

# Living Alone With Dementia: Prevalence, Challenges and Strategies for Service Providers

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*July 28, 2017*



## Prevalence and Severity

- According to the National Health and Aging Trends Study, more than 30 percent of people with dementia lived alone in 2011.
- Dementia symptoms combined with impairments in vision, hearing, gait and ability to communicate compound vulnerability and unsafe conditions for people living alone.
- Progressive decline associated with dementia may go unnoticed until an emergency occurs.

## Challenges for Service Providers

- Identifying people who live alone
- Assessing level of risk
- Building trust
- Supporting safety and respecting autonomy
- Involving family and friends and expanding the person's network of support
- Coordinating paid providers and formal support services
- Assisting with transition to a new setting

3

## ACL Dementia Program Alzheimer's Disease Initiative-Specialized Supportive Services (ADI-SSS)

### ❖ Program Target Gaps

- Provision of effective supportive services to persons living alone with ADRD in the community;
- Provision of effective care/supportive services to persons living with moderate to severe impairment from ADRD and their caregiver;
- Improvement of the quality and effectiveness of programs and services dedicated to individuals aging with intellectual and developmental disabilities with ADRD or those at high risk of developing ADRD;
- Delivery of behavioral symptom management training and expert consultation for family caregivers.

4

ACL Dementia Program  
Alzheimer's Disease Initiative-Specialized Supportive Services  
(ADI-SSS) (con't)

- Community-Based Organizations only;
- Designed to fill gaps in dementia-capable long-term services and supports;
- Includes evidence-based/evidence informed intervention, direct service and match requirements.

Innovative Approaches for Providing Services

- Identify and provide services to individuals with ADRD living alone in public housing units.
- Pilot a sensor technology program to protect the health and safety of persons with ADRD who live alone.
- Train “gatekeepers” such as law enforcement, Meals on Wheels assessors, banks, clergy and others who have regular contact to identify, understand safety issues and refer for assistance.
- Teach money management skill building and train representative payees.
- Develop an in-depth assessment and referral tool that enables social service providers to offer case management.
- Form a community support network to allow people to donate time for services to people who live alone with dementia

## Texas Identification, Referral and Case Management

**Identification and Referral Protocols** for service providers, point of entry entities, and case management services includes dementia screening and assessment tools along with a network of local resources.

**Case Management:** Dementia-specific Case Manager (DSCM) developed protocols and local case management organizations were trained to identify, assess, and respond to the needs of individuals living alone with or at risk of ADRD.

## Maine Community Support Program

**Target:** Living alone with dementia w/o adequate support

- Pilot in one area -York County
- Expanded MOW assessment for case finding
- Case mix: 75% “complex”
- Professional dementia specialists serving small case loads (1.6 FTE staff)
- Average length of involvement: 8.8 months

## California Care Circle Approach

- **Dementia Safety Net Algorithm** tool assesses unmet Diagnostic, Medical, Financial/Legal, Daily Living, Safety, Quality of Life, Support System, or Technology Needs
- Professionals identify and develop a “**care circle**” of friends, neighbors, and others to help people with dementia who live alone.
- **Resource Guide**, titled *Alone, But Not Forgotten: Supporting those living alone with memory loss* addresses diagnosis, partnering with a medical team, legal and financial planning, and potential safety issues.

9

## Available Resources

National Alzheimer’s and Dementia Resource Center

[www.nadrc.acl.gov](http://www.nadrc.acl.gov)

- Guide for Professionals on Practical Strategies for Persons with Dementia Living Alone <https://nadrc.acl.gov/node/98>
- Identifying and Meeting the Needs of Individuals with Dementia Who Live Alone (issue brief) <https://nadrc.acl.gov/node/79>
- Identifying and Supporting People With Dementia Who Live Alone (webinar) <https://nadrc.acl.gov/node/54>

10

## Contact

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## July 28, 2017 -- Advisory Council Meeting #25

The meeting was held on Friday, July 28, 2017, in Washington, DC. The Advisory Council spent the morning discussing information gaps across the three areas of research, clinical care, and long-term services and supports. There was also a presentation on the recently released National Academy of Sciences, Engineering, and Medicine (NASEM) report on preventing cognitive decline. Additional presentations included a presentation on planning and progress towards the October Care and Services Summit and federal workgroup updates. Material available from this meeting is listed below and is also available at <https://aspe.hhs.gov/advisory-council-alzheimers-research-care-and-services-meetings#Jul2017>.

Comments and questions, or alerts to broken links, should be sent to [napa@hhs.gov](mailto:napa@hhs.gov).

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### General Information

<b>Agenda</b>	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
<b>Meeting Announcement</b>	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
<b>Meeting Summary</b>	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
<b>Public Comments</b>	<a href="#">[HTML Version]</a>

### Presentation Slides

2017 National Plan Update and Non-Federal Recommendations	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Clinical Services Subcommittee Federal Update	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
CommunityRx for Community-Residing People with Dementia and Their Caregivers	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Dementia Caregiving in the U.S.	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Development of the FY 19 NIH Bypass Budget for Alzheimer's Disease and Related Dementias	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Implications of a Biologically Based Definition of Alzheimer's Disease	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Increasing Opportunities for Choice and Control for Persons with Dementia	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Interventions to Prevent or Slow Cognitive Decline, MCI and Dementia in Individuals without Dementia	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Living Alone With Dementia	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>

Long-Term Services and Supports Committee Update	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Managing Chronic Conditions in People Living with Dementia	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Preventing Cognitive Decline and Dementia	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
Research Summit on Dementia Care	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>
The Many Challenges of Alzheimer's Disease	<a href="#">[HTML Version]</a> <a href="#">[PDF Version]</a>

## **Videos**

Welcome thru Clinical Care	<a href="#">[Video]</a>
LTSS Research	<a href="#">[Video]</a>
Public Comments thru Federal Workgroup Updates	<a href="#">[Video]</a>
Recommendations thru Adjourn	<a href="#">[Video]</a>

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Last Updated: 06/27/2018