Dementia Services

Laguna Honda Hospital and Rehabilitation Center

MAY – 2015

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“Dementia” refers to symptoms typically characterized by a loss of cognitive and intellectual ability, impairment in memory, and brain changes.

Dementia can be caused by many conditions, the most common of which is Alzheimer’s disease. Other common forms include vascular dementia, Lewy body dementia, and fronto-temporal dementia, HIV Dementia, Alcohol related Dementia.

Today, 5.4 million Americans are living with Alzheimer’s disease in the United States — 5.2 million aged 65 and over, and 200,000 under the age of 65.

By 2050, up to 16 million will have the disease.

Alzheimer’s Disease is the sixth-leading cause of death in the United States. More than 15 million Americans provide unpaid care for individuals with Alzheimer’s or another dementia.

Payments for health care are estimated to be $226 billion in 2015.
# SPECTRUM OF DEMENTIA SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Example</th>
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<tbody>
<tr>
<td>Every neighborhood</td>
<td>Rehabilitation</td>
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<tr>
<td>Secure memory unit</td>
<td>Community Reintegration</td>
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<tr>
<td>Asian/Spanish focus</td>
<td>Palliative</td>
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<td>HIV</td>
<td>Behavioral Health/SATS</td>
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<td>Enhanced Care</td>
<td>Pharmacy</td>
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<td>Respite</td>
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<td>LPC</td>
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SECURE MEMORY CARE NEIGHBORHOOD

- Cognitive impairment with elopement risk
- Dementia focused/evidence based programming:
  - Garden walks
  - Music therapy
  - Coaching
  - Medical Clown
  - Animal Therapy
  - Restorative exercise/movement
  - Candlelight Dinner
RESPITE

- Provides respite for caregivers up to 30 days per year
- 56 patients since 2005 (16 patients in 2014)
- 61% with dementia diagnosis
- More female than male
- All neighborhoods
61% residents in Respite had a Dementia diagnosis (about one-fifth of residents)
LAGUNA PREMIER CLUB

- Budget Initiative to address unmet need for residents with behavioral problems
- 75 Residents participating currently
- Daily structured activities geared to level of function
- Behavior modification
- Benefits
  - Behaviors
  - Psychotropics
  - Coach use
  - Training for neighborhood staff
OUTCOME MEASURES

- Weight loss - 15 residents with dementia dx (Jan thru April 2015 CASPER Report)
- Pressure ulcers - 4 residents with dementia dx (Jan thru April 2015 CASPER Report)
- Psychotropic use - currently 26 residents with dementia dx
- Community discharge - 50 residents with dementia dx discharged in FY14-FY15
OUTCOME MEASURES

Community Discharge/Weight Loss/Pressure Ulcer Outcomes for 2015

- Discharges
- Weight Loss
- Pressure Ulcers
OUTCOME MEASURES

Psychotropic Outcomes (Pre-move to Present)

# of Residents

Year

2010  2015

60  26
## GUIDING PRINCIPLE OF CARE

<table>
<thead>
<tr>
<th>Principle</th>
<th>Evidence Based</th>
<th>Process</th>
<th>Benchmark</th>
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<tr>
<td>Consistent Assignment</td>
<td>Eden, Lumetra</td>
<td>Change in staffing model</td>
<td>2 staff per shift</td>
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<tr>
<td>Individualized Care</td>
<td>Eden, Lumetra, NICHE</td>
<td>Care plan</td>
<td>Resident Satisfaction</td>
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<td>Change of shift communication</td>
<td>Resident Functional Improvement</td>
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<tr>
<td>Environmental</td>
<td>Supportive Environments for Aging</td>
<td>Milieu Management Move Planning to support</td>
<td>Resident Satisfaction</td>
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<td>Resident Functional Improvement</td>
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<td>Medication Management</td>
<td>Decreasing Polypharmacy</td>
<td>Medication Simplification</td>
<td>Drug Regimen Reviews</td>
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<td>Decrease Psychotropic Use</td>
<td>Percent on Psychotropics</td>
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<tr>
<td>Pain management</td>
<td>Non Pharmacological Tx</td>
<td>5th vital sign assessment</td>
<td>Percent who report pain</td>
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<td>Attention to triggers</td>
<td>Antecedent Management</td>
<td>Observation Learning circle</td>
<td>Behaviors Affecting Others (CASPER)</td>
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<td>Care plan</td>
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<td>Change of shift communication</td>
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EDUCATION AND TRAINING

- SMART – hospital wide
- TIS – hospital wide
- Dementia specific in-service - nursing
- Learning circle – neighborhood/team
- Behavior management training with Psych staff – neighborhood/team
- Advanced care planning – medical providers
- Multidisciplinary Alzheimer’s training sessions – AT, Social Services, Rehab
- Alzheimer’s brochure for families – Social services, nursing
- Just in time training – neighborhood/team – huddles, change of shift
COMMUNITY PARTNERSHIPS

- Alzheimer’s walk
- Medical clowns
- AIDS walk
- Memory screening day for community (Alzheimer’s Association)
- Participation in Dementia Care Excellence Oversight Committee (DAAS)
SF POPULATION

- 15% San Franciscans are over 65 yrs
- 36% foreign born
- 10 – 15% LGTB
- 14% living below poverty level
- At least 10% of SF residents over 65 yrs have dementia
- Half of all SF residents over 85 yrs have dementia
- SF residents over 85 yrs are the fastest growing segment of the population
- Estimated that by 2020 a total of 26,000 older adults in SF will have Alzheimer’s (60 – 80% of all dementias)
- Between 2010 and 2030 a 50% increase in number of SF residents with Alzheimer’s (to 35,000)
FUTURE DIRECTIONS

- Expansion of Respite Program at LHH for SFHN patients
- Expansion of LHH Dementia Services for SFHN Patients
- Neuropsych testing
- Dementia evaluation
- Medication/behavioral stabilization
- Crisis management/short term intervention
THANK YOU