

National Alzheimer's Project Act Advisory Council on Alzheimer's Research, Care, and Services

Long-Term Services and Supports Federal Update

July 29, 2019

Assistant Secretary for Planning and Evaluation

New Reports on LTSS

- Analysis of Pathways to Dual Status: Final Report: <https://aspe.hhs.gov/basic-report/analysis-pathways-dual-eligible-status-final-report>
- Loss of Medicare-Medicaid Dual Eligible Status: Frequency, Contributing Factors, and Implications: <https://aspe.hhs.gov/basic-report/loss-medicare-medicicaid-dual-eligible-status-frequency-contributing-factors-and-implications>
- How Many Older Adults Can Afford To Purchase Home Care? Research Brief: <https://aspe.hhs.gov/basic-report/how-many-older-adults-can-afford-purchase-home-care>
- What Is the Lifetime Risk of Needing and Receiving Long-Term Services and Supports? Research Brief: <https://aspe.hhs.gov/basic-report/what-lifetime-risk-needing-and-receiving-long-term-services-and-supports>
- Assessing the Out-of-Pocket Affordability of Long-Term Services and Supports Research Brief: <https://aspe.hhs.gov/basic-report/assessing-out-pocket-affordability-long-term-services-and-supports-research-brief>
- Support And Services at Home (SASH) Evaluation Findings, 2010-2016: <https://aspe.hhs.gov/system/files/pdf/262071/SASH5.pdf>
 - SASH highlights: <https://aspe.hhs.gov/system/files/pdf/262061/SASH5hl-rs.pdf>

Administration for Community Living

June 2019 Alzheimer' Disease Programs Initiative (ADPI)

Grants to States and Communities

(\$6,219,240)

- Collabria Care (CA)
- Motion Picture and Television Fund (CA)
- Tennessee Commission on Aging and Disability (TN)
- Lutheran Community Services of the Northwest (WA)
- City of Chicago (IL)
- AltaMed Health Services Corporation (CA)
- State of California Department on Aging (CA)

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OPEN FUNDING OPPORTUNITY ANNOUNCEMENT

Alzheimer's Disease Programs Initiative - Grants to States and Communities

HHS-2019-ACL-AOA-ADPI-0360

Applications due **August 13, 2019**

Estimated Total Funding: \$10,711,378

Expected Number of Awards: 13

Award Ceiling: \$1,000,000 Per Project Period

Award Floor: \$400,000 Per Project Period

Administration on Aging

RAISE ACT/Grandparents Raising Grandchildren Act Implementation Update

- 28 Advisory Council Special Government Employees in processing
- The logistics contracts awarded
 - Working to secure fully accessible meeting space in federal buildings
- Council meeting dates announcements forthcoming
- National Academy For State Health Policy funded by John A. Hartford Foundation to establish a resource and dissemination center to support the work of the RAISE Council.

Administration for Community Living

National Alzheimer's and Dementia Resource Center

<https://nadrc.acl.gov/>

UPCOMING WEBINAR

Financial Capacity for People Living with Dementia and their Caregivers

Tuesday, August 6, 2019, (2:00-3:00 p.m. ET)

[Registration Link](#)

Presenters:

- Cindy Hounsell - Women's Institute for a Secure Retirement (WISER)
- Laurel Beedon, Ph.D.

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UPCOMING WEBINAR

Strategies for Sustaining ACL Dementia Grant Projects and Lessons Learned Over Time

Tuesday, September 17, 2019, (1:00-2:00 p.m. ET)

[Registration Link](#)

Presenters:

- Alex Morris - Alzheimer's Association's Northern California and Northern Nevada Chapter
- Katie Scott, BakerRipley, Houston, TX

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<https://nadrc.acl.gov/>

Recent Webinars

- ACL Dementia Grantee Developed Products: Virginia's Collaborative Care Coordination Model and Eddy Alzheimer's Services Training on Dementia Care for Persons with Intellectual and Developmental Disabilities (July 24, 2019)
- Addressing Social Isolation and Loneliness Among People Living With Dementia (June 25, 2019)
- Caregiving for People with Non-Alzheimer's Dementia (June 4, 2019)
- Engaging, Training and Implementing Programs that Utilize Volunteers for Dementia Programs (May 21, 2019)
- The Messages We Send: Stigma Toward Persons Living with Dementia and How to End It (May 7, 2019)

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ACL/Alzheimer's Association Webinar Series
National Alzheimer's Call Center
(ACL Grantee \$1,233,571 annually 2018-2023)

Two webinars designed to ensure professionals are knowledgeable about the impact of Alzheimer's disease and brain health on families, and understand critical community resources and supports.

Alzheimer's Facts, Figures and Resources: Connecting People to the Help They Need
(April 2019)

Alzheimer's and Brain Health: What You Should Know And What You Can Do
(May 2019)

Webinars can be found at: <https://nadrc.acl.gov/node/168>

Administration for Community Living

COMING SOON!

**National Alzheimer's and Dementia Resource Center
New Resources**

Look for these materials at <https://nadrc.acl.gov/>

- IDD and Dementia Practical Strategies Guide
- Highlights of ACL Alzheimer's and Dementia Program Grantee Developed Resources
- Dementia Capable States and Communities: The Basics **(2019 update)**
- Grantee Implemented Evidence-Based and Evidence Informed Interventions **(2019 update)**

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National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR)

Rehabilitation Engineering Research Center (RERC) for Advancing Cognitive Technologies

- New funding cycle FY19-FY24 competition underway – Opportunity closed July 19, 2019
- Current Center in final year of funding. Sample study: [Qualitative study of affective identifies in dementia patients for the design of cognitive assistive technologies.](#)
 - The goal of the study is to develop an emotionally intelligent cognitive assistant (ICA) to help older adults with Alzheimer's disease (AD) to complete activities of daily living more independently

Centers for Disease Control and Prevention

DATA FOR ACTION



PUBLIC DATA
PORTAL ON THE
HEALTH OF OLDER
ADULTS

Centers for Disease Control and Prevention

Alzheimer's Disease and Healthy Aging Data Portal

The Alzheimer's Disease and Healthy Aging Data Portal provides easy access to national and state level CDC data on a range of key indicators of health and well-being for older adults, including:

- Caregiving
- Subjective Cognitive Decline
- Screenings and vaccinations
- Mental health

These indicators provide a snapshot of currently available surveillance information, and can be useful for prioritization and evaluation of public health interventions.



Explore Alzheimer's Disease and Healthy Aging Data By Location

Explore Alzheimer's Disease and Healthy Aging Data for all indicators for one location: the U.S., a region, or a state.

Location



Explore Alzheimer's Disease and Healthy Aging Data By Indicator

Explore Alzheimer's Disease and Healthy Aging Data for one indicator for all available locations.

Category

Create Custom Reports and Visualizations

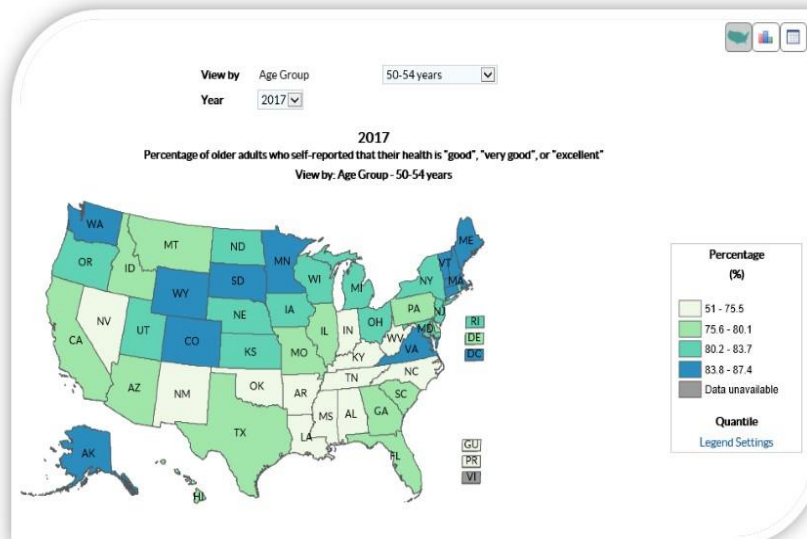
Go to the Alzheimer's Disease and Healthy Aging Data Portal to create a custom report, customize visualizations, download data, and more.

[Alzheimer's Disease and Healthy Aging Data Portal](#)

Alzheimer's Disease and Healthy Aging Data Publications

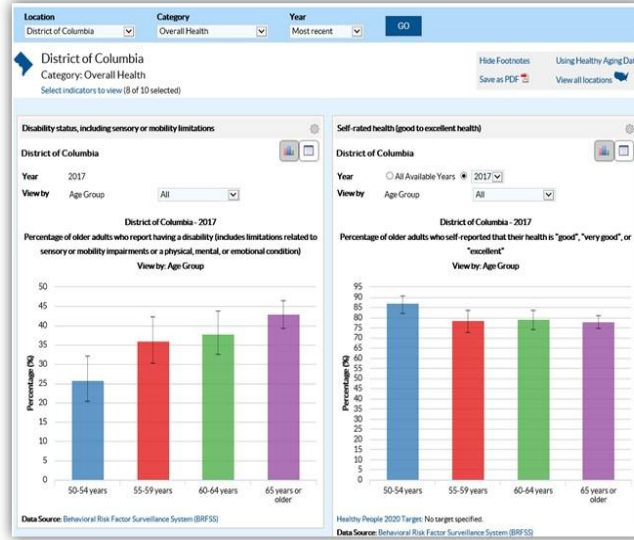
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NATIONAL OVERALL HEALTH



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DISTRICT OF COLUMBIA – OVERALL HEALTH



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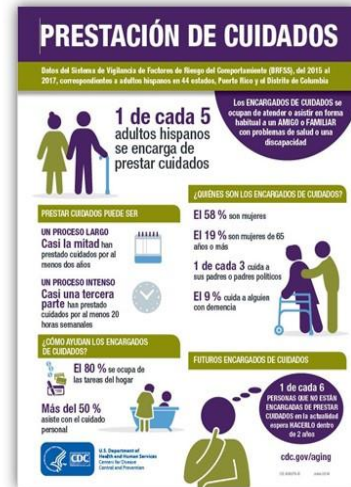
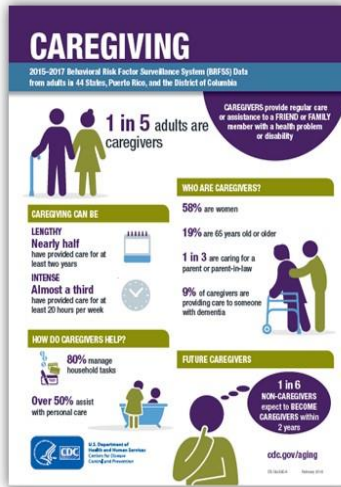
DATA FOR ACTION
AGGREGATE INFOGRAPHICS—NEW SPANISH TRANSLATION



SCD Infographics

Centers for Disease Control and Prevention

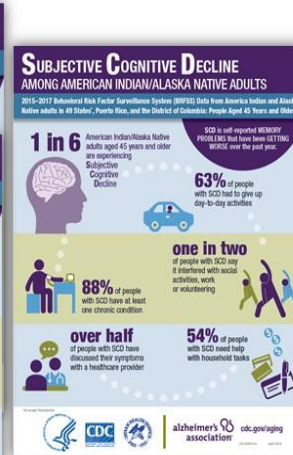
DATA FOR ACTION
AGGREGATE INFOGRAPHICS—NEW SPANISH TRANSLATION



Caregiving Infographic

Centers for Disease Control and Prevention

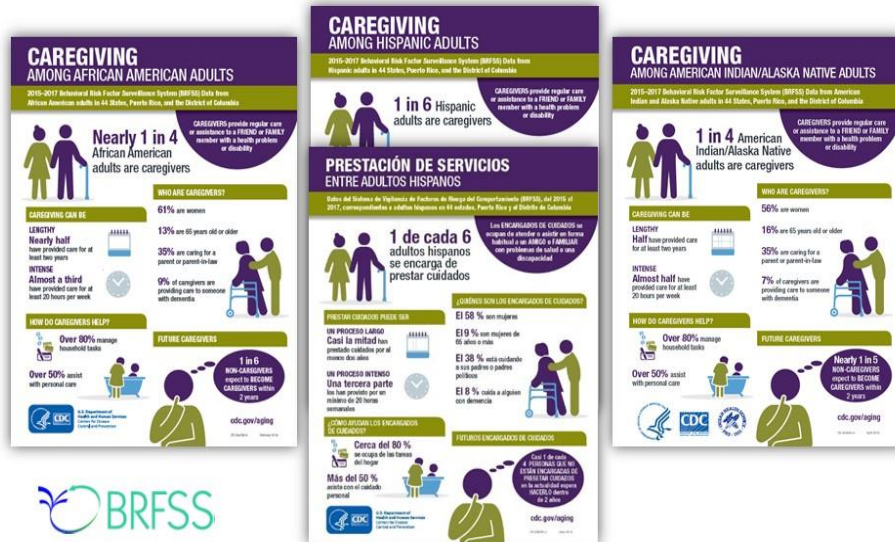
DATA FOR ACTION-- RACE/ETHNICITY
SCD
INFOGRAPHICS
NEW SPANISH TRANSLATION



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Race/Ethnicity Caregiving Infographics—New Spanish Translation



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DATA FOR ACTION

New Data Briefs

Subjective Cognitive Decline — A Public Health Issue

Subjective Cognitive Decline (SCD) is the self-reported experience of memory or other cognitive functions that are worse than expected for someone your age. It is a form of cognitive impairment and is a public health issue because it is associated with an increased risk of dementia.

Some cognitive decline can occur as adults age, but research suggests that cognitive decline may be preventable in some cases. For example, a 2017 study found that people who were cognitively healthy at age 65 were more likely to remain cognitively healthy at age 85 if they had higher education, were physically active, and had better health behaviors (e.g., not smoking, drinking alcohol in moderation, and eating a healthy diet).

Diagnosing a combination of problems in the brain that leads to SCD is challenging because it is often difficult to distinguish between SCD and early-stage dementia. However, research suggests that SCD is a reversible condition, and people with SCD may benefit from interventions that improve cognitive function.

Subjective Cognitive Decline is self-reported cognitive impairment that has been recognized as a public health issue by the CDC.

Coronary Heart Disease, Myocardial Infarction, and Stroke — A Public Health Issue

Adults are living longer, and diseases of the heart and circulation are the leading causes of death and disability among people in the growing population of older adults. Coronary conditions along with cognitive, vision, physical balance and strength are factors that affect a person's ability to function well and make disease management for people with coronary heart disease more challenging.

Maintaining functional abilities is critical for older adults from the perspective of overall health status, heart health, and chronic disease management.¹ Physical activity is key to preserving functional capacity and reducing frailty, which occurs more frequently in people with heart disease.² High blood pressure is an under-recognized contributing factor to coronary disability and medication use, and also key to preserving functional capacity.³ Physical activity is important for maintaining heart muscle, vessel elasticity, reducing blood pressure levels, and improving physical balance and strength.⁴ It is fundamental to chronic disease management programs and cardiac or stroke rehabilitation plans for improved mobility, flexibility and muscle strengthening.⁵

High blood pressure is a risk factor for coronary heart disease, myocardial infarction and stroke and is very common in older adults.⁶ It is a leading cause of preventable stress and death.⁷ Controlling high blood pressure in older adults is a leading cause of preventable stress and death.⁸ Lowering blood pressure can be done safely with an established medication regimen, physical activity and reduced sodium/salt intake.⁹ Treating high blood pressure in older adults is a challenge due to other comorbid conditions, frailty, cognitive impairment and multiple medication use.¹⁰

Coronary heart disease develops when major blood vessels supplying the heart with blood, oxygen and nutrients become damaged or blocked due to plaque build-up that limits blood flow.¹¹ Angina, a symptom of coronary heart disease, is chest pain or discomfort that occurs when an area of heart muscle is starved of oxygen-rich blood.¹² A heart attack occurs when the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked and the heart can't get oxygen and may damage heart muscle. A stroke leads to death of brain cells due to lack of oxygen, caused by blockage of blood flow or rupture of a vessel to the brain.¹³

Caregiving for Family and Friends — A Public Health Issue

Approximately 40 million people live with a chronic condition that may require the help of another person. Caregivers are essential to the health and well-being of people with chronic conditions. However, caregiving is often a challenging and stressful experience for caregivers. It is important to recognize the public health issue of caregiving and to provide support and resources for caregivers.

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NEW – PODCAST SERIES



- Memory Loss is Not a Normal Part of Aging
- Alzheimer's Disease Deaths

Centers for Disease Control and Prevention

Recent CDC Web Feature & DYK

Alzheimer's Disease and Healthy Aging Program home

The Truth About Aging and Dementia

Your body undergoes many changes with aging, although there are some normal age-related changes, including to a person's memory and thinking, dementia, or severe memory loss that interferes with daily life, is not part of the normal aging process. Learn what's healthy aging and what's not.

What is normal aging?

Signs of aging can start as young as age 30. The process of aging includes many changes in the body, including:

- **Heart and blood vessels:** Softening of arteries and blood vessels makes the heart work harder. Physical activities such as walking long distances or working uphill may become more difficult.
- **Bones:** Bones become and remain steadily stronger from more fragile and easy to break. Cartilage in joints may start wearing away, which can cause some pain or stiffness.
- **Reaction time:** Reaction time, flexibility, and endurance over time. Reaction time decreases 3% every decade after 30 years of age, and reaction time increases over age 60.
- **Bladder and bowel:** The ability for the bladder to stretch and then go back to its normal shape may be reduced. This may cause the bladder to hold less urine than before, leading to more frequent trips to the bathroom. Changes in bowel can lead to constipation.
- **Sense of touch:** Sensitivity to touch, hearing, or smells in some people. In children and teenagers, more delicate, making it easier to get bruises and cuts.
- **Wrinkles:** Changes in skin can include dryness, a result of the hardening of the skin. Generally, a wrinkling of the skin is a sign that affects older skin. However, this can cause hair to grow and naturally thinned hair to fall out.
- **Memory and Thinking (Cognition):** Normal aging may mean slower processing speeds and more difficulty with multitasking, but overall memory, skills, and knowledge are stable and may even improve with age. It's normal to occasionally forget recent events such as where the keys were last placed or the name of the person you just met.

What is NOT normal aging

Although there are some normal age-related changes in memory and thinking, confusion and memory loss that interfere with your daily life are not part of normal aging process.

Dementia is a term for a collection of symptoms of cognitive decline including disruptions in language, memory, attention, recognition, problem solving, and decision-making that interferes with daily activities. Although 5.8 million people in the U.S. have dementia, it is not normal aging of the brain.

Other signs of dementia include:

- not being able to complete tasks independently
- difficulty with learning items or classifying members
- forgetting the function of items
- repeating questions
- taking much longer to complete customary tasks
- misplacing items frequently

Provided by CDC's CENTER FOR STATE, TRIBAL, LOCAL, AND TERRITORIAL SUPPORT

Did You Know?

June 7, 2019

- Dementia is **not a normal part of aging**.
- More than half of people with **memory loss** have not talked to a healthcare provider.
- The **Healthy Brain Initiative Road Map** (PDF-1998) contains **25 specific actions** (PDF-34903) that state and local public health professionals can take to lessen the future impacts of dementia in their communities.

About Did You Know?
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Recent CDC Web Feature & DYK

Alzheimer's Disease and Healthy Aging

Minorities and Women Are at Greater Risk for Alzheimer's Disease

Are you more likely to get Alzheimer's disease? Read about who is at risk and what you can do.

Hispanic and African Americans in the United States will see the largest increases in Alzheimer's disease and related dementias between 2015 and 2060. Dementia is not a single disease but rather a general term for the impaired ability to remember, think, or make decisions that interferes with living everyday activities.

Alzheimer's disease is the most common type of dementia. Current estimates are that about 5.6 million people in the United States have Alzheimer's disease and related dementias, including 3.6 million aged 65 and older and about 200,000 under age 65 with younger-onset Alzheimer's.

By 2060, the number of Alzheimer's disease cases is projected to rise to an estimated 14 million people, with minority populations being affected the most:

- Cases among Hispanics will increase seven times over today's estimates.
- Cases among African Americans will increase four times over today's estimates.

Health conditions such as heart disease and diabetes may account for these differences, as they are more common in the Hispanic and African American populations. Lower levels of education, higher rates of poverty, and greater exposure to adversity and discrimination may also increase risk of Alzheimer's disease.

Among all races, women are nearly two times more likely to be affected by Alzheimer's disease than men. The difference is due primarily to women living longer.

Understanding the disparities in Alzheimer's disease and related dementias is the first step toward developing prevention strategies and for getting services to those most at risk for developing the disease.

Get Your Doctor and Family Involved

Other adults, especially women, and family members who are experiencing symptoms of memory loss should have an assessment performed by their health care provider. Doing this early can help focus efforts on early care to prevent and/or manage it, and provides the opportunity to care and other possible reasons for memory loss, such as medication side effects, stress, or vitamin deficiencies.

Access the Resources

To learn more about [Alzheimer's disease](#) or other types of [dementia](#), and access resources for [patients](#) of Alzheimer's disease and healthy aging.

Reference

Matthews KA, Bu R, Gaughan AM, et al. Racial and ethnic estimates of Alzheimer's disease and related dementias in the United States (2015-2060) in adults aged ≥65 years. *Alzheimer's Dement*. 2015;11(1):17-24. <https://doi.org/10.1016/jalz.2015.06.002>

Alzheimer's Association. 2018 Alzheimer's Disease Facts and Figures. <https://www.alz.org/alzheimers-disease-and-related-disorders/2018-report>. PDF - 1 MB | PDF - Alzheimer's Dement. 2018;13(1):1-45.

Provided by CDC's CENTER FOR STATE, TRIBAL, LOCAL, AND TERRITORIAL SUPPORT

Did You Know?

May 24, 2019

- One in six American Indian/Alaska Native (AI/AN) adults aged 45 years and older experiences **subjective cognitive decline**, the self-reported experience of worsening or more frequent confusion or memory loss.
- The number of AI/AN adults aged ≥ 65 years living with **dementia is projected to increase** fivefold by the year 2060.
- Public health and healthcare professionals can use the [Road Map for Indian Country](#), a comprehensive guidebook, to address dementia in AI/AN communities.

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Newsletter Subscription
Select "Healthy Aging"

Alzheimer's Disease and Healthy Aging

NEW!

Healthy Brain Initiative Road Map for Indian Country

Alzheimer's Disease and Related Dementias | Caregiving | Healthy Brain Initiative State and Local Public Health Road Map

Data and Statistics | Resources & Publications | Healthy Brain Initiative

Health Information | Information for Health Professionals

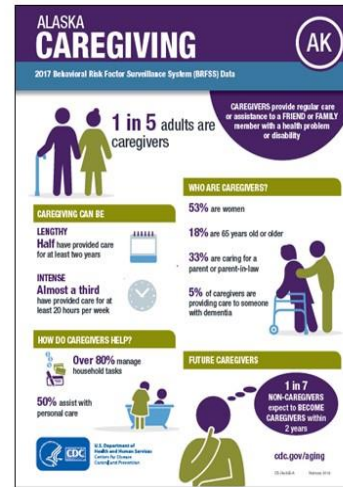
Communications Center | Alzheimer's Disease and Healthy Aging Data Portal

cdc.gov/aging

Centers for Disease Control and Prevention



Data for Action 2017 State Infographics



SCD Infographics



Caregiving Infographic

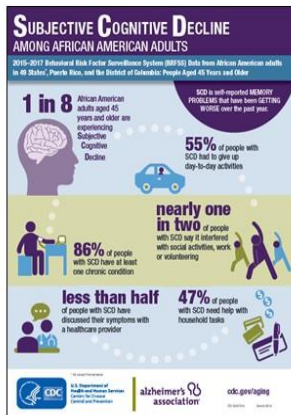


HEALTHYBRAIN INITIATIVE

State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map

Centers for Disease Control and Prevention

Data for Action New Race/Ethnicity SCD Infographics



HEALTHYBRAIN INITIATIVE

State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map



THANK YOU!