

Dementia Risk Reduction

Georgia Efforts

NAPA / Elizabeth N. Head, M.P.H. / October 2024

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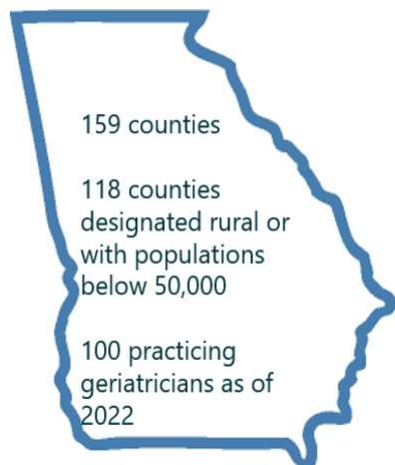
Objectives

- Georgia Landscape
 - Data Overview
 - Historical Context
- Risk Reduction
 - An Alphabet of Effort
 - Healthy Aging
 - Risk Reduction
 - Strategic Direction

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Alzheimer's Disease and Related Dementias (ADRD)



- 85% of Georgians who report memory problems have at least one chronic condition.
- In 2021, 12.2% of BRFSS respondents aged 45 and older reported confusion or memory loss more often or getting worse.
- In 2024, Georgians provided 755,000,000 hours of unpaid care for persons living with dementia, the 2nd highest in the nation.
- 64.9% of Georgia caregivers have chronic conditions; 33.2% have depression.
- A workforce increase of 392% is needed for ADRD care demand by 2050.

Source: Alzheimer's Facts/Figures 2024, GA BRFSS 2021

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Monitoring and Evaluating Data

OASIS ONLINE ANALYTICAL STATISTICAL INFORMATION SYSTEM
 Tools for Public Health and Public Policy Data Analysis
 Accessing the Georgia Department of Public Health's Data Warehouse

21 Years of Service

Create tables, maps or charts of health data by selecting a topic below

Dashboards
 Community Health Needs Assessment Leading Causes of Premature Death

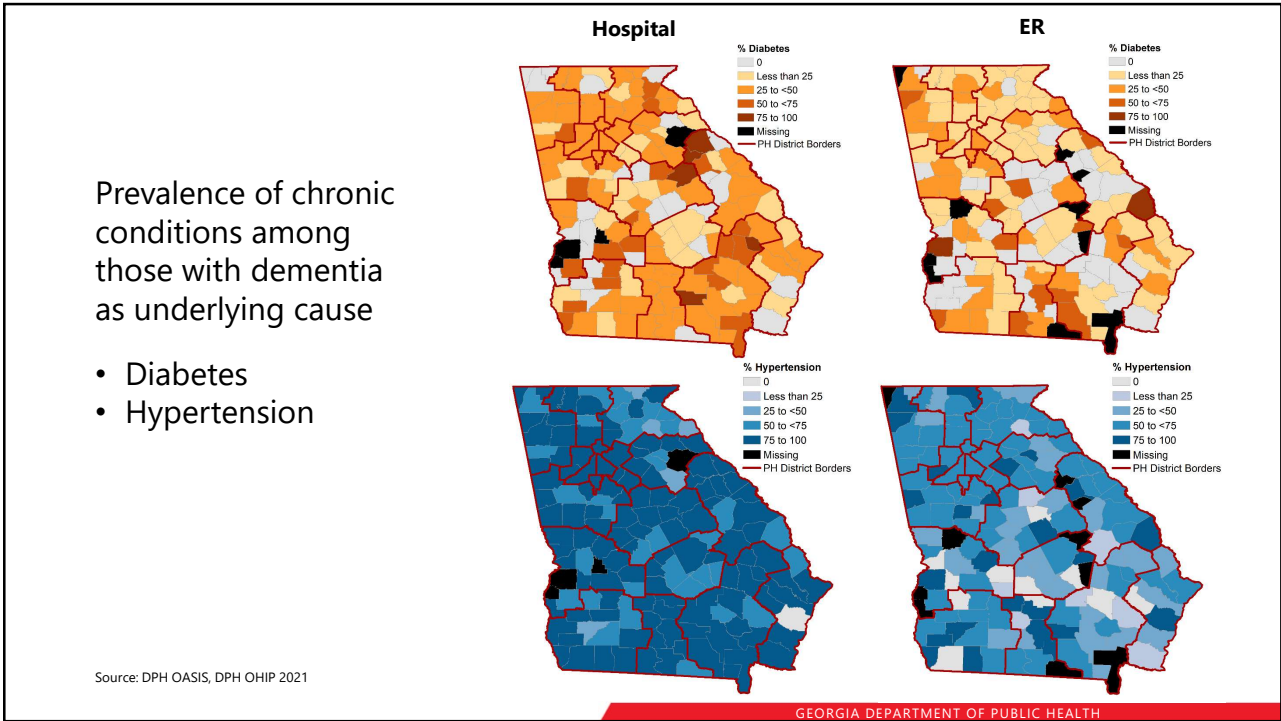
Mortality/Morbidity
 Mortality Sexually Transmitted Disease
 Hospital Discharge Drug Overdoses - Mortality
 Emergency Room Visits Drug Overdoses - ER/Inpatient
 Ambulatory Care Sensitive Conditions Alzheimer's Disease and Related Dementia (ADRD)

Maternal/Child Health (MCH)
 Births Pregnancies
 Fetal Deaths Maternal Deaths
 Induced Terminations Popular Baby Names

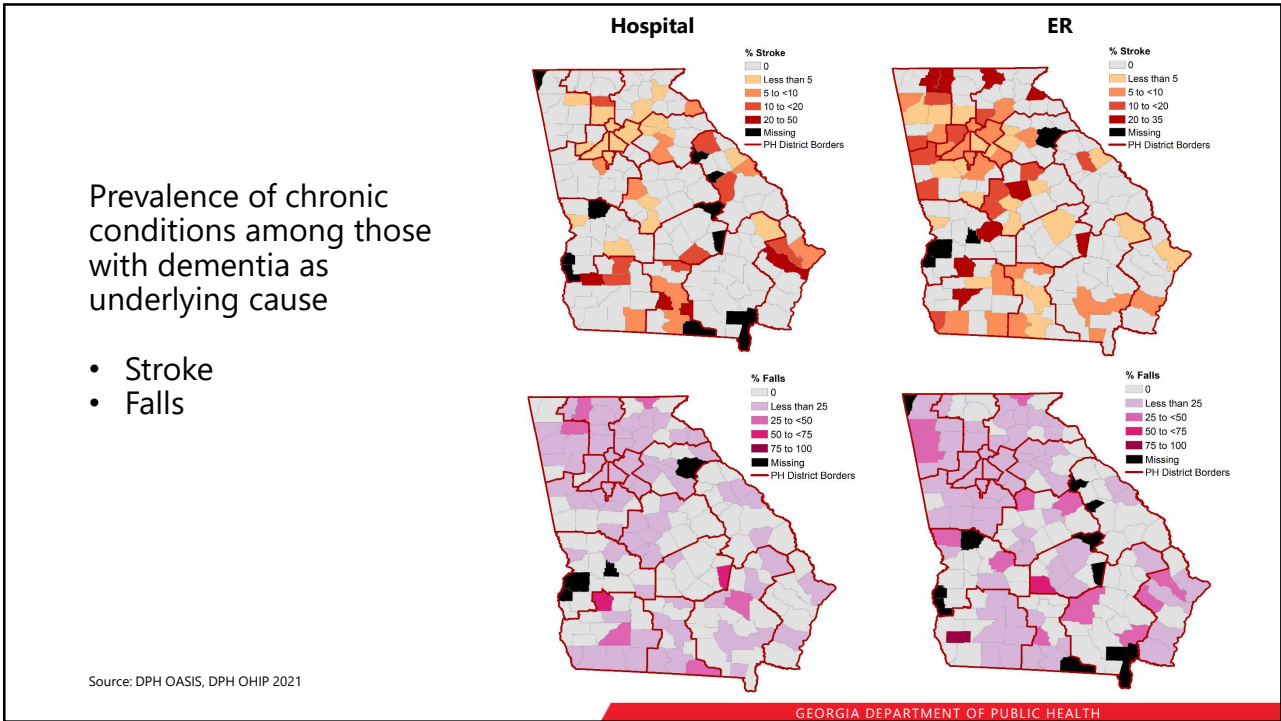
Infant Mortality
 Infant Mortality Perinatal Periods of Risk (PPOR)
 Infant Mortality - Birth Cohort Based

Latest Updates
 How to Use OASIS/A Tutorial
 Examples of OASIS:
 Percent Low Birthweight by Census Tract

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History of GARD Plan

- 2014-Original GARD plan signed by Governor Deal
 - Established GARD State Plan Task Force
 - Work groups were established around areas or sections of the Plan
- 2016-GARD Coordinator hired within the Division of Aging Services
- 2018-Senate re-established Advisory Council
 - Advisory Council members designated by law or appointment by the Governor
- 2020-GARD Plan updated
 - Thorough review and consultation with GARD workgroups ensure its goals remain responsive to the dementia community in Georgia
 - Cross Walk Project with Trust for America's Health and ASTHO
- 2024 – GARD Plan reports in progress
 - State of dementia report, 2020-2024 updates, and DPH data analyses



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Partnerships in Georgia – An Alphabet of Effort

Academia

Physicians

**State
Agencies**

**Care
Partners**



Advocates

**People
living w/
Dementia**

Businesses

Non- Profits

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BOLD Healthy Brain Road Map

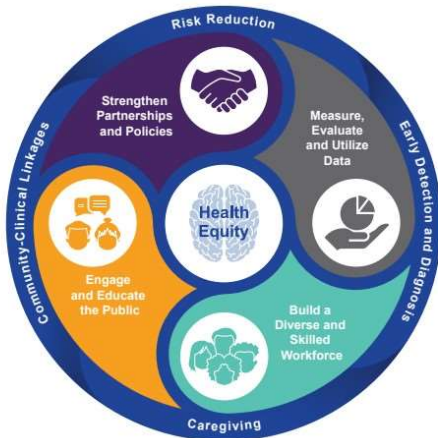



Image From CDC Website

 **EDUCATE & EMPOWER**

 **DEVELOP POLICIES & MOBILIZE PARTNERSHIPS**

 **ASSURE A COMPETENT WORKFORCE**

 **MONITOR & EVALUATE**

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BOLD Overview

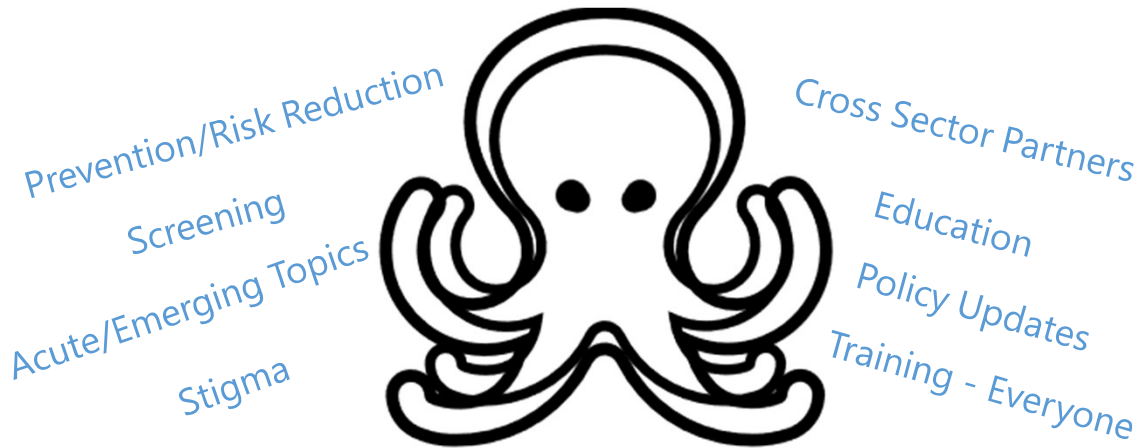
- BOLD-Building Our Largest Dementia Infrastructure
- 3-year Enhanced grant: September 2020-September 2023
- 5-year Component II grant: September 2023-September 2028
- Public health approach to:
 - Dementia risk reduction
 - Early detection
 - Dementia caregiving
 - Educating professionals



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A Systems Approach – Reality



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Department of Human Services
Division of Aging Services

Dementia Care Specialist Program

Fostering Dementia-Capable Communities in Georgia

The mission of the Dementia Care Specialist (DCS) Program is to increase dementia education and awareness, build stronger community partnerships, and support care partners to expand skills and resources to support persons living with dementia.

One DCS will be located at each Area Agency on Aging (AAA). The Program Lead at the Division of Aging Services (DAS) is responsible for training, program integrity, and data collection.

To achieve this mission, the DCS Program has **three pillars**:

Creating a Dementia-Capable Aging Network: Training, Education, Awareness, and Collaboration

- Provide dementia-specific training for AAA staff, providers, and partners
- Raise awareness regarding the importance of early detection and screening

Creating Dementia-Capable Communities: Community Outreach and Partnerships

- Provide dementia-specific community education
- Drive collaboration within the community

Supporting People Living with Dementia and Their Families

- Provide education and develop regional capacity to support people with cognitive concerns and their families
- Drive memory screening and increased access to diagnostic evaluation

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Outreach and Partnership Work

KEEP YOUR brain strong
 Maintaining your brain's health beyond age 65

<p>Ask for a memory screen</p> <p>Did you know your Medicare Annual Wellness Visit is free and that it includes a memory screening? Take control of your brain health now.</p>	<p>Take control of chronic diseases</p>
<p>Eat healthy foods</p>	<p>Be active</p>
<p>Learn new things</p>	<p>Connect with friends, family, your community</p>

GARD
 Georgia Alzheimer's and Dementia Resource Center

KEEP YOUR brain strong
 Maintaining your brain's health beyond age 65

Schedule your Medicare Annual Wellness Visit (AWV) today!
 This establishes your Personalized Prevention Plan for health. This visit includes:

- Memory loss and depression screening
- Screening for all chronic diseases
- Update medical history, medications, family history
- Update immunizations

Take control of chronic diseases
 Heart disease, diabetes, COPD, and high blood pressure can cause strokes. Strokes can cause some types of dementia.

- Diabetes control with A1C less than 8
- Blood pressure controlled with systolic less than 150 / diastolic less than 90
- Cholesterol less than 200; HDL greater than 60
- Stop smoking
- Take your prescribed medicines daily
- Get screened for hearing loss
- See your dentist every six months or more if you have problems with your teeth. If you have dentures, see your dentist every year.

Eat healthy foods
 The proper diet can help slow decline in reasoning and understanding.

- Eat heart-healthy low-fat, lean-meat and vegetable-rich meals
- Mediterranean, MIND and DASH diets are suggested
- Visit www.myplate.gov for specific recommendations

Be active
 Daily physical exercise is recommended to maintain strength, stamina, control chronic disease and the ability to live independently.

- 15-30 minutes of physical activity per day is recommended for improved health
- Examples are walking, swimming, dancing, cycling and gardening

Learn new things
 Memory and thinking ability improve when we learn something new.

- Take a class, photography, language, music, computer processing, quilting
- Play card games, play chess or work crossword puzzles

Connect with family, friends, and communities
 Positive interactions with other people improve well-being and mood. Untreated mood disorders can affect memory and thinking.

- Maintain your connection to church, family and community activities
- Engage in activities that give purpose and meaning to your life

For more information, visit aging.ga.gov

Adapted from DHS, Division of Aging Services Presentation

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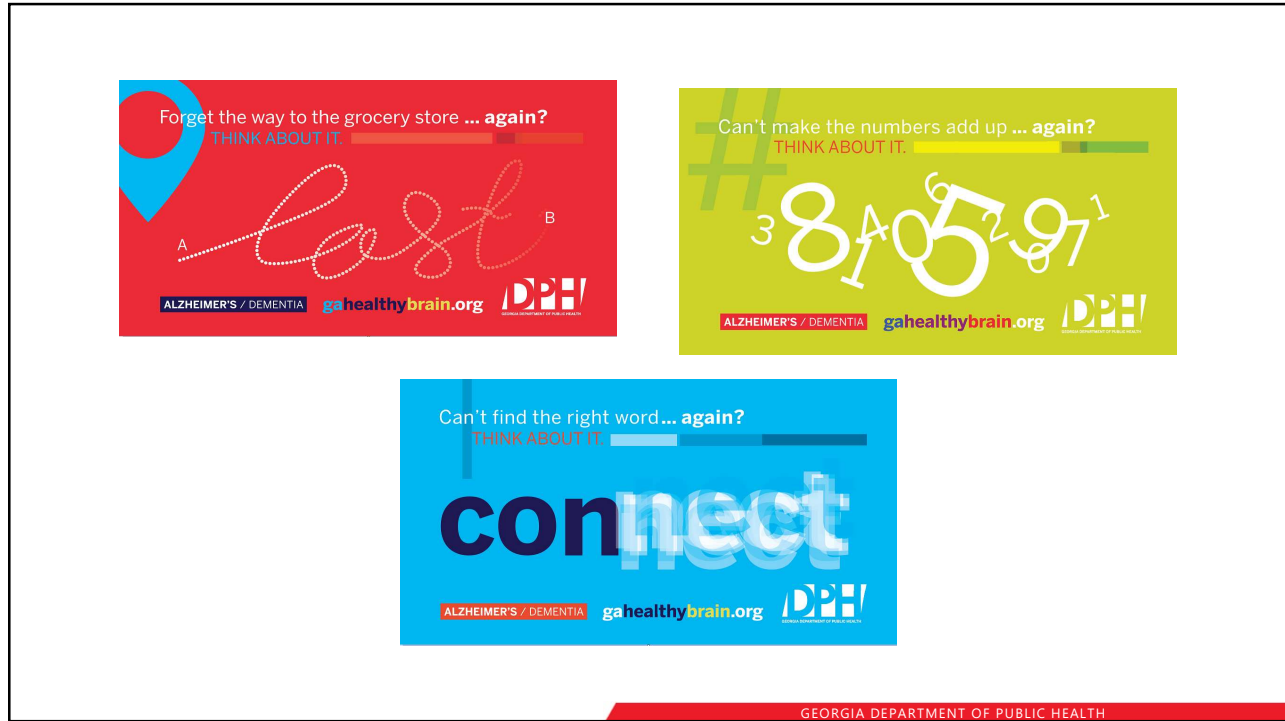
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Community-Based Resources for All

 <p>SAVVY CAREGIVER® KNOWLEDGE. SKILLS. MASTERY.</p>	 <p>VIRTUAL DEMENTIA TOUR™ YOUR WINDOW INTO THEIR WORLD</p>
 <p>THINK ABOUT IT ALZHEIMER'S / DEMENTIA</p>	 <p>ALTER™ INSPIRING AND EQUIPPING FAITH COMMUNITIES</p>

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Risk Reduction Messaging, Think About It




Ask your doctor to do a brief cognitive assessment **during each annual checkup.**

BEFORE the assessment, your doctor may ask:

- Do you get lost while walking or driving in familiar places?
- Do you have problems writing checks, paying bills or balancing the checkbook?
- Do you have difficulty shopping for groceries by yourself?

DURING the assessment, your doctor may ask:

- Please remember this name and address.
- Can you tell me something that happened in the news recently?
- What was the name and address I asked you to remember?

 CARDIO EXERCISE	 HEART HEALTHY	 EAT HEALTHY	 SLEEP
 QUIT SMOKING	 MENTAL HEALTH	 PREVENT BRAIN INJURY	 CHALLENGE YOUR MIND



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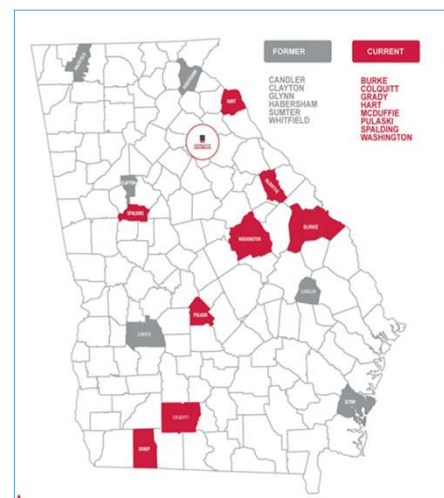
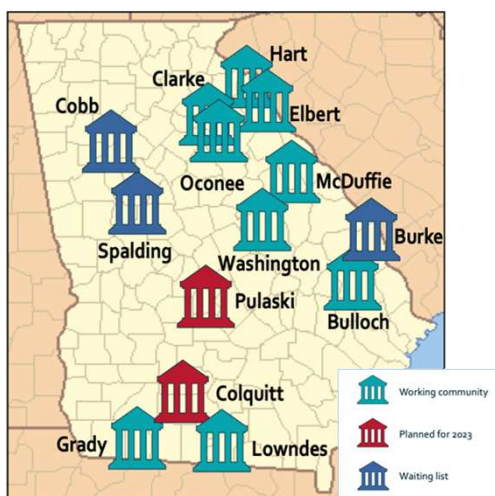
Rural Outreach – Partnership with UGA

- Stakeholder mapping
 - Engaging local leadership
 - Preferences for receiving information, education, and training
- Osher LifeLong Learning Institutes (OLLIs)
 - Brain health education
 - Risk reduction focus
- Archway Partnership
 - Local collaboratives
 - Community-led partnerships

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Cognitive Aging and Research Center (CARE)



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We look to the community as our experts



**Community
members**



**First
responders**



Medical staff



Pastors/clergy



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Cognitive Aging Research Center Program

CARE AwaRE (Awareness and Resilience through Education) aims to provide evidence-based dementia education for persons with ADRD and care partners.

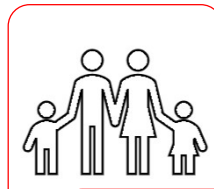
- Brain health at every age
- Normal aging vs dementia
- Dealing with dementia-related behaviors
- How to get a diagnosis
- Care partner topics



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Fall Prevention Nature Walk – Innovative Partnerships



Increase public awareness of the importance of fall prevention across the lifespan



Increase understanding of underlying fall risk and how to reduce risk



Increase awareness of available community programs related to fall prevention

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Concept Inspiration – Why Fall Prevention

- Initial inspiration concept from Cobb County StoryWalk® Project
- Aims to promote literacy, reading, health, exercise, and movement in library settings across the U.S.



The stigma of being seen as "senior," "elderly," or "aging " creates a barrier to implementing effective fall prevention strategies, programs, and interventions.

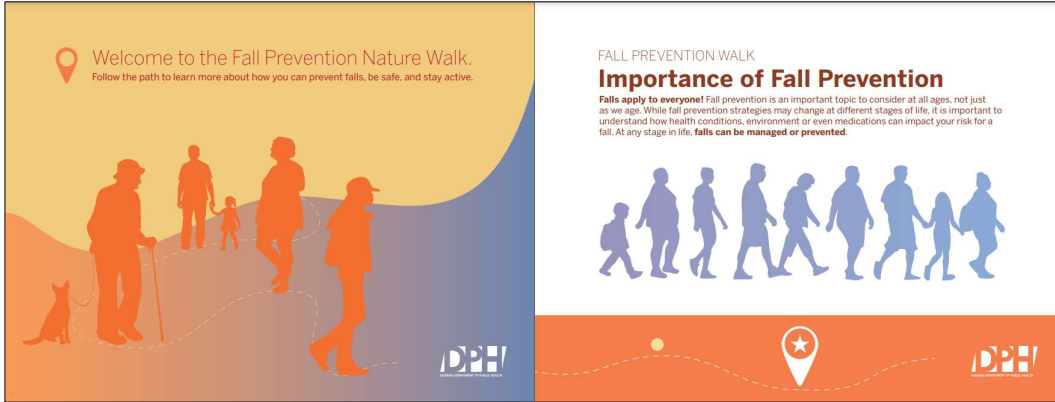
To improve fall prevention, we need to address stigma in:

- Healthcare settings
- Communities
- Fall prevention strategies, programs, and interventions

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Fall Prevention Nature Walk Final Boards



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Fall Prevention Nature Walk Final Boards



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Fall Prevention Nature Walk Final Boards



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Fall Prevention Nature Walk Indoor Displays

Cobb County Senior Marketplace and Expo
May 2023



Northeast Georgia Fall Prevention Expo
September 2023



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Fall Prevention Nature Walk Outdoor Displays

Swift Cantrell Park, Kennesaw GA
March – April 2023



Laurel Park, Gainesville GA
September 2023



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Questions

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<https://dph.georgia.gov/AlzheimersDisease/think-about-it>

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