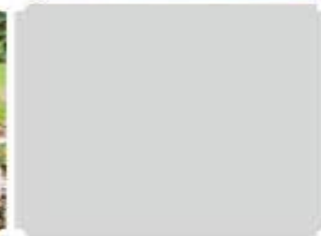


# Dementia GWEP Project

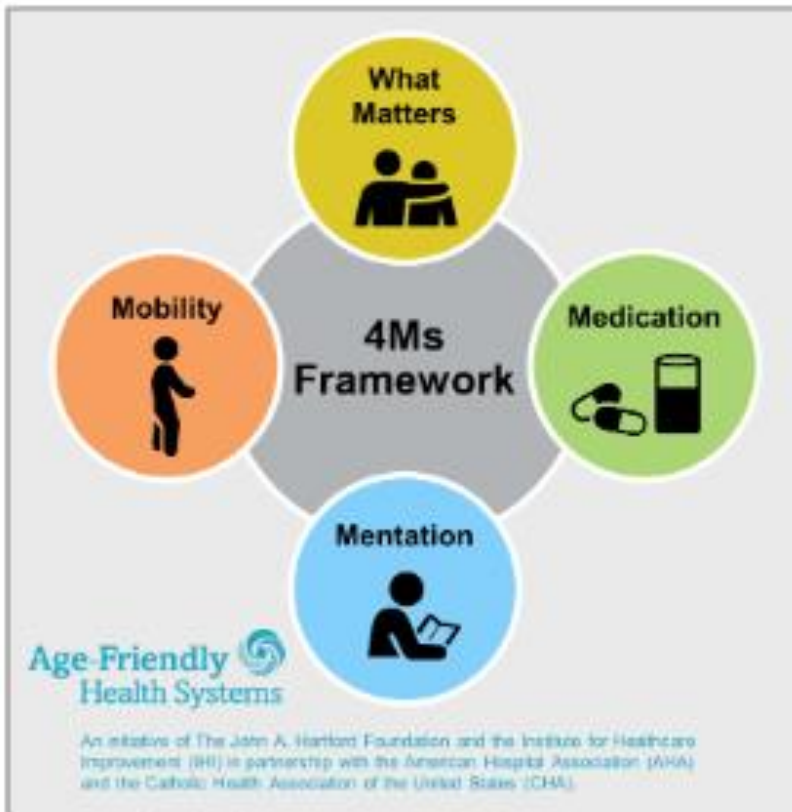
*Devon Murray & Dawn Jelinek*



# What is the Oklahoma Dementia Care Network?

- The OKDCN is a collaborative statewide program to improve the care and health outcomes of older adults living with Alzheimer's disease and other dementias and their family and friend caregivers.
- Stakeholder Advisory Council
- How can I be a part of this Network?

# 4 M's of Age-Friendly care



**What Matters:** Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to end-of-life care, and across settings of care

**Medication:** If medication is necessary, use Age-Friendly medications that do not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care

**Mentation:** Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care

**Mobility:** Ensure that older adults move safely every day to maintain function and do What Matters

For related work, this graphic may be used in its entirety without requesting permission. Credits listed with guidance of its original creator.

## Posters in Medical Clinics

- ❑ Illustrating the 4Ms within the waiting and exam rooms in primary care clinics
- ❑ Bringing to the forefront of patients and their families thinking
  - ❖ What Matters Most
  - ❖ Mind and Mood
  - ❖ Medication safe advocacy
  - ❖ Vital Importance of safe Mobility

# AGE-FRIENDLY CARE

## CREATE YOUR POSITIVE HEALTH OUTCOME

### WHAT MATTERS MOST

- Tell your provider your healthcare goals
- Provide your advance care planning documents to your provider



### MIND & MOOD



- Tell your provider if you have concerns about your memory or your mood

### MEDICATIONS

- Ask your provider if any of your medications are high-risk
- Bring all your medications to your visit




### MOBILITY



- Reduce home hazards
- Stay physically active
- Create an exercise plan to increase mobility and reduce fall risk

[www.oklahomadementiacarenetwork.org](http://www.oklahomadementiacarenetwork.org)



## Patient Handouts

- ❑ Older Adults are encouraged to talk to their providers regarding their healthcare goals plus provide advance care planning documents
- ❑ Older Adults are encouraged to bring all medications to appointments plus discuss high-risk medications, their side-effects and interactions.
- ❑ Older Adults are reminded to bring forward concerns about their memory or mood.
- ❑ Older Adults are asked to stay active, create an exercise plan, reduce home hazards to reduce risk of falls.

## AGE-FRIENDLY CARE

Creating Positive Health Outcomes

Address the 4Ms with your Provider

### WHAT MATTERS MOST

- Tell your provider your healthcare goals
- Provide your advance care planning documents to your provider



### MEDICATION

- Bring all your medications to your visit
- Ask your provider if any of your medications are high-risk, have possible side effects or interactions



### MIND & MOOD

- Tell your provider if you have concerns about your memory or your mood



### MOBILITY

- Create an exercise plan to improve mobility and reduce fall risk
- Stay physically active
- Reduce home hazards



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# What Matters Most

Answering the Questions:  
Discussing What Matters Most

Complete Advance Care planning

Ensure a Healthcare Discussion maker is identified in your chart

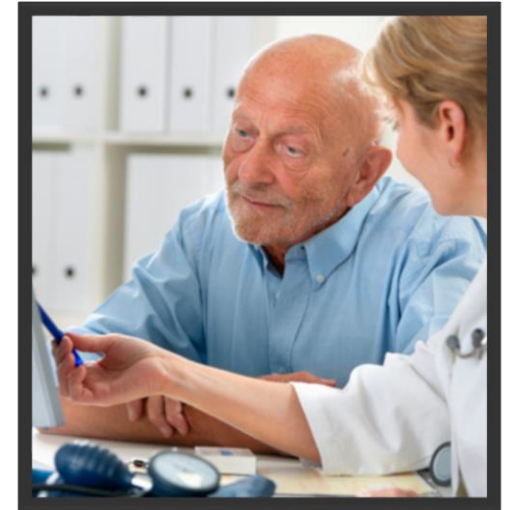
ALIGN individual Care Plans with healthcare goals

Advocate for Advance Care Planning Discussions:

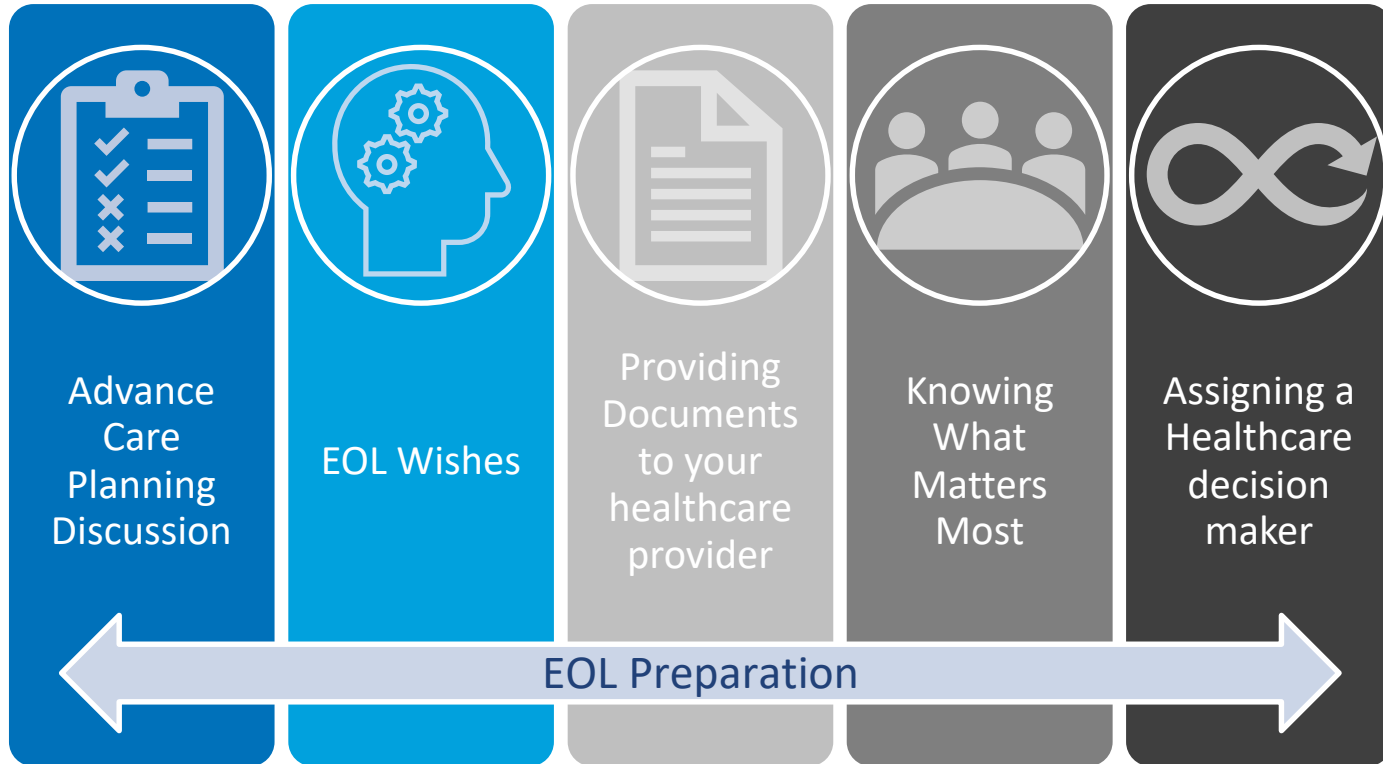
- Have wishes or desires for End-of-Life care been discussed?
- Is a power of attorney in place for financial needs?
- Is a power of attorney in place for health care decisions?
- What palliative or hospice care is desired under what circumstances?

Being prepared to answer What Matters Most Questions:

- What matters most to you today?
- What is most important to you about managing your health in the long run?
- How does your health impact your ability to connect with others, enjoy life or function day to day?
- Discussion What would you like your provider to know about you?



# Advance Care Planning – What Matters Most



# Being Prepared & Planning Ahead

- Prepare for your care



« Close Menu

Welcome

- 1 Choose a Medical Decision Maker
- 2 Decide What Matters Most in Life
- 3 Choose Flexibility for Your Decision Maker
- 4 Tell Others About Your Wishes
- 5 Ask Doctors the Right Questions

Summary of My Wishes

My PREPARE Advance Directive (AD)

## Welcome to PREPARE!

PREPARE is a program that can help you:

- make medical decisions for yourself and others
- talk with your doctors
- get the medical care that is right for you

You can view this website with your friends and family.

Click the NEXT button to move on.





# Medication

Review your Medications with your healthcare provider

Discuss side effects of high-risk medications

Ask for Medication Education Materials

Have a Health Care Plan



- At Every Medical Visit as if any of your medications can be reduced or removed from your regiment
- If you know someone taking Opioids, Anti-Anxiety or sleep aides ask if reduction tools are clinically appropriate to potentially eliminate these medications.

# Mentation



Cognitive  
Assessment

Mood  
Assessment

Ask for  
Education  
Materials

Unique  
Health Care  
Plans

Advocate for screenings for you and your loved ones.

- Memory
- Mood

- Ask for materials to learn more about mind and mood
- Early Assessments are vital for appropriate treatment options

# Caregiver Education and Support

alzheimer's  association®

Fax to: 405.319.0783 or 918.392.5027 -OR- Email to: okphysicians@alz.org | Date of Referral: \_\_\_\_\_

**\*required field:**

Office Use Only (Please Print):	
<input type="checkbox"/> URGENT – Contact client immediately	
<b>*Provider Name:</b> _____	Provider Organization: _____
Phone: _____	Fax: _____ Email: _____
Reason for referral (Please check all that apply):	
<input type="checkbox"/> Diagnose: Information on dementia specialists/ dementia diagnostic centers in your area	
<input type="checkbox"/> Educate: Disease orientation for patient & family, information about treatment, symptoms & stages	
<input type="checkbox"/> Support: In person, by phone or online	
<input type="checkbox"/> Services: 24/7 helpline, care consultation & planning, information about resources in your area	
Family/ Friend/Caregiver/Other to be contacted:	
<b>*Name:</b> _____	
Relation to person with memory loss: _____	
<b>*Phone:</b> _____	Email: _____
Mailing Address: _____	
City: _____	State: _____ <b>*Zip Code:</b> _____
<b>*Preferred Method of Contact:</b> <input type="checkbox"/> Phone <input type="checkbox"/> Email <input type="checkbox"/> Mail <b>*Preferred Language:</b> _____	
Preferred Day/Time of contact: _____	
May we identify ourselves as the Alzheimer's Association when we contact you? <input type="checkbox"/> Yes <input type="checkbox"/> No	
May we leave a voice message? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Person with Memory Loss:	
Name: _____	
Mailing Address: _____	
City: _____	State: _____ Zip Code: _____
Diagnosis: _____ Diagnosis Date: _____	
I give permission to my healthcare or service provider to fax my name and contact information to the Alzheimer's Association. I understand that the Alzheimer's Association representative will contact me about support and educational opportunities. I understand this is a FREE service provided by the Alzheimer's Association. I understand that my name, contact information or health information listed above will not be disclosed or shared with any other entity unless authorization is obtained by me.	
<b>*Signature:</b> _____	Date: _____
(Patient or Personal Representative)	
The person being referred provided verbal consent instead of their signature: <input type="checkbox"/> Yes	

24/7 Helpline 800.272.3900 [www.alz.org/oklahoma](http://www.alz.org/oklahoma)

This message and any attachment thereto is intended only for the use of the individual or entity to which it is addressed and may contain information that is privileged, confidential and exempt from disclosure under applicable law. If the recipient or reader of this faxed message is not the intended recipient, you are hereby notified that any dissemination, distribution, or copying of this faxed communication is in error, please notify us immediately by sending a reply faxed message to the sender. Thank you.



- Supporting Caregivers of those living with Dementia.
- Ask for a Referral to the Alzheimer's Association.

# Mobility



- Increase safe mobility and exercise
- Encouraging your loved ones to stay active
- Remove safety hazards from the home

Prepare to answer these Questions:

- Do you Sometimes feel unsteady when walking?
- Have you fallen in the past 12 months?
- Are you or your loved one fearful about falling?



- ✓ Approach a person from the front.
- ✓ Speak clearly and be patient.
- ✓ Smile warmly and make eye contact.
- ✓ Listen closely.
- ✓ Respond to a look of distress.
- ✓ Watch for signs of change; offer help accordingly. Every day can be different.
- ✓ Redirect as needed.

# Creating a Dementia Friendly Physical Space



Small changes can make a big difference in having the space feel safe to someone with dementia.

- ✓ Entrances should be clearly visible and understood as an entrance.
- ✓ Directional signage should be clear.
- ✓ Signage should have large print.

# Creating a Dementia Friendly Physical Space



- ✓ Use high-powered lighting using natural light whenever possible.
- ✓ Use plain flooring – not shiny, not slippery.
- ✓ Have family/unisex restrooms or changing facilities.

# Creating a Dementia Friendly Physical Space

- ✓ Design quiet areas for someone who may be feeling anxious or confused.
- ✓ Include seating in large spaces (i.e. waiting areas) to help someone relax.
- ✓ Ensure areas are free of clutter and arranged for easy physical movement.





# An Age & Dementia Friendly Community



# Creating a Dementia Friendly Physical Space



- ✓ How can your organization create a more dementia friendly physical environment?
- ✓ What ideas should you consider?



**Practice/Discussion:** What is one idea you learned that you will implement within the next month to become more Dementia Friendly @ Work?

**ACT on Alzheimer's Dementia-Friendly Resources**

[www.actonalz.org/community-resources](http://www.actonalz.org/community-resources)

**Alzheimer's Association**

[www.alz.org/facts/](http://www.alz.org/facts/)

**10 signs of Alzheimer's Disease**

[www.alz.org/alzheimers disease 10 signs of alzheimers.asp](http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp)

**Oklahoma Healthy Brain Program**

<https://oklahoma.gov/health/health-promotion/oklahoma-healthy-brain-initiative.html>

**Oklahoma Dementia Care Network**

[Oklahoma Dementia Care Network | Medical Services in Oklahoma \(ouhealth.com\)](http://Oklahoma Dementia Care Network | Medical Services in Oklahoma (ouhealth.com))

**Oklahoma Healthy Aging Initiative**

[Oklahoma Healthy Aging Initiative \(OHAI\) – OU Health Geroscience](http://Oklahoma Healthy Aging Initiative (OHAI) – OU Health Geroscience)

Thank you for joining us in this important initiative.



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