



ECHO IDAHO: **Alzheimer's Disease and Related Dementias**

**Comprehensive Dementia Care:
The Multidisciplinary Approach**

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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.



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Learning Objectives

At the conclusion of this presentation, the participant will provide better patient care through an increased ability to:

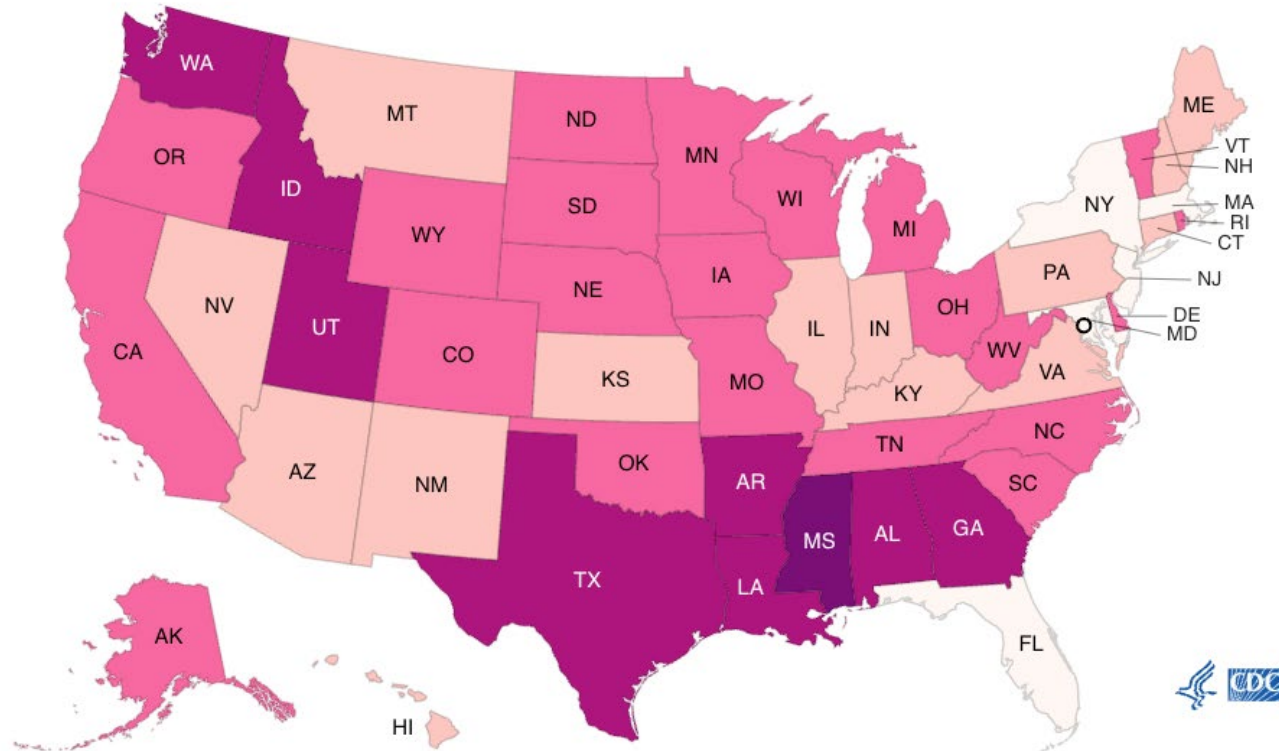
- Plan an initial multidisciplinary dementia workup
- Create a cohesive, personalized initial care plan
- Anticipate transitions in later care stages
- Leverage more limited resources in rural settings

Alzheimer's Disease Mortality by State

[Print](#)

Year

2022 ▾



Age-Adjusted Death Rates¹



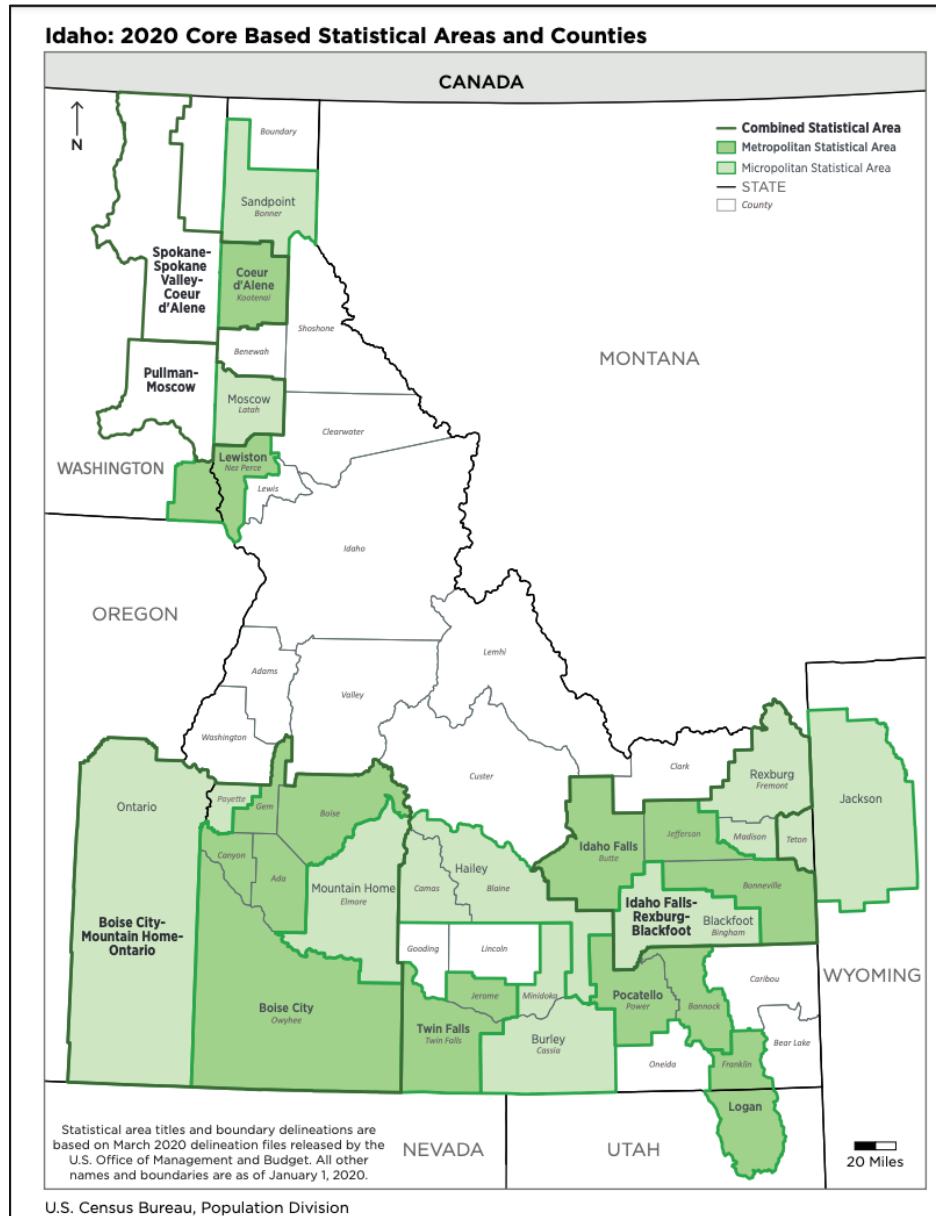
Critical Need

- Idaho is in top 10 states for highest mortality from AD

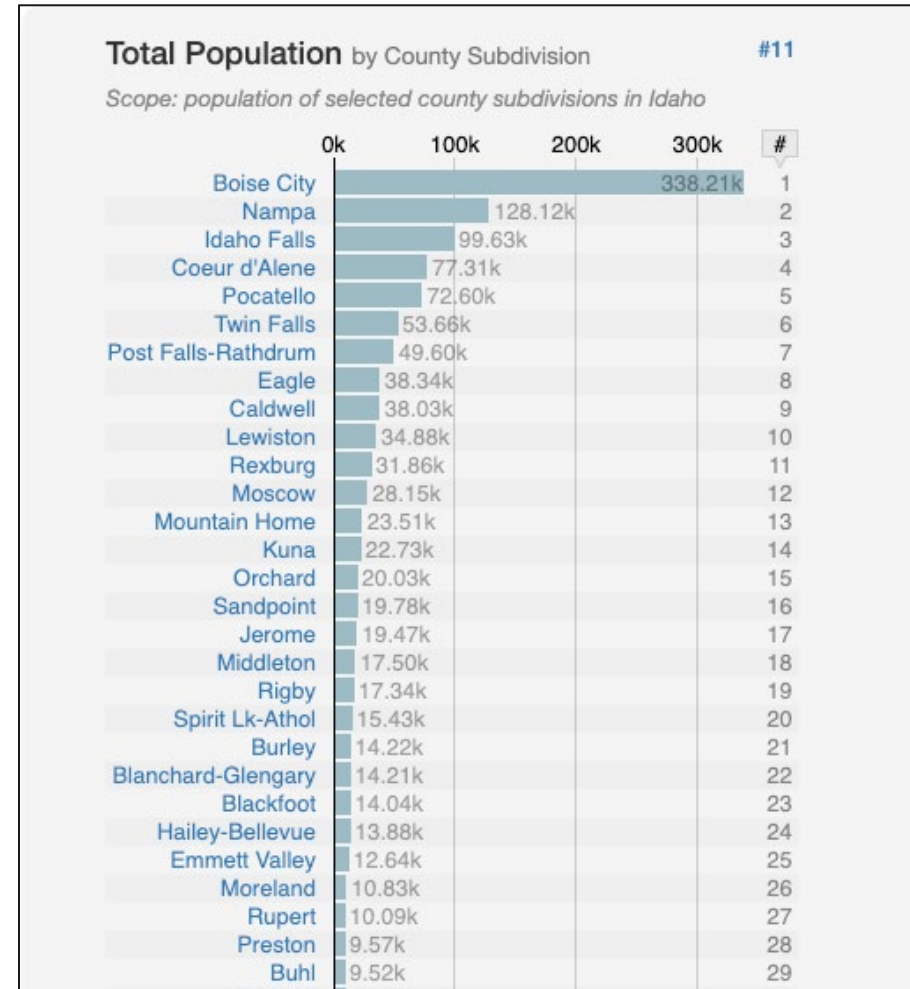
Source:

https://www.cdc.gov/nchs/pressroom/sosmap/alzheimers_mortality/alzheimers_disease.htm

(7) Metro areas.... And rest is RURAL

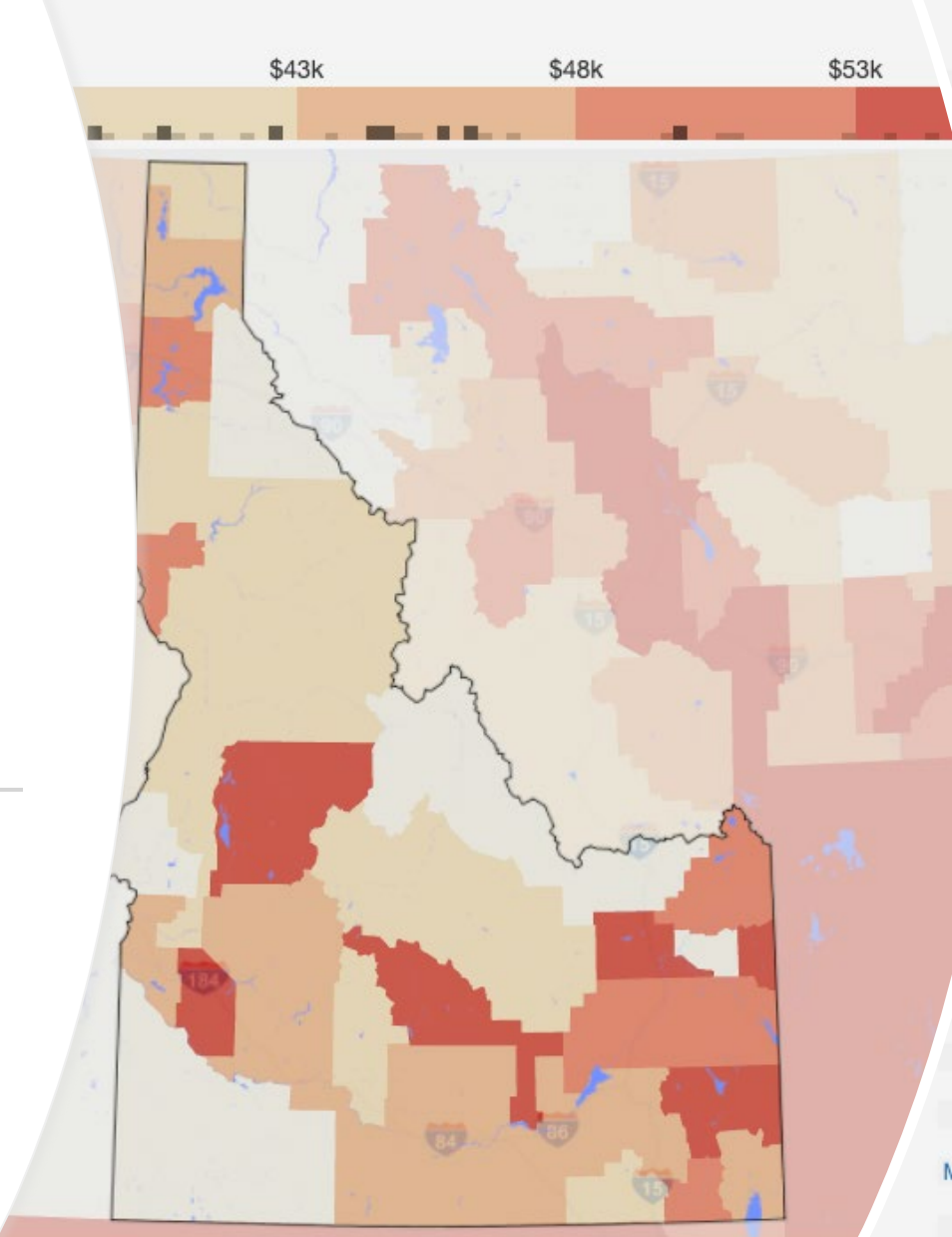


Source: https://www2.census.gov/programs-surveys/metro-micro/reference-maps/2020/state-maps/16_Idaho_2020.pdf



Source: <https://statisticalatlas.com/state/Idaho/Population>

Scope: households in Idaho, selected places in Idaho, and entities that contain Idaho



	\$0k	\$20k	\$40k	\$60k	\$80k	%	#
Eagle					\$82.6k	+67.9%	1
Meridian			\$64.3k			+30.8%	2
Ammon			\$63.0k			+28.2%	3
West			\$60.2k			+22.5%	
Kuna			\$58.5k			+19.0%	4
Hayden			\$58.1k			+18.1%	5
Hailey			\$56.5k			+14.9%	6
United States			\$55.3k			+12.5%	
Star			\$54.8k			+11.5%	7
Lincoln			\$54.8k			+11.4%	8
Mountain			\$54.5k			+10.9%	
Shubuck			\$53.4k			+8.50%	9
Shelley			\$52.8k			+7.41%	10
Boise City			\$52.2k			+6.25%	11
Idaho Springs			\$51.9k			+5.49%	12
Ketchum			\$51.1k			+3.96%	13
McCall			\$49.4k			+0.49%	14
Idaho			\$49.2k			0%	
Post Falls			\$48.9k			-0.57%	15
Idaho Falls			\$48.2k			-1.99%	16
Lewiston			\$47.9k			-2.50%	17
Fruitland			\$47.9k			-2.64%	18
Mountain Home			\$47.8k			-2.76%	19
Kimberly			\$47.6k			-3.12%	20
Middleton			\$46.6k			-5.20%	21
Rathdrum			\$45.1k			-8.33%	22
Payette			\$45.0k			-8.39%	23
Heyburn			\$44.8k			-8.99%	24
Twin Falls			\$44.4k			-9.81%	25
Blackfoot			\$44.1k			-10.3%	26
Deer d'Alene			\$43.8k			-11.0%	27
American Falls			\$43.7k			-11.2%	28
Caldwell			\$42.9k			-12.9%	29
Preston			\$42.6k			-13.3%	30
St. Anthony			\$42.2k			-14.1%	31
Garden City			\$41.4k			-15.7%	32
Grangeville			\$41.4k			-15.7%	33
Nampa			\$41.2k			-16.2%	34
Pocatello			\$41.2k			-16.3%	35
Mtn Home AFB			\$40.3k			-18.1%	36
Fort Hall			\$38.4k			-21.9%	37
Burley			\$38.3k			-22.2%	38
Jerome			\$38.2k			-22.3%	39

Income as a Proxy for Resources

Source:
<https://statisticalatlas.com/state/Idaho/Household-Income>

Three Main Stages of Comprehensive Dementia Care



Optimal Multidisciplinary Workup



Medical

Initial cog screening
Detailed hx (*acute or insidious onset?*)
Labs for reversible causes
Baseline imaging (*CTH at min.*)
Pharmacy Consult
Specialists, PRN



Caregiver

Understanding of the changes
Basic knowledge of the condition(s)
Personal psychiatric stability
Caregiver Burnout
Caregiver Distress



Context

Family history of supporting PLWD
Home safety
Social supports (e.g., friends, neighbors, faith community)
Community resources



Planning

Advanced Planning Directives (Living Will, DPOA, POST)
Guardianship / Conservatorship

Initial Care Planning



Addressing most distressing symptoms / behaviors



Building a Care Team



Helping PLWD and their caregivers cope with diagnosis

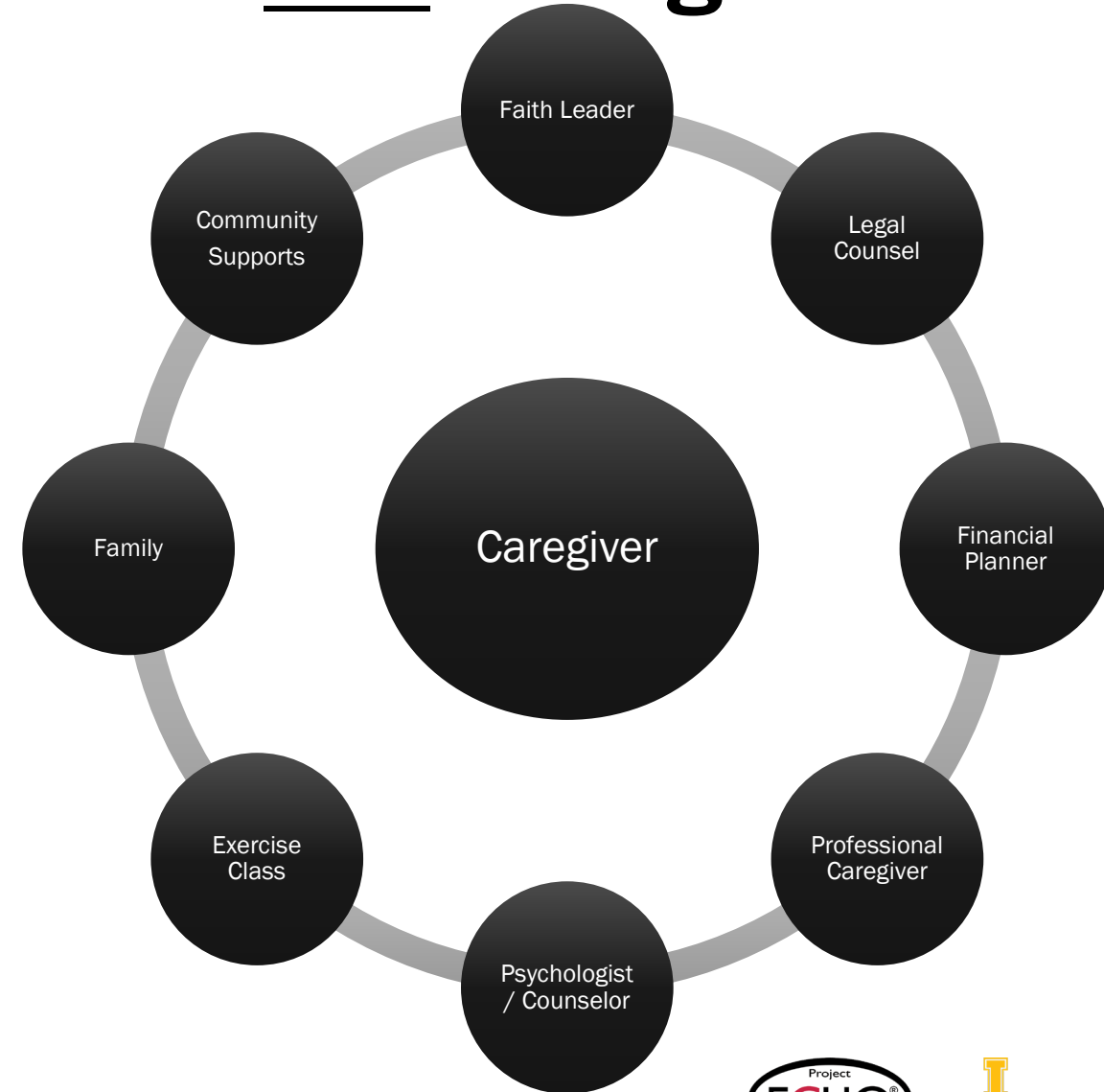
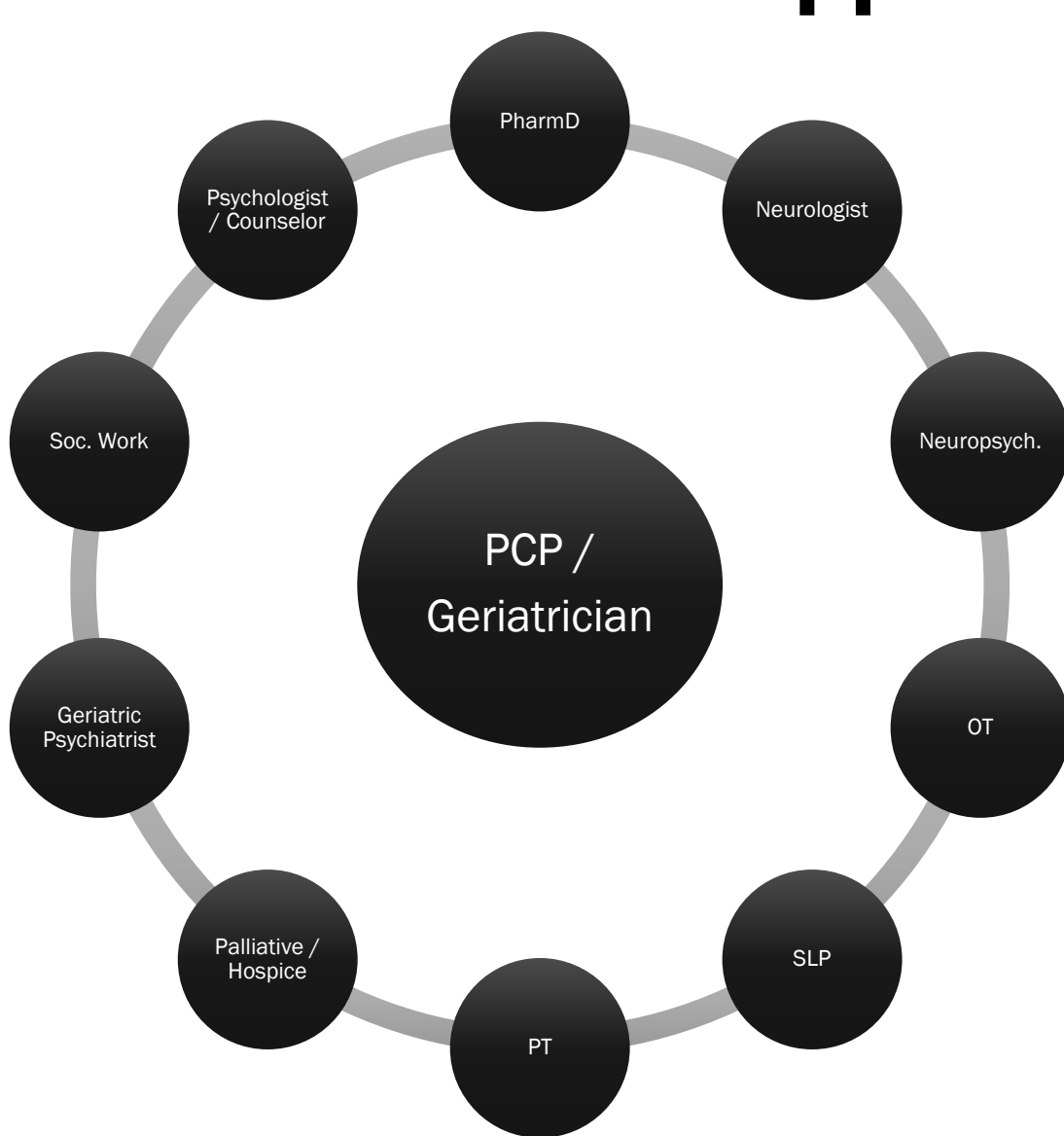


Clarifying goals of care and life planning

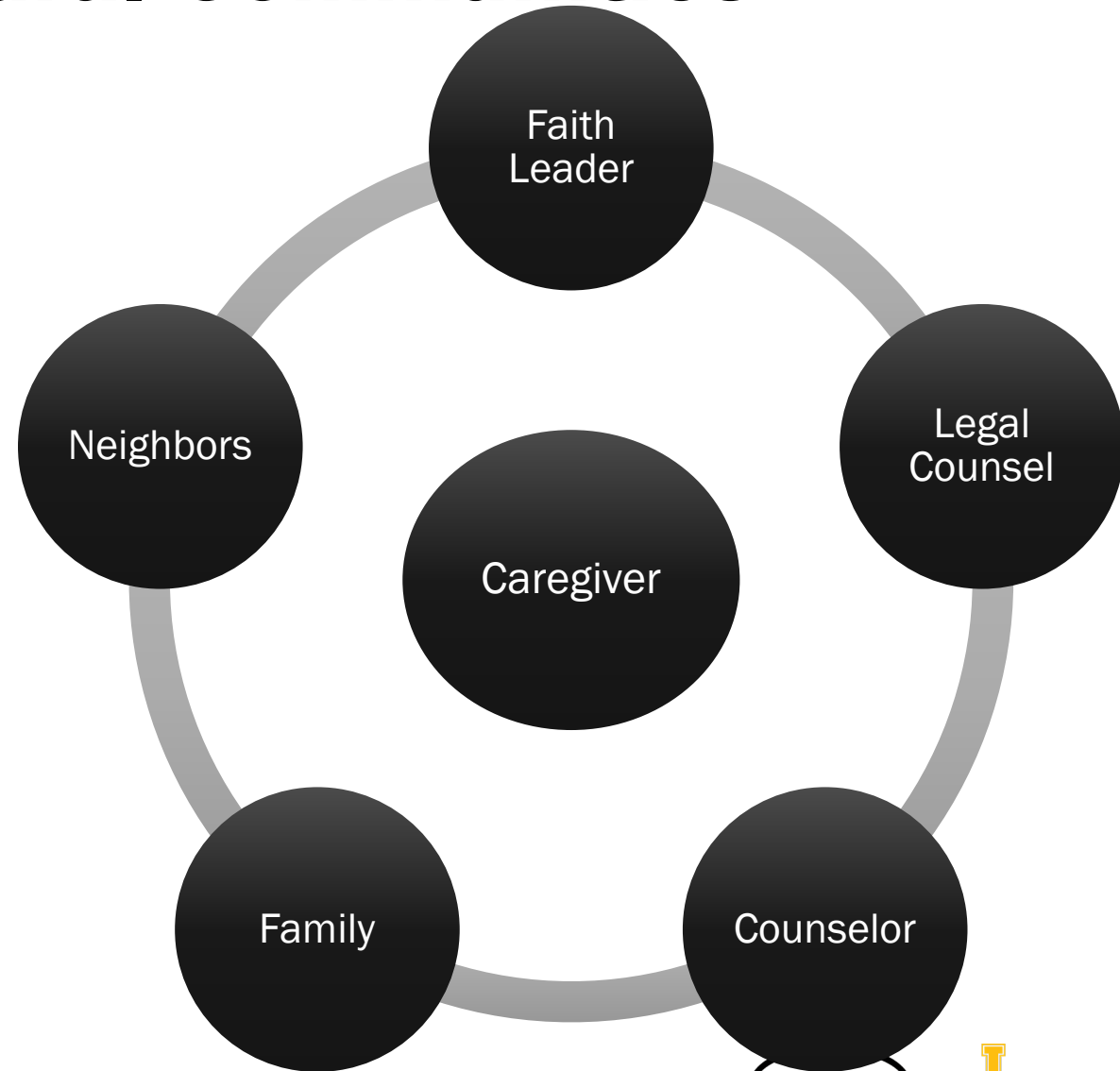
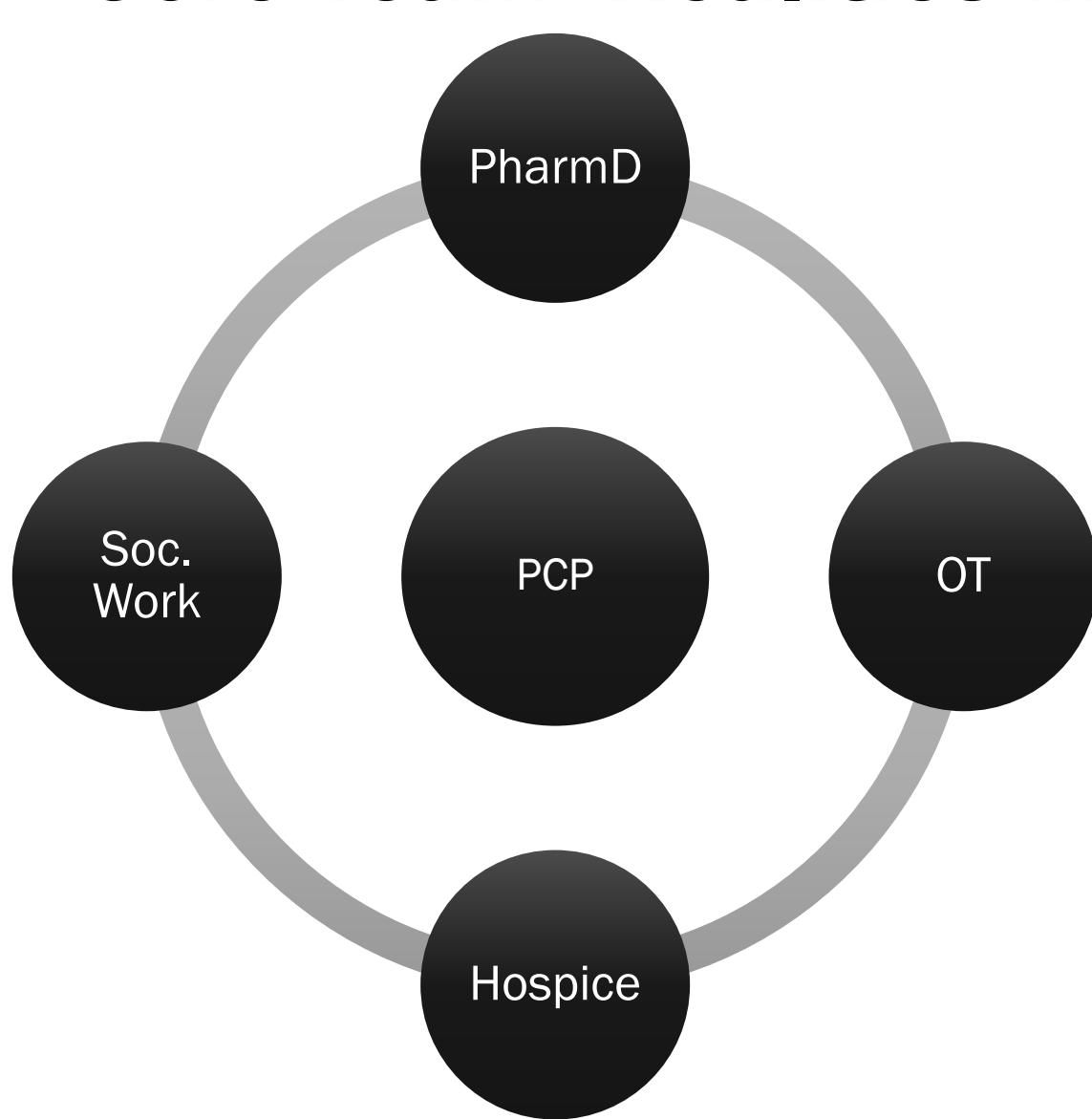


Navigating tensions between maximizing **Safety**, honoring **Autonomy**, maintaining **Dignity**.

Dream Team: Supporting PLWD and Caregivers



Core Team: Realities in Rural Communities



Parallel journeys for PLWD and Caregiver



Planning for Transitions



- Common questions:
 - *What can we do to keep my spouse at home with me?*
 - *How do I know it's no longer safe for Mom to stay at home?*
 - *When do we transition from Assisted Living to Skilled Nursing (or Memory Care)?*
 - *Is Palliative Care appropriate? If so, what do they do?*
 - *When is it time to go on Hospice?*

Planning for Transitions

Medical

- Care needs
- Medical stability
- Functional status

Caregiver

- Personal health status
- Emotional resilience
- Caregiving values

Resources

- Available in-home supports
- Ability to bring in private care



Idaho Resources (each hyperlinked)

- [Idaho Dept. of Health and Welfare: Alzheimer's Disease and Related Dementias \(ADRD\) Alliance](#)
- [Idaho Area Agencies on Aging](#)
- [Greater Idaho Chapter of the Alzheimer's Association](#)
- [Powerful Tools for Caregivers \(Aging Strong by Jannus\)](#)

References

- *Age and sex in Idaho (state)*. The Demographic Statistical Atlas of the United States - Statistical Atlas. (n.d.-a).
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- *Idaho: 2020 core based statistical areas and counties*. (n.d.).
https://www2.census.gov/programs-surveys/metro-micro/reference-maps/2020/state-maps/16_Idaho_2020.pdf
- *Population of idaho (state)*. The Demographic Statistical Atlas of the United States - Statistical Atlas. (n.d.-b).
<https://statisticalatlas.com/state/Idaho/Population>

References

- U.S. Department of Health and Human Services. (n.d.). National Institute of Minority Health and Health Disparities.
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