

Alzheimer's Disease & Related Disorders (ADRD) - Education and Support Program

Request for Funding Increment – FY 13

Budget Component: Senior Community Based Grants (2787)

RDU: Senior and Disabilities Services (487)

The **ADRD Education and Support Program** of the Alzheimer's Disease Resource Agency of Alaska provides support and education services **statewide** for people with Alzheimer's disease and related dementias as well as healthcare professionals, service provider agencies and the general public. The program provides outreach, information & referrals, consultations, memory screenings, support groups, and education for professionals and the general public. Through this program's activities the Alzheimer's Resource of Alaska raises public awareness of ADRD (signs and symptoms, diagnosis, healthy behaviors, etc.) which helps reduce the stigma associated with the disease. This program is a portal into the continuum of care and has a tremendous reach considering its very few resources. The Alzheimer's Resource of Alaska has provided these services on-going for 27 years. Overtime, we designed new programs and expanded service offerings to keep up with the population growth and the demand for services.

The senior population in Alaska is growing at a staggering rate and the number of people affected by Alzheimer's disease is growing proportionately. In 1990 an estimated 2,200 people had Alzheimer's disease while today that number is over 6,000 (172% increase).

SDS currently provides a \$127,118 grant for this program. The original grant in 1984 was \$28,838. From FY 92 through FY 08 the grant remained flat at \$115,443. In FY09 the grant was increased approximately 10% to the current \$127,118. In 20 years (FY92-FY2012), the grant was increased once by 10%.

The expectations for the organization for the use of these funds are significant:

- ⇒ Statewide Services
- ⇒ Demonstrated knowledge and expertise in providing education, training and support to caregivers, individuals, service providers and the community about ADRD
- ⇒ Statewide outreach with particular attention to rural and underserved communities
- ⇒ Information, referral and assistance via a statewide toll-free line
- ⇒ Individual and family consultations
- ⇒ Group education and training
- ⇒ Education of professionals and provision of technical assistance to those who are serving ADRD clients
- ⇒ Support groups
- ⇒ Conduct public awareness activities
- ⇒ Maintain staffed offices in Anchorage, Fairbanks, Juneau and the Mat-Su
- ⇒ Maintain a lending library

The Alzheimer's Resource of Alaska supplements this grant with private funds from foundations, corporations and individuals. This amount varies but on an annual basis it can range \$20,000-\$40,000.

In FY 11, the ADRD Education & Support Program served an **unduplicated** 430 individuals and 253 service providers. In addition, the program provided education services to 5,147 individuals statewide (may include some, but minimal, duplication). The following is a sample of the growth in the program in the last 10 years:

Service Levels	FY 2001	FY 2011	Increase in Service Levels
Information & Referral Contacts	6218	28,409	357%
Individual/Family Consultations	270	367	36%
Support Groups	72	153	113%
Consultations for Providers	121	268	121%
Education Activities	62	124	100%
Public Awareness Activities	84	353	320%
Communities Served	61	102	67%

Looking at a longer time span, the increase is even more dramatic. For example, from FY97 to FY11 the number of Information & Referral contacts increased almost 1600%. Given the demographics that we are familiar with, this is not much of a surprise. The demand for services is great now and increasing. The disparity is that in 20 years the State's investment has been minimal with only one increase of 10% in 2009.

The services provided through the *ADRD Education & Support Program* are preventive in nature and give individuals with ADRD and their families tools to preserve independence and maintain persons living at home for as long as it is feasible. Research shows that providing education, counseling and support to caregivers can keep people with ADRD out of nursing homes for an extra 1 ½ years. If this program can keep just ten people out of nursing homes each year, it will save the state more than \$2 million each year. Given the high number of individuals this program serves, it is an extremely cost-effective approach. This program also supports professionals and thus raises the overall quality of care. How many individuals are admitted to API or the ER due to dementia related issues? Are all the staff at these facilities familiar with ADRD behaviors and knowledgeable of how to respond? How many care coordinators are writing care plans for those with ADRD with no understanding of the special needs of these individuals? How many clients with dementia are refused admission back to their assisted living home after a hospitalization or evicted due to behaviors? Training in this very specialized area is an investment in much needed workforce development.

The Alzheimer's Resource of Alaska has done well with the limited resources, however a great deal more work is needed to adequately respond to the demand in services: increased outreach/travel to rural areas, translation of materials to disseminate information to various communities, increased technical assistance and staff training for assisted living facilities and other service providers statewide, increased availability of qualified, professional staff to provide consultations and support to individuals concerned with memory loss and their families, just to name a few of the areas that require attention. With the expected continued growth in this population, additional resources for these basic services need to be allocated to this program. To meet the current program expectations and address the population growth with a reasonable level of effectiveness the **Alzheimer's Resource of Alaska respectfully requests an increase of \$223,000 for the statewide ADRD Education & Support Program for a total grant amount of \$350,000.**