

AD: After the Diagnosis

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AD: Adds Complexity to Managing Care

- ▶ HTN
- ▶ DM
- ▶ COPD
- ▶ OA/Osteoporosis
- ▶ Vascular disease- CAD and CVA
- ▶ Sleep apnea
- ▶ Glaucoma
- ▶ Hyper/hypothyroidism
- ▶ Depression/schizophrenia/
bipolar disease

AD and Comorbidity

- ▶ The exact mechanisms are unclear
- ▶ Role in converting MCI to dementia?
- ▶ Decreased cognitive function
- ▶ Increase in cognitive decline
- ▶ More functional decline

▶ *QJM: An International Journal of Medicine*, Volume 104, Issue 11, 1 November 2011

AD: Much More Than Just Starting Medications

- ▶ **After the Diagnosis**
 - ▶ Advance Directives/POA/HCP
 - ▶ Legal issues
 - ▶ Financial concerns
 - ▶ Driving
 - ▶ Employment
 - ▶ Patient and family education
 - ▶ Caregiver stress and burden
 - ▶ Functional Status/Level of Care

AD Challenges in Primary Care: Managing Behaviors

- ▶ Apathy
- ▶ Depression
- ▶ Insomnia
- ▶ Sexually Inappropriate
- ▶ Wandering
- ▶ Aggression
- ▶ Hallucinations
- ▶ Sundowning
- ▶ Repetition
- ▶ Agitation
- ▶ Paranoia/delusions

Functional Assessment

▶ IADLs

- ▶ Shopping
- ▶ Housekeeping
- ▶ Accounting
- ▶ Food Preparation
- ▶ Transportation

▶ ADLs

- ▶ Dressing
- ▶ Eating
- ▶ Ambulating
- ▶ Toileting
- ▶ Hygiene

Can the patient remain home?

- ▶ **Anticipating placement needs**
 - ▶ Most prefer their own home, but this is not always practical
 - ▶ Forward planning is critical
 - ▶ Helping families manage guilt and grief can be a challenge

Who Are the Caregivers?

- ▶ The majority of patients live at home and are cared for by family or friends
 - ▶ 77% are women
 - ▶ 73% are over age 50
 - ▶ 33% are the sole providers of care
 - ▶ 45% are children of patient
 - ▶ 49% are spouses
 - ▶ Remainder are close family or friends

Caregiver Stress: The Caregiver

- ▶ Denial
- ▶ Social isolation
- ▶ Fatigue
- ▶ Depression
- ▶ Illness
- ▶ Guilt
- ▶ Resentment/Anger

Caregiver Stress: The Patient

- ▶ Agitation
- ▶ Sundowning
- ▶ Insomnia
- ▶ Incontinence
- ▶ Wandering
- ▶ Unable to recognize caregiver

Warning Signs of Caregiver Burnout

- ▶ Weight loss
- ▶ Insomnia
- ▶ Alcohol/drug abuse
- ▶ Verbal/physical abuse of patient
- ▶ Excessive caffeine consumption
- ▶ Suicidal ideation

New York State Department of Health Alzheimer's Disease Caregiver Support Initiative

Diagnosics and Professional Training

Ten medical centers and teaching hospitals are recognized nationally and by New York State as experts in the diagnosis and care of Alzheimer's Disease and other dementias. The Centers of Excellence for Alzheimer's Disease are at the forefront of research and clinical

Centers of Excellence clinical support, such as:

- Technical Assistance for Medical Providers
- Diagnosis and Assessment
- Care Management
- Medical and Healthcare Provider Training
- Promotion of Clinical Trials



Community Support and Education

A network of organizations across New York State providing support for caregivers and people with dementia. Providers offer evidence-based services, such as:

- Care Consultations
- Support Groups
- Education and Training Programs
- Respite

For information on providers in your area, visit www.health.ny.gov/diseases/conditions/dementia/help.htm

Complex Patients Take Time

- ▶ Billing codes now available
- ▶ Care planning and coordination of care for patients with AD and related dementias. CPT code 99483
- ▶ Advance care planning: goals of care, advance directives, MOLST form completion. CPT codes 99497, 99498