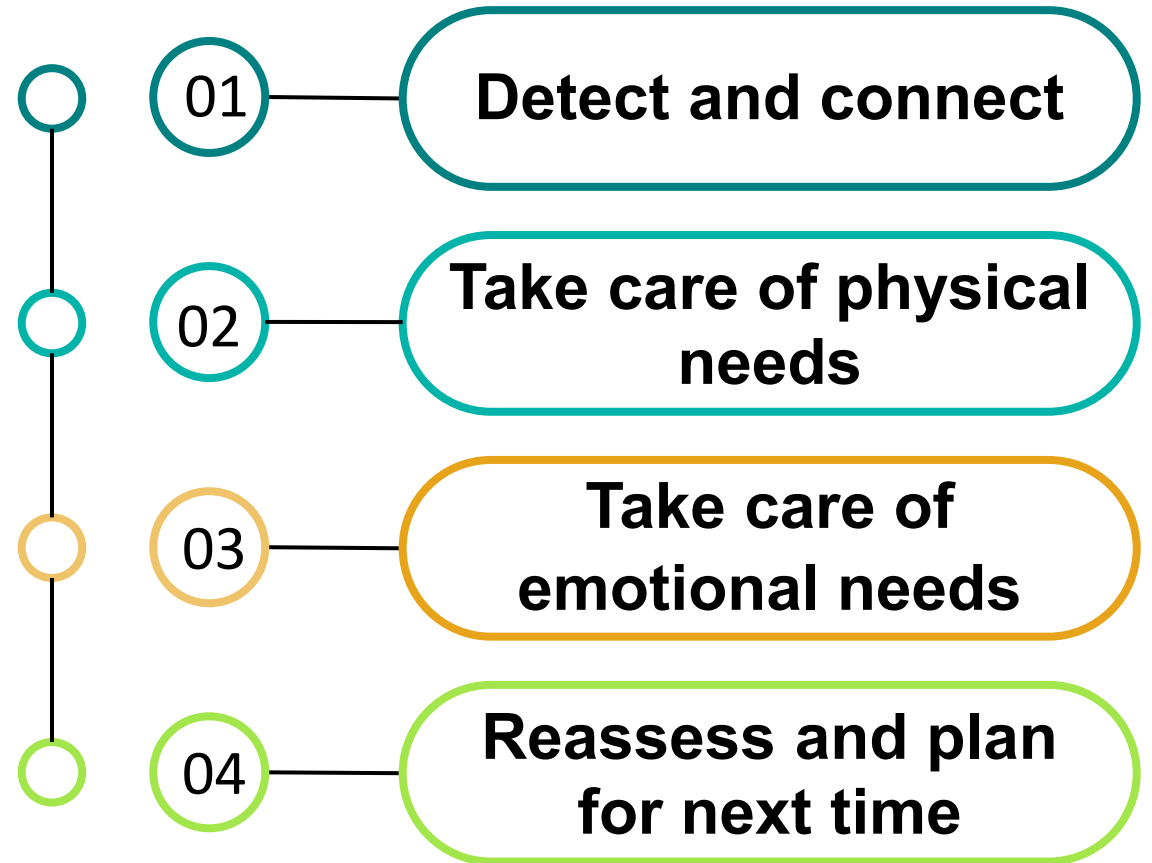
Galvin JE et al, Neurology, 2005

Compassionate Behavior Management

“Remember, the dementia patient is not giving
you a hard time.

The dementia patient is having a hard time.”
- Anonymous

Difficult Behavioral Symptoms & De-escalation Strategies



Detect: Identify Triggers of Behavioral & Psychological Symptoms

Behavioral symptoms of dementia are often from misperceived threats or the “**fear and fatigue resulting from trying to make sense out of a confusing world**”.

Detect

Identify the cause & reduce trigger – What happened before the behavior that might have triggered it?

- **Communication**- Frustrated with inability to express themselves, difficulty finding words, too many questions, complicated instructions, etc.
- **Complicated tasks**- Difficulties with activities or chores
- **Confusion**- Difficulty with spatial awareness?
Uncorrected visual or hearing loss?
- **Environmental**- Overstimulation, noise, clutter, new people or place, inability to recognize home or time of day
- **Physical discomfort**- Pain? Tired? Thirsty or hunger?



Connect: Compassion-Based Care as the Compass

“Love is the compass that guides you through the challenges of dementia care.” - Anonymous



Connect

- ❖ **Know the person as an individual-** Values, beliefs, interests, abilities, likes, and dislikes (past & present).
- ❖ **Recognize & accept their reality-** When we see the world from their perspective, and with empathy, we understand that behavior is a form of communication.
- ❖ **Identify & support meaningful engagement-** Every experience or interaction is an opportunity for connection. Even when dementia is severe, the person can still experience joy, comfort, & meaning!
- ❖ **Build & nurture caring relationships-** Individuality should be supported with dignity & respect.

How to Respond: Role Model the Calm You Hope to See

I will stay with you until you feel better.

Everything is under control

You're safe here.

I apologize.



I'm sorry that you are upset.

May I help you?

I know it's hard.

Do you have time to help me?

Summary of How to Soothe:

Tips to Prevent or Reduce Agitation and Other Behavioral/Psychological Symptoms



Create a calming environment:
Provide reassurance. Try a quieter place, offering a security object, soothing rituals, or rest.



Avoid environmental triggers:
Eliminate distractions and background noises such as the TV.



Monitor comfort & well-being:
Check for pain, hunger, thirst and infections. Be sensitive to fears.



Simply tasks & routines:
Offer choices between two options.
Ask permission.



Provide exercise: Go for a walk.
Put on music and dance!

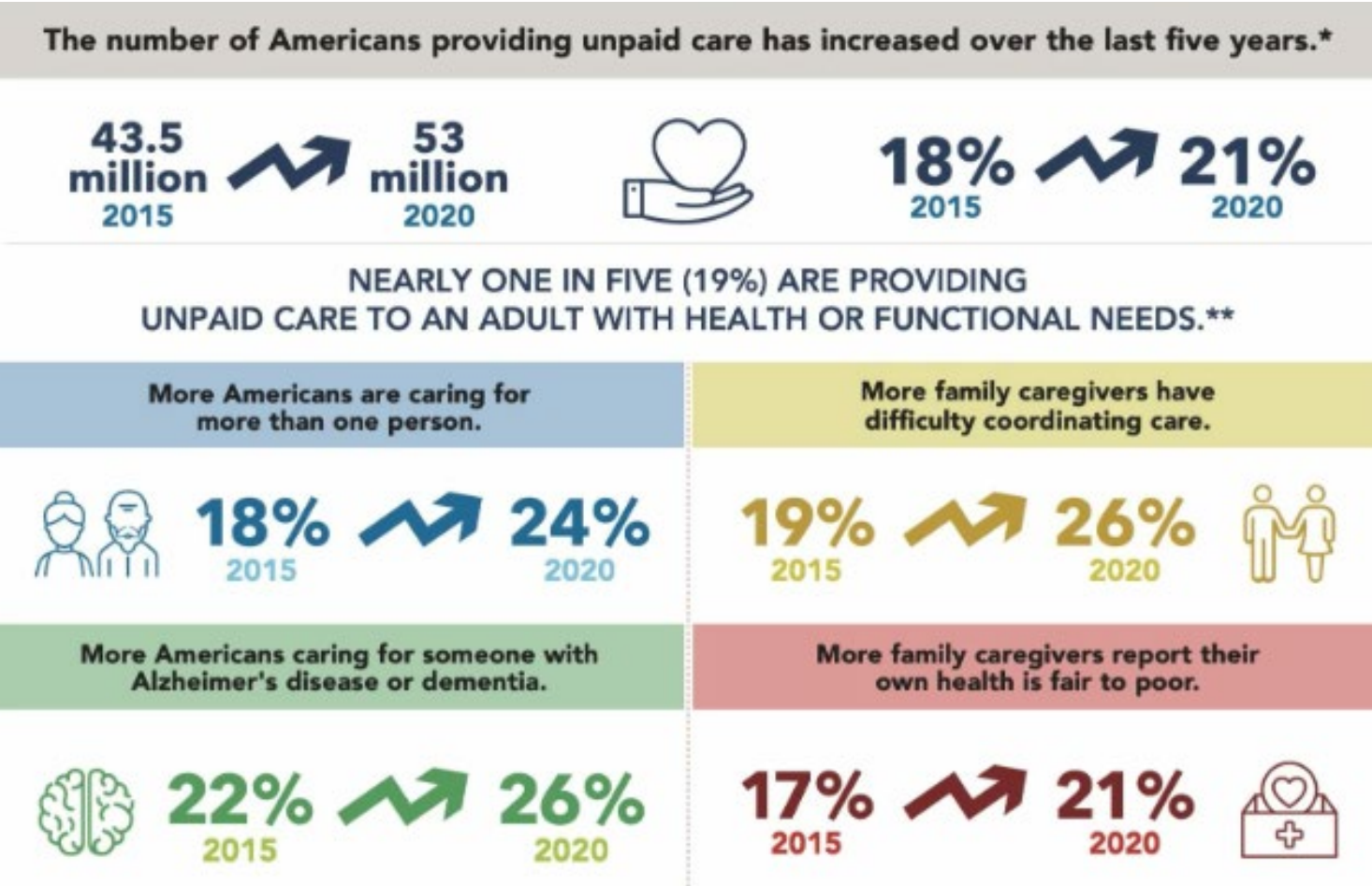
Caregiving Considerations

“There are only four kids of people in the world.

- Those who have been caregivers.
- Those who are currently caregivers.
- Those who will be caregivers.
- Those who will need a caregiver.”

- Rosalyn Carter

Caregiving in the U.S.- The Unseen Workforce



Most of the nearly 7 million individuals with dementia in the U.S. live at home and are cared for by family members.



Lessons in Life: Experiences of Family Caregivers

Did you know? “51% of caregivers feel their role has given them a **sense of purpose** or **meaning**, yet these positive emotions often coexist with feelings of stress or strain.”



Financial
Health



Mental
Health



Physical
Health



Professional
Life



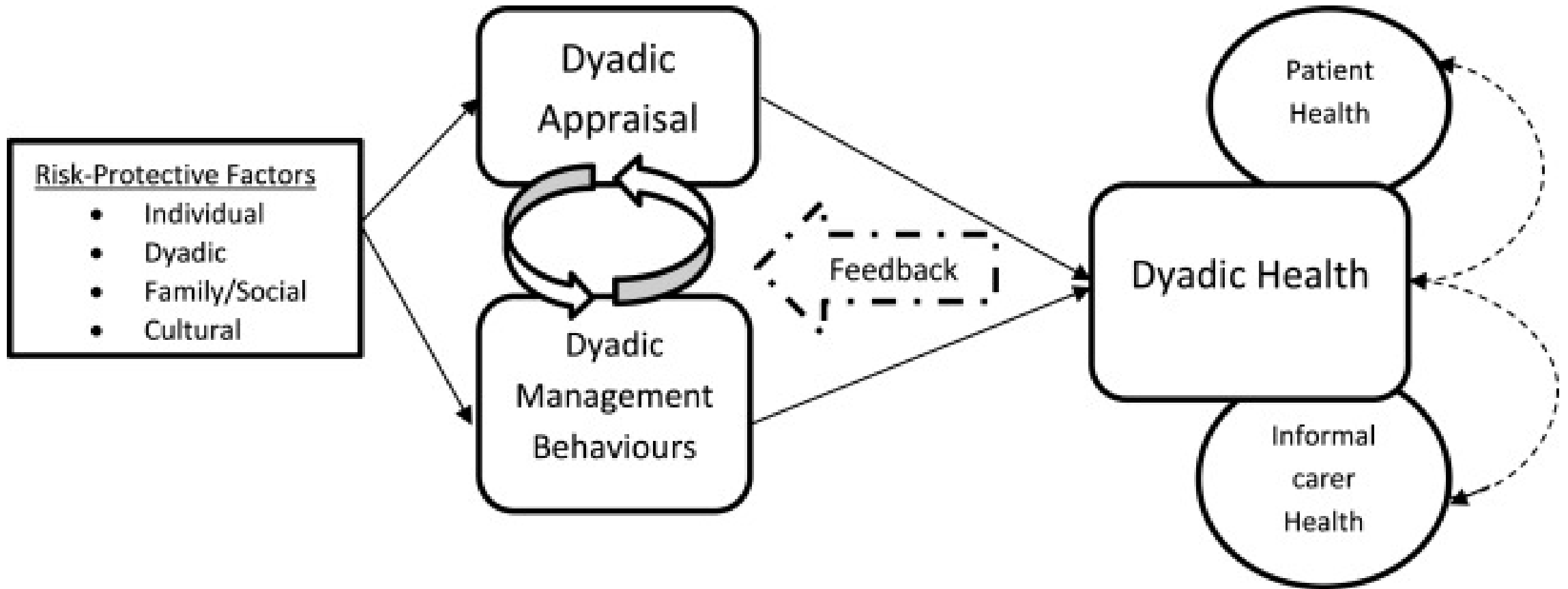
Personal
Relationships



Social
Connection

"Caregiving often calls us to lean into love we didn't know possible." -Tia Walker

Lyons & Lee (2018) Theory of Dyadic Illness Management



The Next Frontier? Exploring the Case for Dyadic Interventions

Key Points: Non-pharmacological dyadic interventions, involving both the caregiver and person with dementia, may be effective in reducing symptoms such as depression, distress, and quality of life for both partners. Multi-component interventions that **matched activities for the person with dementia with their interests and abilities** and **educating the caregiver about dementia and communication** may be the most effective.

Spotlight on the Tailored Activity Program (TAP)

- Developed for use by Occupational Therapists working in home health
- Series of interventions over 4 months to identify preserved capabilities & interests; educate caregiver on behavior triggers & communication
- **Examples of Activities Matched to Ability:**
 - Sensory-Type Activities for Low MMSE: Music, balloon toss, watching nature/animal videos
 - Multi-Step Activities for Higher MMSE: Preparing a salad, jigsaw puzzles, gardening, dancing



Comparative Efficacy of Interventions for Caregivers

Depression

(6 statistically significant non-pharm)

- Acceptance & Commitment Therapy (Most effective)
- Mindfulness-Based Interventions
- **Psychoeducation**

Improved QoL

(1 statistically significant non-pharm)

- **Support Groups**
(Connection, Validation, Coping Strategies)

Reduced Burden

(3 statistically significant non-pharm)

- **Case Management** (Most effective)
- Multicomponent Approach
- **Psychoeducation**

Anxiety

(1 statistically significant non-pharm)

- **Psychoeducation**
(Knowledge, Resources & Coping Strategies)

86%

of family caregivers of adults receive
no respite

Resources for Respite & Building a Caregiving Team



Respite for family caregivers can take many forms from Adult day services, community cooperatives, companion services, In-Home Support Services (IHSS), federal or state funded programs, personal care services, skilled care services, or “self-directed respite” where a family builds their own **caregiving team** with other family members, neighbors, friends, volunteers from a faith community etc.

Other Resources:

- ✓ [AARP Family Caregiving Guide](#)
 - ❖ [Respite Services: A Critical Support for Family Caregivers](#)
 - ❖ Determine Needs & Create Caregiving Plan
- ✓ [Alzheimer’s Association Respite Care Guide](#)
- ✓ [ARCH National Respite Network- Caregiver Resources](#)
 - ❖ [ABCs of Respite: A Consumer Guide for Family Caregivers](#)
- ✓ [CA Dept. of Aging Caregiver Resource Center](#)
 - ❖ Consultation, Planning & Referral
 - ❖ Counseling, Education, Respite Care & Support Groups
- ✓ [Resources for VA Caregivers](#)

Additional Resources for Patients & Families



What Matters to Me



What **Matters**
to you in
your life



Medication
you may take



Your **Mind**
and sense of
well-being



Your
Mobility

Sutter Health's [FindHelp](#)

Sutter Resources, a community resource website powered by the findhelp database, provides information about community programs that include free or reduced-cost social service programs located in the communities that Sutter Health serves.

Just enter a keyword, like **medical care, transportation, housing or food**, and your ZIP code in the boxes below to get started.

Find: (Optional)

Food pantry, rent, etc.

Available in:

95747

 Search



(Hint: Try search terms such as Caregiver Respite, Social Connection, and more!)



Scan the QR code to learn more about the **My Health Checklist**

A patient-facing resource for Age-Friendly care!

For more information, contact our team: AFHS@sutterhealth.org



How Can We Address Social Isolation for the Caregiver or Care Recipient?

Institute on Aging's Friendship Line

“Connection to Others Binds Us to Life”

- Emotional support in English, Spanish, Cantonese, Mandarin, Tagalog, Vietnamese, and Korean
- Specialized support for adults ages 60 and older, adults with disabilities, and their caregivers
- Can schedule outbound calls as well as receive inbound calls- more than 11,000 a month
- Funded by CA Dept. of Aging, nationally recognized, & accredited by American Assoc. of Suicidology



Call us Toll-Free in California: **888.670.1360**

For Volunteer or Intern Opportunities, contact Aleks Bartlett at abartlett@ioaging.org

This program serving the community is funded by the following:

- The California Department of Aging



Community Connections

“There is a reason I am drawn to this field.
It’s because people living with dementia
have a lot to teach me.”

– Dr. Elaine Eshbaugh

The **Alzheimer's Association** is the global leader in ensuring help and hope for people living with Alzheimer's disease and their families.

In 1980, our founders united caregivers, researchers and activists to create the Alzheimer's Association.

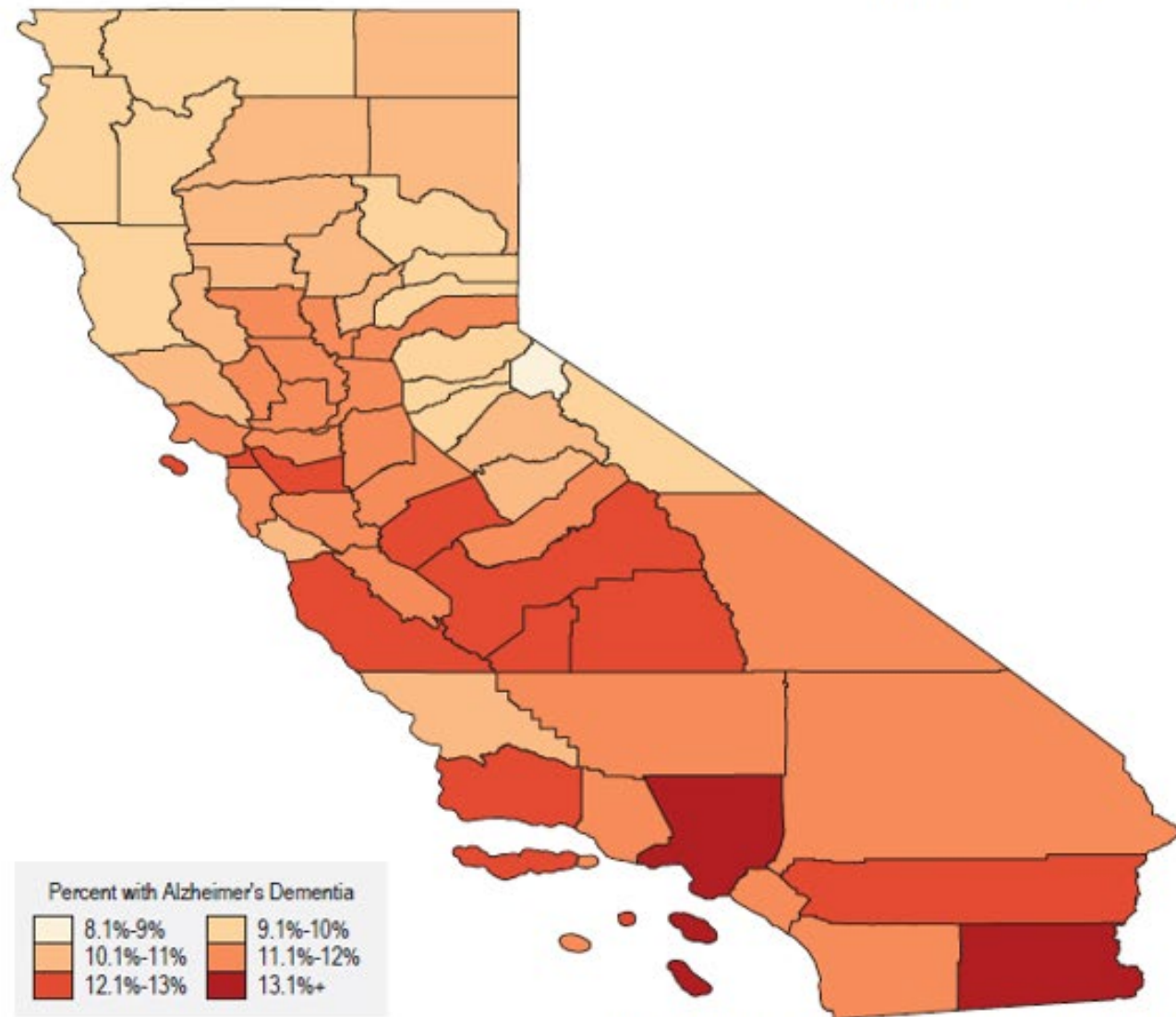
Our mission symbol pays tribute to their ability to bring people and science together – for the benefit of all.



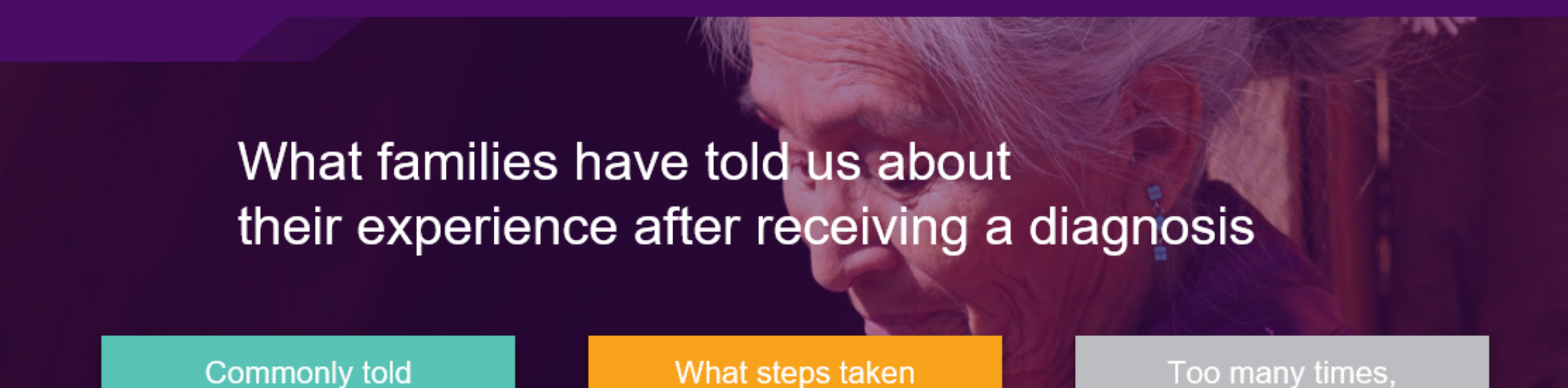


ALZHEIMER'S TODAY

Alzheimer's Dementia in California (Age 65+)



Based on data from: Dhana et al., Alzheimer's & Dementia, 2023



What families have told us about their experience after receiving a diagnosis

Commonly told after diagnosis

"Go home and put your affairs in order"

*"Nothing we can do for you.
Come back in 6 months
to a year"*

What steps taken post diagnosis

*"I searched the internet and
was overwhelmed"*

*"I don't know what
to do next"*

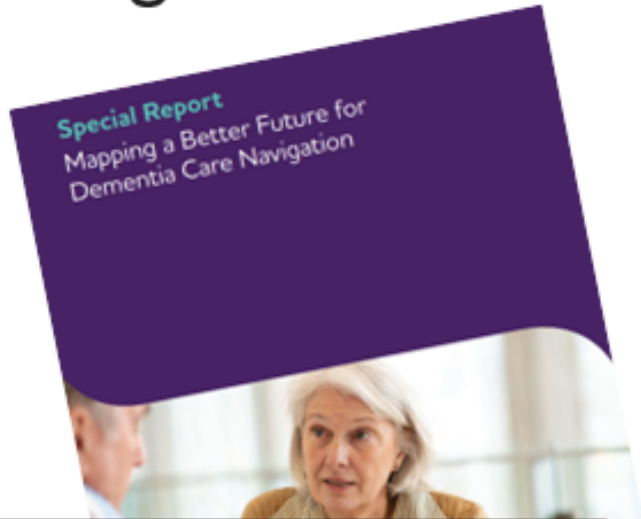
*"How will I handle all
of this alone"*

Too many times, we hear

*"I wish I had someone
to help me every step of the
way"*

*"I wish I knew about the
Alzheimer's Association"*

2024 Facts & Figures Special Report validated the need for dementia care navigation



Dementia Care Navigation is a program that provides tailored, strengths-based support to persons living with dementia and their care partners across the illness continuum and settings to mitigate the impact of dementia through collaborative problem solving and coaching.

Seven in 10 dementia caregivers (70%) report that **coordinating care is stressful**

Two in 3 dementia caregivers (66%) also have **difficulty finding resources and support for their own needs**

More than half of caregivers (53%) said **navigating health care is difficult**

The vast majority of dementia caregivers – **97%** – say having **navigation support would be helpful**

The Alzheimer's Association is partnering with medical experts to address the rising costs of dementia care and improve patient experience and outcomes along the way.

[Health Systems and Clinicians](#)

Diagnostic and Management Tools

The Alzheimer's Association has partnered with government and professional organizations to develop several physician guidelines and recommendations that can help you care for your patients with dementia.

[View Guidelines](#)



Cognitive Assessment

[Learn More](#)



Dementia Diagnosis

[Learn More](#)



Management

[Learn More](#)



Care Planning

[Learn More](#)



For Your Patients and Caregivers

The Alzheimer's Association offers a variety of resources that can help your patients and caregivers cope and live with a dementia diagnosis. Share these resources with them when they visit.

[See All Resources](#)

I Have Alzheimer's

The right information and resources can empower those with Alzheimer's.

[Learn More](#)

Caregiving

Caregivers face special challenges. Our resources can help at every stage.

[Learn More](#)



Downloadable Resources



Clinical Trials Recruiting

[Learn More](#)

Alzheimer's Association Resources

We provide free, in-person and online care and support resources and navigation services.

- » **Alzheimer's Association 24/7 Helpline (800.272.3900):** Immediate access to information, local resources, crisis assistance and emotional support.
- » **Support groups:** Facilitated peer discussions for caregivers and others facing Alzheimer's or other dementia. alz.org/crf
- » **ALZConnected:** An online community where anyone affected by Alzheimer's or another dementia can ask questions, get advice and find support. alz.org/alzconnected
- » **Education:** Online and in-person courses ranging from dementia basics to caregiver strategies, including [The Empowered Caregiver](https://alz.org/crf). alz.org/crf
- » **ALZNavigator:** An online tool to assess needs and create action plans. alz.org/alznavigator
- » **Community Resource Finder:** A nationwide online listing of Alzheimer's and dementia resources and local Alzheimer's Association chapters. alz.org/crf
- » **NEW Dementia Care Navigation Service:** Powered by Rippl and the Alzheimer's Association, the service provides comprehensive, personalized support for people living with dementia and their caregivers through their care journey, every step of the way. ripplcare.com/alz (Based on eligibility and coverage)

ALZHEIMER'S ASSOCIATION

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- **ALZConnected®:** An online community where anyone affected by Alzheimer's or another dementia can ask questions, get advice and find support. alz.org/alzconnected
- **Education:** Online and in-person courses ranging from dementia basics to caregiving strategies. alz.org/education
- **ALZNavigator®:** An online tool to assess needs and create action plans. alz.org/alznavigator
- **Community Resource Finder:** A nationwide online listing of Alzheimer's and dementia resources and local Alzheimer's Association chapters. alz.org/crf
- **NEW Dementia Care Navigation Service:** Powered by Rippl and the Alzheimer's Association, the service provides comprehensive, personalized support for people living with dementia and their caregivers through their care journey, every step of the way. ripplcare.com/alz (This service may be free based on eligibility and coverage.)



800.272.3900 | alz.org

JOIN US IN APRIL, MAY AND JUNE ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

ENGLISH CLASSES

Building Foundations of Caregiving
Tuesday, April 8, 2-3 p.m.

Navigating Dementia- From Diagnosis to Living Well
Tuesday, April 15, 10-11 a.m.

Communicating Effectively
Thursday, April 17, 10-11 a.m.

Understanding Alzheimer's and Dementia
Tuesday, April 22, 2-3 p.m.

Supporting Independence
Tuesday, May 6, 10-11 a.m.

Responding to Dementia-Related Behaviors
Thursday, May 15, 2-3 p.m.

10 Warning Signs of Alzheimer's
Tuesday, May 20, 10-11 a.m.

Advancing the Science: The Latest in Alzheimer's and Dementia Research
Wednesday, May 21, Noon-1 p.m.

Exploring Care and Support Service
Thursday, June 5, 10-11 a.m.

For on-demand recorded classes, please visit alx.org/education

SPANISH CLASSES

Healthy Living for Your Brain and Body
Tuesday, June 10, 2-3 p.m.

Dementia Conversations
Thursday, June 26, 10-11 a.m.

Understanding Alzheimer's and Dementia
Thursday, April 17, 6:30-7:30 p.m.

Healthy Living for Your Brain and Body
Thursday, May 15, 6:30-7:30 p.m.

Communicating Effectively
Thursday, June 12, 6:30-7:30 p.m.

CHINESE CLASSES

CANTONESE:
Healthy Living for Your Brain and Body
Wednesday, April 9, 10-11 a.m.

Responding to Dementia-Related Behaviors
Friday, May 2, 2-3 p.m.

10 Warning Signs of Alzheimer's
Friday, June 13, 2-3 p.m.

MANDARIN:

Dementia Conversations
Monday, April 21, 10-11 a.m.

Communicating Effectively
Thursday, April 24, 10-11 a.m.

10 Warning Signs of Alzheimer's
Tuesday, April 29, 10-11 a.m.

Understanding Alzheimer's and Dementia
Thursday, May 15, 2-3 p.m.

Communicating Effectively
Friday, June 6, 10-11 a.m.

Healthy Living for Your Brain and Body
Tuesday, June 17, 2-3 p.m.

Responding to Dementia-Related Behaviors
Tuesday, June 24, 10-11 a.m.



TO REGISTER, PLEASE
CALL 800.272.3900 OR
VISIT US ONLINE AT
[ALZ.ORG/CRF](https://alx.org/crf)

ALZHEIMER'S ASSOCIATION®

Resource-rich website: [alz.org](https://alx.org)®

- Often the first stop for individuals after receiving a diagnosis
- Includes sections for those living with the disease, caregivers and health care professionals

Local chapters nationwide: [alz.org/findus](https://alx.org/findus)

- Programs and services in communities across the country

CA Association of Area Agencies on Aging

- C4A and its members administer programs that enable older Californians to live independently for as long as possible.

Caregiver Resource Centers (6 in CA)

- Quality information, support, and resources related to family caregiving

ALZHEIMER'S ASSOCIATION®



JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

Take charge of your brain health today

Nearly 7 million Americans are living with Alzheimer's. While there is currently no cure, we know more than ever about risk reduction and ways to live well with the disease.

Visit alz.org/abam for ways to take charge of your brain health.





THANK YOU!

Cheryl Brunk
Health Systems Director
cbrunk@alz.org

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