North Dakota Dementia Care Services Project

Meeting of the Minds Dementia Conference 2012
RiverCentre
St. Paul, MN
March 17, 2012

Brad Gibbens, Deputy Director and Assistant Professor

Center for Rural Health

Established in 1980, at The University of North Dakota (UND) School of Medicine and Health Sciences in Grand Forks, ND
One of the country’s most experienced state rural health offices
UND Center of Excellence in Research, Scholarship, and Creative Activity
Home to 5 national programs

Focus on:
- Educating and Informing
- Policy
- Research and Evaluation
- Working with Communities
- American Indians
- Health Workforce
- Hospitals and Facilities – including public health, EMS, LTC, and others

ruralhealth.und.edu
MN ND Alzheimer’s Association

- 1 of 70 such associations in the country
- 1 of 7 founding chapters of the National Alzheimer’s Association
- In operation for about 33 years
- Mission:
  To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.
- Vision:
  A world without Alzheimer’s disease.
- Services

<table>
<thead>
<tr>
<th>Support</th>
<th>Education</th>
<th>Resources</th>
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<tbody>
<tr>
<td>Help Line</td>
<td>Publication/Newsletter</td>
<td>Medic Alert</td>
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<tr>
<td>Care Consultation</td>
<td>Education Programs</td>
<td>Clinical trial index</td>
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<tr>
<td>Support Groups</td>
<td>Professional Education</td>
<td>Local resource/referral</td>
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<tr>
<td>Message Boards</td>
<td>Free Webinars</td>
<td>Latino and On-line</td>
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Project Staff

**Project Director**
Jan Mueller, *Field and Advocacy Director*

**Clinical Supervisor**
Heidi Haley-Franklin, MSW, LGSW, *Associate Director, Clinical Services*

**Western ND Regional Center Director (Bismarck)**
Krista Headland

**Eastern ND Regional Center Director (Fargo)**
Gretchen Dobervich

**Data Specialist (Bismarck)**
Erica Lien
Evaluation Staff

- **Marilyn Klug, Ph.D.**
  Research PI, and Evaluation Director
- **Kyle Muus, Ph.D.**
  Senior Researcher
- **Boris Volkov, Ph.D.**
  Evaluation
- **Brad Gibbens, MPA**
  Evaluation

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Creation of the Project

- **2007**: Alzheimer’s State Plan legislation creates a study group to analyze the dementia-related needs of North Dakota.
- **2008**: The study group recommendations lead to HB 1043 (the Dementia Care Services bill). This landmark legislation is the first of its kind in the nation.
- **2009**: The ND legislature passes HB 1043 with an appropriation of $1,200,000. Oversight responsibility is given to ND Aging Services Division to issue a competitive RFP. The contract is awarded to the Alzheimer’s Association MN-ND.
HB 1043
• ND Dept. of Human Services allowed to contract with a private provider for a dementia care services program in each area served by a human service center
• Services to include:
  – Identify available service in the region.
  – Provide information to medical providers, law enforcement, the public on the symptoms of dementia, benefits of early detection and treatment, and the services available to individuals with dementia and their caregivers.
  – Assess the needs of individuals with dementia and their caregivers.
  – Train care providers to manage and provide for the care of individuals with dementia.
  – Provide consultation services to individuals with dementia and their caregiver.
  – Facilitate the referral of individuals with dementia and their caregivers to appropriate care and support services.

Regional Care Consultants

<table>
<thead>
<tr>
<th>Western North Dakota</th>
<th>Eastern North Dakota</th>
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<tbody>
<tr>
<td>Krista Headland, Bismarck</td>
<td>Gretchen Dobervich, Fargo</td>
</tr>
<tr>
<td>ND DHS Region 1</td>
<td>ND DHS Region 3</td>
</tr>
<tr>
<td>Jodi Keller Williston</td>
<td>Ashley Magner Devils Lake</td>
</tr>
<tr>
<td>ND DHS Region 2</td>
<td>ND DHS Region 4</td>
</tr>
<tr>
<td>Jodi Keller Minot</td>
<td>Ashley Magner Grand Forks</td>
</tr>
<tr>
<td>ND DHS Region 7</td>
<td>ND DHS Region 5</td>
</tr>
<tr>
<td>Kelly Mattis Bismarck</td>
<td>Kendra Binger Fargo</td>
</tr>
<tr>
<td>ND DHS Region 8</td>
<td>ND DHS Region 6</td>
</tr>
<tr>
<td>Kelly Mattis Dickinson</td>
<td>Beth Olson Jamestown</td>
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Staff will deliver services in designated ND DHS regions across the entire state.
Services We Provide

- Assessment of resources
- Community education
- Professional education
- 24/7 Information Helpline
- Assessment of individuals
- Care Consultation
  - Level 1 Basic Care Consultation
  - Level 2 In-Depth Care Consultation
- Follow-up
Data Collection

MN/ND Alzheimer’s Association chose to subcontract with the Center for Rural Health to be the independent evaluator. http://ruralhealth.und.edu

Required data collection:
1. Estimates of health care costs avoided
2. Estimates of long-term care costs avoided
3. Improvements in disease management
4. Improvements in caregiver assistance
5. Outcomes of the Dementia Care Services Project

What We Are Collecting

✓ Service delivery activities by DHS Region
✓ Number of ER visits
✓ Number of ambulance runs
✓ Hospitalizations
✓ Short-term nursing home stays
✓ Changes in the decision to place the family member in a long-term care facility
✓ Caregiver perceived improvement
Figure 1. Percentage increases in health care objectives for caregivers and persons with dementia

- Power of Attorney
- Health Care Directives
- Education Class
- Med Alert

Figure 2. Comparison of rural and urban demographics

- Rural (N=502)
- Urban (N=389)

- Lives at Home Alone
- Lives at Home with Someone
- Has Diagnosis
Figure 2. Estimated cost savings for urban and rural persons with dementia
Figure 3. Estimated health care cost savings for DCSP participants

<table>
<thead>
<tr>
<th>Cost Category</th>
<th>Estimated Savings</th>
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<tbody>
<tr>
<td>Hospital</td>
<td>$308,844</td>
</tr>
<tr>
<td>Ambulance</td>
<td>$31,787</td>
</tr>
<tr>
<td>Emergency Room</td>
<td>$14,072</td>
</tr>
<tr>
<td>911 Calls</td>
<td>$2,461</td>
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Total Estimated Savings: $357,164

(N = 412)

Conclusions

- We have been able to learn a great deal about the cognitive health of the ND population.
- We expect to demonstrate a model that works well in cities, small towns, rural and frontier communities.
- The first contract provided initial indicators of cost savings for ND individuals with dementia, families, service providers and government.
- The second contract will provide significant data confirming the positive impact on caregivers as well as cost savings in health care and long term care.
Contact us for more information!

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