

AITKIN COUNTY BOARD OF COMMISSIONERS

Aitkin County Courthouse
217 Second Street N.W. Room 130
Aitkin, MN 56431
218-927-3093
Fax: 218-927-7374

April 12, 2017

COPY

William Bedor
8248 Kentucky Circle
Bloomington, MN 55438

Dear William:

At the April 11, 2017 Aitkin County Board meeting the Aitkin County Board of Commissioners reappointed you to an additional four year term on the McGregor Airport Commission, ending December 31, 2020. We thank you for your application and congratulate you on your reappointment!

If you have any questions, please feel free to contact the City of McGregor.

Sincerely,

J. Mark Wedel, Chair
Aitkin County Board of Commissioners

cc: Aitkin County Board of Commissioners
City of McGregor

Handout

Working together to address the impacts of Alzheimer's Disease

Arrowhead Area Agency on Aging
Presentation to ARDC
April 20, 2017



AAAA Roles

- Funder
- Facilitator
- Technical Assistance Provider
- Connector to Resources
- Service Developer

This presentation

How we fulfill our roles in support of persons with Alzheimer's Disease

1. Minnesota ACT on Alz. - "Dementia Friendly Communities "
2. REACH - New caregiver support program
3. Assistance to major health system connect their dementia patients to supportive community resources

Everybody knows someone...



Aitkin photo courtesy of Ann Swartz

Dementia is

A general term for a decline in mental ability severe enough to interfere with daily life

Alzheimer's is

A progressive disease that attacks the brain. It is the most common form of dementia.

Prevalence of Alzheimer's – by age groups

Age Group	Percent of Age Group
Age 65 and older	10%
Age 65-74	3%
Age 75-84	17%
Age 85 and older	32%

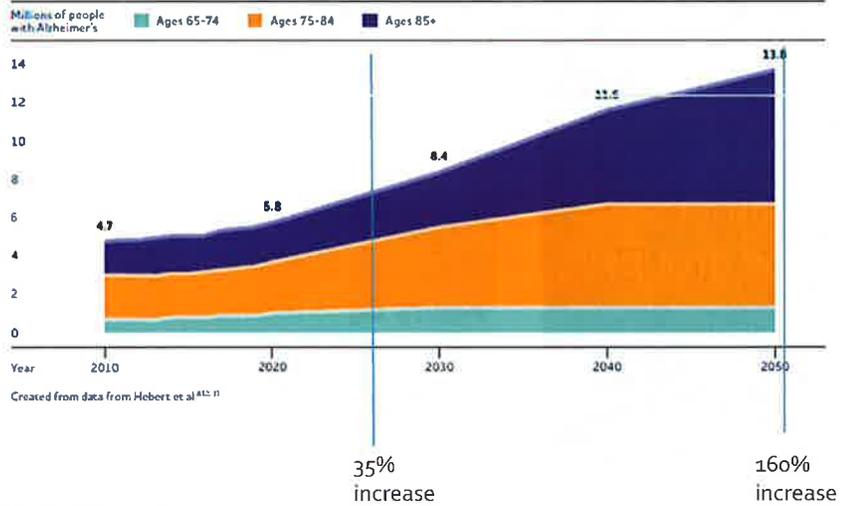
Percentage Change in Cause of Death 2000-2014

- Breast Cancer -1%
- Prostate Cancer -9%
- Heart Disease -14%
- Stroke -21%
- HIV -54%
- Alzheimer's Disease **+89%**

Created from data from National Center for Health Statistics

Alzheimer's Tsunami

Projected Number of People Age 65 and Older (Total and by Age Group) in the U.S. Population with Alzheimer's Dementia, 2010 to 2050



Source: Alzheimer's Association Report 2017 Alzheimer's Disease Fact and Figures

Human tragedy

Public health
crisis

Economic crisis

- **1 in 10 people age 65 +**
- 1 in 3 age 85 +
- 92,000 Minnesotans age 65+
- 250,000 Minnesotans are caregivers
- **most expensive medical condition in the U.S.** - 1 in 5 Medicare \$
- **If the number of patients triples** as projected in the years ahead, the cost to care for them will exceed **\$1.1 trillion.**
- Future costs will bankrupt Medicare, Medicaid, and the life savings of millions of Americans.

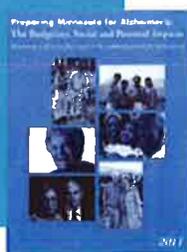
Source: MN ACT on Alz. and Alzheimer's Association Report 2017 Alzheimer's Disease Fact and Figures

1. Minnesota Responds

ACT ON ALZHEIMER'S

2011
Report to the
Legislature

20 person workgroup



Preparing Minnesota for Alzheimer's

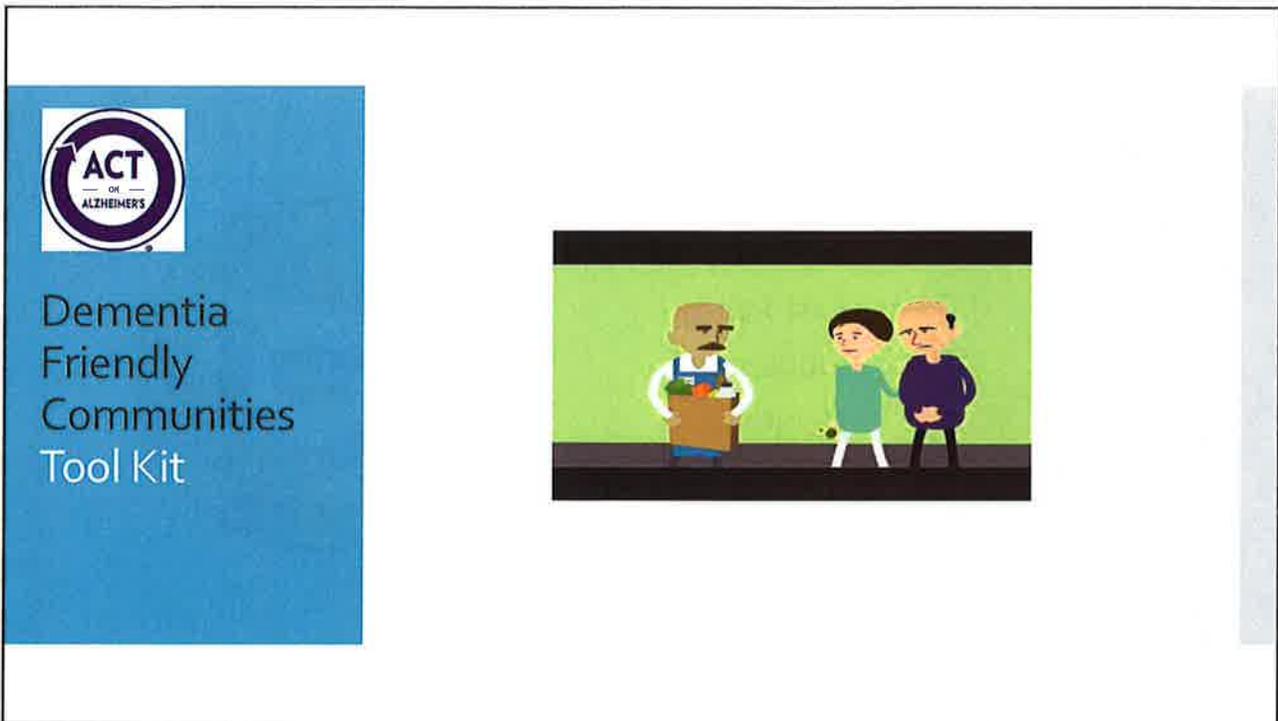
- **Increase detection** of Alzheimer's disease and improve ongoing care and support.
- **Sustain caregivers** by offering them information, resources and in-person support.
- **Equip communities** to be "dementia capable" to support residents who are touched by Alzheimer's disease.
- **Raise awareness** and reduce stigma by engaging communities.
- Identify and **invest in promising approaches** that reduce costs and improve care.



Web-site full of great resources: www.actonalz.org

Dementia Friendly Communities





Four-Phase Toolkit Process



Convene key community leaders and members to form an Action Team.



Assess current strengths and gaps within the community.



Review findings to understand your community's needs and develop a plan to take action.



ACT Together to pursue priority goals to foster community readiness for dementia.

These communities have started the journey to becoming "Dementia Friendly"

- International Falls
- East Range
- Cloquet
- Duluth
- Ely



Action Teams at work



What has been accomplished?

- 5 communities engaged
- 400 in-person surveys / conversations about dementia
- Physicians and care coordinators trained on dementia care best practices
- Lists of local dementia education and support resources gathered and more broadly publicized
- Law enforcement and a fire department trained
- Local businesses and organizations trained
- Libraries engaged - book club bags , other literature
- A "memory café" program started

Training of Dementia Friends Champions

Virginia – April 12
Duluth – June 21st
9-10:30 am
ARDC Office





Photo courtesy of ElderCircle

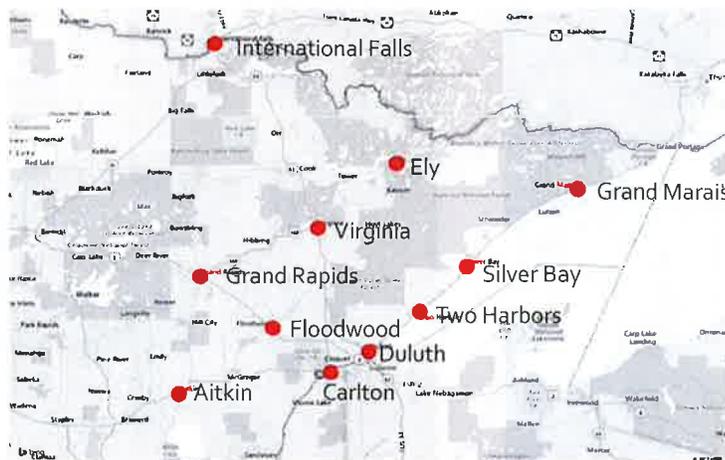
2. REACH

One example of help for Caregivers

Resources for Enhancing Alzheimer's Caregivers Health (REACH)

Location of
"Caregiver
Consultants"

Key players in
Arrowhead
"Aging Network"



See list of consultants, with names, agencies and contact info in your meeting packet.

AAAA Role in REACH

- Partnered with MN Board on Aging in a federal Alz. Demonstration grant
- Funded 3 REACH Pilot Sites to serve 40 dementia caregivers
- Engaged 3 local organizations employing caregiver consultants to be trained for pilot
 - Northwoods Partners in Ely
 - Age Well Arrowhead in Duluth
 - Volunteer Services of Carlton County
- Conducted outreach to medical community and others to help build referral system
- Monitored pilots
- Encouraged others to be trained

Location of Caregiver Consultants

to be trained in REACH



Arrowhead Area Agency on Aging helped to bring this training to the region

What is REACH designed to accomplish?

- Teaches caregivers how to -
- **reduce stress**
- **solve problems and**
- **manage difficult behaviors.**
- Builds caregiver confidence and
- Improves caregiver's ability to cope.



How is REACH Delivered?

Assessment

- 28 questions about caregiving
- checklist of behaviors they are seeing in person with dementia

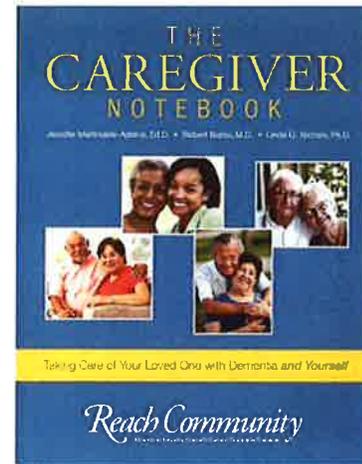
Sessions

- 4 core counseling / education sessions personalized to caregivers needs
- Additional sessions if requested / needed

Over 2-3 month period

Behaviors – examples

- Sleeping all day, up at night
- Showing little interest in daily activities
- Refusing to bathe
- Verbally aggressive to others
- Expressing feelings of sadness appears depressed
- Refusing to eat
- Following you everywhere
- Seeing people or things that are not there
- Having problems with dressing



3. Partnering with Health Care

Essentia Health is Adopting Dementia Care Protocols for All of its 36 Primary Care Clinics

New Protocols Coming to Essentia Clinics

ESSENTIA HEALTH PRIMARY CARE CLINICS

- Cognitive Screening
- Appropriate Medical Work-up
- Diagnosis
- Care Planning
- **Connection to Community Resources**
 - **Alzheimer's Association**
 - **Senior LinkAge Line**
 - **Local Elder Care / Caregiver Support Agency**

Clinics impacted in our region include Essentia Clinics in Deer River, Grand Rapids, International Falls, Babbitt, Chisholm, Ely, Hermantown, Hibbing, Aurora and 5 clinics in Duluth.

ARDC Arrowhead Area Agency on Aging

- A program development resource for your community
- Cindy Conkins
 - Principal Planner and Grants Manager
 - cconkins@ardc.org
 - 218-529-7542

