Dementia In South Dakota

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DEMENTIA CARE WORKGROUP

- Look at current regulations for dementia care in the State of South Dakota. We will look to consider potential options for the care of individuals who have dementia in the least restrictive environment while ensuring the appropriate level of care and services are available to meet the physical, medical and emotional needs of that individual.

Introduction

- Overview of Dementia
- Epidemiology of Dementia
- End of Life Care in Dementia
- Conclusion

What is Dementia?

Definitions

- Dementias are the most common type of degenerative disorders affecting the brain.
- Dementia is a syndrome with impairment of Intellectual ability and social function:
  - Cognition= Memory, language, thinking, reasoning
- Alzheimer's disease (AD) is the most common type
  - ~60% of all diagnosed cases of dementia.

Over 70 Causes of Dementia

Alzheimer Disease (Most Common)

Vascular Disease

Lewy Body Dementia

Front temporal Dementia

Parkinson's Disease

Dementia vs. Child Development

- Progression of Dementia
  - Independent
    - Think and plan
    - Autonomous
  - Assistance of IADL's
  - Loss of ADL
    - Dependence on others for self care
    - Prompts and reminders
  - Bed Bound

- Child Development
  - Dependent for all needs
  - Development of self care
  - Increasing autonomy
    - independence from parents forms
  - Safely able to care for oneself

Dementia Demographics

Aging, Demographics and Memory Study (ADAMS)

- From the Health and Retirement Study (HRS)
  - Study the health, social and economic implications of the aging population
  - Began in 1992
- Assess Dementia in a Nat'l Represented sample
  - Data: July 2001 – December 2003

BL Plasmann, et al., Neuroepidemiology. 2007 November; 29(1-2): 125-132.

Aging, Demographics and Memory Study (ADAMS)

- 13.9% Americans >70 years old have some form of dementia
  - 3.4 million people
- 9.7% had Alzheimer's Disease
  - 2.4 million people

BL Plasmann, et al., Neuroepidemiology. 2007 November; 29(1-2): 125-132.

Aging, Demographics and Memory Study (ADAMS)

- Types of Dementia
  - 69.9% DAT
  - 17.4% Vascular
  - 12.7% All Others

BL Plasmann, et al., Neuroepidemiology. 2007 November; 29(1-2): 125-132.

Aging, Demographics and Memory Study (ADAMS)

- Increased Risk
  - Age
    - 37.9% Aged >90
  - Less Education
  - Genetics: Apo E4 allele

BL Plasmann, et al., Neuroepidemiology. 2007 November; 29(1-2): 125-132.

Aging, Demographics and Memory Study (ADAMS)

- Age and Gender
  - Not risk factors when accounting for above risk factors
  - More women have DAT due to longevity
- Race
  - African Americans:
    - Higher rate, yet not statistically significant
    - Health and vascular risk factors contribute as do lower educational levels, making prevalence higher

BL Plasmann, et al., Neuroepidemiology. 2007 November; 29(1-2): 125-132.

Dementia Demographics 2013

- Alzheimer's Association Facts and Figures 2013:
  - 5.2 million people have Alzheimer's Disease in US
    - 1/9 of Seniors
    - ~1/3 Old- Old (>85 yeas old)
  - 6th leading cause of death
  - 68% Increase in deaths from 2000 to 2010
  - ~1 in 3 Seniors who die will have some form of dementia

Alzheimer's Association: Facts and Figures 2013

Future of Alzheimer's Disease

- 40% increase by 2025
  - (>7 million individuals)
- >13 million by 2050

Disease Course

- Progressive disease
  - No cure
  - Medications do not stop the disease
    - Only slow down the symptoms of some dementias temporarily
- Non-curable illness
  - THIS IS A TERMINAL ILLNESS!

Mortality of Dementia

- 89,494 deaths FROM DAT in 2010 per Center for Disease Control
  - Underestimated and under recorded
  - Most die of co-morbid illness (i.e. pneumonia)
- CHAP STUDY
    - (Chicago Health and Aging Project)
    - by Bienias JL, et al. J. Alzheimers Dis. 2003 Oct; 5(5):349-55.
  - 2010 estimated 400,000 people died WITH DAT
- Medicare estimates suggest 1/3 of all senior deaths include a dementia diagnosis

Mortality of Dementia

- DAT is the 6th leading cause of death in America
- DAT is the 5th leading cause of death for individuals >65

Mortality in South Dakota

- Rate of Death from DAT in South Dakota
  - 48.9/100,000
  - 2nd highest in the nation (ND is #1)

Dementia in South Dakota

- ~400 deaths each year due to AD
- 2000 to 2010
  - 122% increase in deaths
- DAT
  - 19,000 individuals in 2010
  - Expected to be >21,000 by 2025

Impact of Dementia

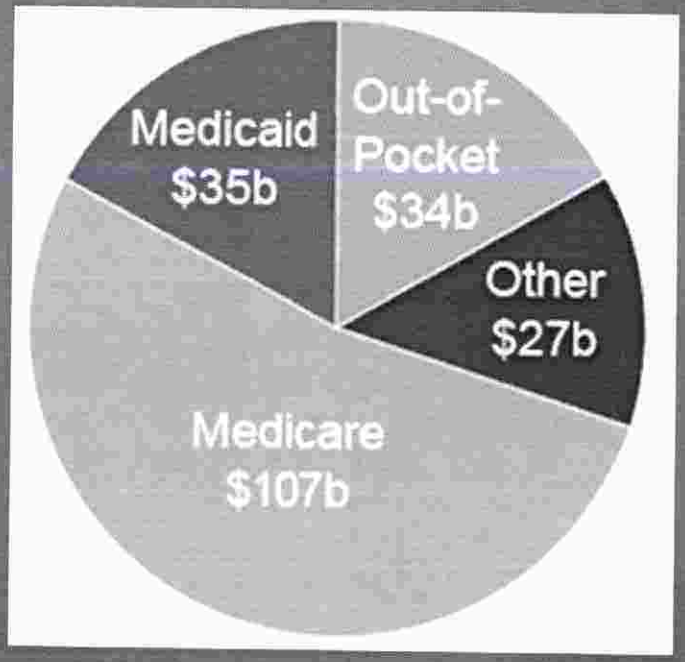
- Individuals
- Care-Givers
- Healthcare Systems
- Insurance Providers

Impact of Dementia

- Government
  - State
    - Medicaid
  - Nationally
    - Social Security, Medicare

Annual Costs of Alzheimer's Disease

- USA: $203 billion dollars.



Alzheimer's Association: Facts and Figures
2013

Costs of Dementia: Medicare

- With Dementia
  - $18,380 per community dwelling resident
  - $23,792 per residential facility resident
- Without Dementia
  - $7,832

Costs of Dementia: Medicaid

- With Dementia
  - $232 per community dwelling resident
  - $24,942 per residential facility resident
- Without Dementia
  - $549

Costs of Dementia: Insurers

- With Dementia
  - $2,588 per community dwelling resident
  - $2,029 per residential facility resident
- Without Dementia
  - $1584

Costs of Dementia: Out of Pocket

- With Dementia
  - $3,297 per community dwelling resident
  - $18,780 per residential facility resident
- Without Dementia
  - $2,378

Costs of Dementia Care: Family

- Cost to Family and Care-Givers
  - 15.4 million family and unpaid care givers
  - 17.5 BILLION hours of unpaid care per year
  - $216 Billion dollars per year!
    - $12.33/hour for >1100 hours/year
  - 60% caregivers are employed full or part time!

Costs of Dementia Care: Family

- Does not account for emotional stress costs
  - 61% family caregivers: high or Very High stress levels
  - 44% Caregivers in the ADAMS study reported depressive symptoms
  - Demands increase as the disease progresses

South Dakota Caregiver Statistics

- 39,000 caregivers
- Provide 41,000,000 hours of care
- $510 Million of unpaid care expenses
- Estimated cost of health related expenses to caregivers
  - $22 million dollars/year

Costs of Dementia Care

- Cost of Hospitalization-
  - average per Medicare patient
  - With Dementia:
    - $10,293
  - Without Dementia
    - $4,138

South Dakota Long Term Care: Dementia

- 67% of Dementia deaths occur in long term care
- South Dakota
  - 11,347 residents in LTC with Dementia
- Stages of Dementia in Long Term Care
  - 49% Moderate- Severe Dementia
    - 4th highest percentage in the U.S.
  - 31% Mild

WHAT DO INDIVIDUALS WITH DEMENTIA NEED?

- Person Centered Care
  - Tailored to their changing needs
- Shared or Partnered experience
- Personalized and Comprehensive care plans

The ‘Pieces’ Model

Assessing the Whole

"PIECES"

- Physical
- Intellectual/Cognitive
- Emotional
- Capacity
- Environmental
- Social

"PIECES"

- Physical
  - Disease, pain, illness, reflexes
- Intellectual
  - Type of dementia, retro-genesis
- Emotional
  - Depression, anxiety, psychosis

"PIECES"

- Capabilities/Communication
  - Under utilized or under-recognized
  - Demand exceeds capability
  - Frustration and anger
- Environmental
  - Noise, disorientation, feeling lost,
  - Lack recognition,
  - Not understanding "the rules"

"PIECES"

- Social/Cultural
  - Persons values and beliefs
  - Routines and norms to them

Dementia Care

- Staffing
  - Educated
  - Consistent – build relationships
  - Sufficient to meet care needs
  - Understanding
    - Learn to see the patient from THEIR perspective

Dementia Care

Access to supportive services

Advanced Care planning

Palliative and Hospice care is inherent to this disease

Future for South Dakota

- Regulations that promote a safe, caring and dignified experience for the individual with this Disease
- State Plan on Alzheimer's Disease and Related Dementias
  - Dr. Malone has begun to initiate this process
  - Look forward to working with you all
- A need to continue to change with the arrival of the "Silver Tsunami"

- http://www.youtube.com/watch?v=BXnZt5VMjZY

Thank You