

# **Successful Public Health Approaches in Dementia Caregiving: Utah**

***A Virtual Roundtable Series***

***April 11<sup>th</sup>, 2024***



# Welcome from...

**Maya Koffski, B.S.**

*Center Support,*

BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC)

Center for Healthy Aging and Innovation (CHAI)

University of Minnesota



# Land acknowledgement

*The University of Minnesota Twin Cities is located on traditional, ancestral, and contemporary lands of Indigenous people. We acknowledge with gratitude the Land itself and the People. We take to heart and commit through action to learn and honor the traditional cultural Dakota Values: Courage, Wisdom, Respect and Generosity.*



# The BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC)

Designed to support state, tribal and local public health agencies nationwide in developing their dementia caregiving-focused programs and initiatives, by...

- Improving access to evidence-based programs and best practices.
- Facilitating connections and collaboration among public health agencies and a wide range of service organizations.
- Providing technical assistance for identifying, selecting implementing effective public health interventions and strategies.

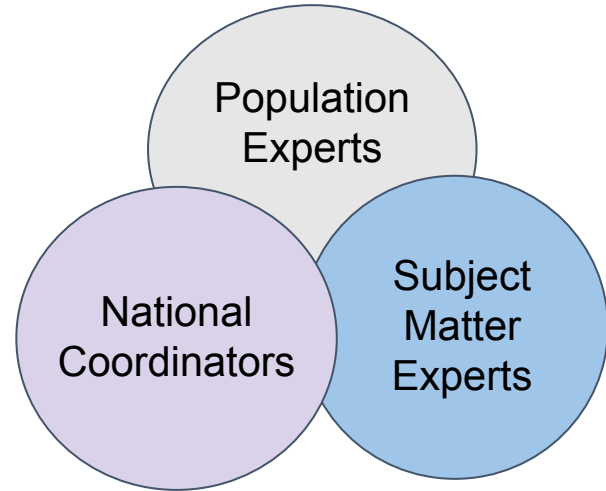
Visit our  
website!



# HBI Collaborative

*Multi-component approach to fully integrate dementia, cognitive health and caregiving into public health practice*

## **HBI Collaborative**



## ***Find us online***

- About the HBI Collaborative
- Participating Members
- Contact Information

**hbicollaborative.org**



**hbicollaborative.org**



**HEALTHYBRAIN  
INITIATIVE**  
*Collaborative*

# We value your feedback!

**\*Please give us your feedback before you leave today's meeting!\***

Scan the QR code to open this survey on your phone or click the link in the chat.



# Successful Public Health Approaches in Dementia Caregiving: *A Virtual Roundtable Series*

- ✓ **Bi-monthly**, roundtable series for **public health**.
- ✓ We will highlight **the story of one state**.
- ✓ Opportunity for **networking, peer-learning and idea generation**.
- ✓ A **community of practice**, where agencies can share their successes and learnings, and get ideas for action.

# Reminders for the Presentation Session

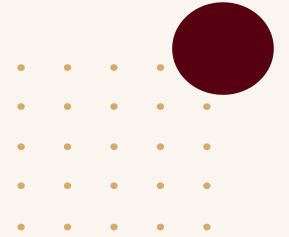
- Please, **MUTE yourself** and **turn your VIDEO ON** while the panelists are presenting.
- Display **your name and organization in Zoom**.
- **Submit your questions for the speakers into the Q&A feature**. Questions will be addressed at the end of the presentation.
- After the presentation and during the Q&A time, please raise your hand if you wish to speak and **only unmute if you are prompted**.
- Use the **CHAT to share comments, resources, links, and ideas**.
- Feel free to use your reaction buttons!



# Poll Question

## In what capacity are you attending this event?

- BOLD Public Health Agency
- Non-BOLD Public Health Agency
- Community organization/service provider
- Person living with dementia
- Interested caregiver and/or community member
- Care/clinical professional
- Other



# Welcome our presenters!



**Kristy Russell, MHL, CHES**

ADRD State Plan Specialist,  
Alzheimer's Disease and Related Dementias Program



**Kate Nederostek, MGS, CDP**

Program Manager,  
Caregiver Support & ADRD Programs



# Successful Public Health Approaches in Dementia Caregiving: Utah

Kristy Russell, MHL, CHES

Kate Nederostek, MGS, CDP, Gerontologist

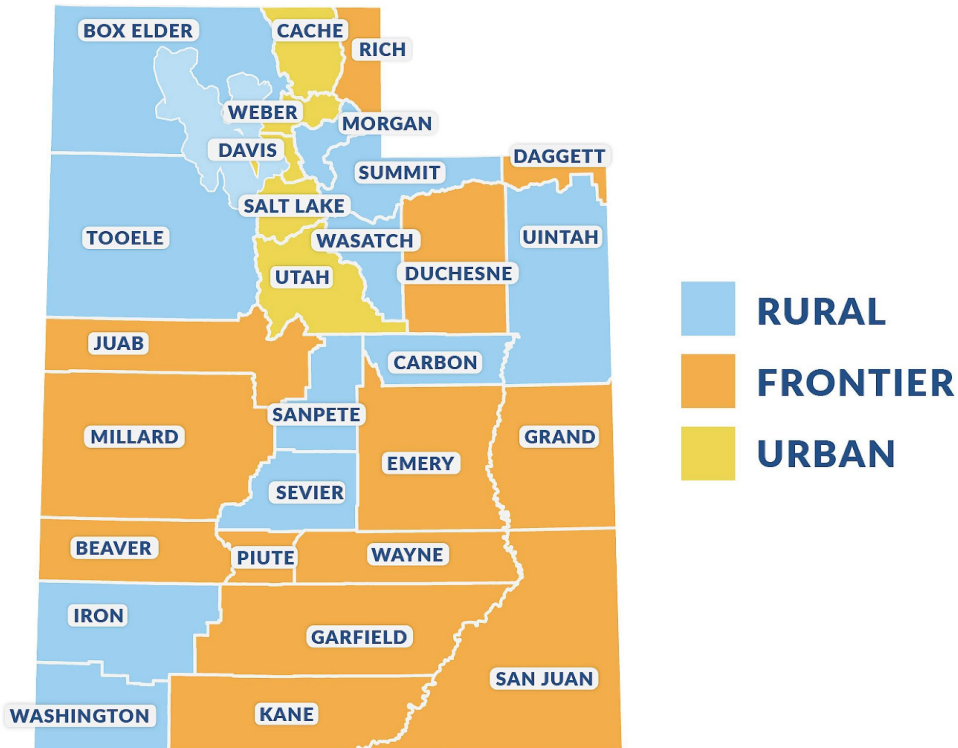


Utah Department of  
**Health & Human Services**  
Aging & Adult Services

# Demographics and statistics

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# Utah's demographics



- 40% growth in the past two decades
- 3 million+ people
- 29 counties covering 84,000 square miles
  - ~ 3/4 of Utah's population lives in 5 contiguous counties (yellow)
  - **12 counties are considered rural** (6 to 100 persons per square mile) (blue)
  - **12 counties are considered frontier** (6 or fewer persons per square mile) (orange)

# Statistics

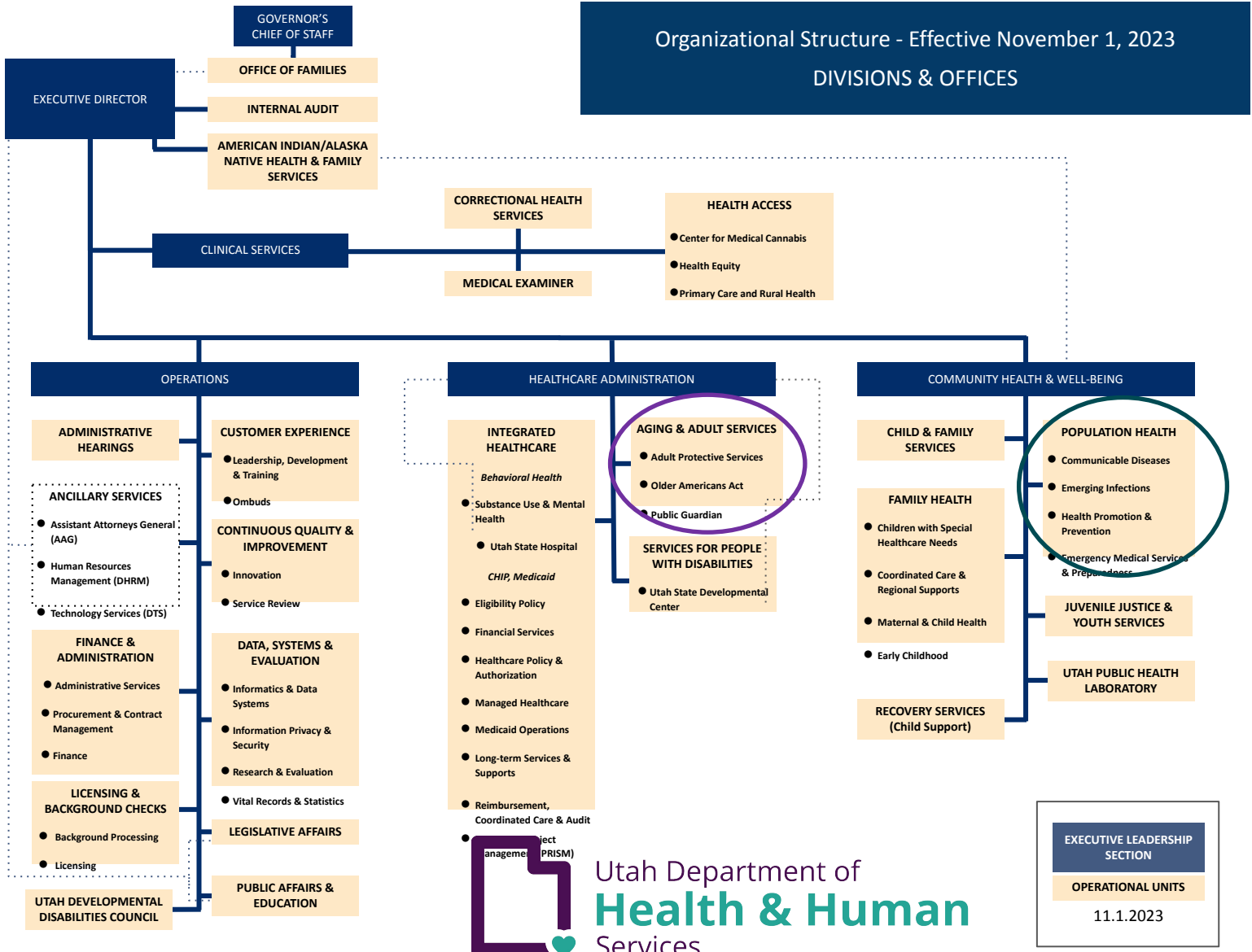
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- Lowest median age in the nation
  - 31 years
- 11.7% of Utah residents (389,148) are age 65 or older
- One of the highest life expectancies in the country
  - (F)81.9 and (M)78.3
- Utah has one of the highest age-adjusted Alzheimer's disease death rates in the U.S.
  - 45.4 per 100,000 (vs. 30 deaths per 100,000 for the U.S.)
- Alzheimer's disease is the 7th leading cause of death in the U.S. among people 65 and older
  - 4th leading cause of death in Utah

# ADRD History

2011	ADRD Task Force was convened
2012	First ADRD State plan unanimously adopted by Utah Legislature
2015	Plan assigned to DOH along with funding, Statewide Coordinating Council formed
2018	Second state plan update published
2019	Public awareness campaign begins
2021	Utah Department of Health and Utah Department of Human Services merge
2022	Alzheimer's Disease and Dementia Research Center legislatively funded & assigned to Utah State University
2023	Third state plan update published

DIVISIONS & OFFICES





# Funding

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- No federal funding
- 2018 legislatively funded
  - 1 staff member
  - BRFSS (caregiver/ cognitive decline)
- 2019
  - 2nd staff hired
  - Contracts put into place
    - Public awareness campaign
    - Care consultations
- 2020/2021
  - Retirement allowed for funds to be used for AAA support

# Coordinating Council

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**If you have a  
coalition/ council, is  
it appointed or  
volunteer?**



**2023–2030**  
**Utah Alzheimer's Disease  
and Related Dementias  
State Plan**

Prepared by the Utah Alzheimer's Disease and Related  
Dementias Coordinating Council



[dementia.utah.gov](https://dementia.utah.gov)



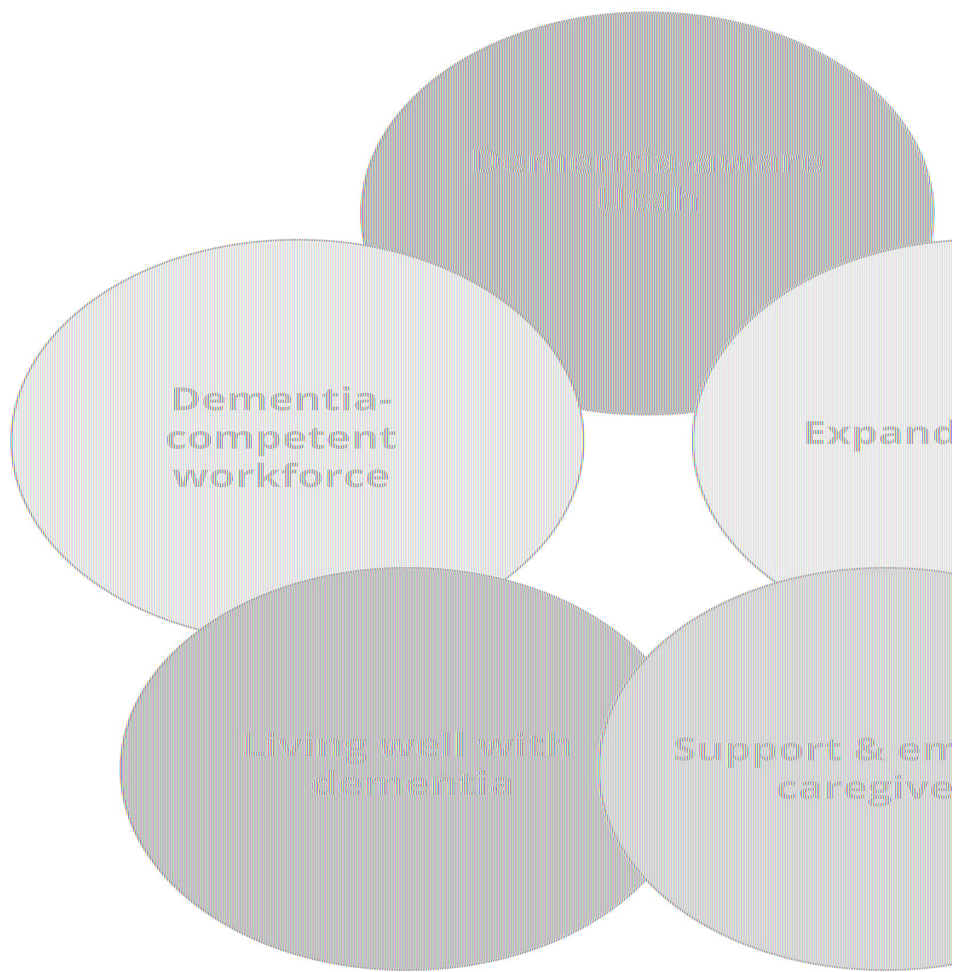
## **Vision**

Forge innovative and comprehensive solutions for people affected by dementia.

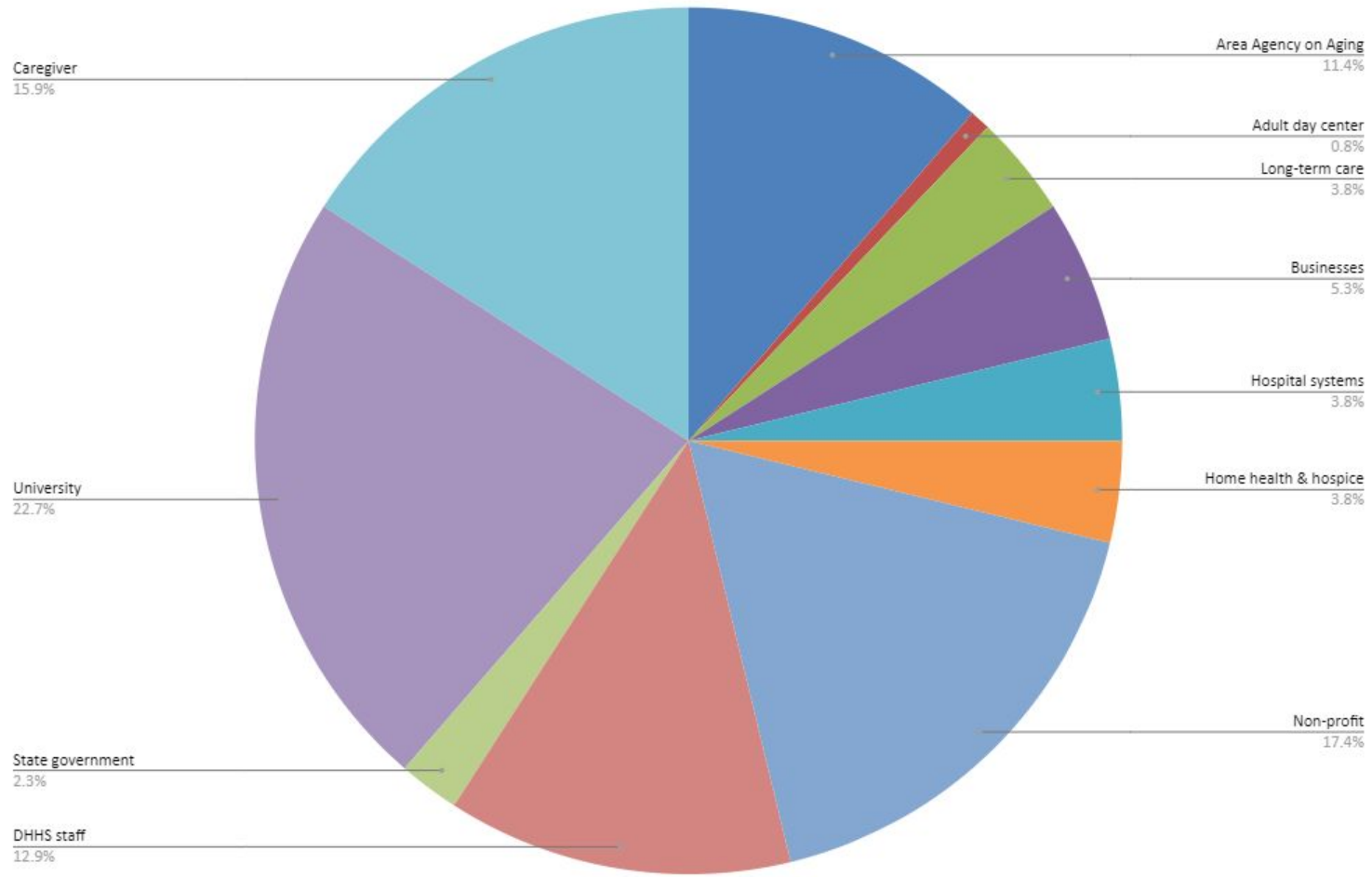
## **Mission**

To foster individual and community empowerment by increasing visibility, understanding, and resources for those living with cognitive decline or dementia, their caregivers, and the professionals who serve them.

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# 2023-2030 Priorities



## ADRD Coordinating Council

# ADRD Coordinating Council

- Statewide
  - Completely voluntary
  - Meets quarterly
    - State updates
    - Educational speaker
    - Partner updates
  - Has a workgroup focusing on each of the 5 priorities
  - Website launched Feb. 2024
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## **Council collaboration recognition:**

Participants of the ADRD Coordinating Council are extremely important to the success of the ADRD State Plan and our continuing efforts to address dementia in Utah. In order to achieve our goals, it is imperative to have active Council members. To recognize the dedication and effort of our Coordinating Council, we are offering an opportunity for member organizations to be listed as a partner on our website. It is essential that each organization participates not only in the quarterly meetings, but also in the workgroup meetings, priority activities and providing Utah communities with quality support and education on dementia.

To create equitable opportunities for organizations to be recognized, a system has been created and will be evaluated quarterly. Partners must engage in at least 5 activities listed below each quarter. Each activity can be repeated by each organization. Activities do not need to be done by a singular person and can be done as a team by the organization.

## **Activity**

**Attend quarterly council meetings.**

**Attend and engage with an ADRD workgroup. If attending multiple workgroups, points will be awarded for each one.**

**Serve as a workgroup chair.**

**Provide at least 6 consecutive support group meetings/events for those living with dementia, their caregivers or professionals working with those who have dementia. Support group facilitators must be appropriately trained and data documented in partner survey.**

**Provide at least 6 dementia education courses for those living with dementia, their caregivers or professionals working with those who have dementia. Data must be recorded in partner survey (pre-approved courses listed later in this document).**

**Distribute or promote council materials.**

**Represent ADRD State Plan efforts via news interview, conferences, events, etc.**

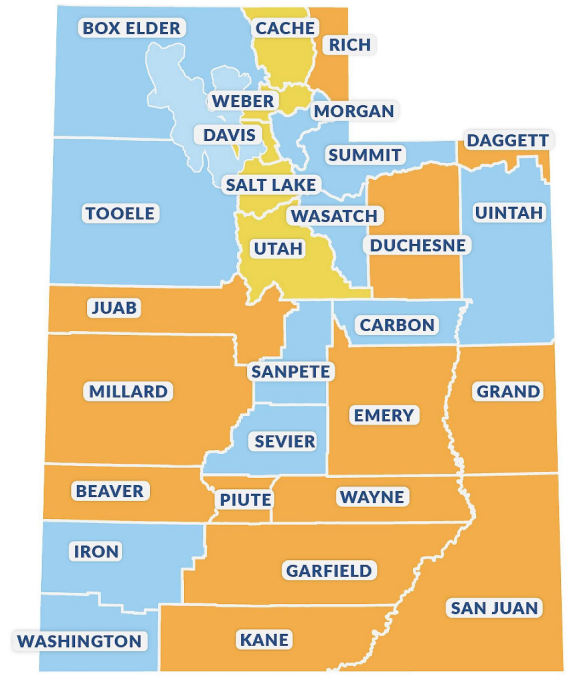
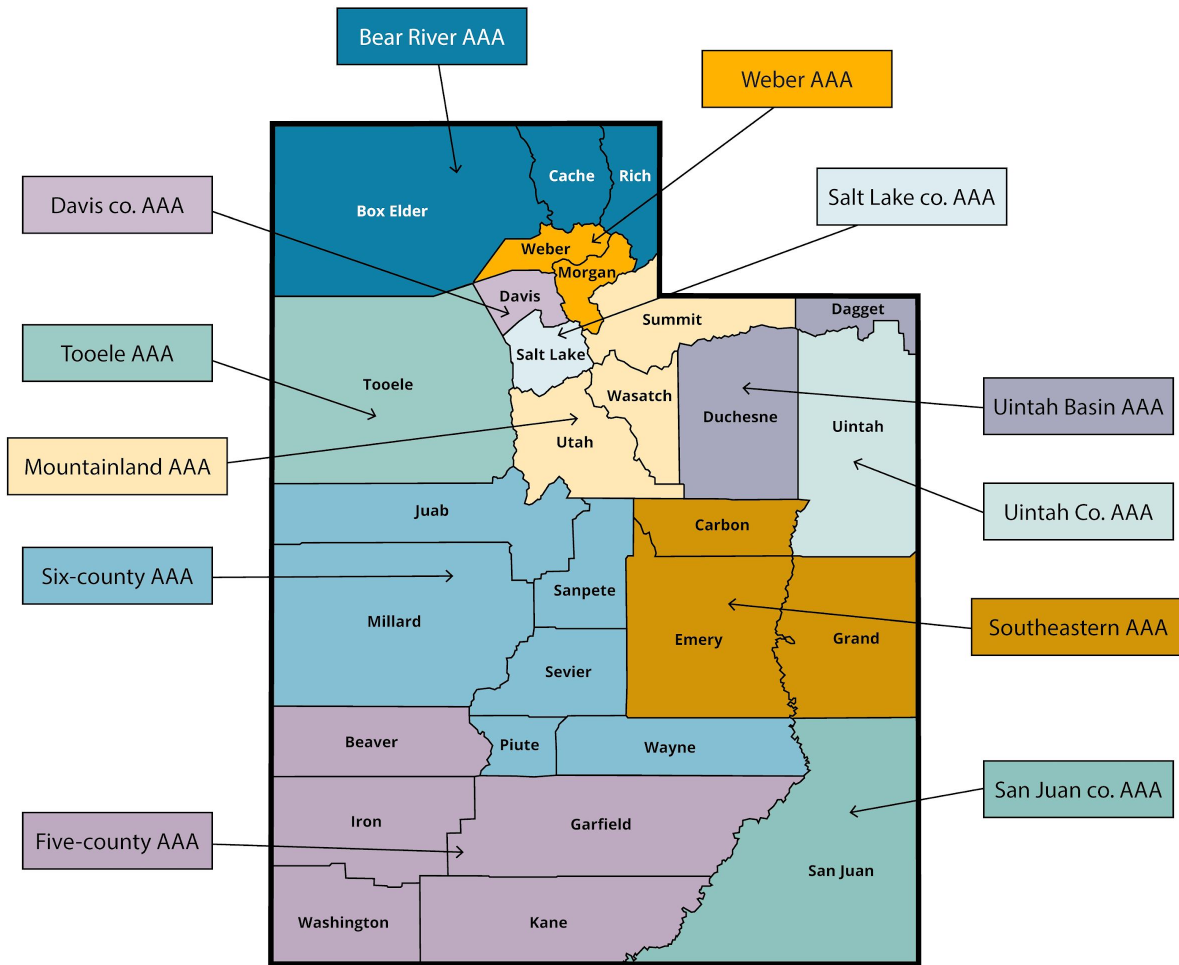
**Be or recommend a presenter at council meeting.**

**Invite community partners to council.**

# **Collaboration with Area Agencies on Aging (AAAs)**

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**Are you currently  
partnering with your  
AAAs? Why or why not?**



# Utah's 12 AAAs

# Why the AAAs?

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- AAAs cover the entire state
- Know the needs and understand the culture of their area
- Already creating materials/ education for their clients
- Implement National Family Caregiver Support Program

# National Family Caregiver Support Program

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- Information about available community resources
- Assistance in gaining access to supportive services
- Counseling/ care consultation
- Support groups
- Caregiver education / training
- Respite care
- Supplemental services  
(Emergency Response System, grab bars, incontinence supplies, etc.)

# National Family Caregiver Support Program

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- Adult family members or other informal caregivers age 18 and older
  - providing care to individuals 60 years of age and older
  - providing care to individuals of any age with Alzheimer's disease and related disorders
- Older relatives age 55 and older
  - providing care to children under the age of 18 (not parents)
  - providing care to adults ages 18-59 with disabilities

# Education expanded statewide by ADRD funds

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- AARP dementia or caregiver courses
- Aging Mastery Program
- Alzheimer's Association courses
- Caregiver Academy
- Caregiver Talking Points
- Dealing with Dementia
- Dementia Dialogues
- Dementia Friends
- Dementia Live/ Virtual Dementia Tour
- Stress-Busting Program for Family Caregivers
- University of Utah caregiver or dementia education



# Unique ways AAAs use ADRD funds

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- Funds can also be used for:
  - Staff time spent on dementia projects
  - Dementia risk reduction
  - Materials for caregivers & people living with dementia
  - Advertisement of dementia programs

# Data collection

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- Quarterly surveys
  - Starting April 2024
- BRFSS
- Chronic Disease Reporting Rule
- Statewide calendar of events

# Conclusion

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- Benefits of collaboration with AAAs
  - Ability to reach entire state
  - Expertise of their communities
  - Shared funding options
  - Statewide, voluntary council is a key to success
- ADRD State Plan and resources can be found at [dementia.Utah.gov](http://dementia.Utah.gov)

**Questions?**

**Kate Nederostek, MGS, CDP**  
**Program Manager**  
**Caregiver Support & ADRD Programs**

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**ADRD State Plan Specialist**  
**Alzheimer's Disease and Related**  
**Dementias Program**

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# Q&A

Please, submit your questions in the Q&A Zoom feature!



# Connect with us!

Visit us online at <https://bolddementiacaregiving.org> to...

- ✓ Find today's slides and recording.
- ✓ Request Technical Assistance to support your public health work in dementia caregiving.
- ✓ Access resources and materials.
- ✓ Stay up to date with PHCOE-DC activities.



Follow us on X @PHCOE\_DC



# Thank you for joining us today!

Please take a moment to complete a brief survey. Scan the QR code or click the link in the chat.

We appreciate your feedback!

