

**New Hampshire Alzheimer's disease  
& Related Dementias  
Sub-Committee Recommendations**

**November 2015**

**Prepared by the statewide Professionals, caregivers, families, and  
people with dementia as reported to the Alzheimer's State Plan  
Workgroups in conjunction with the New Hampshire HHS  
Oversight Alzheimer's & Related dementia Sub-Committee**

## **1. Improve access to services and information for people with Alzheimer's**

*Goal: Reduce barriers that prevent access to existing medical and social services for all affected by Alzheimer's disease, and encourage access to non-traditional services (e.g. Art/music therapy).*

Strategies to achieve this goal:

- Assess barriers to families living with younger-onset Alzheimer's (under age sixty-five) and develop strategies to enhance support for these families.
- Oversee the dissemination of information regarding available services.
- Expand available services across New Hampshire with attention to rural and currently underserved areas, as funding permits.

*Goal: Increase availability of information to consumers with Alzheimer's, family caregivers and professional staff about available supportive dementia care services and long term care programs.*

Strategies to achieve this goal:

- Include web links and phone contact information for the Alzheimer's Association to all state and municipal websites in New Hampshire as appropriate.
- Work with private and public partners to produce and disseminate multilingual and multicultural information regarding availability and eligibility criteria for all dementia-related state supported and private services and educate the newly diagnosed and their families on next steps and services. Ensure that this information is available for those with sight and hearing impairments.
- Ensure other populations at greater risk for developing Alzheimer's disease or a related dementia such as the Down syndrome and developmental disabilities communities receive appropriate information about services available.

*Goal: Increase availability of information on Alzheimer's health and supportive services to professional caregiving communities as well as other types of businesses.*

Strategies to achieve this goal:

- Work with health and supportive care providers including but not limited to home care agencies and hospice agencies as well as elder law attorneys and area businesses to develop dementia-specific trainings for professionals.

*Goal: Expand methods of education and support for caregivers and persons with memory impairment.*

Strategies to achieve this goal:

- Collaborate with community partners to recruit support group leaders and maintain support groups in their communities.
- Diversify the support group models to include in-person, telephone and online support groups.
- Expand the Alzheimer's Early Detection Alliance of the Alzheimer's Association to include the State of New Hampshire employees and also reach community business partners, human resources departments, and employee assistance programs to make educational information available to their employees and customers.

*Goal: Enhance quality of life for people with Alzheimer's by coordinating care at the primary care level.*

Strategies to achieve this goal:

- Develop strategies to coordinate care across health care settings through early recognition and management of Alzheimer's, and awareness of common medical conditions and health disparities that elevate risk for Alzheimer's and exacerbate its effects, including a process to document any cost savings created through implementation of those strategies.

## **2. Improve Public Awareness and Safety**

*Goal: Complete a full statewide rollout of Silver Alert.*

Strategies to achieve this goal:

- File legislation for Silver Alert and develop and implement a plan for training law enforcement, Fisheries and Wildlife, Search and Rescue (including K9) the National Guard and physicians as to protocols and use of Silver Alert, and educate the public regarding the program.

*Goal: Develop an initiative to improve home safety issues for families affected by Alzheimer's disease.*

Strategies to achieve this goal:

- Work with the Alzheimer's Association to expand availability of home safety information, develop key messaging regarding safety, and develop a plan to disseminate safety information through traditional and non-traditional avenues.
- Work within local communities to identify and assist persons living alone who may have cognitive impairment. (Footnote here BRFSS)

*Goal: Utilize the federal mandate through the National Alzheimer's Plan for an Annual Wellness Visit for Medicare recipients to improve diagnosis and quality of care for people with Alzheimer's.*

Strategies to achieve this goal:

- Develop plans for a multilingual, multicultural awareness campaign for consumers and professionals regarding the Annual Wellness Visit.
- Work with governmental agencies, medical associations, medical providers, health and community support providers and insurers to improve screening for dementia, coordination of medical care and referral for community support and services.
- Coordinate widespread dissemination of multilingual information about the disease process, living with Alzheimer's and caregiving strategies.
- Work with the Alzheimer's Association and other community partners to deliver community-based and online educational programs for caregivers and people with early stage Alzheimer's.

### **3. Minimum Education Standards for Professionals**

*Goal: Develop and establish required curricula with minimum of hours of training on dementia for all staff in all relevant care settings.*

Strategies to achieve this goal:

- Determine and develop curricula for multiple services areas (skilled nursing, adult day health, home care, hospital, rehabilitation, etc.) and qualifications for trainers.
- Deliver training to staff in all care settings.
- Create a system to allow portability of training across facilities as staff change jobs.
- Develop strategies to train professionals working with consumers with mental illness and developmental disabilities to recognize and address Alzheimer's within their consumer populations.

*Goal: Improve opportunities for purposeful living throughout the day and evening to all persons, in all care settings in the state.*

Strategies to achieve this goal:

- Develop and implement standards prescribing minimum hours of activity and purposeful living opportunities at day programs, assisted livings and long-term care facilities, and provide training and guidance to homecare providers on how to provide opportunities for purposeful living in the home setting across all stages of the disease.

*Goal: Develop a set of best practices for all care settings regarding environmental design for people with dementia.*

Strategies to achieve this goal:

- Determine best standards of practice for safe, secure environments that promote independence for those with dementia and create recommendations around environmental design of non-home care settings.