



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

*A Virtual Roundtable Series*

*June 12th, 2024*



# Welcome from...

**Elma Johnson, MPH, *Coordinator***

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...

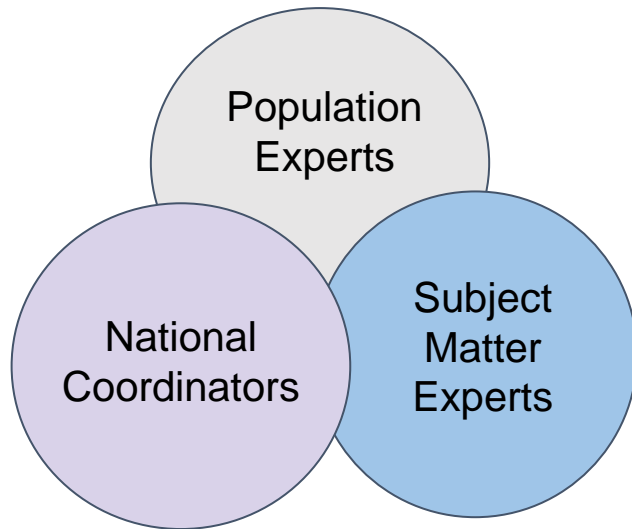
- ✓ Improving access to evidence-based programs and best practices.
- ✓ Facilitating connections and collaboration among public health agencies and a wide range of service organizations.
- ✓ Providing technical assistance for identifying, selecting implementing effective public health interventions and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

Visit our  
website!



# HBI Collaborative

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



## *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

*OR visit*

[https://bit.ly/PublicHealthRoundtable\\_Minnesota](https://bit.ly/PublicHealthRoundtable_Minnesota)



# 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.**
- 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!
- The recording, slides and resources will be shared after the event.
- **Please complete the survey at the end of this event** (linked in chat). We greatly appreciate your feedback!

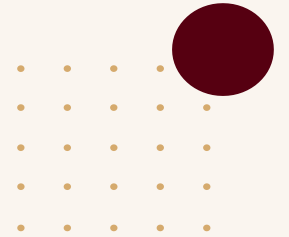




# Poll Question

## 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!



**Patricia Takawira, MPH**

Community Health Planner, Healthy Aging and Alzheimer's,  
Center for Health Promotion, Minnesota Department of Health



**Maiyia Kasouaher, PhD, MA**

Planner Senior Community,  
Center for Health Promotion, Minnesota Department of Health



**Danette McCarthy**

Founder, The Remember Project



**Betsy Meyer**

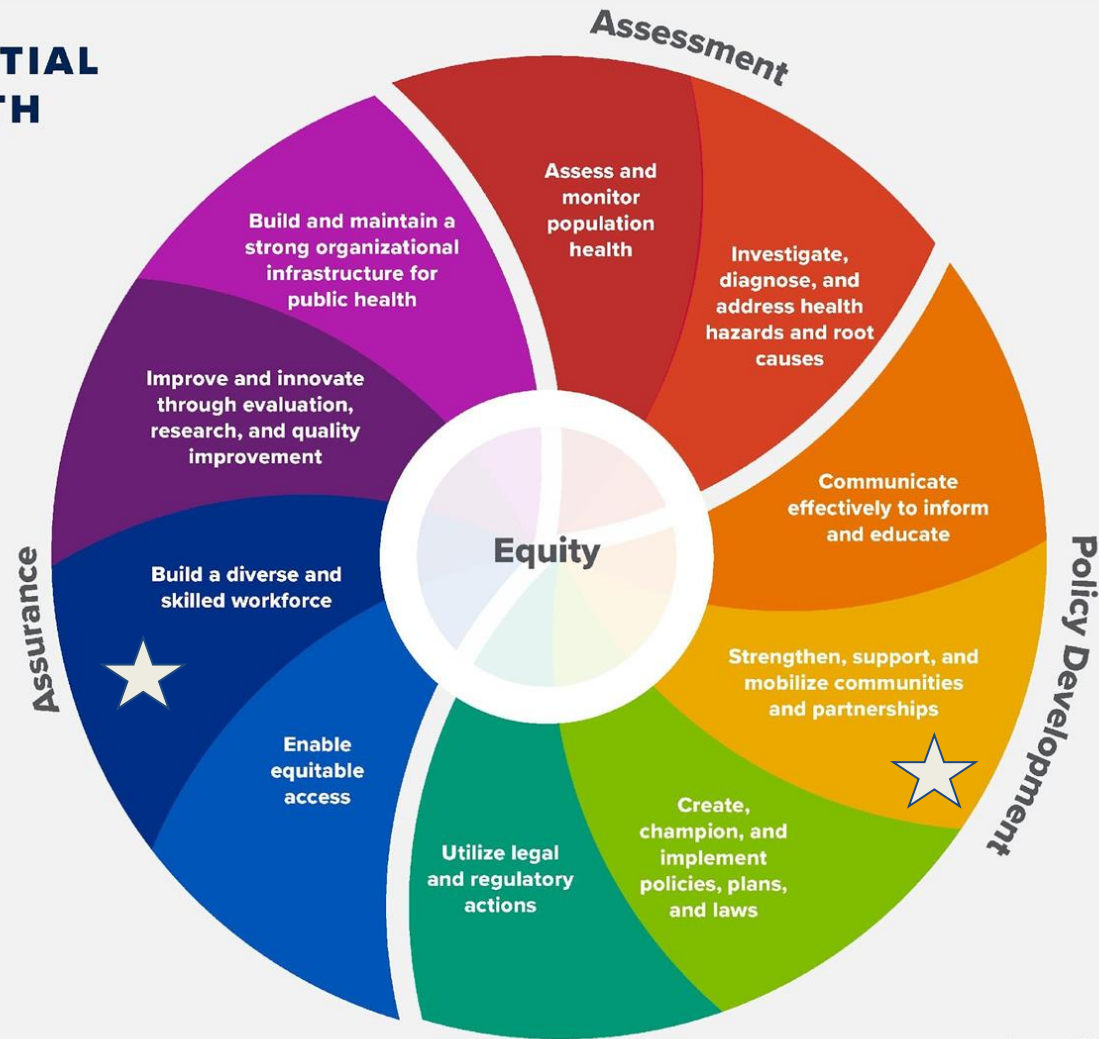
Director of Programs & Partnership Development, The Remember  
Project



# THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

*To protect and promote the health of all people in all communities*

The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve optimal health for all, the Essential Public Health Services actively promote policies, systems, and services that enable good health and seek to remove obstacles and systemic and structural barriers, such as poverty, racism, gender discrimination, and other forms of oppression, that have resulted in health inequities. Everyone should have a fair and just opportunity to achieve good health and well-being.



Created 2020





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

Patty Takawira | MDH Healthy Brain Initiative | 6.12.2024

- **Minnesota Department of Health (MDH)**
  - MN caregiver health and wellbeing
  - MDH Healthy Brain Initiative overview
  - MDH Healthy Brain Community Grants
- **Partner Highlight: The Remember Project**
  - Engaging community and caregivers through art
  - MDH/Remember Project partnership
  - Community discussion demonstration





# Minnesota Caregivers

# Caregivers and Care Partners



- Generally unpaid, informal caregiving by family, friends, and neighbors
- Provides support and care
- Partnership
- Active participant in their own care (decision-making and agency)

- Minnesota Behavioral Risk Factor Surveillance System (BRFSS) 2021
  - Annual telephone survey
  - Statewide sample of approx. 15,000 Minnesota adults

- 2022 Minnesota Dementia Partners Survey (MNDSP)
  - Organizational level survey to
    - better understand existing dementia related infrastructure and
    - describe needs of organizations working on dementia related efforts
  - Convenience and snowball sampling
  - 175 organizations responded



# Numbers of Caregivers in Minnesota

- Self identified using this BRFSS question:
  - *“During the past 30 days did you provide regular care or assistance to a friend or family member who has a health problem or disability.”*
- 1 in 6 Minnesota adults or **around 750,000 people identified as being a caregiver.\***
- Among caregivers, 1 of every 8 or **around 100,000 reported being a caregiver for people with dementia.\***

\*Note: Estimates of the number of caregivers varies significantly depending on how you define caregiver. Don't be surprised if you find other estimates for Minnesota too!

# Minnesota Caregivers

Most caregivers are females (58.9%) between 45-64 years

84.5% of caregivers are caring for a family member (parent/spouse/partner)

Caregiver Work	Caregivers Overall %	Dementia caregivers %
Provided support for 5+ years	31.1%	<b>40.3%</b>
Work 20+ hours/week	27.9%	<b>38.4%</b>
Personal care (e.g., bathing, dressing)	47.4%	<b>63.4%</b>

# MN Caregivers and Chronic Disease

MN Caregivers are more likely to be living with a chronic disease than MN non-caregivers (55.3% vs. 48.0%)

Dementia caregivers are even more likely (61.4%) to have a chronic disease

<b>Chronic Condition</b>	<b>MN Caregivers %</b>	<b>MN Non-Caregivers %</b>
Obesity	36.6%	31.9%
Diabetes	10.5%	8.9%
Hypertension	33.5%	29.2%
Arthritis	29.2%	22.0%

# MN Caregivers and Mental Health Conditions

MN caregivers are more likely to report having 14 or more poor mental health days per month than MN non-caregivers (16.9% vs. 11.7%)

Condition or Health Behavior	MN Caregivers %	MN Non-Caregivers %
History of depression	27.5%	19.8%
Smoking	18.0%	12.4%

# MN Caregivers and Needed Support

In 2018, MN adults were asked

*“How often do you get the social and emotional support you need?”*

Frequency	MN Caregivers %	MN Non-Caregivers %
Sometimes/rarely/never	19.7%	16.8%

# MN Caregivers and Needed Support by Race

Black or African American caregivers and likely additional racial groups do not have adequate social and emotional support.

<b>Frequency</b>	<b>MN Non-Hispanic White Caregivers %</b>	<b>MN Non-Hispanic Black or African American Caregivers %</b>	<b>MN American Indian, Asian, Latine or Multi-racial Caregivers %</b>
Sometimes/ rarely/ never	17.9%	32.8%	33.6%

# Infrastructure for Dementia Caregivers Services

Nearly 4 of 5 direct service provider organizations addressing dementia already offer or will soon add services and supports for caregivers.



# Caregiver Support – Chronic Conditions

83.6% of direct service organizations offer caregiver education

59% offer caregiver support groups

Caregiver Health Support Services	Organizations Wanting to Add Service %
Messaging about dementia caregiver health	34.4%
Evidence-based caregiver education programs	32.8%
Program to support disease self-management for the caregiver	31.2%



# Caregiver Support – Mental Health

Direct service providers want to expand services to address mental health

Caregiver Mental Health Support Services	Organizations Wanting to Add Service %
Counseling or caregiver consulting	41.0%
Individual therapy or mental health services for dementia caregivers	39.3%
Caregiver Support Groups	32.8%

# Caregiver Support – Whole Person

Some organizations are integrating whole person approaches.

<b>Whole Person Approach</b>	<b>Organizations Utilizing %</b>
Develop or use culturally responsive strategies and services	26.2%
Use Community Health Workers (CHWs)	38.9%
Assess client social needs	54.8%



# MDH Healthy Brain Initiative

# MDH Healthy Brain Initiative: Funding

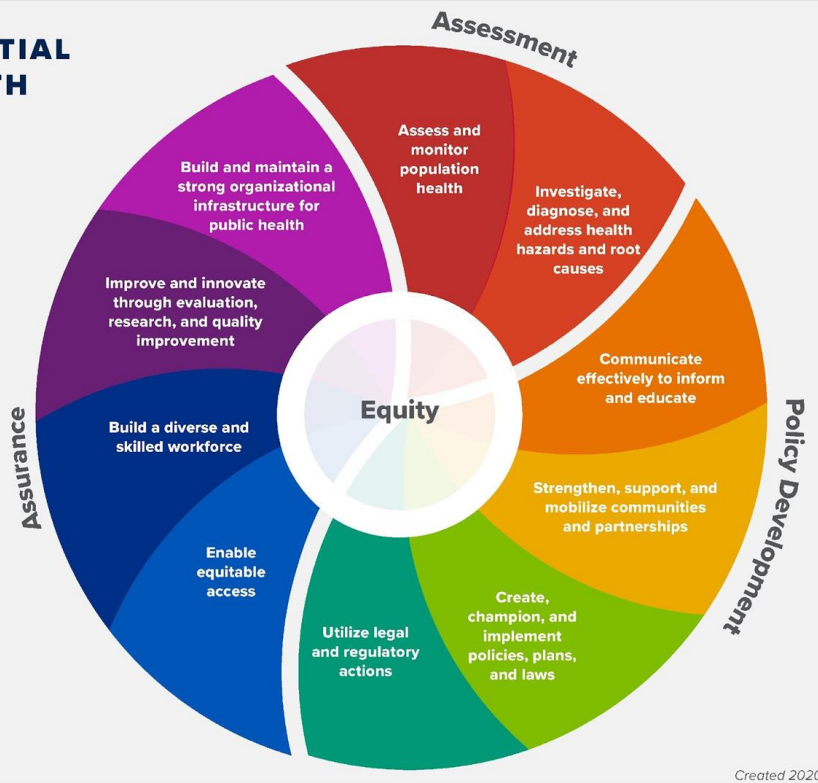
- **CDC BOLD Grant** (Building our Largest Dementia Infrastructure on Alzheimer's Act)
  - BOLD 1.0 (3 years, 2020 – 2023)
    - Partnership building, assessment, strategic planning
  - BOLD 2.0 (5 Years, 2023-2028)
    - Continue strategic planning, enhance and maintain partnerships, implement strategies in collaboration with community partners
- **State Legislative Funding: Alzheimer's Awareness Campaign**
  - Develop and promote culturally responsive messages to increase awareness of ADRD

# 10 Essential Public Health Services and MDH Healthy Brain Initiative Focus Areas

## THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

*To protect and promote the health of all people in all communities*

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- Aligning statewide efforts and building coordinated systems and partnerships
- Supporting community-led and culturally responsive strategies for risk reduction, early detection and caregiver support
- Increasing public awareness of ADRD and promising strategies
- Educating providers on ADRD issues and improving community-clinical linkages to increase early detection and diagnoses.
- Using data to support statewide planning, collective action, and awareness building

# MN Healthy Brain Partnership

- Purpose
  - Increase statewide communication and collaboration
  - Identify strategic alignment and opportunities for collective action
  - Leverage statewide resources to support implementation
- Meets quarterly
- Key outputs:
  - Guidance on MDH Healthy Brain Community grant program
  - MN Dementia Partners Survey
  - MN Dementia Strategic Plan
  - MN Dementia Strategic Plan workgroups



# MN Dementia Strategic Plan

- Builds off shared priorities, statewide assessment, and previous collective action efforts
  - 2019 MN Alzheimer's Disease Working Group Legislative Report
  - MN State Plan on Aging
  - CDC BOLD Grant goals
  - MN Dementia Partners Survey
  - Community Forum
- Strategic plan areas align with CDC's Healthy Brain Initiative RoadMap



# MN Dementia Strategic Plan Workgroups

- Community Workgroup
  - MN Dementia Strategic Plan alignment with community priorities
  - Ensuring plain language
  - Identifying specific activities/tactics for strategic priorities
  - Co-design of RFP scope for MDH Healthy Brain Community grant program (2025-2028)
- Data to Action Workgroup
  - Purpose and scope for MN Dementia dashboard
  - Identify outcomes, measures, indicators for low tech, high impact dementia dashboard



# Key Partnerships

- Alzheimer's Association - MN/ND
- MN Leadership Council on Aging
- University of Minnesota
- DHS/Board on Aging
- Memory Keepers Medical Discovery Team
- Volunteers of America Culturally Responsive Caregiver Support and Dementia Services Team
- Act on Alzheimer's

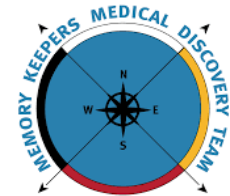


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Culturally Responsive

CAREGIVER SUPPORT+  
DEMENTIA SERVICES



MN Leadership  
Council on Aging



# MN Multisector Blueprint for Aging

- Age Friendly MN Council
- Multisector Blueprint
  - Optimized Health & Longevity
    - **Our communities will have access to the health care, community services, and caregiver supports needed as we age.**
      - Integrated Care: Health, Services, and Social Supports
      - Support for Family, Friend & Neighbor Caregiving
      - Age-Friendly Healthcare Access
      - Well-Trained and Well-Compensated Direct Care Workforce



## Audience Question

How are you aligning your ADRD focused strategic plans with broader healthy aging plans and frameworks in your state?

# MDH Key Initiatives

- Statewide Alzheimer's awareness campaign
- CHW Training Modules
- Volunteers of America Partnership
- MDH Healthy Brain Community Grants



# Healthy Brain Community Grants

- 2.5 years, \$60,000
- Grantees
  - Centro Nazareno de Compasion AGAPE
  - Northwoods Caregivers
  - Restoration for All, Inc.
  - The Remember Project
- Number of people reached in 2023: 3,821
- For more information visit:  
<https://www.health.state.mn.us/diseases/alzheimers/communities.html>

## Centro Nazareno

- 26 churches, 14 counties across MN
- Nearly 500 leaders from 11 churches trained on dementia risk reduction, early detection, care for PLWD, and caregiver support
- Bimonthly magazine educating 200 local Hispanic churches and their congregations about healthy aging

"people feel at home at the church; it is an opportunity to feel safe talking about dementia"

# MDH Healthy Brain Community Grants

## Restoration for All, Inc.

- Outreach and advocacy within African immigrant and refugee communities
- Series of events reaching 150 community members with culturally appropriate education. Examples include:
  - *Understanding Dementia in the African Immigrant Community*
  - *Dementia Caregiving in the African Immigrant Community: A Burden or Blessing.*

"We need to keep in mind that there are people who do not know what dementia is, do not have a word for it"



*Be Restored, Be Empowered*

**Restoration for All, Inc.**

# MDH Healthy Brain Community Grants

## Northwoods Caregivers

- Honoring Elder Wisdom Conference
- Expanded their evidence-based caregiver support curriculum and trained 4 new educators.

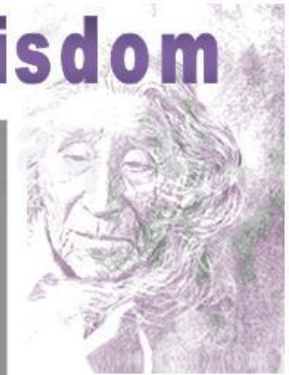
### Honoring Elder Wisdom

Tuesday, April 16th &  
17th 2024

8am - 5pm

Northern Lights Events Center  
Walker MN

Registration Fees & Forms: [www.northwoodscaregivers.org](http://www.northwoodscaregivers.org)





# The Remember Project



# Thank you

Patty Takawira

Patricia.Takawira@state.mn.us



A Program of TRELIS™

**Using the Arts for  
Outreach & Education  
Since 2015**



A Program of TRELIS™

**The Remember Project partners  
with Organizations and Agencies to . . .**

*Increase*



AWARENESS



*Reduce*



STIGMA



***Reduce***



FEAR



***Reduce***



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ISOLATION

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***Understand and  
Reduce***



**RISK FACTORS**



***TALK ABOUT***



**BRAIN HEALTH**



***PROMOTE***



MEMORY SCREENINGS



***INCREASE***



**EARLY DETECTION**



***CONNECT PEOPLE TO***



**RESOURCES**





THE REMEMBER PROJECT



A Program of TRELIS™

***IMPACT RELIES  
on COLLABORATION with  
COMMUNITY PARTNERS***

We have witnessed the power of collaboration in every single program we have delivered. We recognize the incredible impact that is possible as we work closely with community partners and continue learning how to best support those partners through this approach of using theatre as an invitation to conversation.



**“The Community  
Conversation  
following the play  
was amazing . . .  
I was surprised at  
how eager people  
were to share their  
stories and offer  
encouragement to  
each other.”**







# Etiquette: Small Group Breakout Rooms

- Introductions – Leader in Every Chair
- Self-Facilitation – share the leadership by contributing to discussion
- Make sure everyone has the chance to speak
- If someone passes, please come back & offer another chance to share
- Listen for shared insights – Make connections between ideas
- Jot down take-aways –

***Please share ideas from your group when we return to the Main Room***



## Post Show Question

- **Why would the playwrights title this play “Steering into the Skid”?**
- **What did you see & hear that give you a sense of how Amanda is doing in this journey as a family care partner?**
- **What concerns do you have about Amanda?**
- **What hopes do you have for Amanda? Do you have advice for her?**



## *Tips to Offer Families as they Navigate Caring for a Loved One with Memory Loss*

1. Be honest with each other (transparency is critical)
2. Try to reach a consensus before moving forward.
3. Make NO assumptions --- and if you **do**, assume good intent and that your team is working toward common goals (presuming that you are the only true advocate is often a harmful mistake).
4. Get good at asking questions of each other; making room for FEELINGS.
5. Establish a common mission as a grounding post for future conversations.
6. Utilize the experts in your own group.
7. Recognize the expertise your caregiving circle brings to the table (this is especially true in the area of cultural sensitivity).
8. Get unified! Discord amongst family caregivers only complicates matters for the loved one who may (or will) find it difficult to process different perspectives.
9. Find and nurture common ground.
10. Make sure all stakeholders get to voice their ultimate goals.

*Contributed by*

*Jen Rooney (Trellis) & Scott Seeger (ADRC of Central Wisconsin)*

*March 2021*



# RESOURCES

## **Senior Linkage Line**

Senior LinkAge Line (1-800-333-2433) *specialists at Trellis operate this call-in service to provide information and assistance about community resources. Specialists can connect people with meals, transportation, chore help, respite, caregiver consultation, housing options, and prescription drug help. They can also help people determine if they qualify for financial supports.*

## **Eldercare Locator**

The Eldercare Locator (1-800-677-1116) *is a public service of the U.S. Administration on Aging that connects older adults and their families to services.*

## **Alzheimer's Association**

The Alzheimer's Association (1-800-272.3900) *is a valuable source of information for people living with dementia and those who care for them. Individuals can locate support groups from the website or get information and questions answered 24/7.*





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**Thank you for your interest in The Remember Project!**

Learn more at [www.rememberproject.org](http://www.rememberproject.org)

Please reach out to us at: [info@rememberproject.org](mailto:info@rememberproject.org)

# 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!

