

Care Interventions for Individuals with Dementia and Their Caregivers: Reviewing the Evidence

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Background

October 2017:



- Yielded 58 main recommendations for care/caregiving
- NIA will be following up on research-related recommendations

Background, cont'd

- Research on care/caregiving in the Alzheimer's and related dementias field is expanding.
- Some programs to improve care and caregiving are already being disseminated and adapted (e.g., REACH).
- ***A rigorous, independent review of which care/caregiving-related interventions are effective and ready for widespread dissemination is needed.***

Background, cont'd

Overall goal of this project:

Take stock of the current state of knowledge and inform decision making about which care interventions for individuals with dementia and their caregivers are ready for dissemination and implementation on a broad scale.

A Collaborative Effort

Agency for Healthcare Research and Quality Evidence-based Practice Centers: Systematic Evidence Review



National Academies Expert Committee: Development of Recommendations



NIA: Next steps

How will the recommendations inform the government's next steps?

- NIA's own communications about dementia care/caregiving
- NIA's future research initiative planning
- NIA's collaborations with other federal agencies

Examples of relevant CDC HBI Road Map actions:

E-7

Improve access to and use of evidence-informed interventions, services, and supports for people with dementia and their caregivers to enhance their health, well-being, and independence.¹

P-1

Promote the use of effective interventions and best practices to protect brain health, address cognitive impairment, and help meet the needs of caregivers for people with dementia.



<https://www.cdc.gov/aging/healthy-brain/roadmap.htm>

Why engage *two* independent organizations?

- AHRQ offers a highly-refined systematic evidence review process that has been trusted by governmental organizations for its comprehensiveness and independence.

Why engage *two* independent organizations?

- The NAM offers an external, independent committee that can consider:
 - The EPC's findings on our current state of knowledge;
 - The EPC's findings in a larger context (of ongoing research, etc.); and
 - Whether observational studies, expert opinion, and other evidence considered in the review are strong enough to justify specific research priorities, even if not yet enough to justify dissemination & implementation on a broad scale.

Why engage *two* independent organizations?

- The NAM also has well-established conflict of interest guidelines that will enable experts in the field to participate on the committee, without compromising its objectivity.

Areas of Focus

- Alzheimer's *plus* FTD, LBD, and vascular cognitive impairment/dementia
- Non-pharmacological approaches
- Outcomes for individuals living with these dementias *and* outcomes for caregivers – including health, quality of life, and utilization of healthcare services
- Paid and unpaid caregivers
- Multiple diverse settings

Opportunities for Broad Input

- Input from multiple federal agencies received on:
 - NAM committee expertise
 - NAM committee nominations
 - The EPC's preliminary topic refinement plan
- Input from the public received on the topic refinement plan
- All National Academies meetings have a public (open) session

Anticipated Timeline: Phase I

