

Alzheimer's Advisory Council



**Executive Office of Health & Human Services
Marylou Sudders, Secretary**

**December 17, 2019
3:00-5:00 pm**

**One Ashburton Place
Boston, Mass.**



Agenda



1. Welcome

- Approval of October 7th minutes

2. Presentations

- Executive Office of Elder Affairs: “Overview of State Plan on Aging and Dementia-related Programs and Services”

3. Discussion of priorities for inclusion in the March 2020 report based upon feedback from Commission members

4. Next Steps



Executive Office of Elder Affairs State Plans and Programs for Individuals Living with Alzheimer's or Dementia—December 17, 2019



Lead Agency



Network
Partners



Services for
Older Adults

Executive Office of Elder Affairs

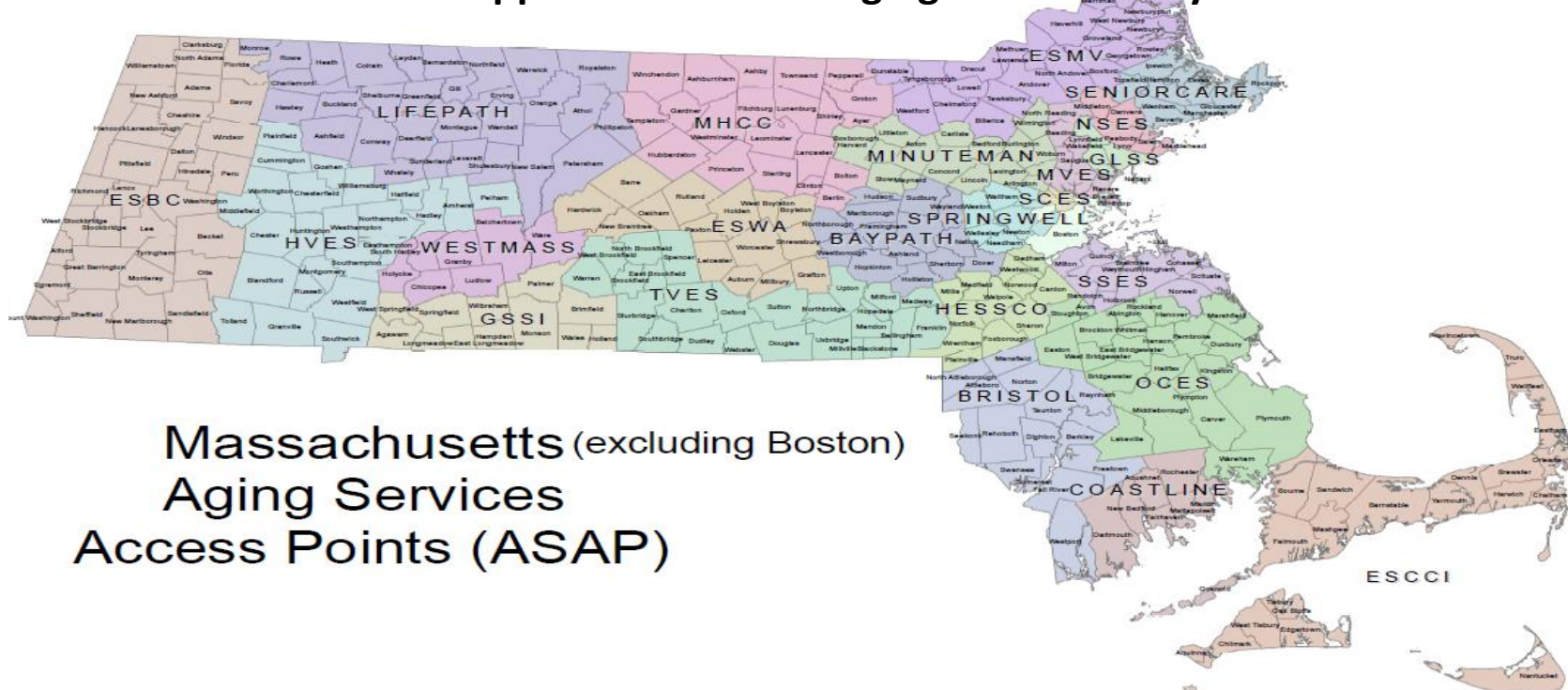
350 Councils
on Aging
(COAs)

25 Aging
Services
Access Points
(ASAPs)

Home Care	Long Term Services and Supports	Transportation Services
Ombudsman Services	Serving the Health Insurance Needs of Everyone (SHINE)	Information & Referral
Protective Services	Family Caregiver Support Program	Prescription Advantage
Nutrition Services		Employment Services
Housing Support		

AGING
in MASSACHUSETTS
Shaping the Future

There are 25 ASAPs that provide various programs and services to support older adults aging in community



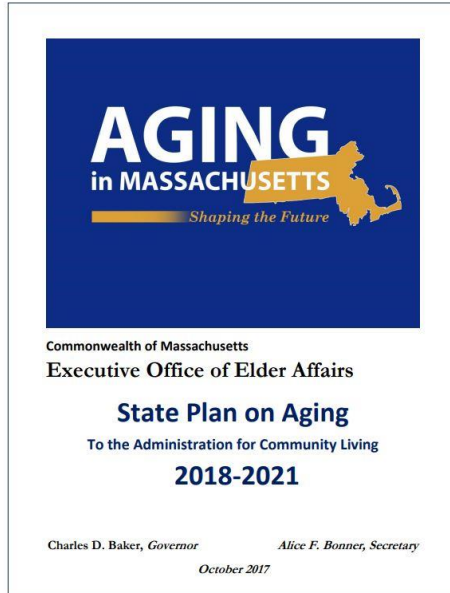
Consumers Living with Dementia

EOEA strives to ensure all programs and services are inclusive of all populations, including individuals living with Alzheimer's or dementia and their caregivers

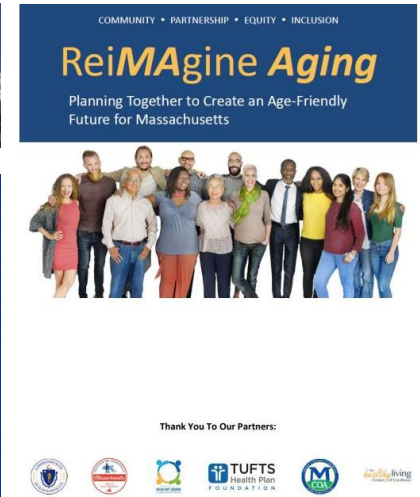
- **20.7%** of State Home Care Program consumers are living with Alzheimer's or dementia
- **26.1%** of Assisted Living Units are Special Care Units (4,593 units)
- **62.9%** of family caregivers receiving services from the Massachusetts Family Caregiver Support Program (MFCSP) are caring for an individual living with Alzheimer's or dementia
- **44%** of Adult Protective Services cases are a result of “Self-Neglect”

Current Plans

Elder Affairs State Plan on Aging to the United States Administration for Community Living (ACL)



Governor's Council to Address Aging in Massachusetts Recommendations and Age-Friendly Action Plan



State Plan on Aging for Administration for Community Living (ACL)

State Plan On Aging Goals

1. Support **Aging in Community**
2. In Response to Evolving Demographic Changes, **Support Caregivers** and Make Massachusetts **Dementia Capable**
3. Empower **Healthy Aging**
4. Prevent **Injury, Violence and Exploitation** of Older Adults
5. Strengthen “**No Wrong Door**” **Access** to Aging and Disability Services
6. Ensure **Quality, Value, and Person-Centered Community Based Care** Through Data-driven Evidence-Informed Methods

Governor's Council to Address Aging

Aspirational Future State

All Massachusetts communities are considered age-friendly

Aging is considered an asset and is embedded in all policies

Massachusetts is the Silicon Valley of innovation in aging and exports knowledge and services

Continuum of long-term care services is reimagined and integrated

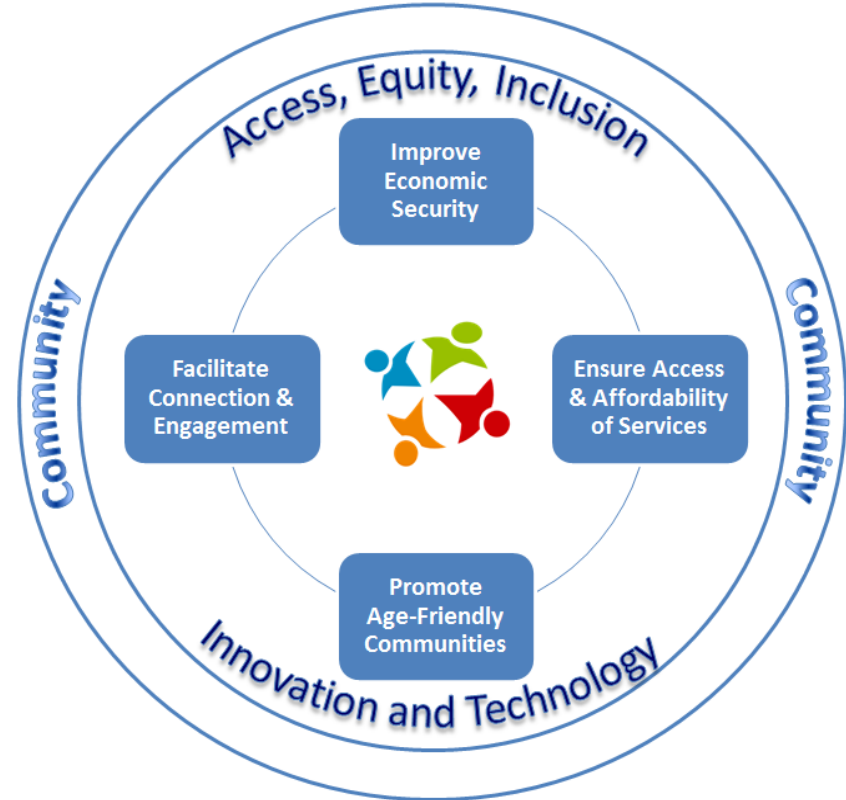
People of all ages have access to health and social supports and disparities are reduced

People proactively plan for a 100-year life

Residents have the resources to live a meaningful life in the community they choose



Framework



Workgroups

Employment



Promote the value of older workers and encourage businesses to be Age-Friendly

Caregiving



Partner with employers to strengthen support of family caregivers in the workplace

Transportation



Address upstream determinants, improve the built environment, and increase access to services

Housing



Help older adults age in community by increasing access to housing and providing supportive services

Innovation & Technology



Amplify cross-sector collaboration and harness the longevity economy to find innovative solutions

Recommendations

In December 2018 the Governor's Council to Address Aging released **28 recommendations with 67 action steps** all aligned to the framework

Many of the recommendations will impact the lives of individuals living with dementia and their caregivers*:

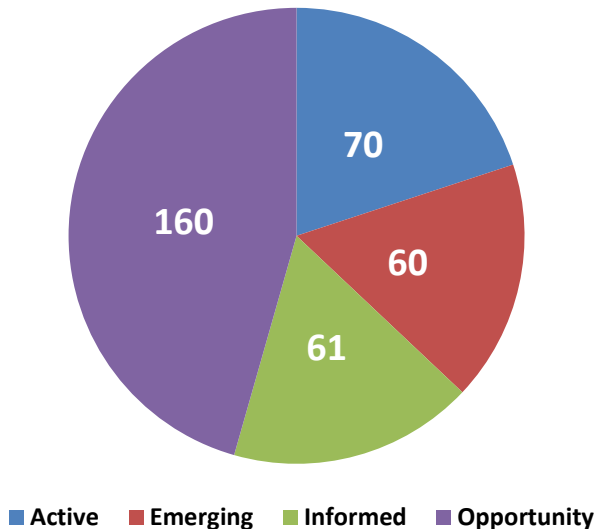
- Support both caregivers and individuals living with dementia in the workplace
- Ensure programs and resources are known, inclusive and affordable
- Develop accessible and supportive housing and transportation options
- Promote dementia friendly communities and connection and engagement to decrease isolation and loneliness
- Increase access to health care and a trained direct care workforce
- Address stigma and reframe aging

*These bullets summarize many of the recommendations that encompass individuals living with dementia and their caregivers

Age and Dementia Friendly

Over 160 cities and towns in Massachusetts are engaged in dementia friendly activities

Age-Friendly
Municipalities in Massachusetts
September 2019



[Topsfield Fair](#) Trained
Volunteers as
Dementia Friends



[Essex and Cape Ann](#)
Selected as First Age-
and Dementia-
Friendly Community
Compact



[Purple Table](#)
supports families at
local restaurants



[Worcester](#) is working
with local businesses
to take a dementia
friendly pledge

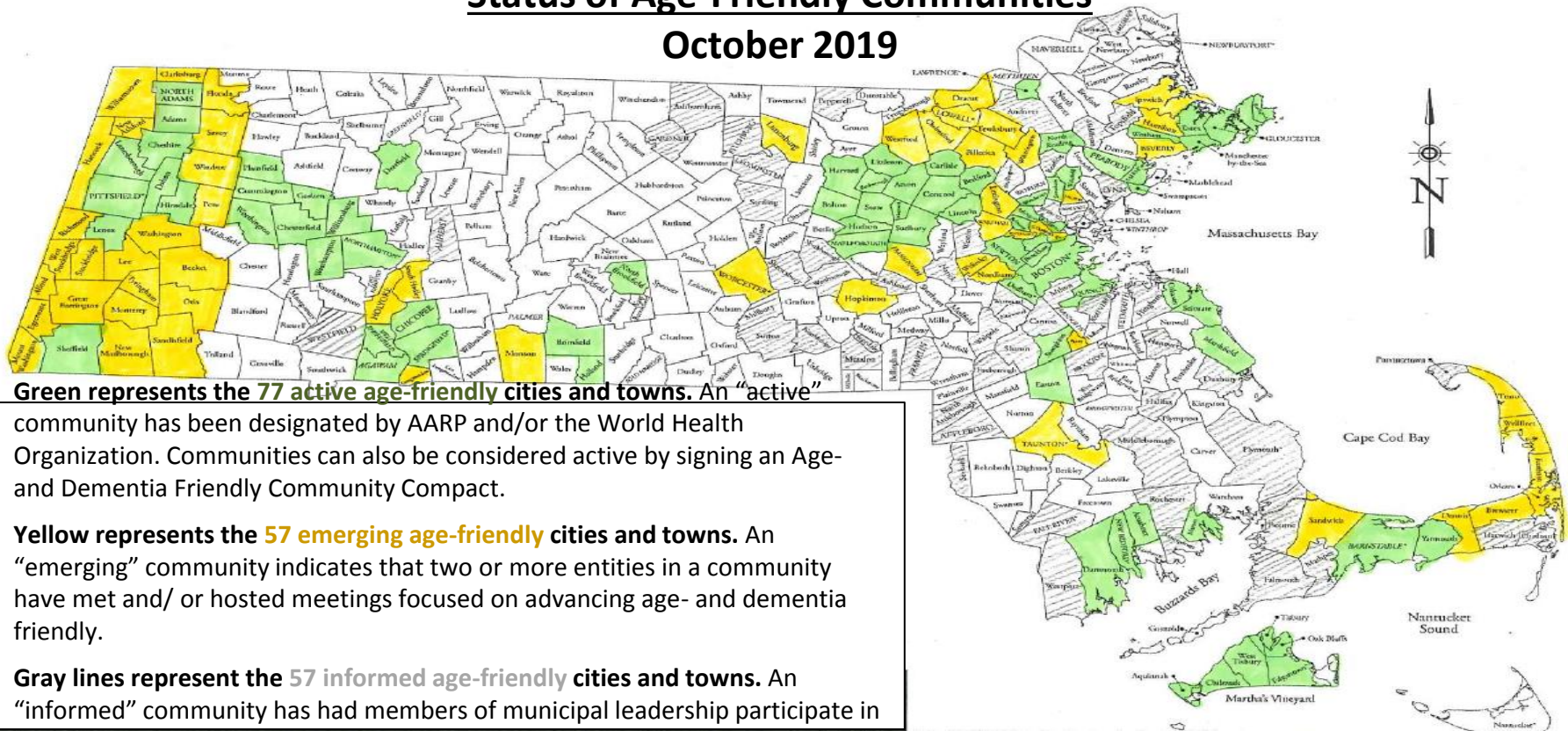


Age-Friendly Communities

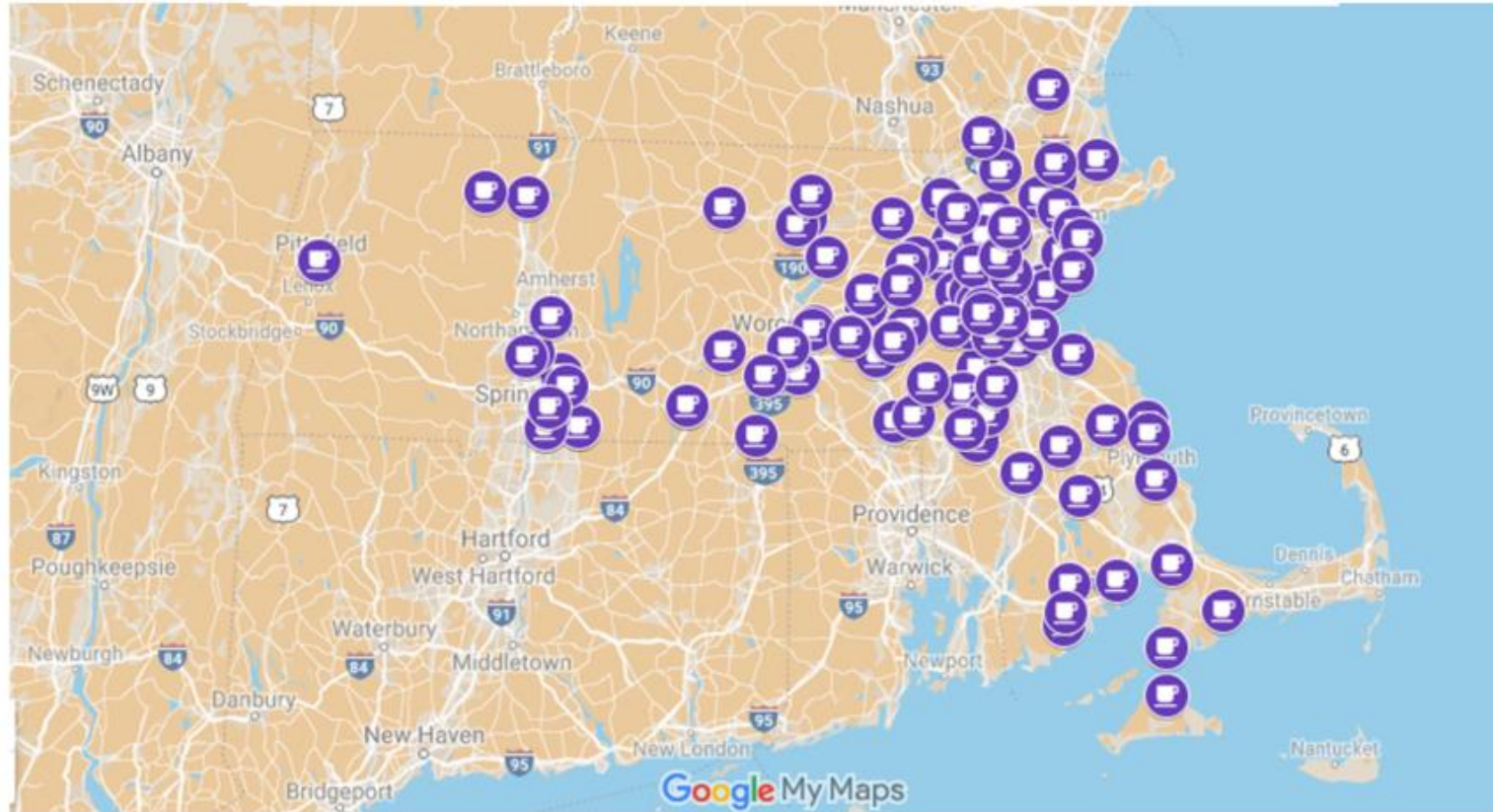
191 communities are engaged in the age-friendly movement

Status of Age-Friendly Communities

October 2019



116 Memory Cafes in MA as of December 16, 2019



Making Massachusetts Dementia Capable

Savvy Caregiver

- Launched the six week evidence based program for caregivers of individual living with Alzheimer's in Massachusetts in both English and Spanish.
- Since 2017, over 900 caregivers have been trained in Savvy throughout the state.

Protective Services

- Received a 2017 grant from the Administration for Community Living on Elder Justice and Protective Services.
- In 2019, Elder Affairs trained all Adult Protective Services workers in evaluating decisional capacity with a new tool.

ADSSP Grant

Alzheimer's Disease Supportive Services Program

- Grant activity since 2015 has included dementia training for 275 Aging Services Access Point staff, 180 supportive home care aides, and 180 options counselors, information and referral specialists and Council on Aging staff.

Dementia Friendly

- 160 communities are engaged in dementia friendly initiatives to make their communities safe, inclusive and respectful for people living with dementia.
- 3,432 people were trained as Dementia Friends to improve public awareness.


THANK YOU

Elizabeth Chen, PhD, MBA, MPH

Secretary

Massachusetts Executive Office Elder Affairs

Elizabeth.C.Chen@state.ma.us

 @Mass_EOEA



Council's Charge



Reporting:

The advisory council shall **annually** provide to the executive office and the legislature a report which shall include:

- (i) information and recommendations on Alzheimer's disease policy;
- (ii) an evaluation of all state-funded efforts in Alzheimer's disease research, clinical care, institutional, home-based and community-based programs;
- (iii) the outcomes of such efforts; and
- (iv) any proposed updates to the state plan, which the advisory council shall annually review.



Recommendations Process to date



- We received input from **10** members.
- These members submitted **59** individual items for consideration in the March report.
- Staff consolidated similar items and requested feedback from members to rank recommendations and identify areas of consensus.



Areas of consensus



1. MassHealth coverage for individuals with progressive dementia at any age should be explored
2. The Commonwealth should ensure that all community and long-term care providers are delivering quality dementia-informed care
3. The Commonwealth should implement a public awareness campaign to educate the public about Alzheimer's disease/dementia. Topics should include: screening, early diagnosis, available resources, reducing stigma, and education about modifiable risk factors
4. The Commonwealth should expand access to respite care by creating new opportunities and increasing awareness of existing opportunities
5. The Commonwealth should improve and expand support and education for caregivers, focusing especially on the time period after a diagnosis
6. Medical professionals should be given the tools to connect patients and families with necessary resources, including dementia care coordinators after diagnosis



Other Recommendations (1 of 2)



1. The Commonwealth should create Brain Health Hubs (BHHs) located throughout the state to function as primary, easily identifiable centers of knowledge, information, and support; each BHH should hold a specific contract for transportation for people with brain disease or illness.
2. The Commonwealth should create a summary of existing transportation resources, services, and supports, identifying gaps.
3. The Commonwealth should implement a coordinated, multi-partner initiative to improve access to quality care and support for underserved communities.
4. The Commonwealth should ensure that all hospital providers are trained to identify isolation and risk among individuals presenting with dementia symptoms.
5. The Commonwealth should promote programs to prevent hospitalizations among those living with dementia.
6. Councils on Aging should be enhanced to function as support services/respite care and to serve the early-onset population.
7. The Commonwealth should provide funding to create greater access to multi-lingual staff and services for dementia care.
8. The Commonwealth should explore creating a State Dementia Services Coordinator.
9. The Commonwealth should implement and support dementia-friendly initiatives, including purple streets, businesses, public services, organizations, and MBTA.
10. The Commonwealth should fully implement Chapter 220 of the Acts of 2018 (requirement to share diagnosis and treatment plans with family caregivers after securing informed consent).



Other Recommendations (2 of 2)



11. The Commonwealth should encourage, fund, and advertise the Healthy Living Center of Excellence clearinghouse.
12. The Commonwealth should implement surveillance to understand the impact and burden of dementia, and should adopt and incorporate both the cognitive and caregiver modules in the state Behavioral Risk Factor Surveillance System (BRFSS).
13. The Commonwealth should explore an Alzheimer's Disease and Related Disorders Research Program.
14. The Commonwealth should target populations at each disease stage to identify barriers to care and ensure equitable distribution of resources.
15. The Commonwealth should develop meaningful outlets for those living with dementia to feel valued in society.
16. The Commonwealth should continually seek input from those living with dementia on how to best serve them.
17. The Commonwealth should implement cognitive screening administered to all adults during annual physicals.
18. The Commonwealth should expand access to Memory Cafés.
19. The Commonwealth should ensure an adequate and well-trained workforce for care of all aging people, specifically addressing recruitment, training, and retention for dementia care providers.
20. The Commonwealth should establish that any person who is assigned a legal guardian in the court system must also be assigned a case worker.
21. The Commonwealth should ensure that Information and Referral professionals are trained to direct individuals appropriately when seeking dementia-related information, services, and supports.



Timeline



- **Next meeting**—Tuesday, February 25th
- **March 1, 2020**— First annual report due to Legislature



Commission Staff Contact



Please direct any questions and materials to:

Amy Kaplan-- amy.e.kaplan@state.ma.us