

# ASPE Updates

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## Reports

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### Recently Posted:

“COVID-19 Intensifies **Home Care Workforce Challenges**”

<https://aspe.hhs.gov/covid-home-care-workforce-challenges>

- “COVID-19 Intensifies Home Care Workforce Challenges: **Agency Perspectives** Issue Brief”

<https://aspe.hhs.gov/covid-home-care-agency-perspectives>

- “COVID-19 Intensifies Home Care Workforce Challenges: **Policy Perspectives** Issue Brief”

<https://aspe.hhs.gov/covid-home-care-policy-perspectives>

### Upcoming:

- Mitigating home care workforce injuries
- COVID-19 data and individuals with intellectual and developmental disabilities (ID/DD)

## Other Announcements

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- New NAPA website: <https://aspe.hhs.gov/>
- Dataset on Intellectual and Developmental Disabilities: Linking Data to Enhance Person-Centered Outcomes Research
  - <https://aspe.hhs.gov/dataset-intellectual-and-developmental-disabilities>

# CDC UPDATES

LISA C. MCGUIRE, PHD



Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

Division of Population Health

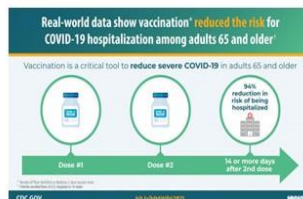
Presented July 19, 2021 to National Alzheimer's Project Act (NAPA) Advisory Council Quarterly Meeting



## COVID-19 Science-related Information for Older Adults



Vaccine effectiveness against COVID-19–associated hospitalization among adults aged ≥65 years was estimated to be 94% for full vaccination and 64% for partial vaccination. [Read the April 28, 2021, Morbidity and Mortality Weekly Report.](#)



The greater decline in COVID-19 morbidity and mortality in older adults, the age group with the highest vaccination rates, demonstrates the potential impact of increasing population-level vaccination coverage. Read more in the [Morbidity and Mortality Weekly Report, June 8, 2021.](#)

5

## How Are You Feeling Right Now? Coping Strategies for Caregivers



In a [podcast with Sole Source](#), Dr. Lisa McGuire, Centers for Disease Control and Prevention's (CDC) Alzheimer's and Arthritis Lead, Epidemiology and Applied Research Team, discusses strategies and coping mechanisms to help caregivers feel more supported, promotes [self-care among caregivers](#), and shares her personal experience as a caregiver to a loved one with dementia.



6

## New Resource

### A Planning Guide for HBI Road Map for Indian Country



Designed for public health professionals who work with American Indian/Alaska Native communities, [A Planning Guide for the HBI Road Map for Indian Country](#) takes users through a six-step process to select Road Map strategies to help kickstart the HBI program.

Tool for Implementation: Planning Guide

#### A Planning Guide for the Healthy Brain Initiative Road Map for Indian Country

**>> PURPOSE OF THE PLANNING GUIDE**  
Designed for public health professionals who work with American Indian/Alaska Native (AI/AN) communities, the planning guide will help you select Healthy Brain Initiative (HBI) Road Map for Indian Country (Road Map) strategies and get started with implementation. The guide's six-step steps will direct you to a path for success that best meets your specific needs. From the use of community resources, we'll help you prioritize, plan, and promote Road Map strategies across tribal communities.

**>> WHAT IS DEMENTIA? HOW DOES IT RELATE TO ALZHEIMER'S DISEASE?**  
Dementia is the loss of cognitive functions that is severe enough to interfere with a person's daily life and activities. Cognitive functioning includes memory, reasoning, and judgment. Alzheimer's disease is the most common cause of dementia. Other types of dementia include vascular dementia, dementia with Lewy bodies, and frontotemporal dementia. Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks. In many cases, the person usually develops slowly and gradually over time, becoming someone's weight, height, and ability to live. A person may have Alzheimer's for many years before symptoms appear.

**10 Warning Signs of Alzheimer's:**

1. Memory loss that disrupts daily life, forgetting events, repeating yourself or relying on notes to help you remember (like sticky notes or reminders).
2. Challenges in doing complex problem-solving (like trouble paying bills or cooking when you have used to do so).
3. Difficulty completing familiar tasks at home, at work, or at leisure, trouble problems with driving, driving slower, using a cell phone, or shopping.
4. Confusion with time or place, having trouble understanding or overlooking what is happening later, or having trouble with tasks.
5. Trouble understanding visual images and relationships, having more difficulty with balance or judging distance, tripping over things at home, or falling or dropping things more often.
6. Have problems with words in speaking or writing, having trouble following or joining a conversation or struggling to track a word you are having trouble doing that thing in your mind that will be the result of hearing.
7. Misplacing things and losing the ability to retrieve things, losing car keys in the washer or dryer or not being able to retrieve items from memory.
8. Decreased or poor judgment, being a victim of a scam, not managing money well, paying less attention to hygiene or having trouble taking care of a pet.
9. Withdrawal from work or social activities, not wanting to get out of or other activities you usually do, not being able to follow "today, general or news or with "today" happening.
10. Changes in mood and personality, getting easily upset in common situations or being fearful or suspicious.

HEALTHYBRAIN  
Road Map for Indian Country

## Webinars

### Implementation of BRFSS in Support of Dementia Caregiving



The *BOLD Public Health Center of Excellence on Dementia Caregiving (Univ of MN)* hosted the webinar *Using the Behavioral Risk Factor Surveillance System (BRFSS) to Advance the Public Health Agenda of Dementia Caregiving* to disclose how public health leaders in North Dakota and New Jersey used [BRFSS Caregiving Module](#) data to influence policy and programmatic change to advance the dementia caregiving public health agenda.



## Webinars

### Public Health Town Hall COVID-19 and Brain Health: Advancing Equity



This public health town hall hosted by UsAgainstAlzheimer's Center for Brain Health Equity, AARP, and the *BOLD Public Health Center of Excellence on Dementia Caregiving (Univ of MN)* highlighted community-anchored strategies that addressed vaccine hesitancy and engaged hard-to-reach populations through safe community events and culturally-tailored online education.



9

## Webinars

### Communicating Dementia Risk Information Webinar



This Interagency Webinar Series explored the issue of dementia-risk disclosure in detail, including for diverse populations, focusing on the science of dementia risk, legal and ethical issues involving disclosure, and communication frameworks for disclosure.



10



## Webinars

### Public Health Considerations and Models for Cultural Adaptation in Dementia Caregiving



Culture plays a unique and pivotal role in dementia caregiving. Dementia support and services are not adequately tailored to meet the cultural needs of older adults and their caregivers, despite the projected rise in the diversity of caregivers in the U.S. This webinar was hosted by the *BOLD Public Health Center of Excellence on Dementia Caregiving (Univ of MN)*.



11

## Webinars

### A Public Health Approach to Alzheimer's and Other Dementias Training Curriculum: Module 4



[\*A Public Health Approach to Alzheimer's and Other Dementias\*](#) is a complimentary online video series that introduces public health students and other health professional learners to the fundamentals of cognitive health, cognitive impairment, and Alzheimer's and other dementias through various learning modules.

- **Module 4: Dementia-Capable Systems and Dementia-Friendly Communities** is the latest module and highlights the public health response to the Alzheimer's disease epidemic at the state and community level.



12

## Webinars

### How Local Health Departments (LHDs) Can Address Alzheimer's



The Alzheimer's Association and the National Association of County and City Health Officials shared how two LHDs, the County of San Diego Health and Human Services Agency and the Boston Public Health Commission, employed the [Healthy Brain Initiative \(HBI\) Road Map](#) to incorporate healthy aging in their existing public health work.



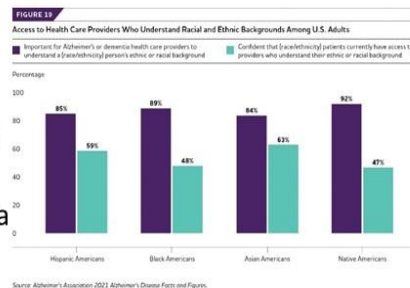
13

## Web Features

### Barriers to Equity in Alzheimer's and Dementia Care



Black Americans, followed by Native Americans, Asian Americans, and Hispanic Americans, reported the most significant level of discrimination in dementia health care. Read more in the May 2021 feature for *Older Americans Month* about discrimination in dementia health care, [health and health care disparities](#), and three paths forward to address bridging racial and ethnic barriers in Alzheimer's and Dementia Care.



14

## Web Features

### The Truth About Aging and Dementia



Dementia is not an inevitable part of aging. Read our June 2021 feature for *Brain Health Awareness month*, [The Truth About Aging and Dementia](#), to learn differences between normal brain aging and dementia, signs of dementia, ways to maintain brain health, and more.



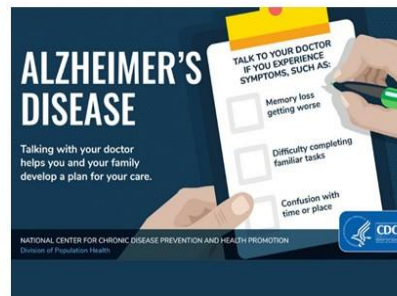
15

## Web Features

### Alzheimer's was CDC's Disease of the Week



[Alzheimer's](#), the most common cause of dementia among older adults, is **CDC's Disease of the Week**. [Read](#) to learn key facts about Alzheimer's. Make sure to take the short quiz to see how much you know about Alzheimer's.



16



## THANK YOU

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## Indian Health Service

- \$5,000,000 in Consolidated Appropriations Act of 2021 to address Alzheimer's Disease.
- IHS has completed Tribal Consultation and Urban Confer with Tribal and Urban Indian Program Leadership on the allocation of these resources.
  - Strong support for training and capacity building in primary care
  - Statements of need for improved diagnosis and management, for resources to support outreach and services, and for support for family caregivers
  - Support for Tribal models of care
  - Additional ideas....
- In approval process for allocation of resources
- Aligning with the [National Plan to Address Alzheimer's Disease](#)
- Collaborating with and leveraging other federal and non-federal efforts

## CMS Opens National Coverage Determination Analysis on Monoclonal Antibodies Directed Against Amyloid for the Treatment of Alzheimer's Disease



- On July 12 CMS announced it has entered a process that will review and determine whether Medicare will establish a national Medicare coverage policy for monoclonal antibodies targeting amyloid for the treatment of AD
- The NCD analysis will be applicable to national coverage considerations for aducanumab and any future monoclonal antibodies that target amyloid for the treatment of AD
- A 30-day public comment period began July 12, and CMS will also host two public listening sessions on July 22 and 27
- Following the analysis, CMS will post a proposed national coverage determination, which will be open to a second 30-day public comment period, and after reviewing comments announce its final decision for a national policy which could range from Medicare coverage of this product type, coverage with evidence development, non-coverage, or deference to the Medicare Administrative Contractors
- A proposed decision is expected to be posted within 6 months, and a final within 9 months

Information at: <https://www.cms.gov/medicare-coverage-database/details/nca-tracking-sheet.aspx?NCAId=305>

**VA**



U.S. Department  
of Veterans Affairs

### Department of Veterans Affairs Updates National Alzheimer's Disease Advisory Council Meeting July 19, 2021 Federal Subgroups

**Cheryl Schmitz, MS, RN, NE-BC, CNS-BC**

[Cheryl.Schmitz2@va.gov](mailto:Cheryl.Schmitz2@va.gov)



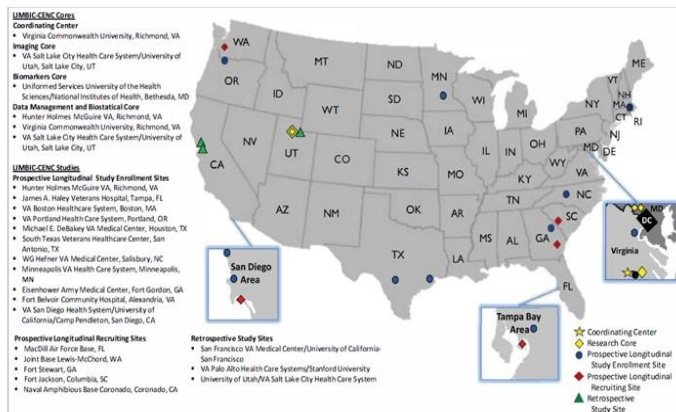
# LIMBIC-CENC – VA & DOD COLLABORATION

- Long-term Impact of Military-relevant Brain Injury Consortium - Chronic Effects of Neurotrauma Consortium
- VA-DoD collaboration: Mature federal consortium studying long-term effects of combat-related exposures; specific focus on mild traumatic brain injury (mTBI), repeated injury, low-level blast, co-morbid factors impact on recovery
- The 17-center Prospective Longitudinal Study has returned to full enrollment, testing and follow-up at all sites post-COVID. The total active enrollment is 1,715 participants (82% Veterans, 18% Service Members)
- LIMBIC has completed 10 research studies, is leading 6 active research studies, and is supporting 3 clinical trials.
  - Three inter-related prospective longitudinal studies relying on a multi-center cohort of active duty and veteran servicemembers from all military conflicts
  - Three inter-related mega-dataset epidemiologic studies examining associations between mTBI/TBI and long-term outcomes, clinical phenotypes after injury, and health economic outcomes
  - Three clinical trials examining interventions for insomnia, cognitive symptoms, and neuroendocrine dysfunction.
- Extensive knowledge translation tools created & distributed
- [www.limbic-cenc.org](http://www.limbic-cenc.org)



# LIMBIC-CENC Update QTR 3 2021

A special issue of the journal *Brain Injury*, featuring 11 original research articles on the topic “Practical Approaches to Assessing and Mitigating the Risk of Cognitive Decline after Concussion: Findings from the Long-term Impact of Military-relevant Brain Injury Consortium (LIMBIC),” is under peer review and is scheduled for release November 2021.







## VA GERIATRIC SCHOLARS PROGRAM

- **Workforce development program** to integrate geriatrics into primary care practices
- Focus on **rural VA clinics**; outreach to **rural HHS Indian Health Service clinics**
- Funded by VA Offices of Rural Health and Geriatrics/Extended Care
- **Collaboration** of VA Geriatric Research, Education and Clinical Centers (GRECC), in partnership with VA Employee Education System (EES), academic affiliates, and HHS HRSA-funded Geriatric Workforce Education Programs (GWEP)
- <http://www.gerischolars.org>

23



## VA GERIATRIC SCHOLARS PROGRAM Update QTR 3 2021

- **Educational Activities for Healthcare Professionals**
  - 1 Rural Interdisciplinary Team Training (RITT) with 70 participants. 3 more trainings being scheduled for FY21Q4
- **Direct Service to Caregivers of Veterans with Dementia**
  - RITT Caregiver Support Expansion served 18 caregivers
- **Enduring Educational Material: Pocket Card for Health Care Professionals**
  - “3D” Pocket Card (Dementia, Delirium, Depression) – in print; to be distributed to all VA facilities in FY21Q4
  - digital version available at: [GRECC Educational Events and Products - Geriatric Research Education and Clinical Center \(GRECC\) \(va.gov\)](#)
- **Planning in progress to schedule additional workshops with Indian Health Service in FY22**

24





## VA Caregiver Support Program NAPA Updates July 2021

Information provided by:

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**Linda Nichols, PhD**  
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Co-Directors, VA Caregiver Center



## Caregiver Center REACH VA

### Resources for Enhancing All Caregivers Health (REACH)

- National Academies of Sciences, Engineering, and Medicine identified REACH caregiver support intervention as promising practice to implement nationally for caregivers of persons with dementia.
- VA's implementation of REACH VA was specifically mentioned as a model for other entities to learn from.

***Meeting the Challenge of Caring for Persons Living with Dementia and Their Care Partners and Caregivers: A Way Forward.*** National Academies of Sciences, Engineering, and Medicine 2021. Washington, DC: The National Academies Press. <https://doi.org/10.17226/26026>.

<https://www.nationalacademies.org/news/2021/02/meeting-the-urgent-needs-of-people-living-with-dementia-requires-addressing-existing-disparities-in-care-and-ensuring-future-research-prioritizes-inclusivity-and-real-world-studies>



## Caregiver Center Annie Caregiver Text Program

- “Annie” is VA’s text messaging system for Veterans and caregivers
- Annie texts promote self-care; requires a basic cell phone
- Caregivers must have a VA electronic health record
- Caregiver protocols – stress management, taking care of you, bereavement, dementia behaviors, COVID 19 precautions

*“A gift of support.  
Thank you.”*

*“Always arrive at a  
pick me up moment.”*



## Annie Caregiver Text Program – Dementia Behaviors

- National roll-out began May 3, 2021, after pilot testing and modification based on caregiver evaluation
- Seven texts a week - educational, motivational, skill relating to stress management, plus dementia behavior tips
- Different dementia behavior each week for a year
- 134 caregivers enrolled as of June 30, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
There are many reasons why a person with dementia may not want to take a bath – Annie. Click link for bathing tips: <a href="https://tinyurl.com/y6kuofc5">https://tinyurl.com/y6kuofc5</a> versus angry?	When you are in a stressful situation, stop & think about your thoughts and feelings. Can you make them milder? Disappointed Annie	Get the bathroom ready ahead of time. For example, have the towels and washcloths ready - Annie.	Annie here, For every minute you are angry you lose sixty seconds of happiness. – Ralph Waldo Emerson	Schedule bathing for the same time & place each day as your loved one may be confused. Changing the routine may be upsetting - Annie.	Be an observer. Think about activities or places that calm you. Try to recreate them in your mind & imagine how they make you feel. -Annie	Showers and baths can be dangerous. Use non-slip mats, tub seat, or grab bars. Make sure there are no puddles in the floor - Annie.



## REACH Hope - Caregivers of Veterans with TBI and Dementia

- **“Supporting Caregivers of Veterans with Traumatic Brain Injury and Mixed Dementia: The REACH Hope Behavioral Intervention”**
- **Department of Defense** funded randomized control trial
- **VA Caregiver Center** (Linda Nichols, PhD and Jennifer Martindale-Adams, EdD) and **Virginia Commonwealth University** (Paul Perrin, PhD and Ronald Seel, PhD)
- **Intervention** combining REACH VA and Department of Defense Virtual Hope Box mobile app
- **Project period** – 8/15/20 to 8/14/23
  - Recruitment began February 2021 for 110 caregivers
  - 24 caregivers recruited as of June 30, 2021



29



## VA Caregiver Support Dementia Summer Series –2021

- Sponsored by VA Caregiver Support Program Education Program Dementia Committee
- Three monthly education sessions for caregivers of Veterans with dementia focusing on available VA Caregiver Support Programs, e.g.,
  - REACH VA, Self-Care/Resilience Courses, Annie
  - Building Better Caregivers, Navigating VA Caregiver Support Website
  - Peer Support Mentoring, Caregiver Support Line
- Open to any caregiver of a Veteran with dementia.
- Designed to acquaint caregivers with VA Caregiver Support Program resources that are available to them.

30





## VA Caregiver Support Dementia Summer Series –2021

- Sponsored by VA Caregiver Support Leadership Council Education Committee
- Open to any caregiver of a Veteran with dementia
- Designed to acquaint caregivers with VA Caregiver Support Program resources that are available to them
- Three monthly education sessions for caregivers of Veterans with dementia focusing on available VA Caregiver Support Programs – caregivers can attend by videoconference or telephone
  - June 30 – REACH VA, Self-Care/Resilience Courses, Annie
  - August 4 – Building Better Caregivers, Navigating Caregiver Support Website
  - September 8 – Peer Support Mentoring, Caregiver Support Line
- Contact local VA facility Caregiver Support staff for more information
  - Link to telephone numbers for VA Caregiver Support staff - [https://www.caregiver.va.gov/support/New\\_CSC\\_Page.asp](https://www.caregiver.va.gov/support/New_CSC_Page.asp)

31

## Administration for Community Living

### Cooperative Agreement Awards

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

Awards Announced July 13, 2021

- 11 newly awarded for a total of \$10,618,781.
- Located in nine states and one territory.
- Awardees:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Alzheimer's Disease and Related Disorders New York City, Inc./CaringKind (NY)</li><li>• Alzheimer's San Diego (CA)</li><li>• Central Alabama Aging Consortium (AL)</li><li>• Fox Valley Memory Project, Inc. (WI)</li><li>• Kentucky State Cabinet for Health (KY)</li></ul> | <ul style="list-style-type: none"><li>• Nevada Senior Services, Inc. (NV)</li><li>• North Central Texas Council of Governments (TX)</li><li>• OCCK, Inc. (KS)</li><li>• Senior Services, Inc. (NC)</li><li>• Sugar Free Living (PR)</li><li>• Alzheimer's Greater Los Angeles (CA)</li></ul> |
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NAPA Goals 2 , 3 , 4



# Administration for Community Living

## FUNDING OPPORTUNITY ANNOUNCEMENT

### Alzheimer's Disease Programs Initiative - Dementia Capability in Indian Country

HHS-2021-ACL-AOA-ADPI-0087

Estimated Total Funding: \$1,000,000

Expected Number of Awards: 4

Award Ceiling: \$250,000 Per Project Period

Award Floor: \$200,000 Per Project Period

**Applications due: July 19, 2021**

NAPA Goals 2, 3, 4

# Administration for Community Living

## FUNDING OPPORTUNITY ANNOUNCEMENT

### Alzheimer's Disease Programs Initiative - Grants to States and Communities (Round Two)

HHS-2021-ACL-AOA-ADPI-0086

Estimated Total Funding: \$11,037,723

Expected Number of Awards: 14

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

Award Floor: \$550,000 Per Project Period

**Applications due: August 2, 2021**

NAPA Goals 2, 3, 4

# Administration for Community Living

## National Alzheimer's and Dementia Resource Center

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

### UPCOMING WEBINARS

#### Building and Maintaining Relationships After a Dementia Diagnosis: Dementia Care Partners and Social Isolation

Tuesday, August 24, 2021 1:00-2:00 PM ET

#### [Webinar Registration](#)

Social isolation negatively impacts the millions of people living with dementia and their care partners in the U.S. These individuals are generally more satisfied when they have emotional and social support. Presenters: **Matthew Estrade** Louisiana GWEP, Louisiana State University and **Ana-Shea Edwards, Family Caregiver**

#### Successes And Sustainability Of Community Based Dementia Programs

Tuesday, September 14, 2021

Presenters: Heather Menne (RTI), Phyllis Roate (State of Illinois), Christy Nishita (University of Hawaii)

NAPA Goals 2 , 3 , 4

# Administration for Community Living

## [National Alzheimer's and Dementia Resource Center](#)

### 2021 WEBINAR Series

- May 18, 2021- Discovery process in delivering person-centered dementia care with Shawn Terrell and Leigh Ann Kingsbury (960 participants)
- June 23, 2021- Elder Abuse in People Living with Dementia: Considerations for Prevention, Detection, and Intervention (Dr. Laura Mosqueda and Charlie Sabatino) (703 participants)

***Recordings and presentation PowerPoints are posted on the NADRC webpage***

NAPA Goals 2 , 3 , 4