

TRAIN MEDICAL PROVIDERS IN DEMENTIA CARE

- Mandate the inclusion of information on Alzheimer's and other dementias in the training curriculum and continuing education requirements for physicians, nurses, and allied health professionals who serve older persons.
- Develop protocols and best practice standards for care of persons with Alzheimer's, and use these in the training of physicians, nurses, and allied health professionals.
- Dementia care management competencies must be developed and taught in medical schools, academic health centers and allied health professional education and also to the full range of healing professionals, family care partners and community agency partners.

PURSUE COST-SAVING POLICIES

- Replicate and expand evidence-based models that have been successful at improving care and saving money in the treatment of persons with Alzheimer's and their caregivers.
- The state should advocate for changes that would promote cognitive screening for Alzheimer's and make it universally available and reimbursed through health insurance.
- Include Alzheimer's care in the recently awarded Medicare demonstration of the health care home in Minnesota beginning in 2011.

INTENSIFY RESEARCH AND SURVEILLANCE

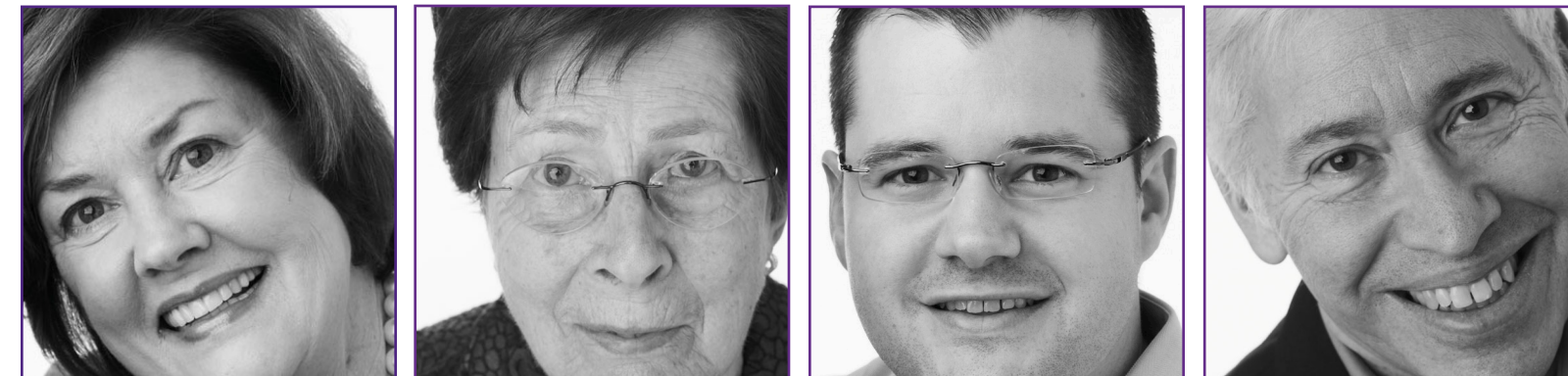
- Create and fund a web-based dementia clearinghouse and resource center to serve persons concerned about Alzheimer's and other dementias.
- Use information from screenings to develop more accurate state prevalence data.
- Increase the number of individuals from diverse communities involved in community research studies on Alzheimer's.
- Continue aggressive research for prevention, treatments and a cure for Alzheimer's.

January 2011

To read the full report, *Preparing for Alzheimer's: Budgetary, Social and Personal Impacts*, or the Summary of the Report to the Legislature, visit www.alz.org/mnnd.

PREPARE MINNESOTA for ALZHEIMER'S 2020

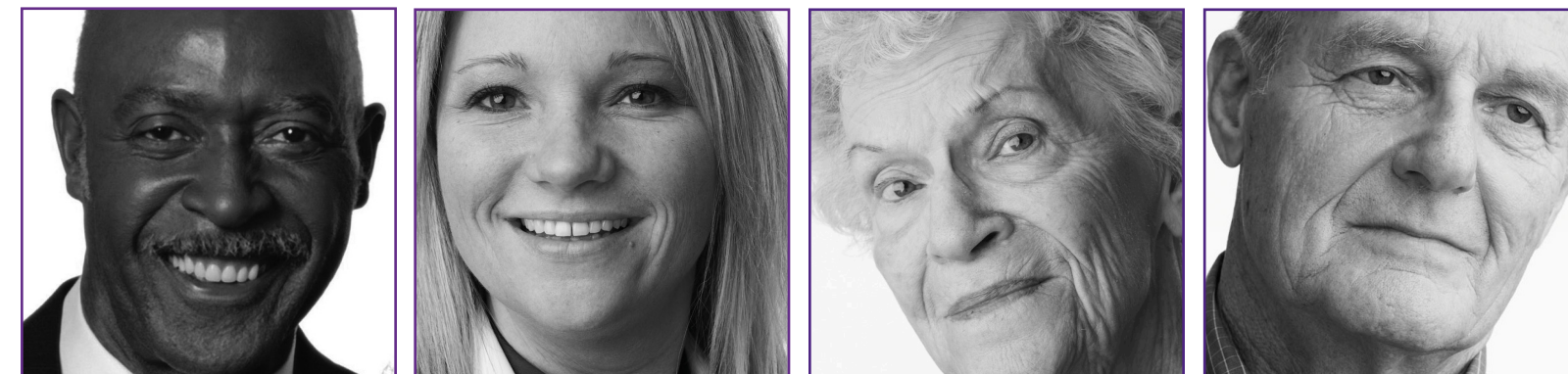
The Budgetary, Social and Personal Imperative



In 2009, over 200,000 Minnesotans cared for family members with Alzheimer's, representing care worth \$2.6 billion



Average hospital care costs for Medicare recipients are 3 times greater for those with Alzheimer's than those without dementia



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THE MINNESOTA ALZHEIMER'S DISEASE WORKING GROUP

The Alzheimer's Disease Working Group is an initiative established by the Minnesota legislature in the 2009 legislative session. The group was composed of highly respected experts in the fields of neurology, Alzheimer's research, home and community-based services and long term care as well as representatives of state departments of health and human services. This ambitious group spent 18 months developing a report detailing recommendations carving a path for the state of Minnesota to address the growing Alzheimer's disease crisis.

Dear Minnesotans,

We are excited to announce the completion of a landmark report, representing the visionary effort of the Alzheimer's Disease Working Group. This report, *Preparing Minnesota for Alzheimer's: the Budgetary, Social and Personal Impacts*, recommends steps that will transform Minnesota into a state that is ready, willing and able to meet the challenges of Alzheimer's disease.

With the release of this report, we are launching a new state-wide initiative called **Prepare Minnesota for Alzheimer's 2020**, founded on the belief that Minnesota must – and can – take action now to reduce the impact of Alzheimer's, eliminate the stigma and improve the care and quality of lives touched by the disease.

It is our vision that doctors will identify Alzheimer's as early as possible, that families will have access to the information and training they desperately need, and that communities are engaged and invested in supporting those with Alzheimer's. **Prepare Minnesota for Alzheimer's 2020** will mobilize an expanded army of Alzheimer's supporters in the fight to address this growing health crisis.

We call on 100,000 individuals – one for every Minnesotan living with the disease – to take action in the fight:

- Learn more about Alzheimer's disease;
- Urge elected leaders to support legislation that works for all families and individuals impacted by the disease; and
- Help communities become prepared for Alzheimer's by 2020.

It is the time to change the path of this disease and commit to the promise to **Prepare Minnesota for Alzheimer's 2020**.

Sincerely,

Mary Birchard, Executive Director
Alzheimer's Association Minnesota-North Dakota

ALZHEIMER'S DISEASE WORKING GROUP RECOMMENDATIONS

IDENTIFY ALZHEIMER'S EARLY

- Assess the cognitive health of all patients over the age of 65 annually.
- Communicate with medical providers about the importance and benefits of early identification.
- Provide information about the disease to patients with early stage Alzheimer's as soon as possible after diagnosis.

USE A HEALTH CARE HOME MODEL FOR ALZHEIMER'S CARE

- Cognitive impairment should become an organizing principle for all preventative and medical care of the patient.
- Include a service within the health care home model that connects the patient and the family to professional care management immediately upon diagnosis and supports the family during the entire course of the disease.
- Provide assistance to patients and families in making critical decisions regarding care, including palliative, hospice and end-of-life care, in a culturally appropriate manner.

ACHIEVE QUALITY AND COMPETENCE IN DEMENTIA CARE

- Provide easy access to information about services across all stages of the disease, in order to smooth transitions between services and settings, and ensure transfer of essential clinical records.
- Adopt the Alzheimer's Association Dementia Care Practice Recommendations as the "gold standard" for dementia care in Minnesota, and make information about these standards widely available to all caregivers, paid and unpaid.
- Create and disseminate a flexible curriculum for caregiver education, based on these standards, and create a system of credentialing that are "dementia competent," including appropriate cultural competence.

PREPARE OUR COMMUNITIES AND THE PUBLIC

- Create and disseminate a list of key elements that communities should have to support those with Alzheimer's and their caregivers, and urge Minnesota communities to adapt this list for their use.
- Create action kits for communities to help them assess their progress toward the development of these key elements.
- Develop, enhance and improve the variety and supply of informal and formal support for caregivers of persons with Alzheimer's.
- Create and implement a multi-year public awareness campaign targeted at the general public to increase knowledge about Alzheimer's and reduce the stigma associated with the disease.



Alzheimer's is not normal aging; it is a progressive, fatal, no-fault brain disease



By 2025, the number of Minnesotans with Alzheimer's will soar to over 135,000



Fewer than 50 percent of people with Alzheimer's disease receive a diagnosis

