

## North Dakota Dementia Care Services Program

**Our state's residents affected by Alzheimer's and other dementia can receive support through the North Dakota Dementia Care Services Program (DCSP), a contract program through the Department of Human Services, Aging Services Division. For many families, the DCSP services are a lifeline when they need it most.**

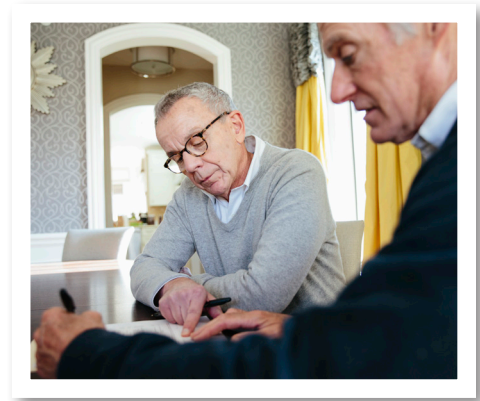
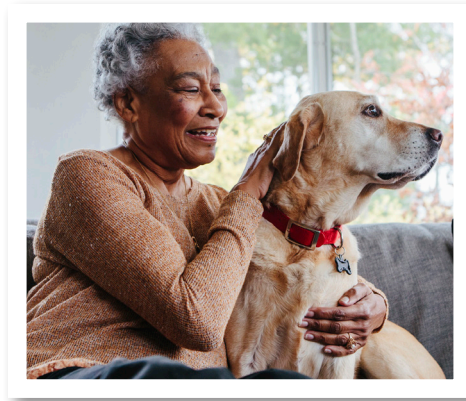
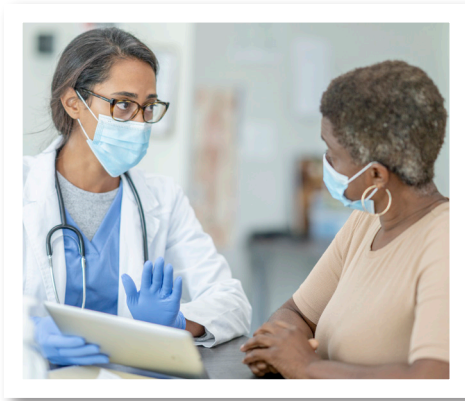
Since 2015, Lisa Millsap of Minot has been living with Alzheimer's disease. Her husband, Mel, has been caring for her in their home. Before the pandemic, Lisa was able to go to adult day care while Mel worked. Now, Mel is a 24/7 caregiver. Lisa and Mel have benefited from the support of the Alzheimer's Association through the DCSP, including care consultations with an on-staff dementia care expert. "Lisa was not properly diagnosed when she first developed early-onset," Mel says. "I'm grateful for the programs and support Lisa and I have received from the Alzheimer's Association and their staff through the state-funded Dementia Care Services Program.

Mel is one of the estimated 30,000 unpaid Alzheimer's caregivers in North Dakota. He wants people to understand that his wife Lisa "is still Lisa."



# North Dakota Dementia Care Services Program

The Alzheimer's Association has served North Dakota residents through the Dementia Care Services Program (DCSP) since 2010 to improve disease management and increase family support to people living with dementia and their caregivers. Services include:



## Care Consultation

Individuals with memory loss, family members, or concerned professionals meet with Alzheimer's Association Care Consultants. Consultants provide a customized road map including information about the diseases, care plans, resources for housing, financial and legal planning, referrals to community resources and support for caregivers. Meetings generally take place via phone, at the individual's home or at their preferred location.

## Physician Outreach

Health care setting outreach informs medical staff in clinics, hospitals and public health agencies about the importance of Alzheimer's early detection and diagnosis, as well as how to make referrals for family education and support.

## Education - General Public & Professional Development

Community outreach offers education on dementia-related topics, such as understanding memory loss, brain health, partnering with one's doctor, and understanding communication. Classes are available for the general public, professionals, care partners, medical professionals, and law enforcement.

## COVID-19 Update

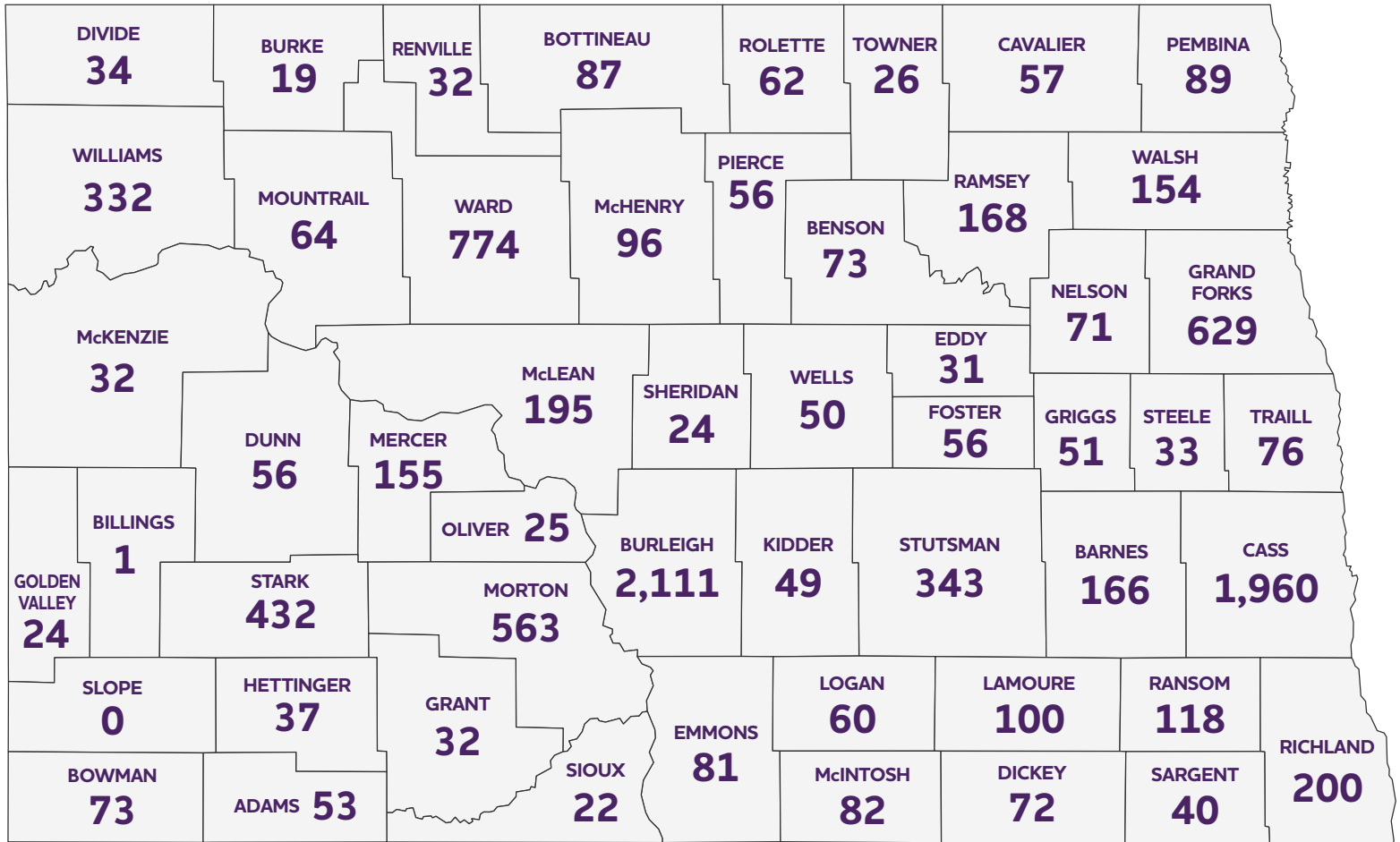
Fortunately, COVID-19 has not disrupted the services provided by the DCSP. Without any delay and with the support of staff across the country, the Association has found innovative and creative ways to continue to reach constituents virtually. Depending on the client's preference, care consultations have been conducted via video conference or phone.

We have seen an increase in interest for professional dementia training, both from organizations as well as individuals. Our North Dakota long-term care and community-based providers that previously have not participated are now joining. Also, individual direct care workers, who previously would travel to receive training are now able to participate from their workplace or home. Although we still believe in-person training is the most effective way to improve quality care, interactive training from virtual locations has proven useful during the pandemic.

# North Dakota Dementia Care Services Program

The Alzheimer's Association has supported the families of **3,328** people living with dementia, including providing **11,896** care consultations for **6,898** caregivers.

Individuals Served by County<sup>1</sup> January 1, 2010 - September 30, 2020



Data collected by the Alzheimer's association for the Dementia Care Services Program contract January 1, 2010 through September 30, 2020.

We have also educated **44,018** people across the state, to increase awareness of community resources, to understand the disease process, and to improve the quality of care of people living with dementia in North Dakota.

# North Dakota Dementia Care Services Program

## What is the value of the Dementia Care Services Program?

Recent research has demonstrated that two types of programs have potential for reducing avoidable health care and premature nursing home placement. One is the DCSP's caregiver support programs, and the other focuses on the care delivery team. Studies indicate that resources assisting caregivers have promise for reducing unnecessary emergency department visits and hospitalizations, and reducing transitions to residential care for individuals with Alzheimer's disease and other dementias.



## An evaluation from the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences found:



- Over a 42-month program period, the legislature appropriated an investment of \$2.2 million for the contract and has estimated results of long-term care cost saving of \$39.2 million, such as those incurred through hospital or emergency related services and delays in placing a person with dementia in long-term care facilities.
- Caregivers who were more engaged in DCSP activities had greater hospital and rural ambulance cost savings compared to caregivers who were not.
- Caregivers who participated were more likely to complete important dementia care-related tasks like establishing a power of attorney and instituting health care directives.
- Caregivers who received DCSP services were twice as likely to either delay nursing home placement or decrease their likelihood of placement. The total cost avoided was \$3,007,147 (based on 46 people who indicated an increase in the amount of time to place a person with the disease in an institution).

# Additional Services Provided Outside of the North Dakota Care Services Program



## 24/7 Helpline (800.272.3900)

Staffed in 200 languages, this resource serves people with memory loss, their caregivers, healthcare professionals and the public by providing information and referrals to local community programs and services; dementia-related education; crisis assistance; and emotional support.

## Support Groups

More than thirty support groups are held each month in various North Dakota locations and are led by trained volunteer facilitators to provide support, assistance, and encouragement to individuals and their care partners impacted by dementia.



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