

# UVM Project ECHO Dementia Diagnosis and Care for the Primary Care Team

Course Directors: Mary Val Palumbo, DNP, APRN, GNP-BC & John Steele Taylor, MD  
ECHO Director: Patti Smith Urie

## Series Faculty:

Heather Zuk, OTR, CRS, CDI

Rhiannon Champagne, LICSW

Jennifer Hall, DO

Heather Allin, M.S.A., N.C.G.

Didactic presentation is recorded. Registered participants will receive the link.

# Session Agenda

- Welcome
- Objectives
- Didactic Presentation (20-30 min)
  - Q&A
- Case presentation(s)
  - Clarifying questions
  - Discussion
- Closing Announcements
  - Topic and cases for next session
  - Feedback and evaluation



# ECHO Model: All Teach, All Learn



## Cohort-based learning on ZOOM

- Have your camera on as much as possible, especially when joining the meeting and during discussions
- Questions and comments are welcome – use the “raise hand” feature or put them in the chat
- This is not a webinar! Participation is key

## Case-based learning

- 1-2 participant cases each session using provided template
- Contact Mary Val Palumbo to present a case

# Series Objectives

## **Learning objectives for this ECHO series include the ability to:**

1. Describe the current standard of care for screening, diagnosis, treatment, and care of patients with cognitive impairment, AD and other dementias
2. Identify resources for family caregivers including caregiver supports and assistance in management of caregiver stress
3. List non-pharmacological and pharmacological approaches to delay disease progression and manage behavioral issues, including adverse effects
4. Discuss Vermont-specific rules regarding driving, guardianship, and the benefits and process for Advance Directives

# CMIE Disclosures

In support of Improving patient care, The Robert Larner College of Medicine at The University of Vermont is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Vermont designates this live activity for a maximum of 1.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been reviewed and is acceptable for up to 1.5 Nursing Contact Hours.

As a Jointly Accredited Organization, The Robert Larner College of Medicine at the University of Vermont is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The University of Vermont maintains responsibility for this course. Social workers completing this course receive 1.5 general continuing education credits.

This activity was planned by and for the healthcare team, and learners will receive 1.5 Interprofessional Continuing Education (IPCE) credit for learning and change.

# CMIE Disclosures

**Interest Disclosures:** As an organization accredited by the ACCME to sponsor continuing medical education activities, UVMCMIE is required to disclose any real or apparent conflicts of interest (COI) that any speakers may have related to the content of their presentations.

**Meeting Disclaimer:** Regarding materials and information received during this educational event, the views, statements, and recommendations expressed during this activity represent those of the authors and speakers and do not necessarily represent the views of the University of Vermont.

# Dementia Caregiver Resources and Supports

Rhiannon Champagne, LICSW

UVMHC Memory Program

October 12, 2023

(I have no conflicts to disclose)

# Session Objectives

**At the end of this activity, participants will be able to:**

- 1. Define caregiving and what caregivers need**
- 2. Identify individual and group options to address caregiver challenges and mental health needs**
- 3. Help caregivers connect to resources and supports available locally and nationally**
- 4. Identify focus areas for counseling and support for caregivers**



# Who is a Caregiver?



# A Caregiver is...

A paid or unpaid person who tends to the needs or concerns of a person with short or long-term limitations due to illness, injury or disability. This includes health professionals, family members, family, friends, neighbors and community members.

“There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers. Caregiving is universal.”

-Rosalynn Carter, Former First Lady of the United States

# Caregivers

- Over 11 million people in the U.S. provide unpaid care to a person living with Alzheimer's or Dementia <sup>(1)</sup>
- Endorse higher rates of psychological stress and depression
- Report low self-efficacy, well-being and more problems with physical health

# Caregiver Challenges

- Change in relationship/role with person they care for and with others
- Increased responsibility and stress
- Balancing other roles and responsibilities
- Financial concerns and resources to support care
- Not enough time
- Safety concerns

# Caregiver Challenges

## Continued

- Managing difficult symptoms and behaviors (resistance to care, anger, distrust, misplacing items, communication, etc.)
- Navigating the system of care and diagnosis
- Planning for future care needs
- Physical and mental wellbeing concerns
- Social isolation
- Disenfranchised grief, loss and other psychological adjustments

# Caregiver Needs

- Dementia and caregiving skills and knowledge
- Problem solving skills
- Practical help & support (household management, meals, transportation, etc.)
- Financial support and resource information
- Respite - time away from caregiving
- To be heard and understood
- Emotional support, compassion and a place to process their experience

# Care at Home

- Primary Care Providers
- Social Work/RN Care Management Services in PCP Offices
- Community Based Psychotherapy
- OT/PT/SLP
- Palliative & Hospice Care
- Area Agencies on Aging ([Home \(vermont4a.org\)](http://Home.vermont4a.org))
- Senior Centers- provide socialization, support, activities & meals
- Parks & Recreation Programs
- Religious, Faith, or Spiritual Based Organizations
- Family, Friends & Neighbors for Support and Respite

# Local Resources/Care at Home

- DAIL- State of Vermont Department of Disabilities, Aging and Independent Living ([Home Page | Adult Services Division \(vermont.gov\)](#))
- Dementia Family Caregiver Center- UVMCC Center on Aging ([dfcc\\_training\\_brochure\\_20230926.pdf \(uvm.edu\)](#))
- Elder Law Attorneys ([Find a Lawyer - Vermont Bar Association \(vtbar.org\)](#)) & VT Legal Aid ([Seniors | VTLawHelp.org](#))
- Employee Assistance Programs (EAP) for counseling and resource information
- Long Term Medicaid- Choices for Care ([Choice for Care Brochure.pdf \(vermont.gov\)](#))
- Private Home Care Agencies (Bayada, Hands at Home, TLC, etc.)
- Private Hire Caregivers (Care.com, word of mouth, front porch forum, community groups, etc.)
- SASH- Support and Services at Home ([SASH: A Caring Partnership — SASH \(sashvt.org\)](#))
- State Funded Transportation Providers ([My Area Provider — Vermont Public Transportation Association \(VPTA\)](#))



# Care Outside The Home

- Adult Day Programs [Adult Day Services | Adult Services Division \(vermont.gov\)](#)
- Assisted Living
- Residential Care
- Skilled Nursing Facilities

[Facility Lists | Division of Licensing and Protection \(vermont.gov\)](#)

# National Agencies, Organizations & Other Systems

- Alzheimer's Association ([Alzheimer's Association | Alzheimer's Disease & Dementia Help](#))
- Lewy Body Dementia Association ([Lewy Body Dementia Symptoms, Diagnosis, and Treatment \(lbda.org\)](#))
- The Association for Frontotemporal Degeneration ([AFTD - The Association for Frontotemporal Degeneration \(theaftd.org\)](#))
- Family Caregiver Alliance ([Home - Family Caregiver Alliance](#))
- Helplines & Support groups offered through above organizations
- Medicare Advantage Plans
- Veterans Administration

# UVMHC Memory Program

- Neuropsychological & Medical Evaluation
- Clinical Social Work Services
  - Initial Social Work Assessment
  - Individual & Family Counseling
  - Memory Impairment/Dementia Education
  - Therapy Groups for Family Caregivers (TEACH, CARERS, Mindfulness for Caregivers)
  - Therapy Group for Patients (MCI Group)

# Clinical Social Work Services at UVMHC Memory Program

- Counseling/Support Topics
  - Adjustment for Person Experiencing Memory & Cognitive Changes
  - Identify and Connect to Community Resources
  - Education & Skills to Support Care
  - Grief/Loss Adjustment
  - Future Care Planning
  - Transitions in Care
  - Communication & Behavior Strategies
  - Respite & Self-care for the Caregiver

# Therapy Groups for Family Caregivers: TEACH & CARERS

- Offered by Department of Neurology & Dementia Family Caregiver Center
- Evidence based therapy groups developed through research trials at The Reitman Centre in Toronto <sup>(2)</sup>
- Reduction in emotion focused coping, burden and perceived stress <sup>(2)</sup>
- Increased self-efficacy, confidence, competence and ability to cope <sup>(2)</sup>

# TEACH

## Trainning, Education, and Assistance for Caregiving at Home

- A psychotherapy group for any family caregiver new to caregiving for someone living with memory impairment or dementia
- Four 90 minute sessions focused on skills training, using modified problem solving
- Each week has a topic
  1. Self Care
  2. Resources & Systems Navigation
  3. Change in Relationships
  4. Planning for the Future

# CARERS

Coaching, Advocacy, Respice, Education, Relationship, Simulation

8 weekly small group sessions

- A psychotherapy group for those caring for a person with advanced disease
- Co-facilitated by two mental health professionals
- Separate groups for Spouses/Partners & Adult Children

Four major elements:

- Dementia education
- Problem Solving Therapy- CBT
- Simulation (SP's)
- Follow-up monthly sessions, meeting for one year

# CARERS Training Opportunity

Training for TEACH/CARERS will be offered by the Dementia Family Caregiver Center in Spring 2024

Contact Lori McKenna, LICSW for information:  
[Lori.McKenna@uvmhealth.org](mailto:Lori.McKenna@uvmhealth.org) or (802) 847-2466





# Paying for Care

- Personal Resources (Savings, investments, reverse mortgage, contributions from family/friends, etc.)
- Veterans Administration (VA)
- Long-term Care Insurance
- Long-term Medicaid/Choices for Care
- Medicare Advantage & Commercial Health Insurance Plans
- Respite Grants through Agency On Aging or Organization Specific Grants

# Navigating Resources & Support

- Time, energy and internal resources
- Gaps & limitations in system of care
- Listen, advocate and process emotions and experience
- Self-care for caregivers and ourselves



# Questions & Thoughts?



# References

1. Alzheimer's Association. (2023). <https://www.alz.org/news/2022/six-essential-alzheimers-terms#:~:text=About%20the%20Alzheimer%27s%20Association&text=Visit%20alz.org%20or%20call,3900> .
2. Sadavoy, J., Wesson, V., Nelles, L. J. (2018). *The Reitman Centre CARERS Program: A Training Manual for Health Professionals*.

# Case Presentation

Bringing Knowledge to Action through interactive, case-based discussions

Participant presents the case and poses the question(s) for the group



Clarifying questions about the case from group to case presenter



Ideas, suggestions, recommendations from participants



Ideas, suggestions, recommendations from ECHO faculty team



Full group discussion



Summary and wrap-up by facilitator



# Case Presentation



## ***DO NOT INCLUDE:***

Names, Address, DOB, Phone/Fax #, Email address, Social Security #, Medical Record #

**Consider the level of detail necessary. Go with less when possible.**

The discussion and materials included in this conference are confidential and privileged pursuant to 26VSA Section 1441-1443. This material is intended for use in improving patient care. It is privileged and strictly confidential and is to be used only for the evaluation and improvement of patient care.

# Case

Intentionally blank

(case discussion for participants only)

## 2023 FALL SERIES – Thursdays from 7:30AM to 9:00AM

WHO SHOULD ATTEND?	DATES	DIDACTIC TOPICS (In addition to case review)
<p>The target audience is primary care teams, including providers, nurses, and social workers/case managers, from Vermont.</p>	September 14	<p><b>Early Evaluation of Cognitive Complaints</b>  <i>John Taylor, MD, UVMHC Memory Program Co-Director</i></p>
	September 28	<p><b>Dementia and Driving</b>  <i>Heather Zuk, OTR, CDRS, CDI, UVMHC Driver Rehab</i></p>
	October 12	<p><b>Caregiver Resources and Supports</b>  <i>Rhiannon Champagne, LICSW, UVMHC Memory Program</i></p>
	October 26	<p><b>Approaches to Physical Aggression During Episodes of Care</b>  <i>Jennifer Hall, DO, Geriatric Psychiatry</i></p>
	November 9	<p><b>Legal Issues of Guardianship, Competency, and Power of Attorney</b>  <i>Heather Allin, M.S.A., N.C.G, Director, Office of Public Guardian                      Vermont Department of Disabilities, Aging and Independent Living                      Sarah Nussbaum, Public Guardian</i></p>

### SAVE THE DATE:

#### 2024 Spring Series – Advanced Topics in Dementia Care for Primary Care – begins Feb. 8, 2024

Advanced topics include treatment updates, prevention, covering calls from nursing homes and end of life care.

*Registration will open in December for the spring series.*



# Closing Announcements

- Slides are posted at [www.vtahec.org](http://www.vtahec.org)
- Recording of didactic portion will be sent by email to the full cohort
  - **All recordings are for the use of registered participants only**
- Please complete the evaluation survey
- CMIE information and session QR code auto-send after evaluation
- Please contact us with any questions, concerns, or suggestions:
  - [Mary.Palumbo@med.uvm.edu](mailto:Mary.Palumbo@med.uvm.edu)
  - [Patti.Smith-Urie@uvm.edu](mailto:Patti.Smith-Urie@uvm.edu)