



Transforming  
Lives

# WA State Action Plan for Dementia

King ADS Advisory Group

May 10, 2024

- Lynne Korte, Dementia Care Program-Policy Analyst
- Aging and Long-Term Support Administration
  - Home & Community Services



*Transforming lives*

# What we'll cover:

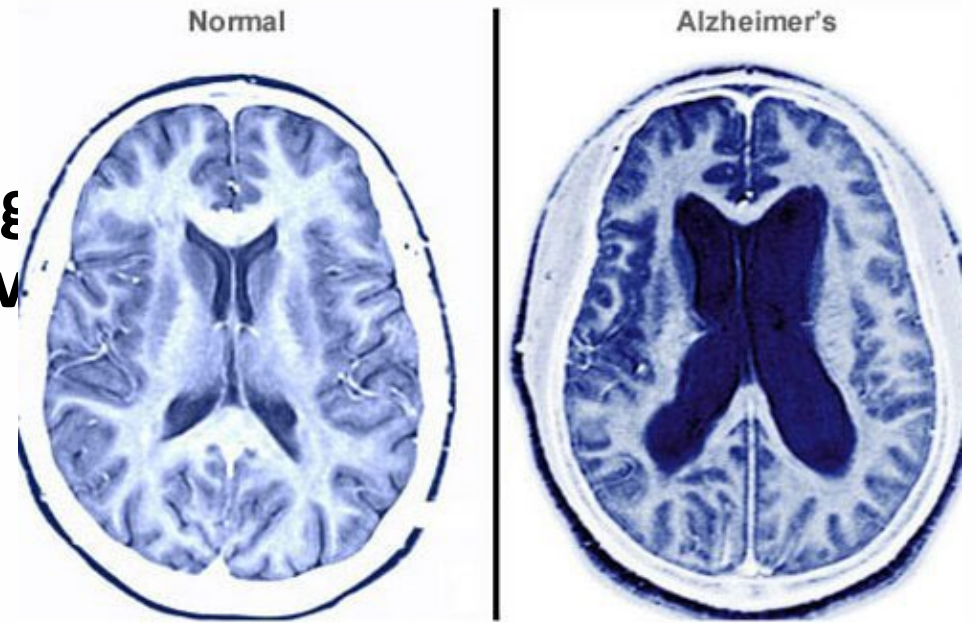
- 1. Brief overview of dementia**
- 2. WA State Plan to Address Alzheimer's Disease and Other Dementia**
- 3. How you can help**



# Dementia

## (Major Neurocognitive Disorder)

Dementia is not a “disease” itself – it is a **syndrome** that describes a set of symptoms caused by a variety of conditions.



Dementia is caused by damage to the brain that results in a decline in memory and thinking, ***severe enough to interfere with daily life.***

# Dementia



**Dementia effects one or more of the following functions of the brain:**

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception

**Mild Cognitive Impairment (MCI)** – similar changes but NOT severe enough to interfere with daily life

# Dementia: An Umbrella Term



## Dementia

An umbrella term used to describe a collection of brain diseases and their symptoms, which include: memory loss, impaired judgment, personality changes, and an inability to perform daily activities.



### Alzheimer's Disease

#### Prevalence

60-70% of dementia cases

**Characterized by** Amyloid plaques and beta tangles.

#### Symptoms include

Impairments in memory, language, and visuospatial skills.



### Vascular Dementia

#### Prevalence

10-20% of dementia cases

**Characterized by** Disease or injury to the blood vessels leading to the brain.

#### Symptoms include

Impaired motor skills and judgement.



### Frontotemporal Dementia

#### Prevalence

10% of dementia cases

**Characterized by** Deterioration of frontal and temporal lobes of the brain.

#### Symptoms include

Personality changes and issues with language.



### Lewy Body Dementia

#### Prevalence

5% of dementia cases

**Characterized by** Lewy body protein deposits on nerve cells.

#### Symptoms include

Hallucinations, disordered sleep, impaired thinking and motor skills.



### Other Dementias

#### Prevalence

5% of dementia cases

#### Dementias related to

- Parkinson's disease
- Huntington's disease
- HIV
- Crutzfeldt-Jakob disease
- Korsakoff syndrome

## Warning Signs – Differences between Normal Aging and Possible Dementia

Normal Aging	Dementia
Making a bad decision once in a while	Making poor judgments and decisions a lot of the time
Missing a monthly payment	Problems taking care of monthly bills
Forgetting which day it is and remembering it later	Losing track of the date or time of year
Sometimes forgetting which word to use	Trouble having a conversation
Losing things from time to time	Misplacing things often and being unable to find them

[Learn more - 10 Warning Signs - Alzheimer's Association](#)

# Why is early detection important?

Less than  
**50%**  
Receive a formal  
diagnosis

## With early diagnosis, comes opportunities:

- Can identify causes of cognitive decline that may be reversible
- Can plan to better manage any comorbid conditions before they lead to an acute hospitalization
- Can enable the time/opportunities for -
  - treatment of symptoms
  - best possible health
  - legal & advance care planning
  - education and support of family and other caregivers



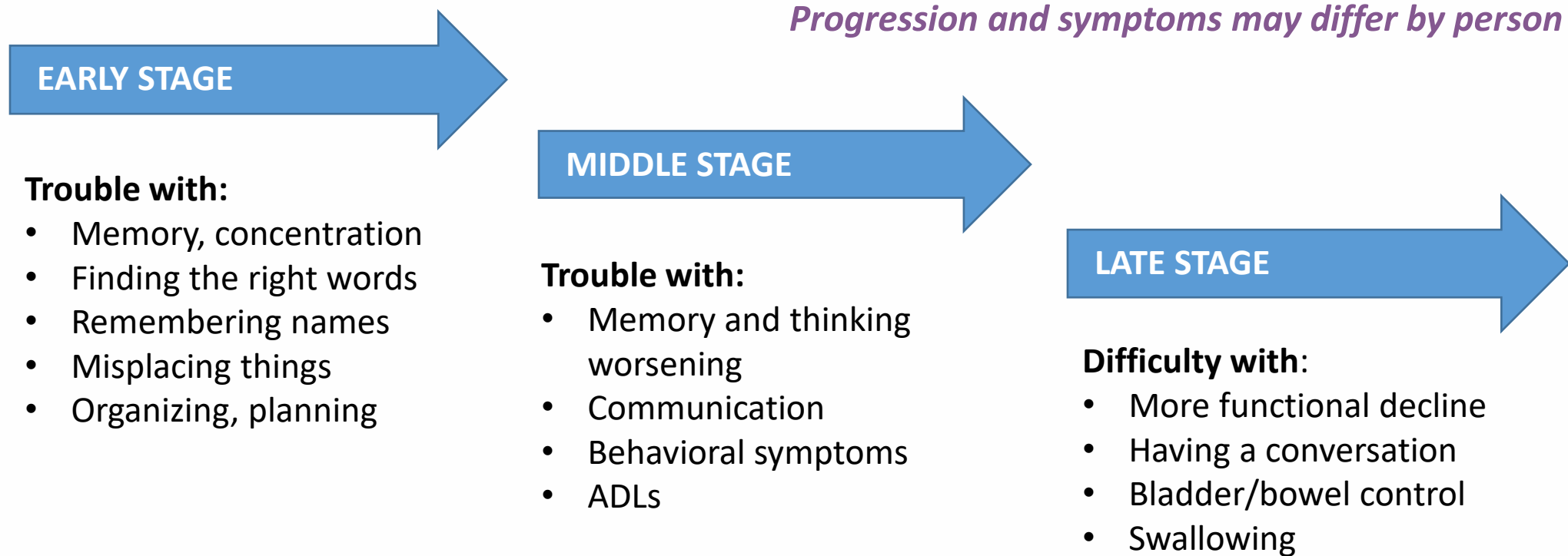
### Let's Talk Dementia Mini-Videos

[No Regrets - Bob's Story - YouTube](#)

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

# Alzheimer's Disease Progression

Duration of 4-20 years, average of 8 years



Different types of dementia, and their symptoms may progress differently





What are we doing about  
dementia here in Washington?

# Washington State Plan to Address Alzheimer's Disease and Other Dementias

2023-2028

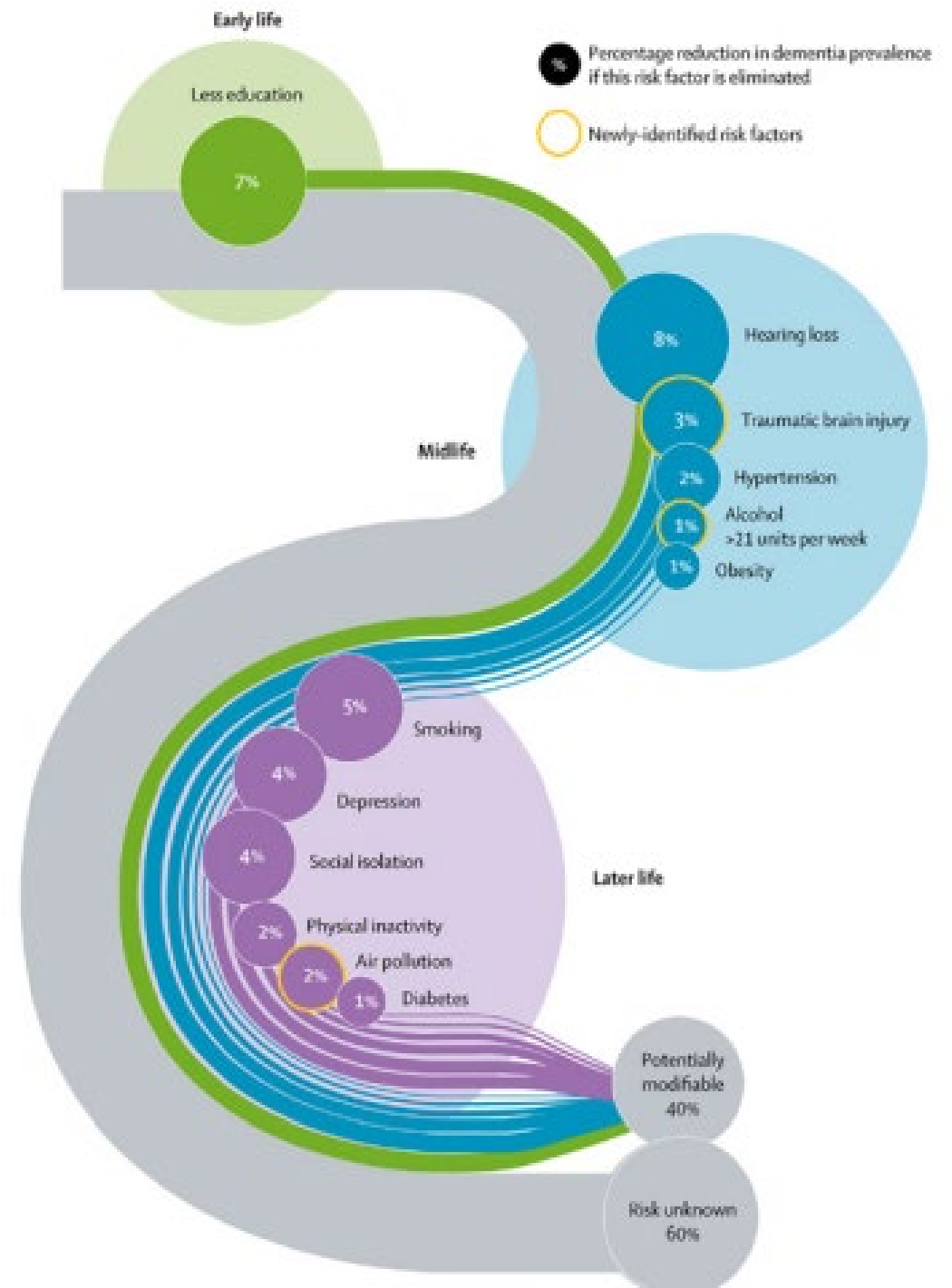


# Opportunities to build on

## Potentially modifiable risk factors

- Alcohol Use
- Depression
- Diabetes
- Hearing Loss
- Hypertension
- Physical Inactivity
- Poor Diet Quality and Obesity
- Poor Sleep Quality and Sleep Disorders
- Tobacco Use
- Traumatic Brain Injury

## Risks accrue over the life course



# Seven High Level Goals – Focus Areas

1. Public awareness, engagement and education
2. Prepare communities
3. Well-being and safety
4. Family caregiver supports
5. Promote risk reduction, early diagnosis and evidence-based health care
6. Long-term services and support in setting of choice
7. Innovation and research related to causes and care

***GUIDING  
PRINCIPLES***

**Person- and  
family-  
centered**

**Health  
Equity**

**Life course  
approach**

**Build upon  
other work**

**Public-private  
framework**

# Actions Currently or Soon Underway



---

Increasing knowledge of primary care practitioners around dementia diagnosis and care

---



Age-Friendly and Dementia-Friendly state and communities, reduce stigma

---



Increasing public awareness of brain health and dementia

---



Increasing awareness of trainings and supports for family care partners

---



Increasing actions to reach, inform, and support populations at increased risk of dementia

# Take action!

Working together on common goals and strategies, will create a more coordinated and amplified response in Washington.

The Dementia Action Collaborative invites everyone to join us in taking ACTION.

Be a part of the solution....

[Appendix C - Suggested Actions for Partners](#)



Washington State  
Plan to Address

**Alzheimer's  
Disease and  
Other  
Dementias**

**Appendix C**  
Suggested Actions for Partners

# Take action!

## [Appendix C - Suggested Actions for Partners](#)

### Possible Actions for Individuals and Care Partners

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Learn about, and take actions, to keep your brain healthy.	<a href="#">ACL Talking About Brain Health</a>
Learn about the warning signs of dementia – and the value of a timely diagnosis.	<a href="#">Dementia   Washington State Department of Health</a>

If you have warning signs of dementia, talk to your health care provider about them. If you notice warning signs in a family member, have a conversation with them around the importance of getting an evaluation.

Learn tips and suggestions in working with your health care provider about diagnosis and care.

If you are living with dementia, it is important to stay active and engaged. Learn about Memory Loss programs, support groups and more.

Learn ways you can help people you are living with dementia by becoming a Dementia Friend!

Check out [Memorylossinfo.org](#) – a website that provides information about dementia and links to support organizations.

### Possible Actions for Aging Network and Long Term Supports & Services Partners

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Promote healthy aging and brain health in communities you serve – provide information that helps people take care of their brain.	<a href="#">ACL Talking About Brain Health</a>
Share information about the warning signs of dementia, and the value of a timely diagnosis.	<a href="#">Dementia   Washington State Department of Health</a> <a href="#">10 Early Signs and Symptoms of Alzheimer's</a>
Help reduce stigma around dementia by becoming a Dementia Friend!	<a href="#">Dementia Friends in Washington State - Memory and Brain Wellness Center</a> <a href="#">Dementia Friends USA</a>
Spread the word about the <a href="#">Memorylossinfo.org</a> web page that links people to dementia supports and services and DAC resources – add a link to it on your webpage.	<a href="#">Memory Loss Info Washington</a>
Help families plan - make the Dementia Road Map: A Guide for Family and Care Partners available through your organization – add a link to it on your webpage or get paper copies to share.	<a href="#">Memory Loss Info Washington</a>
Help individuals and families living with a serious illness or health condition to understand their options for care. Make the <a href="#">Palliative Care Road Map</a> available through your organization.	<a href="#">Palliative Care Road Map: A Guide for Living with Serious Illness and Conditions for Patients and Those who Care for them</a>

### Possible Actions for Public Health Entities and Partners

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Promote healthy living habits across the life course to reduce risk of dementia – provide information that helps people take care of their brain.	<a href="#">Talking About Brain Health and Aging: The Basics</a> <a href="#">Lancet Commission Infographic: Life-course Model-12 Potentially Modifiable Risk Factors</a> <a href="#">10 Ways to Love Your Brain</a>

Share information about the warning signs of dementia, and the value of a timely diagnosis.

Be aware of and participate in efforts to reduce racial and ethnic disparities in dementia.

Spread the word about the [Memorylossinfo.org](#) web page – links people to dementia support services and DAC resources – add a link to your organization's website.

Help families plan ahead – make the [Dementia Road Map: A Guide for Family and Care Partners](#) available through your organization – add a link to your webpage or get paper copies to share if possible in community events. Available in English.

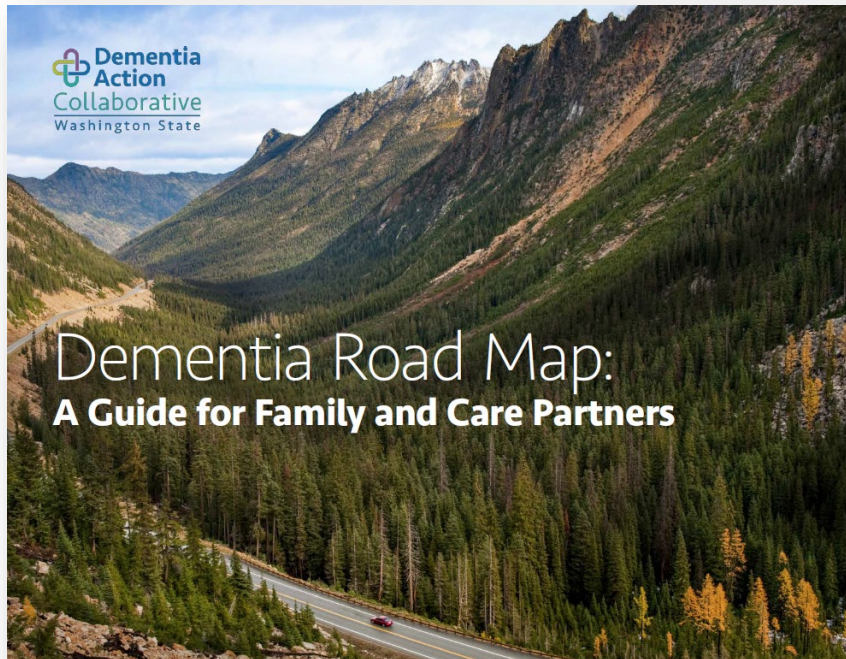
Make the [Dementia Legal Planning Toolkit](#) available through your organization – add a link to your website.

### Possible Actions for Health Care Providers and Health Systems

We can't cure dementia yet, but there are actions we can take to help individuals be aware of ways to reduce their risks for dementia, and to provide assistance and support for individuals living with dementia and their family caregivers. Below are suggested actions you can take!

Suggested Action Steps	Learn More
Promote healthy living habits across the lifespan to reduce risk of dementia.	<a href="#">Optimizing brain health across the life course: WHO position paper</a>
Counter ageism by changing how we communicate/talk about aging.	<a href="#">Reframing Aging</a>
Incorporate age friendly smart phrases into Electronic Health Records systems.	<a href="#">IHI Age Friendly Health Systems EPIC Implementation Guide</a>
Utilize hearing loops, pocket talkers, or other communication tools when meeting with groups of older adults or with individuals who have hearing loss.	<a href="#">Get in the Hearing Loop - Hearing Loss Association of America</a>
Ask and record the patient's preferred care partner's name and contact information at each visit.	<a href="#">Identify Family Caregivers guide</a>
Take the <a href="#">Cognition in Primary Care</a> training when it is offered. A training program to facilitate detection of cognitive impairment and improve care for people with dementia, intended for primary care teams.	<a href="#">Cognition in Primary Care</a>
Participate in <a href="#">Project ECHO Dementia</a> , a web-based learning model for primary and allied care providers.	<a href="#">Project ECHO Dementia</a>
Bookmark and use the <a href="#">Dementia Care Plan and Clinical Tool Beyond Diagnosis &amp; Clinical Provider Practice Tool</a> – These include guidance for identifying and addressing dementia risk factors.	<a href="#">Dementia Care Plan and Clinical Tool Beyond Diagnosis</a>

# INFORM, EDUCATE AND PREPARE FAMILIES



Available in English, Spanish and Russian

## **ONLINE VERSION & BULK ORDERS:**

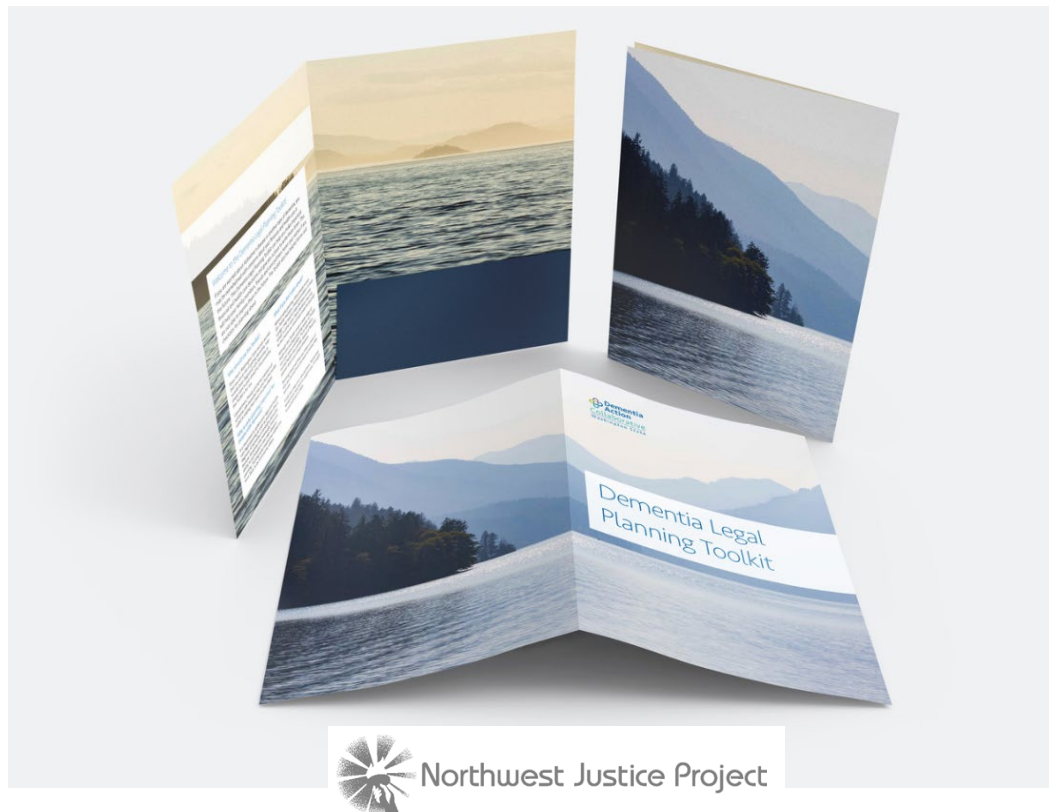
<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

## **1-5 PAPER COPIES:**

Dementiaroadmap@dshs.wa.gov



# PROMOTE EARLY LEGAL & ADVANCE CARE PLANNING



## Dementia Legal Planning Toolkit\*

- Dementia and capacity
- Financial decisions
- Health care decisions
- Resources
- Forms and Instructions

\* [View online at Washingtonlawhelp.org](https://www.washingtonlawhelp.org)



Order free paper copies:

<https://forms.gle/FEmTG3gGwXdjHRaA7>

# DEMENTIA LEGAL PLANNING PROJECT



**Dementia Legal Planning**  
**DEMENTIA LEGAL PLANNING PROJECT**

**HOW DOES IT WORK?**

- Connect with us – by phone or online
- We match you with a volunteer attorney to guide you
- You complete essential paperwork
- No cost to you

**READY TO GET STARTED?**

☎ 425-780-5589

🌐 [www.dementialegalplanning.org](http://www.dementialegalplanning.org)

**Dementia Action Collaborative**  
Washington State

This program is funded, on behalf of the Dementia Action Collaborative, by the Aging and Long-Term Support Administration/DSHS.

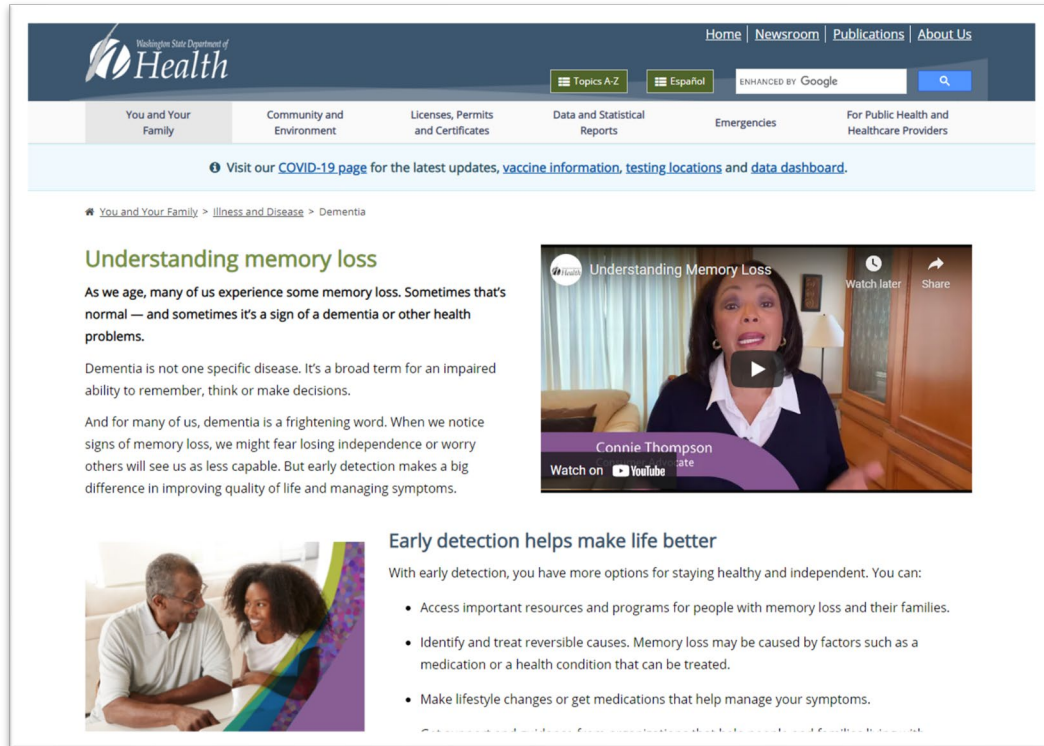
Free help in completing forms:

- Power of attorney for finances
- Power of attorney for health care
- Health care directives
- Dementia directive

**Learn more and find flyers to share with clients:**

- <https://www.probonocouncil.org/dementia-legal-planning>

# PUBLIC AWARENESS CAMPAIGNS & DEMENTIA FRIENDS



The screenshot shows the Washington State Department of Health website. The header includes the department logo, navigation links (Home, Newsroom, Publications, About Us), and a search bar. Below the header is a navigation menu with categories like 'You and Your Family', 'Community and Environment', 'Licenses, Permits and Certificates', 'Data and Statistical Reports', 'Emergencies', and 'For Public Health and Healthcare Providers'. A blue banner below the menu reads: 'Visit our COVID-19 page for the latest updates, vaccine information, testing locations and data dashboard.' The main content area is titled 'Understanding memory loss' and includes a video player featuring Connie Thompson. The video player has a play button and a 'Watch later' button. Below the video player is a section titled 'Early detection helps make life better' with a list of bullet points.

**Understanding memory loss**

As we age, many of us experience some memory loss. Sometimes that's normal — and sometimes it's a sign of a dementia or other health problems.

Dementia is not one specific disease. It's a broad term for an impaired ability to remember, think or make decisions.

And for many of us, dementia is a frightening word. When we notice signs of memory loss, we might fear losing independence or worry others will see us as less capable. But early detection makes a big difference in improving quality of life and managing symptoms.

**Early detection helps make life better**

With early detection, you have more options for staying healthy and independent. You can:

- Access important resources and programs for people with memory loss and their families.
- Identify and treat reversible causes. Memory loss may be caused by factors such as a medication or a health condition that can be treated.
- Make lifestyle changes or get medications that help manage your symptoms.



A Dementia Friendly America initiative

Find materials: [doh.wa.gov/memory](https://doh.wa.gov/memory)

Learn more: [Dementia Friends WA](https://dementiafriendswa.org)

# PROJECT ECHO DEMENTIA



Training and mentoring for primary care clinicians

- Tele-health model
- Free, 2x month
- CMEs

Learn more:

[Project ECHO® Dementia - Memory and Brain Wellness Center \(washington.edu\)](http://www.washington.edu/projectecho)



Questions?

Thank you!

# Dementia Action Collaborative

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

DAC Plan Coordinator and Program Manager

[Lynne.Korte@dshs.wa.gov](mailto:Lynne.Korte@dshs.wa.gov)

