

Isanti County Public Health Department
Minnesota Board on Aging Dementia Grant Proposal

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Responders:

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Executive Summary

The effects of Alzheimer's disease and related dementias (ADRD) can be devastating for the individual, their family and caregivers, and have effects on the broader community. Those who provide care for someone with ADRD in an informal setting (hereafter referred to as "caregivers") often have little experience with ADRD, and are unsure of how best to care for a loved one with the condition and themselves. Although many community resources are available, connecting people to those resources can be challenging. Isanti County is determined to help individuals and families affected by ADRD by raising awareness of ADRD, increasing cognitive screening, and connecting caregivers with valuable community resources.

Individuals 65 and older make up 14.6% (5608) of the Isanti County population according to the U.S. Census 2014 report. Based on information from the Alzheimer's Association, 623 of these individuals (1 in 9 or 11%) are expected to be diagnosed with ADRD. Considering the fact that 70% of people with ADRD receive care in their homes, the impact on caregivers and community members is likely substantial as well. For these reasons, Isanti County Public Health (ICPH) proposes to partner with health care systems, public agencies, private agencies, community organizations, and nonprofit organizations to help families with ADRD navigate these challenges. Through a robust community partnership, the goals of raising awareness of dementia, increasing cognitive screening, and connecting caregivers to resources are within reach. Objectives of this work include: educating local businesses, community members, and health professionals regarding ADRD; improving the diagnosis and follow through process for individuals with ADRD and their caregivers; offering seniors health screenings and evidence-based programming to help manage chronic disease; and facilitating social connectedness for elderly people in Isanti County.

When diverse groups come together with similar goals, it is possible to make significant advancements on complex issues such as ADRD. That is why multiple sectors and organizations are combining efforts in Isanti County to analyze the continuum of care and coordinate services to address the needs of those affected by ADRD wherever they may be in their journey. By mobilizing partners, combining resources, and having a shared vision for ADRD we can enhance and expand a variety of services to individuals with ADRD, their caregivers, and seniors in our community. ICPH will facilitate this partnership directly with Allina Health - Cambridge Medical Center, Allina Health - Corporate Neuroscience Institute, ACT on Alzheimer's - Cambridge, ACT on Alzheimer's - Minnesota, Family Pathways, GracePointe Crossing Senior Living, the Central Minnesota Council on Aging, Isanti County Council on Aging (Senior Activity Center Services), Isanti County Sheriff's Office, and Isanti County Family Services. These organizations offer an array of services across the spectrum of ADRD care and support for families and caregivers at home, in the community, and in the healthcare system. Through a concerted coordination of these services, Isanti County will raise awareness of ADRD and illuminate avenues for those affected to obtain resources. Ultimately, the group envisions a future where all lives are respected and caregivers have the support they need.

Isanti County is a vibrant community that values all stages of life. Incredible work is being done already in this community which sets the stage for a broader success, where all who share the mission of improving lives of those affected by ADRD unite in common purpose to improve health and wellbeing for the entire community. Through coordination with leaders

representing each of the partners mentioned, ICPH looks to spark the ingenuity of the community as it strives for the advancement of individuals and families affected by ADRD.

Description of the Applicant Agency

Isanti County Public Health is committed to preventing illness, protecting the public, and promoting good health for all residents. Geographically Isanti County is a rural area located in East-Central Minnesota. Isanti County has three cities (Braham, Cambridge, and Isanti) and multiple townships, with an estimated 2014 population of 38,413 and a geographic area of about 435 square miles. About 14.1% of the Isanti County population are age 65 and over, and many seniors choose to live at home as long as possible. It is important for the community to be aware of the challenges associated with ADRD.

As a local Public Health Department, ICPH is dedicated to providing essential public health services through the core areas of assessment, assurance, and policy development. Examples of the work regularly being performed in the agency include creating plans for public health emergencies, assessing health priorities of the community, and educating participating schools and worksites regarding the health benefits of good nutrition and active living. The agency also provides nurse consultations such as family home visiting for expecting and new moms and state-mandated waiver services like MnCHOICES Assessments to help connect families to health and social services. Having staff devoted to public health planning and special projects, the agency also has flexibility to tackle complex health issues through collaboration with community partners to positively impact the health and wellbeing of residents. Fortunately, several current partners in the area operate with the goal of preparing the community for dementia and providing resources for individuals with ADRD and their caregivers.

Currently and historically, ICPH collaborates with a variety of public, private, and nonprofit organizations at the local, regional, and state level. ICPH does so providing excellent services, efficient processes, client use of ease, accessibility to programs, and high client satisfaction. In rural communities such as Isanti County, community and nonprofit organizations help advance health causes through their connections and experience with health issues like ADRD. ACT on Alzheimer's – Cambridge is a community-based collaborative of local leaders determined to improve the community's ability to respond to ADRD. Family Pathways is a community-based organization offering a variety of services in East Central Minnesota including senior services. These programs provide companionship, advocacy, education and caregiver support through a network of volunteers and professionals. Family Pathways also has experience connecting informal caregivers to resources, helping to bolster a knowledgeable caregiving relationship with families and other support systems in the community.

Allina Health is the leading health care provider in the area, operating the county's only hospital: Cambridge Medical Center and a large multi-specialty clinic in Cambridge. Assessments to detect cognitive impairment has been included as part of the Medicare Annual Wellness Visit (AWV) since the benefit began in 2011, providing an opportunity to evaluate and improve the implementation and impact of cognitive screening in actual health care settings. As an early adopter of the AWV, Allina Health in Cambridge screened over 2,250 unique patients age 65 and older between 2012 and 2014. The Central Minnesota Council on Aging also provides invaluable connections to services for seniors and coordination with government, health care, and community-based organizations. Finally, Cambridge is fortunate to have a community-

led Senior Activity Center where seniors frequently congregate to learn about health and wellness and enjoy one another's company. With an established presence in the community, these organizations are ideally placed to assist the community in raising awareness regarding ADRD and connecting caregivers to valuable resources.

Description of Target Population

This proposal primarily seeks to serve elderly adults, age 65 and older, who reside in Isanti County. Secondary target populations of this project include family members and friends of persons with dementia - regardless of their age, local businesses, and the broader community. Isanti County is a rural area located in the Central Minnesota Region as defined by the Central Minnesota Council on Aging (CMCOA), and all programs will be targeted to include residents of Isanti County. With an aging population and limited resources available to address the health needs of residents with ADRD and their caregivers, Isanti County Public Health along with community partners operate on a commitment to proactively engage the elderly population and prepare the community for challenges related to ADRD.

At this time, several assisted living facilities in Isanti County offer memory-care, but these facilities often have long wait-lists. Families are sometimes placed in an uncomfortable position with few options regarding the care of a loved one with ADRD. A lack of planning for potential health events, along with misconceptions about dementia, can lead to potentially dangerous conditions for the afflicted person. Additionally, the family and support network around the afflicted individual can be strained by the apparent lack of options and unknown resources available to caregivers. This can lead to lost economic productivity for the community and health issues for caregivers if working families take substantial time off from work to care for a loved one. Based on informal feedback, the target population of Isanti County seniors and resident caregivers supports this proposal because of its expansion of popular community activities and educational sessions, as well as offering more caregiver support services. A recent community health survey of Isanti County administered through the Statewide Health Improvement Program revealed that 10.8% of Isanti County adults serve as a primary caregiver for one or more older adults. This shows the substantial need for support for caregiving residents in the community.

Providing community education about ADRD would allow for more time for families to develop options for aging with dementia and connecting to resources in the community. It is important for all seniors to understand the differences between normal aging and ADRD so they can identify potential symptoms and warning signs as soon as possible, while reassuring that an occasionally forgotten item is not necessarily a sign of something more serious. With early identification, individuals have a much greater chance of living a high-quality life in spite of their diagnosis. Similarly, it is important that family members and caregivers understand ADRD. Often family members serve as informal caregivers, so connecting current or potential caregivers to services, education, and resources is a primary goal of this proposal. Being able to care for a person with ADRD begins with identification as a caregiver and continues with knowing where to receive support and education.

Educational services are needed because of the shortage in residential dementia-care services in Isanti County combined with the substantial amount of ADRD care in Isanti County being provided by informal caregivers. Recent community health surveys within Isanti County

suggest a growing need for supporting those that care for adults living at home. This proposal addresses the need for more education about ADRD and connecting caregivers to resources. Families and caregivers will be targeted specifically for opportunities to connect to valuable resources throughout the continuum of caregiving; whether an ADRD diagnosis has just happened in the clinical setting, or if one has been caring for a loved one with ADRD for years in the home.

Seniors, families, healthcare professionals and caregivers will be targeted for opportunities to raise awareness and provide education through a collaborative campaign that includes health care protocols, community-based resources, educational opportunities provided through community partners, and central coordinated services through Isanti County Public Health. Material for these programs includes information about ADRD, recognizing signs of the disease, formal health care processes for guiding ADRD-affected families through the diagnosis, developing skills for helping someone who may have ADRD, and information about resources available in the community to assist individuals and families.

This grant proposal elicits not only a very diverse group of partners such as various paid staff, volunteers, and students to provide the activities, events, and tools mentioned; but also has a very diverse audience, including individuals with ADRD, caregivers, healthcare professionals, businesses, and residents! Providing trainings to various businesses alone exponentially exposes our ADRD grant goals and objectives to many sectors, professions, cultures, and ages.

Project Goals and Objectives

The primary goals of this project are to raise awareness of ADRD, connect caregivers to services in the community, and develop a model for ADRD support and services across the care continuum. We will achieve these goals through partnership with local organizations that are active in improving the lives of ADRD-affected individuals and the elderly population in Isanti County. By collaborating among local government, health care providers, community-based organizations, informal caregivers, and individuals with ADRD our individual efforts can be strengthened and multiplied for the benefit of the community. Our collaborative possesses the resources and expertise necessary to take on ADRD issues that may otherwise be too complex to handle individually.

Within the goal of raising awareness of ADRD, several objectives will guide the work. First, ACT on Alzheimer's - Cambridge will offer six educational sessions for local businesses to prepare for potential contact with persons with ADRD. Secondly, a total of nine Dementia Friends trainings will be offered throughout Isanti County by a Dementia Champion to give individuals a deeper knowledge of ADRD and its effects on the community. Finally, four traveling health fairs will provide screenings including memory screenings to seniors along with information from resource guides provided by ACT - Cambridge with many resources available in the community.

Improving cognitive testing and connecting caregivers to resources are primary goals of this work. One objective to achieve these goals involves Allina Health partnering with an ACT on Alzheimer's MN Technical Advisor to incorporate dementia diagnostic guidelines and electronic medical record (EMR) tools into practice with the primary care providers in collaboration with neurologists and mental health practitioners as appropriate. This pilot program will help Allina navigate common challenges related to ADRD across the health care

system, as well as aid families in accessing support services after an ADRD diagnosis. Another objective for connecting caregivers will be to offer evidence-based programs such as Powerful Tools for Caregivers, and Resources for Enhancing Alzheimer's Caregiver Health (REACH) through the Family Pathways Caregiver Consultant. These programs help caregivers cope with the stresses of caregiving and direct caregivers to support services.

In addition to implementing one or more programs specific to their area of influence, each partner organization will participate in what we now call the Community Dementia Care Collaborative (CDCC). This working committee will meet bi-monthly to discuss how best to coordinate services from the many participating agencies to provide optimal ADRD care and community support. The goal of this effort is to develop a model for continuum of care and support services for individuals with ADRD and their caregivers. Objectives include setting regular dates, meeting schedules and developing discussion topics that will guide the group's effort, as well as implementing recommendations of the committee. A major contribution to this effort will be utilizing business process mapping (BPM) from an agency that specializes in consultation in health settings (Stratis Health). The group will benefit from mapping the current state of dementia care as well as brainstorming and mapping a desired future state for caring for families affected by ADRD.

Project Activities and Implementation Plan

There are many examples of the whole being greater than the sum of its parts. This proposal strives to achieve such a sentiment with a comprehensive array of services offered by local, regional, and state experts and coordinated to maximize their utility in Isanti County. Leaders from each organization will communicate to offer their perspectives on the work being done and attempt to incorporate the work and tools of others into their spheres as much as possible. Existing activities and resources will be used and enhanced by coordinating between leaders to learn from experiences and market services through each member organization's connections. This will include strengthening relationships with health care entities and coordinating with other community health initiatives. Again, each partner involved in ADRD work is doing wonderful things independently but to exponentially increase impact, effectiveness and move towards new innovative best practices a coordinated and collaborative approach is needed and is exactly the foundation of this proposal.

Isanti County Public Health Department - As the lead agency in this proposal, Isanti County Public Health (ICPH) will coordinate the various partners in their efforts outlined below, resolve any issues with the work plans specified, and maintain performance management and evaluation to ensure goals are being met on schedule. Additionally, ICPH will facilitate a bi-monthly meeting of ADRD stakeholders to develop a model for ADRD services across the care continuum, from awareness and diagnosis to connections to caregiver resources in the community. This Community Dementia Care Collaborative (CDCC) will serve as a forum for supporting the multi-sector partnership specified in this proposal. To ensure that goals are clarified and all stakeholders understand their role in creating a continuum of dementia care, ICPH will retain the services of a professional business process mapping agency: Stratis Health. A facilitator will conduct mapping during the first several CDCC meetings to guide our work in

creating a continuum of care for dementia and identifying the roles of each participating organization.

The Public Health Planner will perform leadership and organizational duties, as well as work with the ICPH Health Educator to develop the ICPH website and social media with information and resources regarding ADRD in the community. By communicating with the public and community organizations, the Health Educator will serve as a resource to help ensure strong attendance at trainings and events, as well as educating these groups about ICPH's role in helping families with ADRD connect to community resources. ICPH sees ADRD as part of the overall mental health priority identified perennially in Isanti County's community health assessments and is included in formal documents and plans such as the community health improvement plan.

ACT on Alzheimer's - Cambridge - Isanti County is fortunate to have a local ACT on Alzheimer's chapter that is well-organized, representative of diverse community stakeholders, and committed to creating a dementia-friendly community. Additional funding will allow the group to expand training for businesses in Isanti County through the ACT toolkit. Six total trainings will reach a total of approximately 500 people. The trainings will be offered throughout Isanti County, with three occurring in the city of Cambridge, two in the city of Isanti, and one in the city of Braham. Professionally designed resource guides will also help raise awareness of ADRD and provide local resources. These guides will be distributed throughout government, health care clinics, and nonprofit organizations that typically make contact with this population. The leader of the Cambridge ACT on Alzheimer's group, with support from other members at large, will be responsible for carrying out these tasks.

Family Pathways - Family Pathways is a not-for-profit community organization based in East-Central Minnesota that aims to strengthen the network of support services for elderly adults, among other goals. Through ADRD grant funding, the organization will provide ACT on Alzheimer's Dementia Friends training to community members through their established Caregiver Consultant. This individual leads the aging services area of Family Pathways, and has strong connections to the ADRD/caregiver community in Isanti County. A total of nine trainings will be offered during the grant period: five to occur in Cambridge, three in the city of Isanti, and one in Braham. These trainings will occur over the 18 month grant period at about one every other month, and they will be offered free of charge to the public. The SAC's Cafe newsletter, Traveling Health Fairs, and ICPH website will aid the marketing of these sessions. Additionally, Family Pathways will offer evidenced-based programs: Powerful Tools for Caregivers Workshop and Resources for Enhancing Alzheimer's Caregiver Health (REACH), which help caregivers care for themselves and their loved one. Workshops will be coordinated with Allina Health - Cambridge Medical Center and the Health Fairs for referring individuals and providing information about these programs.

Central Minnesota Council on Aging - Through collaboration with the Anoka-Ramsey Community College - Cambridge Campus - College of Nursing, a total of 4 traveling health fairs will be offered to the Isanti County senior community. Nursing students, under supervision of college staff, will volunteer their time to provide health screenings for early identification of disease including balance, blood pressure, diabetes, hearing, nutrition, and cognition screenings.

Two health fairs will be offered per semester during the fall 2016 and spring 2017 semesters. Those with positive screenings for cognitive impairment will be given information about ADRD and referred to one of two Powerful Tools for Caregivers workshops provided through Family Pathways (see above) and/or the Chronic Disease Self-Management Program (CDSMP), which is offered through Allina Health and GracePointe Crossing. Additionally, CMCOA will provide technical assistance for developing presentations and awareness-raising activities, and consulting with ICPH and community groups. The CMCOA Community Development Specialist will also participate in the CDCC, which will meet with the intention of developing a model for ADRD care to guide individuals and families through the continuum of care related to dementia.

Allina Health - Cambridge Medical Center - As the major health care provider in Isanti County, Cambridge Medical Center (CMC) is committed to meeting the health needs of the surrounding community. Allina Health intends to make great advances in its ADRD care and diagnosis system in the near future, using CMC as a natural pilot site for a newly designed electronic medical record dementia tool to connect patients and families to caregiver resources and support in the community. Technical assistance from ACT on Alzheimer's Minnesota will guide the development of this tool, and a CMC physician champion, along with physicians of various specialties, will refine the tool and help train other providers on its use. The Technical Advisor will also lead training sessions for staff regarding use of the new tool and how to integrate it into daily practice.

Isanti County Commission on Aging- Senior Activity Center (SAC) - The Cambridge Senior Activity Center (SAC) Cafe offers an enrichment center with the goal of helping older adults stay active and engaged in the community. Social connectedness is a protective factor for ADRD, and even post-diagnosis having a rich social life is important for maintaining a high quality of life and reducing caregiver stress. About 400 seniors visit the cafe every week, which makes it a natural venue for beneficial educational events and classes aimed at improving the lives of seniors. Through grant funds, the SAC Cafe will offer formal instruction for health-related informational sessions, transportation for those who cannot afford it (through arrangements with local public transportation: Heartland Express), advertising for classes and events (which will be in coordination with other educational events listed above), printed materials for classes, postage for six newsletters distributed to about 500 seniors, and a bi-monthly outing for seniors and caregivers to enjoy social interaction and have fun.

Isanti County Sheriff's Office- Project Lifesaver- The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, autism, and other related conditions. Those enrolled in Project Lifesaver wear a small personal transmitter around the wrist or ankle that emits an individualized tracking signal. If the person goes missing, the caregiver notifies the Isanti County Sheriff's Office, and a trained emergency team responds to the wanderer's area to locate them with tracking equipment. The Sheriff's Office has initiated this project, but needs additional equipment and training to be most effective. This free service must be introduced to caregivers and supporting agencies to be most effective. Funds will be used for training and equipment, as well as marketing this service among ADRD/caregiver community partners.

Implementation Plan with Estimated # served per program:

Partner	Milestone: 6/30/2016	Milestone: 12/31/2016	Milestone: 6/30/2017	Estimated # served
Isanti County Public Health Department	Develop a communication system between partners; Add ADRD resources and links to ICPH website and social media; Secure BPM arrangements for CDCC	Produce a 2016 evaluation form to analyze progress and lessons learned; Conduct Business Process Mapping with CDCC group	Implement an ADRD care coordination model to integrate all sectors and organizations; Put in place a system for managing performance of the model	500
ACT on Alzheimer's - Cambridge	Design, develop and print 5,000 resource guides; Distribute to local groups	Have provided 4 of the 6 training sessions for Isanti County businesses	Provide all 6 training sessions	800
Family Pathways	Conduct 2 of the 9 planned Dementia Friends trainings; Plan 4 trainings; Plan the EBVP workshops	Conduct the EVP workshop(s); Plan 7 trainings; Conduct a total of 5 trainings	Plan and conduct all 9 training sessions	270
Central Minnesota Council on Aging	Plan the logistics of the two fall traveling health fairs; Provide TA for upcoming trainings and events	Implement two fall semester traveling health fairs with Anoka-Ramsey College; Plan the two spring health fairs	Implement the two spring traveling health fairs; Provide TA as necessary for trainings and events	200
Allina Health	Work with partners to develop a process to track patient and caregiver referrals into community resources; Tool integration plan initiated.	Implement referral process; Evaluate effectiveness of referral process; Increase number of referrals and patient / family satisfaction	Complete all 3 EMR tool training sessions with Allina providers; Resource referral occurring for all ADRD patients and families	150

Isanti County Commission on Aging- Senior Activity Center	Develop a plan for bi-monthly events throughout the grant period; Create a process for using transportation funds	Reach 500 seniors with a newsletter that shares some ADRD information from the grant	Host 4 informational sessions at the center focusing on ADRD and community resources; Total of six newsletters planned and sent to subscribers	600
Isanti County Sheriff's Department- Project Lifesaver	Acquire equipment specified (2 receivers and 3 transmitters); Produce and distribute outreach materials in community	Train 5 Sheriff's Deputy staff on the Project Lifesaver equipment and techniques	Continue marketing Project Lifesaver, and demonstrate the program at local events	15
			Estimated total number of residents served =	2,535

Evaluation Plan

As the chief coordinator of operations, the ICPH Planner will administer the work plan with performance management goals and milestones at set intervals. The ICPH Planner will be updated by each group during the bi-monthly CDCC meeting, keeping track of performance management measures. If performance of individual proposals is not on track to achieve semi-annual milestones, then an analysis of the situation will be performed with possible strategy revisions to assure goals are accomplished. For each program, ICPH will utilize established tools and processes for evaluation where they are already in place. Following is a semi-annual milestone work plan for each participating organization and project:

Partner	Milestone: 6/30/2016	Milestone: 12/31/2016	Milestone: 6/30/2017	Program Evaluation Tool Used
Isanti	Develop a	Produce a 2016	Implement an	Website

County Public Health Department	communication system between partners; Add ADRD resources and links to ICPH website and social media; Secure BPM arrangements for CDCC	evaluation form to analyze progress and lessons learned; Conduct Business Process Mapping with CDCC group	ADRD care coordination model to integrate all sectors and organizations; Put in place a system for managing performance of the model	activity (hits); Deliverables – such as BPM products; Survey and interviews of participants to evaluate new model
ACT on Alzheimer's - Cambridge	Design, develop and print 5,000 resource guides; Distribute to local groups	Have provided 4 of the 6 training sessions for Isanti County businesses	Provide all 6 training sessions	Post training dementia readiness survey
Family Pathways	Conduct 2 of the 9 planned Dementia Friends trainings; Plan 4 trainings; Plan the EBP workshops	Conduct the EBP workshop(s); Plan 7 trainings; Conduct a total of 5 trainings	Plan and conduct all 9 training sessions	Post training dementia awareness survey with call to action
Central Minnesota Council on Aging	Plan the logistics of the two fall traveling health fairs; Provide TA for upcoming trainings and events	Implement two fall semester traveling health fairs with Anoka-Ramsey College; Plan the two spring health fairs	Implement the two spring traveling health fairs; Provide TA as necessary for trainings and events	Number of patients served; survey of nursing students regarding readiness to treat dementia patients
Allina Health	Work with partners to develop a process to track patient and caregiver referrals into community resources; Tool integration plan initiated.	Implement referral process; Evaluate effectiveness of referral process; Increase number of referrals and patient / family satisfaction	Complete all 3 EMR tool training sessions with Allina providers; Resource referral occurring for all ADRD patients and families	Survey of Allina CMC providers regarding comfort with new tool and the dementia care process
Isanti County Commission on Aging-Senior	Develop a plan for bi-monthly events throughout the grant period; Create a process for using	Reach 500 seniors with a newsletter that shares some ADRD information from the grant	Host 4 informational sessions at the center focusing on ADRD and	Pre and Post surveys of senior residents inquiring about

Activity Center	transportation funds		community resources; Total of six newsletters planned and sent to subscribers	social cohesion, knowledge of dementia services, and services available for affected families
Isanti County Sheriff's Department - Project Lifesaver	Acquire equipment specified (2 receivers and 3 transmitters); Produce and distribute outreach materials in community	Train 5 Sheriff's Deputy staff on the Project Lifesaver equipment and techniques	Continue marketing Project Lifesaver, and demonstrate the program at local events	Interview staff in Sheriff's Dept. about increased capacity and effectiveness with new equipment

Budget Proposal

ICPH will serve as the fiscal and administrative grant host. Operations will be coordinated and evaluated through consultation with ICPH staff to ensure grant funds are used appropriately. The total amount of grant funds requested is \$138,944, with \$39,327 of additional match funds (28.3%), producing a total proposal budget of \$178,271. In-kind funding will be accepted for certain programs that support the broader goals of this proposal and already have secured funding through other means. Matching funds will be used for compensating time for Allina Health's participation in the CDCC and offering Chronic Disease Self-Management Programs in the community, Family Pathways Powerful Tools for Caregivers program, and part of the funding for ICPH staff. Grant funds will be used for all other proposed operations and materials. See budget template for details.