

New Mexico State Plan for Alzheimer's  
Disease and Related Dementias  
2017 Update



NM Aging and Long-Term Services Department

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## NEW MEXICO STATE PLAN FOR ALZHEIMER'S DISEASE AND RELATED DEMENTIAS UPDATE OVERVIEW

Since the creation of the original New Mexico State Plan for Alzheimer's Disease and Related Dementias in 2013, progress has been made in the implementation of Plan goals and strategies. During this same time period, the number of people with Alzheimer's disease and the number of family caregivers has continued to increase. According to the Alzheimer's Association® 2017 Alzheimer's Disease Facts and Figures, New Mexico is estimated to have 38,000 individuals requiring unpaid care from 106,000 family members, friends and neighbors. The number of New Mexicans with the disease is projected to increase to 53,000 by 2025.

The Office of Alzheimer's and Dementia Care and a State Dementia Plan Leadership Team were established by the NM Aging and Long-Term Services Department in the spring of 2014. The Leadership Team immediately set to work to determine priorities and form sub-committees to assist in enacting the goals and strategies contained in the Plan.

In October of 2016, a larger stakeholder group was convened to review current Alzheimer's and caregiver data, as well as progress made towards achieving State Plan goals and strategies. The group also provided input to update the Plan. This input was then synthesized into recommendations, and the goals and strategies were revised to reflect the progress and input. Final recommendations were reviewed by the State Dementia Plan Leadership Team and Aging and Long-Term Services Department Acting Cabinet Secretary, Kyky Knowles.

The following reflects the work of many New Mexicans who are committed to continuing the work outlined in the State Dementia Plan. The Aging and Long-term Services Department is very grateful for their time, effort and service.

# ABOUT ALZHEIMER'S DISEASE

## National Facts and Figures

### 2017 ALZHEIMER'S DISEASE FACTS AND FIGURES



**MORE  
THAN**

**15 MILLION AMERICANS** provide unpaid care for people with Alzheimer's or other dementias

**IN  
2016**

these caregivers provided an estimated **18.2 BILLION HOURS** of care valued at over **\$230 BILLION**

In 2017, Alzheimer's and other dementias will cost the nation \$259 billion  
By 2050, these costs could rise as high as

**\$1.1 TRILLION**



**35%** of caregivers for people with Alzheimer's or another dementia report that their health has gotten worse due to care responsibilities, compared to

**19%** of caregivers for older people without dementia



**1 IN 3** seniors dies with Alzheimer's or another dementia



Since 2000, deaths from heart disease have decreased by 14%

while deaths from Alzheimer's disease have increased by 89%

ALZHEIMER'S DISEASE IS THE **6TH LEADING CAUSE** OF DEATH IN THE UNITED STATES

**MORE THAN 5 MILLION AMERICANS ARE LIVING WITH ALZHEIMER'S** BY 2050, THIS NUMBER COULD RISE AS HIGH AS 16 MILLION

**EVERY**



**SECONDS**

someone in the United States develops the disease

**IT KILLS MORE THAN** breast cancer and prostate cancer **COMBINED**



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## ALZHEIMER'S STATISTICS NEW MEXICO

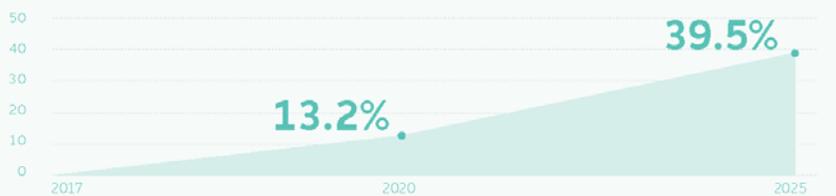
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### 65+ NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S BY AGE\*

Year	65-74	75-84	85+	TOTAL
2017	6,100	17,000	15,000	38,000
2020	7,300	19,000	17,000	43,000
2025	8,500	25,000	19,000	53,000

\* Totals may not add due to rounding

#### Percentage change from 2017



### U.S. STATISTICS

Over **5 million** Americans are living with Alzheimer's, and as many as **16 million** will have the disease in 2050. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$259 billion** in 2017, increasing to **\$1.1 trillion** (in today's dollars) by mid-century. Nearly **one in every three** seniors who dies each year has Alzheimer's or another dementia.

### HOSPICE

# of people in hospice with a primary diagnosis of dementia

**1,705**

% of people in hospice with a primary diagnosis of dementia

**19%**



### MEDICAID COSTS OF CARING FOR PEOPLE WITH ALZHEIMER'S, 2017

**\$177**  
MILLION

% change in Medicaid costs from 2017 to 2025

**52.4%**



### NUMBER OF DEATHS FROM ALZHEIMER'S DISEASE IN 2014

**442**



For more information, view the **2017 Alzheimer's Disease Facts and Figures** report at [alz.org/facts](http://alz.org/facts).



### NUMBER OF ALZHEIMER'S AND DEMENTIA CAREGIVERS, HOURS OF UNPAID CARE, AND COSTS OF CAREGIVING

Year	Number of Caregivers	Total Hours of Unpaid Care	Total Value of Unpaid Care	Higher Health Costs of Caregivers
2016	106,000	121,000,000	\$1,531,000,000	\$70,000,000



# cognitive decline in new mexico

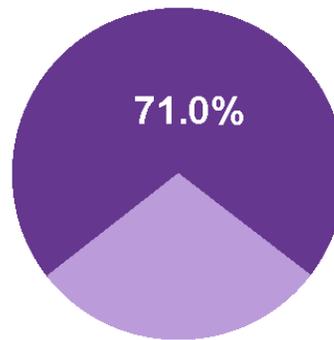
DATA FROM THE 2013 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In New Mexico, 13.2 percent – more than one in eight – of those aged 45 and over report they are experiencing confusion or memory loss that is happening more often or is getting worse.

More than 70 percent of them have not talked to a health care professional about it.

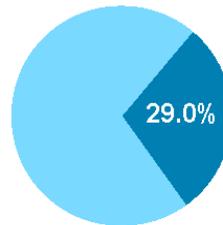
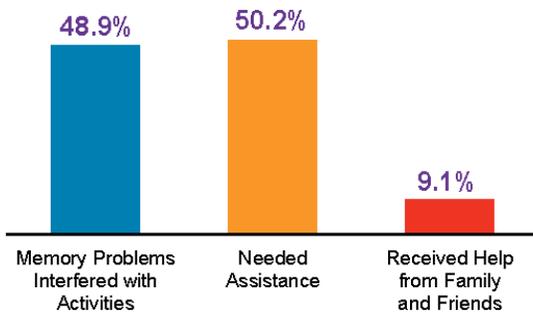
For those with worsening memory problems, nearly half say it has interfered with household activities and/or work or social activities.

Percent with memory problems who have not talked to a health care provider



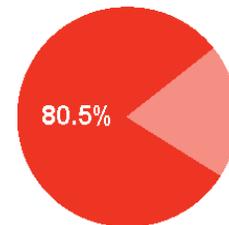
Percent of Those Aged 45+ Reporting Worsening Memory Problems in Previous 12 Months										
All	Gender		Age				Educational Attainment			
	Men	Women	45-54	55-64	65-74	75+	< High School	High School	Some College	College Grad
13.2%	13.9%	12.4%	12.0%	14.5%	10.6%	16.3%	14.5%	14.7%	14.4%	9.2%

Percent with memory problems who say it created difficulties and burden



Percent with memory problems who live alone

Percent with memory problems who have at least one other chronic condition\*



This Fact Sheet is supported by Cooperative Agreement #NU58DP006115-01 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the Alzheimer's Association and do not necessarily represent the official views of the CDC.

\*Defined as arthritis, asthma, COPD, cancer, cardiovascular disease, and diabetes

## NEW MEXICO STATE PLAN FOR ALZHEIMER'S DISEASE AND RELATED DEMENTIAS UPDATE WORK GROUP ATTENDEES

**Lynne Anker-Unnever**—NM Aging and Long-Term Services Department

**Randella Bluehouse**—National Indian Council on Aging

**Michelle Briscoe**—City of ABQ/Bernalillo County Area Agency on Aging

**Doug Calderwood**—NM Aging and Long-Term Services Department—Employment Programs Bureau

**Randi Chapman**— Alzheimer's Association

**Vangie Chavez**—NM Aging and Long-Term Services Department—Office of Alzheimer's and Dementia Care

**Lora Church**—Indian Area Agency on Aging

**Myles Copeland**—Former Cabinet Secretary, NM Aging and Long-Term Services Department

**Shannon Cupka**—NM Aging and Long-Term Services Department—Ombudsman Program

**Ian Donnelly**—Non-Metro Area Agency on Aging

**John Easter**—Alzheimer's Association, NM Chapter

**Lena G. Ernst**—Retreat Healthcare

**Lorey Esquibel**—Alzheimer's Association, NM Chapter

**Gloria Fragua**—Five Sandoval Indian Pueblos, Inc.

**Joseph Fragua**—Pueblo of Jemez

**Joan Gibson**—Consultant

**Gary Giron**—Alzheimer's Association, NM Chapter

**Gnana S. Gnanakaran**—Los Alamos National Laboratories

**Jeannette Gurule**—NM Human Services Department— Medical Assistance Division

**Barbara Howe**—NM Department of Health—Public Health Division

**Toby Kessler**—Non-Metro Area Agency on Aging

**Janice Knoefel**—University of New Mexico Memory and Aging Center

**Nika Laurie**—Alzheimer's Association, NM Chapter

**Tim Lopez**—NM Department of Health—Public Health Division

**Vivian R. Martinez**—Caregiver

**Josefina Mata**—Concilio Campesino del Sudoeste Inc.

**Barbara Michels**—Alzheimer's Association, NM Chapter

**Esperanza Salazar**—Non-Metro Area Agency on Aging

**Mary F. Sarracino**—K'awaika Senior Center

**Pauline Schneider**—Los Alamos Retired and Senior Organization

**Connie Sedillo**—City of ABQ/Bernalillo County Area Agency on Aging

**Tallie Tolen**—NM Human Services Department—Medical Assistance Division

**Joseph Tschanz**—NM Aging and Long-Term Services Department—Aging and Disability Resource Center

**Miguel Ulibarri**—NM Aging and Long-Term Services Department—Senior Services Bureau

**Agnes Vallejos**—Non-Metro Area Agency on Aging

**Michaela Valencia**—NM Aging and Long-Term Services Department—Office of Alzheimer's and Dementia Care

**Beth Velasquez**—AARP NM

**Tracy Wohl**—NM Aging and Long-Term Services Department—Office of Alzheimer's and Dementia Care

## STATE DEMENTIA PLAN LEADERSHIP TEAM MEMBERS

**Gary Girón**, Executive Director, Alzheimer's Association, NM Chapter

**Janice Knoefel, MD, MPH**, Clinical Director UNM Memory and Aging Center

**Ellen Costilla, LCSW, MSW, MPA, CIRS-A**, Court Clinical Services Coordinator, Bernalillo County Metropolitan Court

**Marcia Medina**, Community Services Director, Non-Metro Area Agency on Aging

**Connie Sedillo**, Program Manager, City of ABQ/Bernalillo County Area Agency on Aging

**Tallie Tolen**, Chief, Long-Term Services and Supports Bureau, NM Human Services Department

**Jeanette Gurule**, Community Benefits Manager, Long-Term Services and Supports Bureau, NM Human Services Department

**Tim Lopez**, Director, Office of Primary Care and Rural Health, NM Department of Health

**Barb Howe**, Deputy Director, Public Health Division, NM Department of Health

**Danny Placencio**, Deputy Director, City of ABQ Family and Community Services

**Lora Church**, Director, Indian Area Agency on Aging

**Ed Akron**, Program Manager, Indian Area Agency on Aging

**Lucinda Martin**, Director, Navajo Area Agency on Aging

**Pat Whitacre**, Director of Quality and Clinical Services, NM Health Care Association

**Gene Varela**, State Director, AARP NM

**Lorey Esquibel**, Operations Director, Alzheimer's Association, NM Chapter

**Agnes Vallejos**, AAA Manager, Non-Metro Area Agency on Aging

**Lynne Anker-Unnever**, Aging Network Division Director, NM Aging and Long-Term Services Department

### **Past Members:**

Jenny Martinez

Rosalyn Curtis

Chris McCaffrey

Tracy Alter

Britt Catron

Toby Kessler

Delores Gonzales

# STATE DEMENTIA PLAN MILESTONES

## **Goal 1: Develop an Adequate Network Structure**

- ✓ The Office of Alzheimer's and Dementia Care was established.
- ✓ The State Dementia Plan Leadership Team was established with membership from area agencies on aging, the NM Department of Health, the NM Human Services Department, the University of NM Memory and Aging Center, the NM Health Care Association and interested stakeholders. The team meets quarterly to enhance communication and collaboration to further the impact of the State Plan.
- ✓ State Plan Leadership Team members provide presentations at state-wide workshops and conferences.
- ✓ A NM Governor's Alzheimer's Leadership Award was established in 2014 and is presented each year.

## **Goal 2: Raise Public Awareness and Expand Dementia Resource Connections**

- ✓ A six-month public awareness campaign was conducted. The campaign included public service announcements through TV, radio and written mediums, and promoted the Aging & Disability Resource Center as a gateway to learning about dementia resources and services.
- ✓ The Office of Alzheimer's and Dementia Care distributes a monthly newsletter. Resource publications have been developed and posted on the Aging and Long-Term Services Department website and provided at a variety of public educational venues, including the NM Conference on Aging.
- ✓ The NM Department of Health developed "brain health" messaging, including a public service announcement: "10 Ways to Love Your Brain".

## **Goal 3: Support and Empower Caregivers**

- ✓ Evidence-based caregiver training programs—Savvy Caregiver, Cuidando con Respeto, and Savvy Caregiver in Indian Country—are provided state-wide.
- ✓ A cadre of volunteer Savvy Caregiver trainers was, and continues to be, recruited and supported statewide.
- ✓ Family Caregiver Conferences continue to be held in various locations across the State.
- ✓ The City of ABQ/Bernalillo County AAA sponsored two semesters of "Caregiver College" at Central New Mexico Community College.
- ✓ A report "Respite in New Mexico" was compiled and distributed to State Plan Leadership Team Members.
- ✓ "Adult Day Services in New Mexico 2015", a study conducted by New Mexico State University was completed.

## **Goal 4: Expand Research Opportunities in New Mexico**

- ✓ The Alzheimer's Association, NM Chapter, sponsors annual Professional Conferences.
- ✓ 2013 NM Behavioral Risk Factor Surveillance Survey (BRFSS) Cognitive Impairment data was published.
- ✓ The NM Department of Health included a Cognitive Impairment module in the BRFSS 2016 survey and a Caregiver module in the BRFSS 2017 survey.

## **Goal 5: Support Education and Training for a Dementia-Competent Workforce**

- ✓ The University of NM Memory and Aging Center established a working relationship with the State Dementia Plan Leadership Team and the Aging and Long-Term Services Department.

## **Goal 6: Promote Quality in all Aspects of Alzheimer’s Disease Care, Education, Public Awareness, and Research**

- ✓ An inventory of NM Dementia-Specific Training Regulations for Home and Hospice Care, Nursing Homes, Assisted Living Facilities, Intermediate Care Facilities, and Adult Day Services was completed. A “Quality of Care” resource handout is available on the Aging and Long-Term Services Department web site.

# STATE DEMENTIA PLAN GOALS AND STRATEGIES UPDATE

## **Goal One**

### **Maintain an Adequate Network Structure**

To address the crisis of Alzheimer’s disease on an ongoing basis and to ensure deliberate implementation of this State Plan, the Aging and Long-Term Services Department has established an Office of Alzheimer’s and Dementia Care to execute the Plan and ensure accountability for its implementation through the following:

1. Continue to identify and disseminate current resource information and enhance communication and collaboration among resources in a manner which maximizes their impact in all areas of the State Plan, including:
  - a. Meeting Caregiver Needs,
  - b. Elevating Quality of Care,
  - c. Broadening Public Awareness of Dementia and Available Resources,
  - d. Matching Health Care System Capacity to Consumer Need, and
  - e. Increasing Research Effectiveness.
2. Continue to serve as an advocate and champion for policies, funding and structure to improve public awareness, research, quality, caregiver support, and health care system capacity to address the needs of those with Alzheimer’s disease and related dementias in New Mexico, and their caregivers.
3. Continue to facilitate the State Plan Leadership Team, made up of representatives from interested public agencies, private organizations and other stakeholders, to guide and support the work of the Office of Alzheimer’s and Dementia Care.
4. Continue to update the State Dementia Plan to align with the National Alzheimer’s Plan, the NM State Plan for Family Caregivers, and issues relevant to New Mexico; working with the State Plan Leadership Team to develop and implement the goals and strategies of the State Plan.
5. Establish an annual work plan to facilitate implementation of the goals and strategies in the State Plan to include appropriate evaluation metrics to measure success of the goals and strategies.
6. At least annually, review progress toward achieving the goals and strategies of the State Plan, in collaboration with the State Plan Leadership Team.

## Goal Two

### Raise Public Awareness and Expand Dementia Resource Connections

In order to reduce the stigma of dementia, support caregivers, increase awareness and encourage advocacy across the state's diverse cultures and locations, public awareness activities are conducted with a wide range of partners as follows:

1. Coordination, collaboration, and inter-entity communication is encouraged and developed with public, private, local, state, tribal and federal entities to advance Alzheimer's readiness and dementia capable systems.
2. Public awareness campaigns are conducted, to include New Mexico's ethnic, cultural, and linguistic diversity.
3. Access to culturally appropriate resources and supports for family caregivers and others caring for, or treating, individuals with Alzheimer's disease and related dementias is facilitated.
4. In cooperation with the NM Department of Health and other partners, the benefits of healthy lifestyle choices in the prevention of Alzheimer's disease is emphasized, including the benefits of exercise and healthy eating, and the proper treatment of chronic conditions.
5. In partnership with the NM Public Education Department curricula for elementary and secondary schools regarding Alzheimer's disease and related dementias is being developed.
6. Resource information and access to supports for people living alone with Alzheimer's disease is enhanced.
7. The availability of safety training and protections offered through the NM Department of Public Safety and local police departments, including Silver Alert, is publicized.
8. The need for timely financial planning and execution of medical advanced directives is promoted to the public.

## Goal Three

### Support and Empower Caregivers

In order to create an environment in which the needs of caregivers are addressed, the following activities are conducted:

1. Dissemination of information regarding culturally competent support services, including information on respite, care coordination, and case management services, in a time, manner, and location that meets caregiver and care-recipient needs.
2. Provision of evidence-based caregiver training in a manner that is effective across New Mexico cultures and locations.
3. Advocacy for the development of additional services to support caregivers in urban, rural, frontier and tribal communities throughout New Mexico.

## Goal Four

### Expand Research Opportunities in New Mexico

In order to address the need for research spanning all aspects of Alzheimer's disease and related dementias, the two New Mexico-based national laboratories, the University of New Mexico, New Mexico State University, other educational and research-based entities, the NM Department of Health, the Alzheimer's Association, New Mexico Chapter, and the NM Aging and Long-Term Services Department all work collaboratively to accomplish the following:

1. Maintain the New Mexico Alzheimer's Disease Coalition, a work group of researchers, health care professionals and stakeholders, facilitated by the Alzheimer's Association, New Mexico Chapter, to promote successful and collaborative medical, scientific and social research in New Mexico.
2. Conduct an annual research symposium incorporating medical, scientific, social, and behavioral research findings and approaches.
3. Study the incidence, impact, and other aspects of Alzheimer's disease and related dementias in New Mexico with a focus on the underrepresented among New Mexico's diverse rural, tribal and frontier populations.
4. Continue to identify and develop data sources and determine how best to ensure analysis and use of data.
5. Continue to actively seek sources of private and public funding in support of Alzheimer's disease and related dementia research in New Mexico.

## Goal Five

### Support Education and Training for a Dementia-Competent Workforce

In order to ensure widespread and continuing education for and among health care professionals and others invested in the fields of aging and long-term care, and in recognition of the increasing number of people with Alzheimer's disease and related dementias, the Aging and Long-Term Services Department and Office of Alzheimer's and Dementia Care partners with New Mexico higher education institutions and others to accomplish the following:

1. Support the University of New Mexico Memory and Aging Center and the New Mexico Alzheimer's Disease Coalition to foster widespread availability of expert knowledge and resources.
2. Expand education and training through collaborative efforts among New Mexico universities, branch colleges, community and technical colleges, private institutions, paraprofessional and professional associations and other training venues.

## Goal Six

### Promote Quality in all Aspects of Alzheimer's Disease Care, Education, Public Awareness, and Research

In order to foster the highest standards of quality in all aspects of care for Alzheimer's disease and related dementias:

We encourage entities engaged in addressing Alzheimer's disease and related dementias to:

1. Adopt the National Alzheimer's Association Dementia Care and Training Practices.
2. Develop and implement strategies to embed the practices in all service delivery systems.

We encourage New Mexico regulatory agencies to include dementia care training as a component of licensure and certification.