



S 302: An Act Relating to Public Health Outreach Programs regarding Dementia Risk

Rhonda Williams, MES
Chronic Disease Prevention Chief

House Committee on Human Services

4/25/2024

Building our largest dementia (BOLD) infrastructure in Vermont aligns with S. 302

- 1** Provide dementia education and training to increase awareness, detection, care and reduction benefiting the public, clinical care teams and caregivers.
- 2** Implement injury and chronic disease prevention and management to advance healthy aging across the lifespan.
- 3** Create and maintain a dementia capable public health workforce.

VDH supports S 302 - with an amendment

Sec. 1

(b)(1) “The Departments of Health, of Mental Health, and of Disabilities, Aging, and Independent Living, in consultation with the Commission on Alzheimer’s Disease and Related Disorders and other relevant workgroups and community organizations, to the extent that funds are appropriated or otherwise made available for this purpose, shall, as part of existing and relevant public health outreach programs:

Addressing dementia as a public health priority is multi-faceted and having dedicated staff is necessary

Alzheimer's & Healthy Aging Coalition

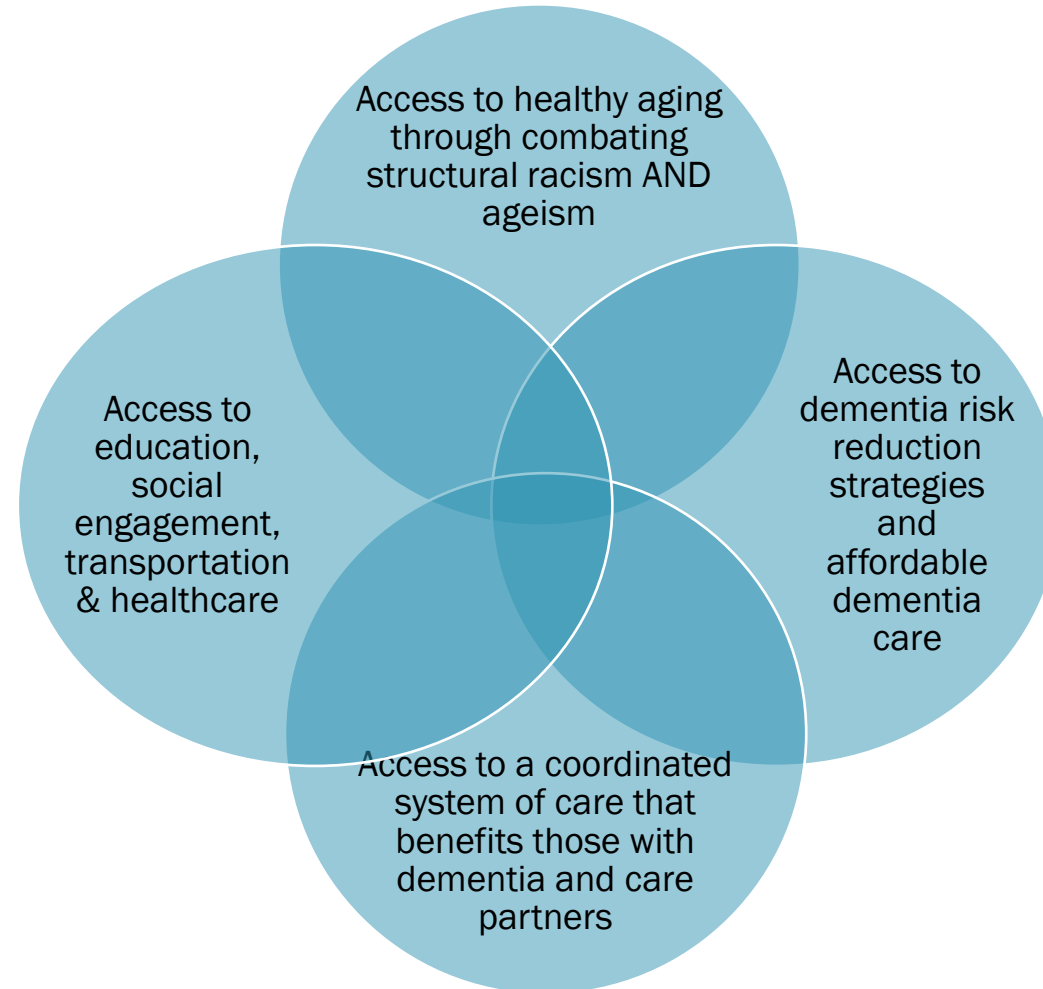
Surveillance & Data Informed Programming

Media Campaigns & Education of Public, Providers and Public Health Workforce

Clinical Care & Public Health Training

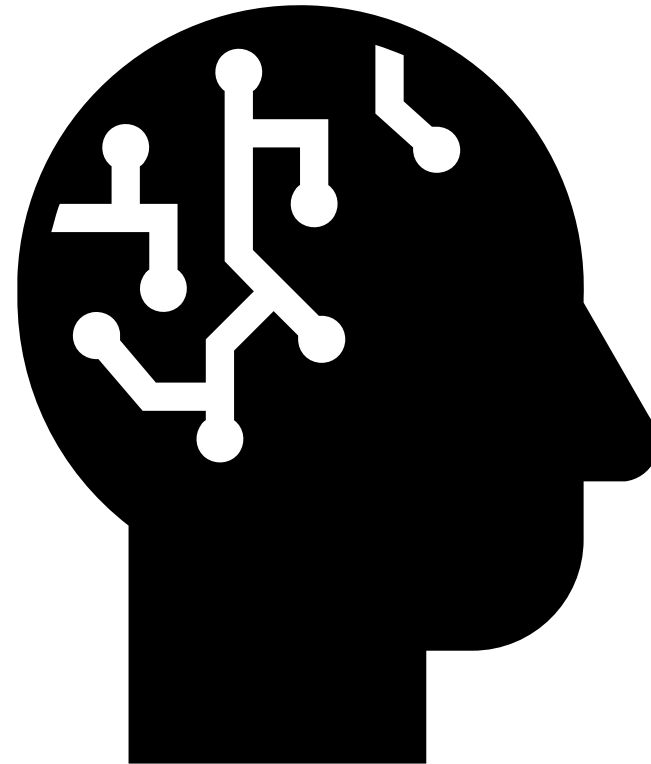
Evaluate Impact & Improve on Progress

Increasing health equity is necessary for dementia risk reduction and equitable dementia care



Education for the public

- **What dementia is**, what the symptoms are, differences between normal and abnormal aging
- Importance of **talking to your doctor** about memory concerns
- **Memory loss** is one symptom of dementia among others (gait, behavior, apathy, depression) for FTD, Lewy Body, Parkinson's, Vascular, Alzheimer's
- **Overcoming stigma** is key to advance diagnosis and care



Public and caregiver education: mostly in English and Spanish

JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH

Join us for a special series of education programs presented by the Alzheimer's Association® and AARP

FEATURED PROGRAM: JUNE 6 AT 6 PM



Ask the Alzheimer's Expert: A Conversation with Dr. Andrew Budson about Normal Aging and Dementia

Join us for a conversation with Dr. Andrew Budson, MD about normal aging and dementia. We will learn about the signs of dementia, and what to do if you're worried about memory loss in yourself or a loved one. We will talk about risk factors for dementia, treatment options, and brain health. There will be time for questions from the audience.

Dr. Budson is a neurologist and researcher at Veterans Affairs (VA) Boston Healthcare System and Boston University Alzheimer's Disease. He also has appointments at Boston University School of Medicine and Harvard Medical School.

BRAIN HEALTH TUESDAYS! JOIN US FOR THESE 30-MINUTE PROGRAMS

HEALTHY COOKING ON A BUDGET: JUNE 4 AT 12 PM

Join Alison Dvorak, Registered Dietician, for a healthy cooking demonstration and tips on low-cost healthy cooking.

PREVENTING BRAIN INJURY IS A LIFE-LONG ENDEAVOR: JUNE 11 AT 12 PM

Doreen Grasso from the Brain Injury Association of Rhode Island will discuss brain injury prevention throughout the continuum of life. This is especially important as we age, for the senior population has the

Virtual Programs

For Caregivers

April 11 at 6 PM ► [Effective Communication Strategies](#)

April 16 at 6 PM ► [Dementia Conversations](#)

April 25 at 12 PM ► [Understanding and Responding to Dementia-Related Behaviors](#)

April 29 at 6 PM ► [Managing Money: A Caregiver's Guide to Finances](#)

All Are Welcome

April 4 at 6 PM ► [Ten Warning Signs of Alzheimer's](#)

SPECIAL PROGRAM!

April 9 at 12 PM ► [Parkinsonian Dementia: Features and Treatment](#)

April 17 at 12 PM ► [Understanding Alzheimer's and Dementia](#)

April 17 at 6 PM ► [Ten Warning Signs of Alzheimer's](#)

Public Education in partnership with CDC and Alzheimer's Assoc.

VDH:

- Promotes dementia awareness and knowledge with the public
- Circulates to 350+ Alzheimer's and Healthy Aging newsletter
- Works with DAIL & Office of Local Health on Dementia Friendly Communities
- Facilitates training for public health workforce
- Promotes dementia awareness through its website and events:
 - [Brain Health & Dementia | Vermont Department of Health \(healthvermont.gov\)](https://healthvermont.gov/brain-health-dementia)
 - Keys Bags Names Words
 - Brain health education
 - Dementia and Brain Health Symposium fall 2024
- What's next: increase cultural adaptation, translations & community engagement

Public Education on Brain Health, Risk Reduction and Resources

Free Healthy Lifestyle Programs that Promote Brain Health

Vermont has several free programs to help you live a healthier life, from quit tobacco support to heart health screenings.

- [802Quits.org](https://802quits.org): Tailored coaching and resources to help you stop smoking or using tobacco for good.
- [MyHealthyVT.org](https://myhealthyvt.org): Free, online healthy lifestyle workshops run by experienced, local health coaches. Workshops are specific to high blood pressure, quit smoking, diabetes prevention and management, and are available at no cost to Vermonters.
- [You First](#): local support and help covering the cost of mammograms, pap tests, and heart health screenings (plus free gym memberships, nutrition counseling and more) for income eligible Vermont women and anyone with breasts or a cervix.

What You Can Do

The idea of Alzheimer's and dementia can be scary and overwhelming but acting as soon as you notice warning signs and risk factors sets you up for the best possible outcomes including time for planning, medication use to improve symptoms, and if interested, inclusion in studies.

- [What to do if you notice risk factors or warning signs in yourself or others.](#)
- [What to do if you're interested in brain health wellness and dementia prevention.](#)
- [Support for caregivers and anyone caring for someone with dementia.](#)
- [Guidance, trainings, and resources for Vermont health providers.](#)



[Healthy Body, Healthy Brain | Vermont Department of Health
\(healthvermont.gov\)](https://healthvermont.gov)

Education for Primary Care Physicians, Care Teams and Allied Health Professionals

Hub and Spoke ADRD

- 3 Project ECHOs on Dementia
- VT Health Learn on Dementia

UCLA VT Dementia Care

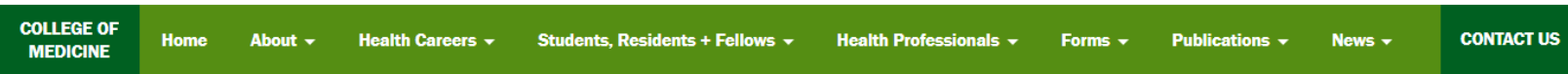
- Pilot underway at Memory Program
- Implementing evidence-based dementia care

Support Provider Care

- Bring in new training for sectors (PT/OT)
- Promote Annual Wellness Visit

Accessible dementia education with CMEs

Office of Primary Care and Area Health Education Centers (AHEC) Program



University of Vermont Project ECHO

University of Vermont Project ECHO Advanced Topics in Dementia Care for the Primary Care Team

Using the Project ECHO model, this four-session tele-education series will build on previous ECHO sessions to cover additional topics in evidence-based care for persons with dementia and their caregivers. The program will identify strategies, best practices, screening tools, resources, clinical pearls, and emerging topics in this field.

This program is offered at no cost to participants through a grant from the Vermont Department of Health.

Participants can receive 1.5 CME credits for each learning session attended.

General questions about the University of Vermont's Project ECHO can be directed to Patti.Smith-Urie@uvm.edu, clinical/topic-specific questions can be directed to Mary.Palumbo@med.uvm.edu.

Spring Series: February 8, 2024 - March 21, 2024

Advanced Topics in Dementia Care for the Primary Care Team

Course Co-Directors: Mary Val Palumbo, DNP, APRN, GNP-C and John "Steele" Taylor, MD

Project ECHO Advanced Topics in Dementia Care for the Primary Care Team

**University of Vermont Project ECHO
Advanced Topics in Dementia
Care for the Primary Care Team**

COURSE DESCRIPTION:
Using the Project ECHO model, this 4-session tele-education series will build on previous ECHO sessions to cover additional topics in evidence-based care for persons with dementia and their caregivers. The program will identify strategies, best practices, screening tools, resources, clinical pearls, and emerging topics in this field.

LEARNING OBJECTIVES INCLUDE THE ABILITY TO:

1. Describe new Antiamyloid treatment options, selection criteria, and treatment protocols.
2. List components of the MIND diet and explore strategies for achieving better nutrition for brain health.
3. Identify the role of polypharmacy when addressing complaints of dementia-related behavioral issues and detail strategies for deprescribing.
4. Discuss the challenges of advanced directives and end-of-life planning at all stages of dementia and name strategies for overcoming them.

This series is offered at no-cost to participants through a grant from the Vermont Department of Health. Participants can receive 1.5 CME credits for each learning session attended.

2024 SPRING SERIES - Thursdays from 7:30AM to 9:00AM

WHO SHOULD ATTEND?	DATES	DIADACTIC TOPICS (in addition to case review)
The target audience in primary care teams, including providers, nurses, and social workers/care managers, from Vermont.	February 8	Updates on Anti-Amyloid Treatments for Alzheimer's Disease John Steele Taylor, MD, UVM/MC Memory Program Co-Director
	February 22	MIND-Ful Eating and Cognitive Health Amy Nelsonson, MS, RD, UVM Nutrition and Food Sciences
	March 7	The Challenges of Polypharmacy and Dementia: Tools for Deprescribing Anelia Garmak, MD, Inverse Chief of the Division of Geriatrics, UVM/MC and Marsh Wood, PharmD, Ambulatory Pharmacist Clinician, UVM/MC Burlington Adult Primary Care
	March 21	End of Life - Maximizing Advanced Directives Stephen Birna, MD, Director of Education for Palliative Medicine and the UVM/MC Palliative Care Team

This program uses the Project ECHO model. Each session includes a brief didactic presentation, cases generated from the participant cohort, and group discussion. Please read the Participant Commitment section on the next page prior to registering. Active engagement and a willingness to bring forward cases is expected. Cohort-based learning is a supportive pre-employment to foundation for this ECHO series.

TO REGISTER
Register by Friday, January 26, 2024: <https://redcap.ink/14jgqnd4>. This program has limited enrollment. We encourage primary care teams to send multiple members; each participant must register individually. Registration closes and the cohort will be finalized on January 26, 2024.

General questions about the University of Vermont's Project ECHO can be directed to Patti.Smith-Urie@uvm.edu; clinical/topic-specific questions can be directed to Mary.Palumbo@med.uvm.edu.

Annual Wellness Visit rate increased in 2023 (over 2022)

Annual Wellness Visit by Health Service Area

	June 2023: % of Medicare Patients with AWV in Last 12 months	Change in AWV Rate Over 12 Months (July 2022 - June 2023)
961	72.9%	7.3%
4,592	45.0%	-1.9%
3,362	50.1%	5.5%
16,452	43.6%	3.2%
8,042	39.1%	1.8%
2,462	34.2%	2.5%
3,699	19.6%	-6.2%
4,596	18.0%	2.7%
6,192	12.8%	1.1%
1,704	8.1%	1.2%
52,062	34.8%	1.7%



- In partnership with OneCare VT
- VDH is promoting the benefits of Annual Wellness Visits to the public and to providers
- VDH is holding a Public Health Grand Rounds for clinicians, care teams and public, 5/8 @ 8:30 am. Email edwin.demott@vermont.gov to sign up
- Goal: use Annual Wellness Visit to normalize cognitive screening, identify and address SDOH

Provider education: from beginner to advanced topics in dementia



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FEATURED COURSES



ONECARE CARE
COORDINATION CORNER

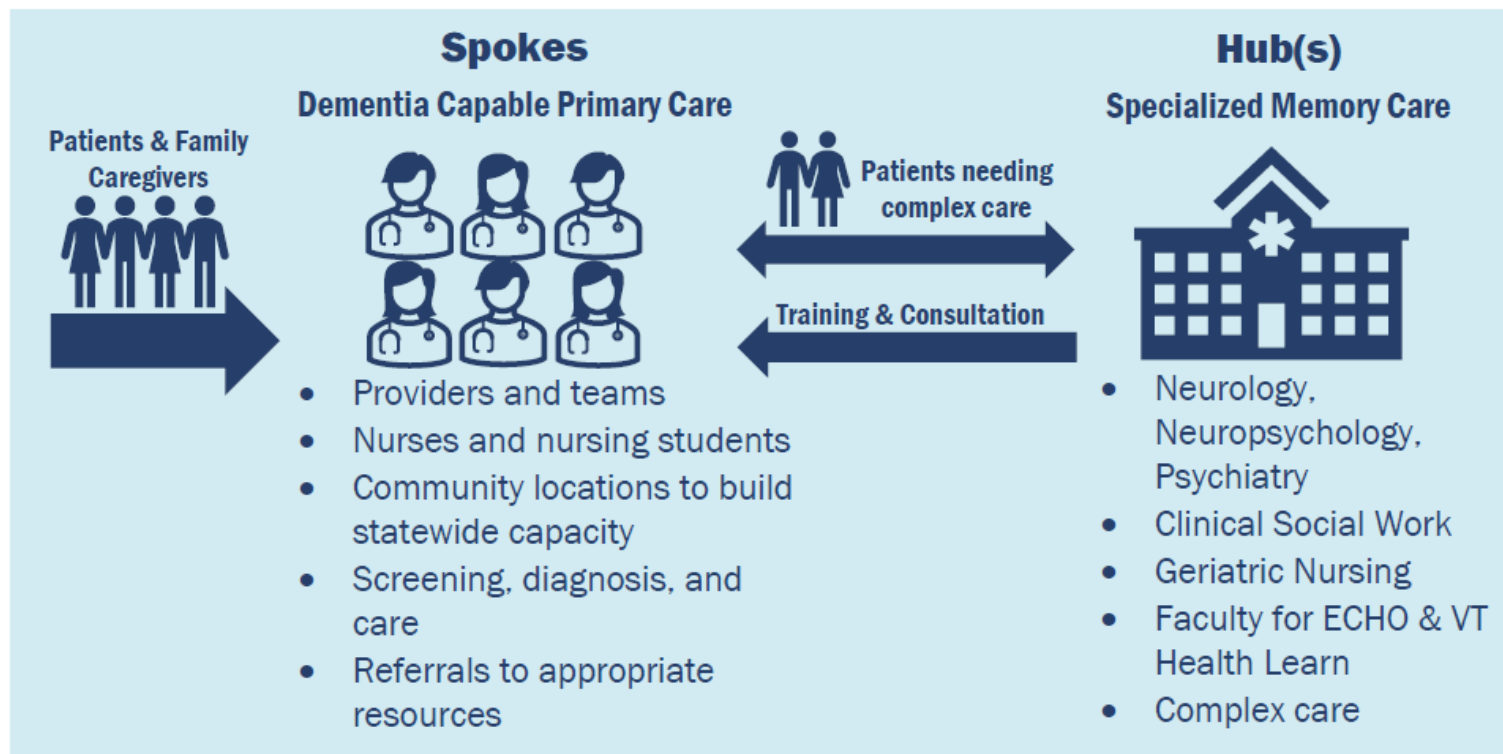


DEMENTIA DIAGNOSIS,
TREATMENT AND

Vermont Hub and Spoke Initiative for Alzheimer's Disease and Dementia Care

April 2024

The Vermont **Hub and Spoke Initiative** aims to increase screening, diagnosis, and care for people in Vermont living with Alzheimer's Disease and Related Dementias (ADRD) and their caregivers by increasing capacity among primary care providers and care teams. The hub and spoke model is a health systems interprofessional approach that Vermont has been utilized to address the [opioid crisis](#). Through the hub and spoke model, Vermont is able to leverage collective expertise of partners from a variety of backgrounds, measure impact over time, and launch new projects.



Initiative Goals and Key Metrics

The Hub and Spoke Initiative has partnered with [Professional Data Analysts \(PDA\)](#) to create an evaluation plan to understand the impact of this initiative. Below are a few of the initiative's goals and current progress.

Goal	Current Metrics
Reduce wait times at the state's primary Memory Program	147 new patients were waiting to be seen by the UVM Memory Program in November 2023, a similar number to September 2022. In 2021, when the Hub and Spoke work began, there were over 500 patients waiting to be seen (this was also prior to key staffing changes at the Memory Program).
Increase the number Vermonters discussing memory concerns with their providers	50% of people 45 and older experiencing cognitive decline discussed their confusion or memory loss with a health care professional in 2022, the same proportion as 2020, which was an increase from 46% in 2016.
Decrease dementia-related hospital utilization	256 Emergency Department visits and 145 hospitalizations per 10,000 Vermonters age 65+ with AD/DR in 2020. This was a decline from 2019 rates, likely due to the state's COVID emergency response.
Promote use of the Alzheimer's Association Helpline	516 calls were made to the to the Alzheimer's Association helpline in 2023, a significant increase from the 401 calls received in 2021 (when Hub and Spoke work began).
Improve the mental health of dementia caregivers	27% of dementia caregivers reported 10 or more days of poor mental health in the past 30 days in 2021.

Education for building a dementia capable public health workforce



Education to create a dementia-capable public health workforce

- 1** Is ongoing with the Alzheimer's Association VT Chapter: AHS, Community Health Teams, Chronic Disease and Offices of Local Health.
- 2** Is statewide through Office of Local Health Chronic Disease Designees being able to opt in and become a content expert.
- 3** Will become increasingly impactful when older Vermonters and equitable dementia care and risk reduction are all included in state plans and the next SHIP.

Screening, diagnosing, supporting caregivers and reducing dementia risk are a public health priority.

- Our collective work is guided by national Healthy Brain Initiative, National Alzheimer’s Plan and VT state plans.
- Training topics follow Alzheimer’s Association public health curriculum.
- Indicators for success.

Guides and Action Plans	Training Topics	Indicators for Success
Healthy Brain Initiative (HBI): A Roadmap for public health ; HBI for Indian Country	Caregiver Support	# of towns and cities that become Dementia Friendly
Vermont State Action Plan on Alzheimer’s and Healthy Aging	Chronic Diseases and Dementia	# of trainings offered for public health workforce, # of dementia and chronic disease messages
Age Strong Vermont Plan	Data Assessment and Analysis	# of data briefs and presentations using dementia and risk reduction data
State Plan on Aging	Early Detection and Diagnosis	↑ in Vermonters talking to their doctor about memory concerns & rate of screening and diagnosis
	Health Equity	↑ in rate of screening and diagnosis among Black, Indigenous and People of Color
	Risk Reduction	↑ in blood pressure control, diabetes prevention and control, lower cholesterol and smoking
	Quality of Care	↓ in wait times for memory assessment
	Safety and Injury Prevention	↓ in preventable falls and hospitalization

Coordination and collaboration

Vermont
Department of
Health Alzheimer's
and Healthy Aging


Vermont
Department of
Disabilities, Aging
Independent Living

Coordinated &
Accessible
Dementia
Education & Care

New interpreter services for reaching hospital staff and clinicians

Calling the Hospital if You Need an Interpreter

English



Olivia Moseley

University of Vermont
HEALTH NETWORK

Calling the Hospital if You Need an Interpreter

Vermont Language Justice Project

9 videos 32 views Updated 6 days ago

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ENGLISH: Calling the Hospital if You Need an Interpreter

Vermont Language Justice Project • 75 views • 6 days ago



DARI: اگر به ترجمان دری نیاز دارید وقتی که به شفاخانه (بیمارستان) تماس بگیرید

Vermont Language Justice Project • 11 views • 6 days ago



FRENCH: Comment se connecter à un interprète qui parle le Français lorsque vous appelez l'hôpital

Vermont Language Justice Project • 21 views • 6 days ago



NEPALI: तपाईंलाई नेपाली दोभाषे चाहिन्छ भने अस्पतालमा कल गर्नुहोस्

Vermont Language Justice Project • 33 views • 6 days ago



PASHTO: که تاسو پښتو ژبې ترجمان ته اړتیا لری که چی روغتون ته ډنگ ووهی

Vermont Language Justice Project • 35 views • 6 days ago



SOMALI: Wacitaanka Isbitaalka Haddii Aad U Baahan Tahay Turjumaan Soomaali

Vermont Language Justice Project • 29 views • 6 days ago

S. 302 and VDH/Alzheimer's and Healthy Aging Program

1

The bill reinforces culturally relevant public and clinical education and training on dementia awareness, early detection and risk reduction especially for populations most at risk.

2

VDH is disseminating new interpreter services for accessing hospital and clinical care and will create more translations of dementia-related materials including on risk reduction.

3

Now and in the future dedicated budget and staff are integral for this important body of work to address and reduce dementia burden.



Happy to answer questions!

Rhonda.Williams@vermont.gov