Evidence-Based Interventions for People with Dementia & Their Caregivers

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Friday, November 17, 2017

Evidence-Based Programs

• Evidence-Based Programs come out of rigorous study of the effects or outcomes of specific interventions or model programs and have been published in a peer-reviewed journal
• Evidence-Based Programs demonstrate reliable and consistently positive changes in important health-related and functional measures

Evidence-Based Programs

• Tested model programs are translated into practical, effective community-based programs
• Program leaders receive a packaged program with a variety of supportive materials. As a result, the program’s content and fidelity will be consistent in all settings, and easy to deliver
• Packages usually include implementation manuals and specialized training
Why Use Evidence-Based Programs?

- Shown to be effective in the study population
- Cost effective
- Shortens the time it takes to develop a program
- Reduces the time it takes to research a community
- Helps to narrow the evaluation

What Are Some Benefits of Evidence-Based Programs to Participants?

- Improved quality of life
- Increased self-efficacy in managing one’s health
- Increased or maintained independence, positive health behaviors, or mobility
- Reduced disability
- Reduced pain
- Improved mental health

What Are Some Benefits of Evidence-Based Programs to Organizations?

- More efficient use of available resources
- Facilitation of partnership development and community/clinical linkages
- Better health outcomes and a more positive health care experience
- Ease of replicating and spreading programs.
- Greater opportunity for varied funding sources, as programs get proven results
- Fewer hospital and doctor visits and lower health care costs
Early Stage Memory Loss Support Group

- Started in Springfield in February 2002 in cooperation with the Alzheimer’s Association after visiting a group in Champaign in 2001
- Over 100 different people with “memory loss” over the years


Why Have Early Stage Memory Loss Support Groups?

For individuals with early-stage memory loss:
- Better quality of life
- Decreased depressive symptoms
- Those experiencing more distress at baseline experienced greater improvement in quality of life
  - Improved QOL associated with improved mental health, family communication, and self-efficacy


Early Stage Memory Loss Sessions

- Introduction & Overview
- Medical Update
- Coping With Memory & Caregiver Stress
- Social & Family Relationships
- Safety Issues
- Health Considerations & Special Occasions
- Legal Planning
- Financial Planning
- Planning for the Future
- Wrap-up/Graduate Group
Great Resource!

- Perspectives: A Newsletter for Individuals with Alzheimer’s or a Related Disorder. Lisa Snyder, editor, published quarterly by the Shiley-Marcos Alzheimer’s Disease Research Center; University of California, San Diego. Electronic subscription is free of charge. Surface mail subscription is a requested $20.00 donation.
- Email: lsnyder@ucsd.edu

Art Express

- An art expression class for persons with memory loss and their caregivers
- A program of SIU School of Medicine, Center for Alzheimer’s Disease and Related Disorders and the University of Illinois at Springfield, Human Development Counseling Program

“I Remember Better When I Paint”

Quotes From Art Express Participants

• “I look forward to it every week. It’s like sunshine in here, no matter what it looks like outside.”
• “I really enjoy coming to this class. I think it’s my favorite part of the week.”
• “I love doing this. It just clears my mind of all the worries and the effort to remember everything. I can just paint for a while.”
• “I think I have come a long way because of this class. It helps me think outside the box.”

Illinois’ Dementia-Capable Grant Objectives

• The Illinois Department on Aging received its second 3-year grant from the Administration for Community Living effective October 1, 2016, which focuses on creating dementia-capable home and community-based service systems.
  • Develop and maintain dementia-capable Aging and Disability Resource Centers (ADRC)/No Wrong Door access and referral services for individuals with dementia and caregivers
  • Train Aging Network and Adult Protective Services personnel, Senior Health Insurance Program sites, Supportive Living Program facilities and Managed Care agencies on the components of dementia-capable service delivery systems

• Develop and conduct webinars regarding:
  • Individuals living alone with Alzheimer’s disease or a related dementia
  • Individuals living with Intellectual/Developmental Disabilities living with Alzheimer’s disease or a related dementia
  • Work with the Illinois Department of Healthcare and Family Services and other state agencies on a streamlined dementia capable eligibility determination process for public programs and assistance applying for these programs
  • Work with the Alzheimer’s Association in development of a Care Navigation Service in rural areas of the state using technology
Evidence-Based Programs for Persons with Dementia and Family Caregivers

- Music and Memory (Alton, Champaign, Danforth, Effingham, Macomb, Mount Vernon, Paxton, Peoria & Springfield)
- Opening Minds through Arts (Champaign, Effingham, Macomb, Mount Vernon, Paxton, Peoria, Pontiac & Springfield)
- Stepping Up (Springfield; Years 2 & 3 - sites (Champaign, Effingham, Macomb, Mount Vernon, Paxton, Peoria, Pontiac & Springfield)
- TimeSlips (Champaign, Danforth, Effingham, Macomb, Mount Vernon, Paxton, Peoria, Pontiac & Springfield)
- Savvy Caregiver (Alton, Belleville, Champaign, Danforth, Effingham, Hillsboro, Mount Vernon, Pontiac & Springfield)

Memory & Aging Network Contacts

- Alton - Alton Memorial Hospital
  Daniel Strohbeck, MSW; daniel.strohbeck@bjc.org; 618-433-6016
- Belleville - Memorial Hospital
  Anita Sirevaag, PhD, LCSW; asirevaag@memhosp.com; 618-257-5900
- Champaign - Circle of Friends Adult Day Center
  Kathryn Rhoads, MSW, LSW; center@circleoffriendsadc.net; 217-359-7937
- Danforth - Prairieview Lutheran
  Karie Gerdes, RN; kgerdes@illicom.net; 815-269-2970
- Effingham - Heartland Human Services
  Christy Brown, MSW, CBrown@heartlandhs.org; 217-347-7179 x1046
- Hillsboro - Montgomery County Health Department
  Lynn Sellers, LPN; ccuprog@consolidated.net; 217-532-2001, ext. 112
- Macomb - McDonough District Hospital
  Adrian N. MacGregor, MSEd; annmacgregor@mdh.org; 309-836-1624
- Mount Vernon - St. Mary’s Good Samaritan Inc.
  Valerie Duff, MSW, LSW; Duff, Valerie.Duff@ssmhealth.com; 618-899-4518
- Paxton - Community Resource & Counseling Center
  Sandy Burgener, PhD, APRN-BC, FAAN; s.burgener@conxxus.com; 217-356-9078
- Peoria - OSF Institute of Physical Medicine and Rehabilitation
  Jackie Bowers, BS; Jacqueline.L.Bowers@osfhealthcare.org; 309-495-4530
- Pontiac – Evenglow Inn & Lodge
  Amy Eppel, BS; aeppel@evenglowlodge.org; 815-842-9040
Music and Memory

- Brings personalized music into the lives of the elderly through digital music technology which assists with behavioral management.
- By providing access and education and by creating a network of Music and Memory Certified organizations, Illinois aims to make this form of personalized therapeutic music a standard of care throughout the health care industry.

www.musicandmemory.org

Personalized Music's Impact on Cognition and Engagement
Concetta M. Tomaino, D.A., MT-BC, LCAT


**Personalized Music's Impact on Agitation**

Linda Gerdner, RN, Ph.D.


**Opening Minds through Art (OMA)**

• An intergenerational person-centered failure-free art program for people with dementia. This program is implemented in group sessions where people with dementia are paired with volunteers who have been trained to promote social engagement, autonomy, and dignity of people with dementia.
• The art-making sessions culminate in a gallery exhibition celebrating the artists’ accomplishments while educating the general public about the creative capacities of people with dementia.

**Opening Minds through Art (OMA)**

**Stepping Up**

- An exercise program for persons with memory loss and their caregivers. The Otago Exercise program is an evidence-based fall prevention program shown to reduce falls by 35% among high-risk older adults.
- For persons with dementia, a growing body of literature strongly suggests that exercise may enhance and/or preserve remaining physical and mental abilities, which in turn slows the progression of more intensive care needs.
- The goals of this exercise program will be to prevent falls and promote vascular health via balance and strength training and aerobic activity.

**Stepping Up**

- “Physical Exercise as a Preventive or Disease-Modifying Treatment of Dementia and Brain Aging,” J. Eric Ahlskog, PhD, MD, Yonas E. Geda, MD, MSc, Neil R. Graff-Radford, MBCh, FRCP, and Ronald C. Petersen, PhD, MD; Mayo Clinic Proceedings, 2011 Sep; 86(9): 876–884.

**TimeSlips**

- Uses group storytelling to enhance the lives of people with Alzheimer’s disease and related dementia.
- Encourages people with memory loss disorders to use their creativity and imagination to create a story with their peers in group sessions.
- Two studies have shown that the TimeSlips program has had a positive impact on persons with Alzheimer’s disease and related dementias, leading to enhanced verbal skills and reports of positive behavioral changes, increased communication and less confusion.
TimeSlips


Minds in Motion

This program, developed in Champaign by Sandy Burgener, PhD, RN, FAAN, uses research-based interventions designed for mature adults to improve or maintain:
• Memory and mental functioning
• Physical abilities and functioning, including balance and leg strength
• Emotional functioning (positive mental outlook and well-being)

Minds in Motion

The Minds in Motion program may provide benefits for the following people:
• Mature adults who want to maintain mental and physical fitness in a fun, safe, and relaxing environment
• Any adult diagnosed with early memory loss
Minds in Motion
Activities include the following:
• “Brain fitness” activities such as mental exercises, games, and memory enhancement
• Exercises such as Taiji, dance, and strength and endurance training
• Creative activities such as art, writing, photography, gardening, and storytelling
• Social activities and community events
• Relaxation therapies
• Other as appropriate and available

Minds in Motion

Illinois Cognitive Resources Network (ICRN)
• Vision Statement: The ICRN will make Illinois a national leader in the development and implementation of effective community-based models for adults to access research, education, training, and support services to promote cognitive health and quality of life.
• Visit our web site at: http://www.ilbrainhealth.org