

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

## Long-Term Services and Supports Committee Update

July 30, 2018

## Administration for Community Living

### National Alzheimer's and Dementia Resource Center (NADRC)

#### Webinars

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

#### **Finding the Balance--Enhancing Self-Efficacy in Persons Living with Dementia (June 26, 2018)**

Presenter: Dr. Susan Wehry

People trained: 814

#### **Disaster Preparedness for Community-Dwelling Older Adults with Dementia and Caregivers: Key Design Elements & Lessons Learned from a Health System Pilot (July 10, 2018)**

Presenters: Nancy Oliva and Betty Wexler    People Trained – 554

Goal 4 – Enhance public awareness and engagement – educate public, work with state tribal and local governments to improve coordination and identify model initiatives to advance ADRD awareness and readiness

# Administration for Community Living

*UPCOMING*

**National Alzheimer's and Dementia Resource Center (NADRC) Webinars**

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

**July 31, 2018: Addressing Health Disparities in People Living with and at Risk for Dementia**

**Presenters:** Dr. Lisa Barnes and Andrea Garr

**August 7, 2018: First Responder Training and Programs to Support People with Dementia**

**Presenters:** Jessica Empeño and Molly Schroeder

Goal 4 – Enhance public awareness and engagement – educate public, work with state tribal and local governments to improve coordination and identify model initiatives to advance ADRC awareness and readiness

# Administration for Community Living

**2018 Alzheimer's Disease Grant Program Applications**

*Under Review*

- 2018 Alzheimer's Dementia Programs Initiative (ADPI): Grants to States and Communities**
- 2018 Alzheimer's Call Center**

# Data for Action

## State-specific Subjective Cognitive Decline Infographics



[www.cdc.gov/aging](http://www.cdc.gov/aging)



HEALTHY BRAIN INITIATIVE *State and Local Partnerships to Address Dementia: The 2018-2023 Road Map*

## Healthy People 2030 Proposals Submitted: Dementias, Including Alzheimer's Disease



*From Healthy People 2020*

DIA 1: Increase the proportion of adults aged 65 years and older with diagnosed Alzheimer's disease and other dementias, or their caregiver, who are aware of the diagnosis

DIA 2: Reduce the proportion of preventable hospitalizations in adults aged 65 years and older with diagnosed Alzheimer's disease and other dementias

*New Proposal for 2030*

Increase the proportion of adults aged 65 years and older with Subjective Cognitive Decline (SCD) who have discussed their confusion or memory loss with a health care professional

HEALTHY BRAIN INITIATIVE *State and Local Partnerships to Address Dementia: The 2018-2023 Road Map*

# Recent Publication on Subjective Cognitive Decline

Centers for Disease Control and Prevention  
**MMWR**  
 Morbidity and Mortality Weekly Report  
 Weekly / Vol. 67 / No. 27  
 July 13, 2018

**Subjective Cognitive Decline Among Adults Aged ≥45 Years — United States, 2015–2016**

Cheney A, Taylor RW, Breitner JC, Boyle PA, Lee C, McLean-Parks D

Subjective cognitive decline (SCD) is self-reported cognitive decline or worsening of brain function without an obvious cause. It is a prodromal sign of dementia. A recent study found that SCD is associated with an increased risk of dementia. In a study of 10,000 older adults, those with SCD were 2.5 times more likely to develop dementia over 10 years compared with those without SCD. In another study, those with SCD were 1.5 times more likely to develop dementia over 5 years compared with those without SCD. SCD is associated with an increased risk of dementia, and it is important to identify and address SCD early.

**NOTE**  
 708 Interpretation Among Workers — United States, 2010–2016  
 710 Occupational Memory Exposure as a Fluorocarbon Leaking Refrigerant Facility — Wisconsin, 2017  
 717 Notes from the Field: Ovarian Steroids with Cognitive and Other Benefits of Aging? — United States, July 2016–June 2017  
 718 Notes from the Field: Social Inequality and Health Disparities — California, 2017  
 721 QuickStats

Continuing Education information available at <http://www.cdc.gov/mmwr/continuingeducation>

U.S. Department of Health and Human Services  
 Centers for Disease Control and Prevention

**MMWR KNOW SOMEONE WITH MEMORY LOSS?**

**SUBJECTIVE COGNITIVE DECLINE IN ADULTS**  
 1 IN 9 ADULTS AGE 45 OR OLDER REPORT CONFUSION OR MEMORY LOSS

**MEMORY LOSS IS NOT A NORMAL PART OF AGING**  
 MORE THAN 1/2 OF PEOPLE WITH MEMORY LOSS HAVE NOT TALKED TO A HEALTHCARE PROVIDER

**TALK TO A HEALTHCARE PROVIDER ABOUT**  
 POSSIBLE TREATMENT  
 CARE PLANNING  
 MANAGEMENT OF CHRONIC CONDITIONS  
 CAREGIVING NEEDS

50% REPORT ACTIVITY LIMITATIONS:  
 COOKING  
 CLEANING  
 TAKING MEDICATION

Related Risk Factor Surveillance System data as published in *MMWR*, July 2018  
[www.cdc.gov/mmwr](http://www.cdc.gov/mmwr)

[www.cdc.gov/mmwr/volumes/67/wr/mm6727a1.htm?s\\_cid=mm6727a1\\_w](http://www.cdc.gov/mmwr/volumes/67/wr/mm6727a1.htm?s_cid=mm6727a1_w)

HEALTHY BRAIN INITIATIVE State and Local Partnerships to Address Dementia: The 2018-2023 Road Map

# Raising Awareness: Recent CDC Efforts

**Division of the Work**

**Alzheimer's Disease**

**www.cdc.gov/dotw/alzheimers/index.html**

**Emergency Preparedness for Older Adults**

Follow these steps to make sure you are prepared:

1. Know your emergency plan. Do you have one? If not, create one now. Make sure it includes how you will get to safety if you are unable to move on your own.
2. Prepare your home. Make sure you have enough food, water, and supplies to last for at least 72 hours. Make sure you have a way to get help if you need it.
3. Know your emergency contacts. Make sure you have a list of emergency contacts and that you have a way to reach them.
4. Know your evacuation route. Make sure you know how to get out of your home in an emergency.
5. Know your shelter. Make sure you know where to go if you need to evacuate.

**www.cdc.gov/features/older-adult-emergency/index.html**

**Dance Your Way to Better Brain Health**

Research shows that dancing can help improve cognitive function and reduce the risk of dementia. Dancing is a fun and social activity that can help improve memory and concentration. It can also help reduce stress and improve mood. Dancing is a great way to stay active and healthy.

**www.cdc.gov/features/alzheimers-and-exercise/index.html**

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THANK YOU!