

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

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Responders:

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Executive Summary

Alzheimer's disease and related dementias (ADRD) are projected to continue to increase at alarming rates, which presents many challenges but just as many opportunities. According to the Alzheimer's Association, 10% of adults over the age of 65 are currently living with ADRD and is projected to double by 2050. In Minnesota, the Alzheimer's Association projects that the number of people living with Alzheimer's will increase by 30.4% between 2017 and 2025. The effects of ADRD can be devastating for the individual with the disease, their family, caregivers, with broader effects on the community. Currently, about 70% of people with ADRD receive care in their homes, increasing the impact on caregivers and community members. Isanti County is determined to help individuals and families affected by ADRD by raising awareness of ADRD (category 1), increasing memory screening (category 2), and connecting caregivers with valuable community resources (category 3).

Isanti County is a vibrant community that values all stages of life and has an estimated 15.1% of the population that is 65 years and older. Incredible work is already being done with ADRD in the community which helps set the stage for building on current successes to continue the mission of improving the lives of all that are affected by ADRD and improve the health and wellbeing for the entire community. For these reasons, Isanti County Public Health (ICPH) proposes to continue to partner with various stakeholders such as health care systems, public agencies, private agencies, community organizations, and nonprofit organizations to help both individuals with ADRD and families that are affected by ADRD. Objectives of this work include: educating community members, students, and health professionals regarding ADRD; improving the diagnosis and community referral process for persons with ADRD and their caregivers; offering senior health and memory screenings; and facilitating social connectedness for elderly people in Isanti County.

Isanti County Public Health will facilitate this partnership directly with Allina-Health Cambridge Medical Center, ACT on Alzheimer's-Cambridge, Family Pathways, Central Minnesota Council on Aging, Isanti County Commission on Aging-Senior Activities Center (SACs), and Isanti County Sheriff's Office. Through a collaboration of efforts, Isanti County will raise awareness of ADRD and connect those affected to necessary resources. The group envisions a future where all lives are respected and caregivers have the support they need.

Description of the Applicant Agency

Isanti County Public Health (ICPH) 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 2016 population of 39,025. Many of the seniors in Isanti County choose to live at home as long as possible and have unpaid informal caregivers. ICPH believes it's important for the community to be aware of the challenges associated with ADRD and be an active partner in the planning, implementation, and evaluation of ADRD programs and activities.

As a local Public Health Department, ICPH is dedicated to providing essential public health services through the core areas of assessment, policy development, and assurance. Examples of the work regularly being performed by the agency include creating plans for public health emergencies, assessing health priorities of the community, and educating schools and worksites regarding the health benefits of good nutrition and active living. The agency provides nurse consultations and state-mandated waiver services to help evaluate the needs of residents and connect them to health and social services. Having staff devoted to public health planning and special projects, the agency has flexibility to tackle complex health issues through collaboration with community partners. The complex goal of preparing the community for dementia and providing resources for individuals with ADRD and their caregivers can only be accomplished through genuine partnerships.

Isanti County Public Health historically collaborates with a variety of public, private, and nonprofit organizations at local, regional, and state levels. Isanti County Public Health is currently managing a Minnesota Board on Aging Dementia Grant with seven community organizations working to increase awareness, support and connect caregivers, and increase memory testing. Some highlights from this current grant include: piloting a dementia referral system with Allina Health at the Cambridge Medical Center; hosting numerous Dementia Friendly at Work trainings; organizing four senior health fairs which provided memory screenings; arranged Powerful Tools for Caregivers workshops; expanded Isanti County's Project Lifesaver; and many senior and caregiver activities throughout the County. This proposal builds and expands on the work that has already been completed to allow Isanti County to continue to work toward the goal of reaching all persons with ADRD and their caregivers.

Description of Target Population

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 all residents of Isanti County. With an aging population and limited dedicated resources available to address the health needs of residents with ADRD and their caregivers, ICPH along with community partners operate on a commitment to proactively engage the elderly population and prepare the community for challenges related to ADRD. 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. Thirdly, this proposal looks to work with and educate the health care population on ADRD.

Many elderly adults in Isanti County choose to remain in their home for as long as possible, with many non-paid caregivers providing support. A community health survey administered through the Statewide Health Improvement Program found that 10.8% of Isanti County adults serve as the primary caregiver for one or more older adults. This high percentage of informal caregivers demonstrates the need to connect caregivers and potential caregivers to the services, education, and resources that are available. Providing this connection and education to the community is essential as the apparent lack of options and unknown resources that are available often leads to lost economic productivity for the community and increased health issues for the caregivers. Dementia education and connection to the available and expanding resources in the community will allow more time for families to develop options for aging with dementia, build a care team, and participate in support services. The demonstrated high need for connecting caregivers and potential caregivers continues to keep a primary goal of this proposal to connect caregivers. Being able to care for a person with ADRD begins with the identification as a caregiver and continues with knowing where to receive support and education.

Early identification and diagnosis is critical to help the person with ADRD, their family, and caregivers plan for the future, become educated on the disease, and increase their quality of life. The Alzheimer's Association reports that as many as 50% of patients with dementia never receive a diagnosis from their physician, despite the fact that nearly 89% of Americans say that they would want to know if they had Alzheimer's disease. That difference demonstrates another goal for this proposal, increasing memory screening and early detection in our community. Increasing the rate of memory screening in the community can also directly impact the rate of

early diagnosis.

Working with many diverse partners can present unique challenges along with the many benefits and opportunities. An anticipated barrier is reaching the many caregivers that are in the county. Caregivers often do not self-identify which can make connecting them to the necessary resources a challenge. Partnering with both Allina Health as well as Family Pathways will allow us to target this caregiver population as both organizations have a strong and familiar presence in the community and have years of experience working with caregivers. Another anticipated challenge is convening the diverse group of partners to ensure that we are all working together toward the same goal. The partners that we are working with for this proposal have all previously combined forces on the current dementia grant, allowing for a strong partnership.

This proposal targets older Minnesotans, healthcare professionals, families, and caregivers throughout Isanti County. Isanti County will be able to raise awareness and provide education to the targeted audience using a collaboration of health care protocols, community-based resources, community partners, and central coordinated services through ICPH. The goal of using a collaboration to reach our audience is to impact the greatest number of individuals. The estimated number of older Minnesotans, healthcare professionals, families, and caregivers that we expect to reach during the 12 month grant period is 1,000 based on the current work that we are doing and the numbers that we have seen impacted.

This grant proposal brings together a very diverse group of partners including paid staff, non-profit organizations, healthcare, and volunteer students to reach a very diverse audience, including persons with ADRD, caregivers, potential caregivers, healthcare professionals, students, and residents.

Project Goals and Objectives

The primary goals of this proposal are to continue to raise awareness of ADRD, connect caregivers to the services that are available in the community, and increase memory screening . These goals will be accomplished through our diverse partnerships already positioned to make

lasting impacts on ADRD awareness in the county. Our collaborative group possesses the resources and expertise necessary to take on the ADRD issues that may otherwise be too complex to handle individually.

The goal of raising awareness of ADRD has two main objectives. First, three traveling health fairs will be held, one in each city in Isanti County. This will provide and/or increase awareness to older Minnesotans and include completion of numerous health and memory screenings. The health fairs will provide older Minnesotans with information about the many resources that are available in Isanti County. Second, there will be a public screening of “*Every Minute Counts*” documentary that will be open to the public and end with a panel discussion and question/answer session with area experts. The screening will reach community members at all levels and participation levels with ADRD; from ‘not yet personally impacted by ADRD’ to community agency or business with customers with ADRD to family member caregivers with those with active ADRD. Community guide resources will be provided to attendees as well.

The second goal of connecting caregivers to community resources has several objectives building and expanding on the work that has already been completed. The first objective is to start a Memory Cafe in Isanti County. The Memory Cafe will serve as a place where people with ADRD and their caregivers can gather for support, encouragement, learn from each other, and learn about local resources. The second objective is to create new ‘art reminiscence kits’ for caregivers and caregiver consultants to use with persons with ADRD. The third objective is to continue to expand the Project Lifesaver by increasing the service to more residents in need.

The final goal is to increase memory screening, early detection, and cognitive testing which has two main objectives. First, ICPH will continue to partner with Allina Health to review and refine the clinical referral tool and then design education and training tools to spread the tool to the other 90 primary care clinics. The referral tool helps meets the goals of increasing cognitive testing and connecting caregivers to resources. The second objective is to pilot the EMR tools at Cambridge Medical Center, provide training and education for all staff and clinicians for the new care model, with the end objective to implement the EMR tools to all 90 Allina Health primary care clinics.

Project Activities and Implementation Plan

Isanti County Public Health- As the grant administrator and fiscal agent will coordinate and convene all partners and stakeholders, resolve any issues with the work plans, and maintain

performance management/quality improvement and evaluation to ensure goals are being met. ICPH will continue to host and facilitate the Community Dementia Care Collaborative (CDCC) bi-monthly meetings with all partners to share challenges, progress, and brainstorm new ideas and strategies. The Public Health Planner will continue to perform these leadership and organizational duties. ICPH sees ADRD as part of the overall mental health priority identified perennially in Isanti County's community health assessments (CHA) and included in formal documents and plans including the current community health improvement plan (CHIP).

ACT on Alzheimer's-Cambridge- The local group of ACT on Alzheimer's continues to be very committed and passionate about creating a dementia friendly community. This funding will allow the group to expand their current programs by funding the starting of a Memory Cafe for Isanti County. The Memory Cafe will be a safe, supportive place for persons with ADRD and their caregivers to meet for support, encouragement, education, and connection to resources. ACT on Alzheimer's-Cambridge will also host a free community screening of the PBS documentary "Every Minute Counts" at the local movie theater reaching 100-200 people. The movie screening will be followed with a panel discussion with local experts and community members. The movie screening will raise awareness in the community about the current state and future of ADRD in the community and be a call to action to prepare. The leader of the ACT on Alzheimer's-Cambridge, with support from other members at large, will be responsible for carrying out these tasks.

Central Minnesota Council on Aging- Through collaboration with the Anoka-Ramsey Community College-College of Nursing, a total of three traveling health fairs will be offered in Isanti County. Nursing students, under supervision of college staff, will provide health screenings, including memory screenings and Live Well at Home Rapid Screen. Those with positive screenings will be referred to the appropriate resources.

Allina Health- As a major health care provider in Isanti County, Cambridge Medical Center and the Isanti Clinic are committed to meeting the health needs of the surrounding community. Allina Health intends to continue to make great advances in its ADRD care, diagnosis, and referral process. Allina Health will be continuing to refine their newly piloted referral tool, where physicians can refer their patients to one of three options: Senior Linkage Line, Alzheimer's Association, or Family Pathways, and design education and training to provide the tool to the other 90 primary care clinics throughout Minnesota. Allina Health would also use the funds to

implement the ACT on Alzheimer's EMR tools into the medical record system with the goal to roll out the tools to all 90 primary care clinics. Additionally, Allina Health will provide education and training to all staff and clinicians that work with ADRD patients within the new care model.

Isanti County Commission on Aging- Senior Activities 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. 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 sessions, transportation for those who cannot afford it, advertising for classes and events, printed materials for classes, postage for newsletters that are distributed to about 500 older Minnesotans, 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 ADRD, 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 a 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 the most effective and ensure that all who need the service are able to receive it.

Family Pathways- Family Pathways is a local non-profit organization that works to provide support services to older Minnesotans and caregivers. Family Pathways will work with a local artist to create a memory book featuring Isanti County farms and farmhouses to provide a new reminiscence option for the community. The new In-Home Respite Arts and Activities Library will provide engaging activities enabling staff and volunteers to bring art into the community and they are expecting to reach at least 25 caregivers and persons with ADRD. Older Minnesotans, especially those diagnosed with dementia often do not receive exposure to activities designed to inspire creativity and social interaction which is shown to be beneficial in the progression of ADRDs.

Evaluation Plan

As the chief coordination of operations, the ICPH Planner will administer the work plan with performance management goals and milestones at set intervals. If performance of individual proposals is not on track to achieve predetermined 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 milestone work plan for each participating organization and project:

Partner	Milestone: 10/31/2017	Milestone: 4/31/2017	Milestone: 7/31/2018
Isanti County Public Health Department	Update ICPH website and social media, connect all partners	Produce evaluation form to analyze progress	Complete all required reporting
ACT on Alzheimer's Cambridge	Plan and secure location for screening, Hold first 3 Memory Cafes	Hold community screening, hold a total of 8 Memory Cafes	Complete 12 Memory Cafes reaching 15 unduplicated ADRD and 20 unduplicated caregivers
Central Minnesota Council on Aging	Plan and secure locations and dates for all health fairs	Hold at least 2 health fairs	Host all three health fairs, reaching 100 unduplicated seniors
Allina Health	Pilot EMR tools at CMC and provide training and education to staff	Educate and train other facilities on referral tool to resources and cognitive testing, reaching 20 patients, rolling out the tool to 5 more clinics	Provide both Living Well with Chronic Conditions, reaching a total of 20 patients, have plan for training other clinics on EMR tools
Isanti County Commission on Aging- Senior Activity Center	Reach 500 seniors with one newsletter, have completed three activities	Reach 500 seniors with each of 3 newsletters with ADRD education	Total of six newsletter completed, 12 activities completed serving 20 unduplicated persons with ADRD, and 25 caregivers
Isanti County Sheriff's Office	Acquire equipment specified in grant	Promote and educate community about program	Complete all training on equipment and techniques

Family Pathways	Create new Arts and Activities Library and train at least one person	Provide new service to at least 10 caregivers, have all training completed	Provide new services to 25 caregivers/persons with ADRD
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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 **\$88,738 with \$29,315** of additional match funds, producing a total proposal budget of **\$118,053** . 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. This budget was conservatively created keeping administrative costs low and leaving most funds to be utilized for direct costs of program staff, activities, events, and processes. Each budget line item has a specific and detailed use and can be factored into the overall goals of this proposal. See budget template for details.