



# Alzheimer's Disease: Training and Education with the UAMS Arkansas Geriatric Education Collaborative (AGEC)

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Arkansas Legislative Council presentation

The UAMS Arkansas Geriatric Education Collaborative (AGEC) is funded by the Health Resources and Services Administration's Geriatric Workforce Enhancement Program under grant #U1QHP28723.

# About the UAMS Arkansas Geriatric Education Collaborative (AGEC)

- \$3.71M 5-year Geriatric Workforce Enhancement Program (GWEP) grant, funded by the Health Resources and Services Administration (HRSA)
  - Annual funding for Alzheimer's Disease & Related Dementias education and support
- Mission: Provide high-quality programs that support healthy aging in Arkansas for older adults
- Provide free community and health professional programs focused on geriatric training and education
- Emphasis on educating both paid and unpaid caregivers on best practices regarding Alzheimer's Disease and other dementias

# Alzheimer's and Caregiving in Arkansas

- Approx. 58,000 Arkansans age 65+ have Alzheimer's Disease
- 6th leading cause of death in Arkansas
- 8th highest Alzheimer's death rate in America
- 239% increase in Alzheimer's deaths since 2000
- 1 in 4 adults in Arkansas are caregivers, 60% are women
- More than 40% of caregivers in Arkansas are providing unpaid care to a loved one with Alzheimer's disease or another dementia

# AGEC & Dementia-Focused Programs

## Three overall program categories:

- Workforce Education
  - Healthcare professionals, First Responders, customer-facing workforce
- Unpaid/Family Caregivers
- Older adults & the lay community

# AD-focused webinars and CDP Certification

## Healthcare professionals

### Webinars

- 2 webinars focused on Alzheimer's Disease (AD) annually
  - Participants include nurses, physicians, pharmacists, physical therapists, etc.
  - 321 AD webinar participants grant-to-date

### Certified Dementia Practitioner ® Certification

- 8 Hour seminar and certification with an emphasis on best practices in dementia care for HCW, DCW, healthcare students, etc.
  - 282 participants grant-to-date



# Clinical Trainings

Healthcare professionals



## 2 Clinical Training Partnerships

- ARcare, a federally qualified health center (FQHC)
  - Direct training partnership with 5 rural AR clinics
- UAMS Thomas and Lyon Longevity Clinic (TLLC) in the Donald W. Reynolds Institute on Aging

## Age-Friendly Health System Certification

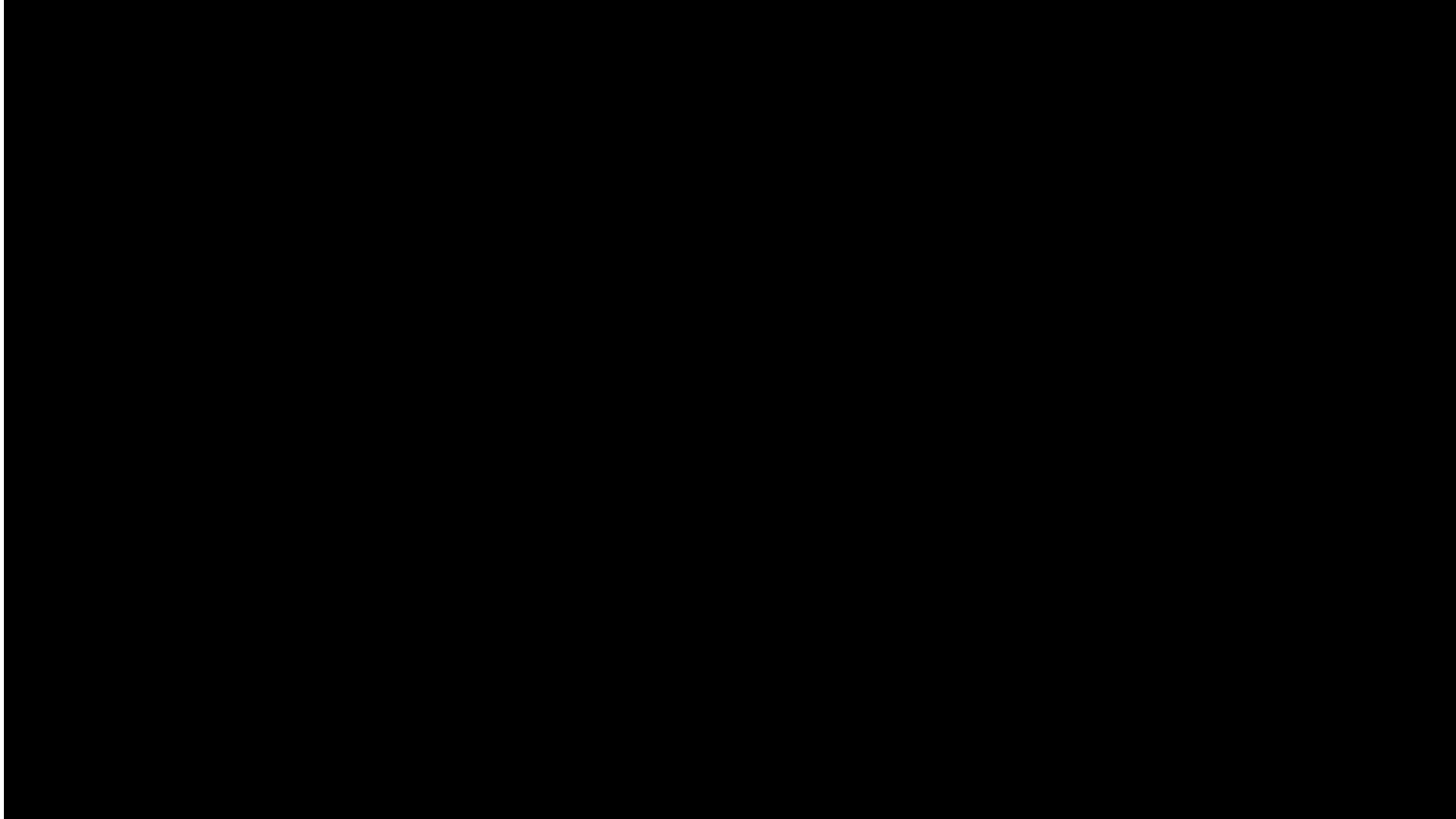
- Institute for Healthcare Improvement (IHI) and The John A. Hartford Foundation provide “4Ms” framework for attaining Level I and II Certification as an Age-Friendly Health System
  - 4Ms: Mobility, Medication, What Matters, and **Mentation**
  - UAMS TLLC: Attained Level 1 Certification Jan 2021
  - ARcare: 2 clinics Level 2 Certified; 3 clinics Level 1 Certified
  - 79 healthcare staff trained grant-to-date

# First Responder Dementia Training

- 3-4 hour course for police officers, firefighters, EMT, disaster relief, and other first responders
  - Includes topics such as wandering, understanding dementia signs and symptoms, elder justice, etc.
  - Offered both in-person and self-paced online
  - Partnerships with AR State Police, Pulaski Co. Sheriff's Dept., Benton PD, UAMS Police
  - 1,250+ trained grant-to-date

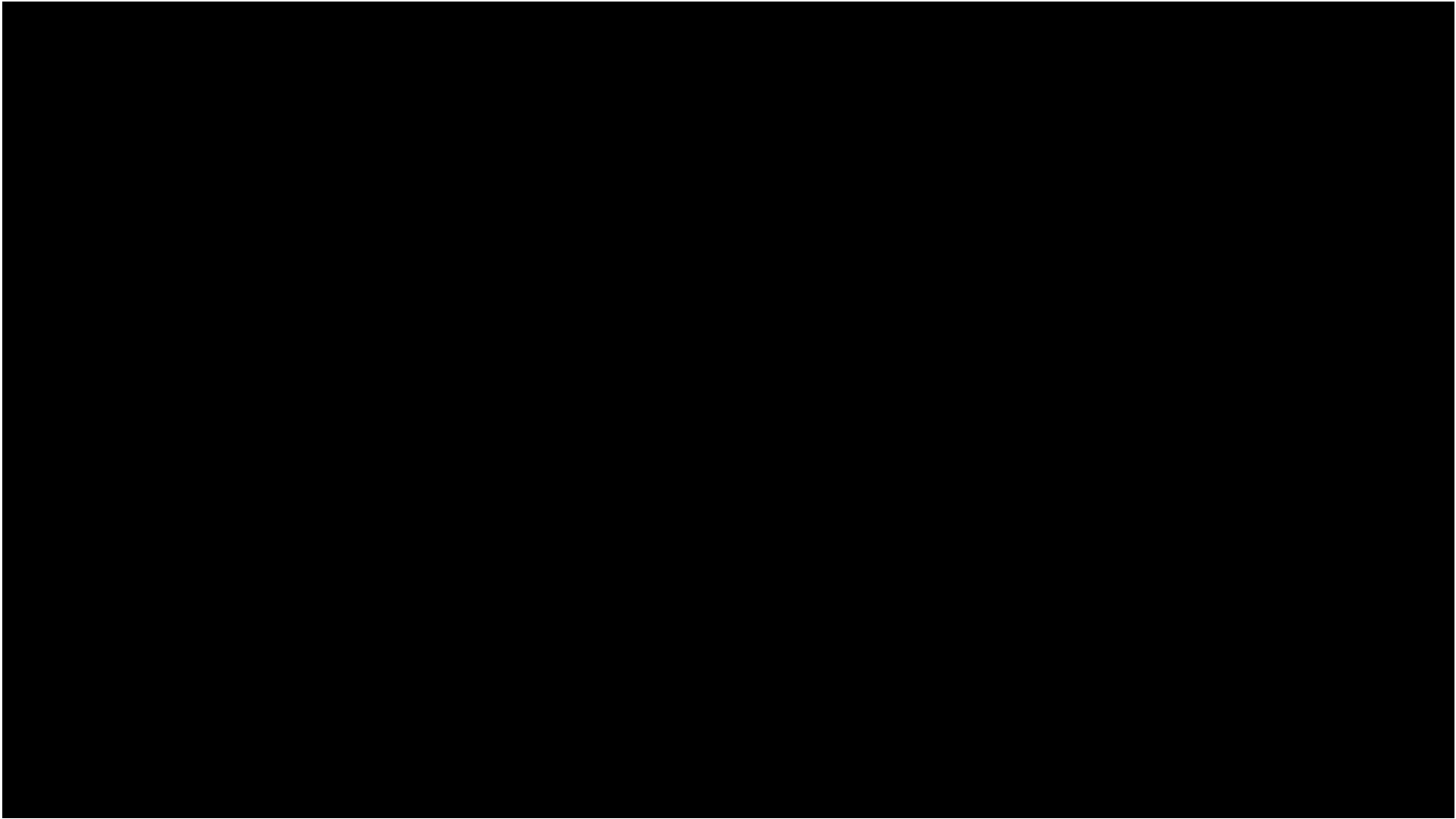


**Let's take a look at one challenging situation:**





Let's see how it turned out:



# Dementia-Friendly Trainings

AGEC is a State Lead of Dementia Friendly Arkansas, part of Dementia Friendly America.



## • Dementia Friends

- Someone who “learns about what it's like to live with dementia and then turns that understanding into action” ([dementiafriendsusa.org](http://dementiafriendsusa.org))
- Offer live 1-hour Awareness Sessions to business professionals, students, lay community, and older adults
- 121 trained grant-to-date

## • Dementia Friends Champions

- Leaders of Dementia Friends Awareness Sessions
- 19 trained grant-to-date

## • Dementia-Friendly Business Training

- Local businesses (retail, restaurants, banks, healthcare, etc.) receive staff training on topics such as:
  - Recognizing the signs of dementia
  - Tips for communicating with people with dementia
  - Creating a dementia-friendly physical space
- 106 trained grant-to-date

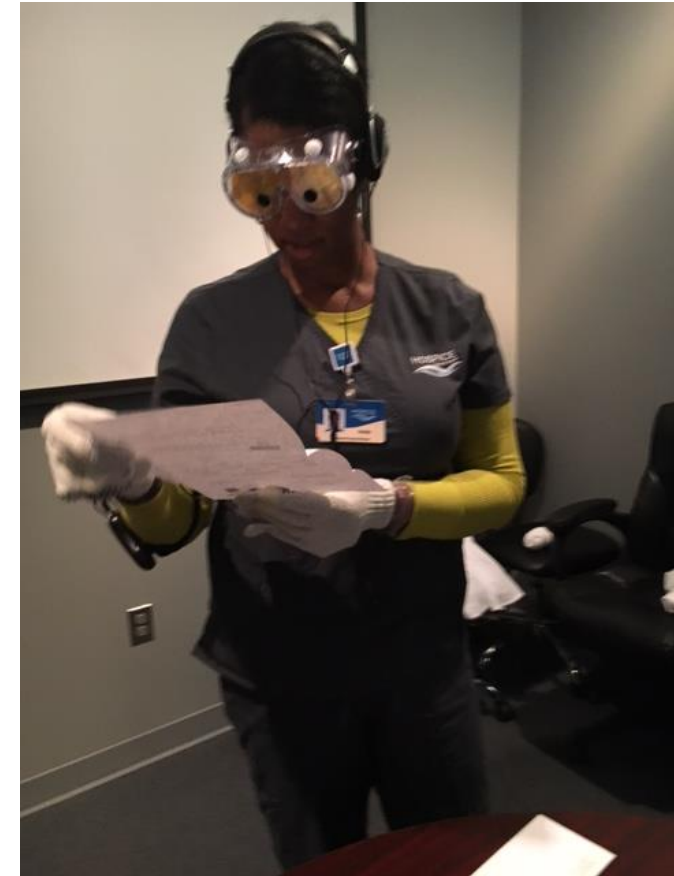
# Family Caregiver Workshop



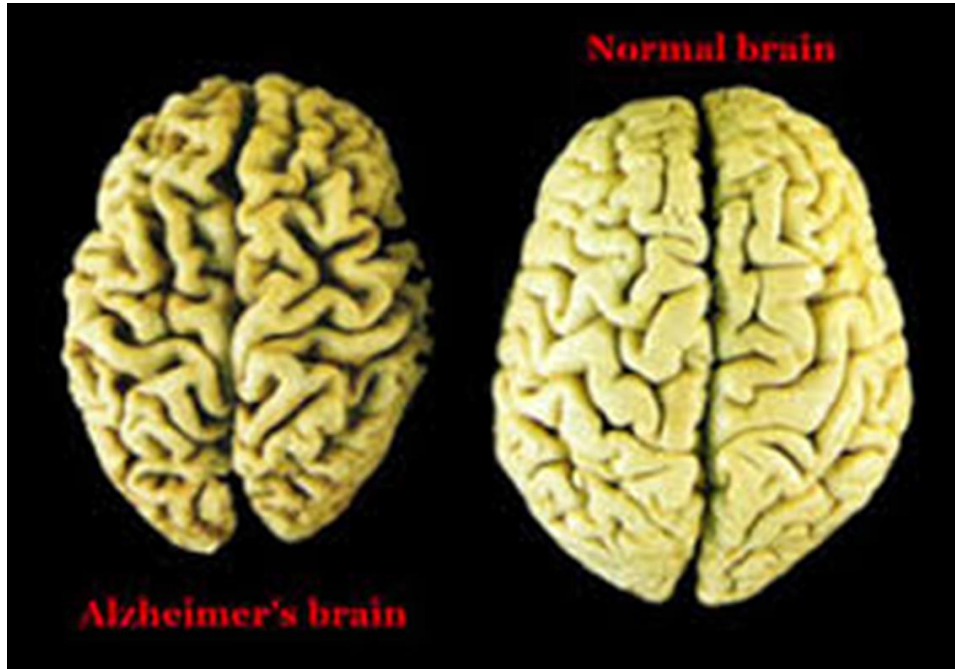
- 2-hour program for family caregivers of loved ones with Alzheimer's or another dementia
- Topics: Diagnosis of dementia, creating a care plan, caregiver self-care, addressing behaviors, etc.
- Offered in-person, virtually, and self-paced online
  - AGEC Website: 10 short video modules (can watch all or select some)
- 620 participants and online views grant-to-date

# Alzheimer's/Dementia Experience: Take a Walk in Their Shoes

- 10-15 minute experience created to simulate the experience of older adults with Alzheimer's disease and other dementias
  - Use of external “distractors” such as textured gloves, discolored goggles, “tinnitus” sounds, etc.
  - Can be used in group or individual settings
  - Geared toward healthcare settings and community
- 305 participants grant-to-date



# Understanding Dementia and Alzheimer's Disease



- 1-hour community program
- Topics: Overview of dementia and Alzheimer's Disease, risk factors, healthy aging, and dementia-friendly communication skills
- Offered in-person, virtually, and self-paced online
  - UAMS PatientsLearn
- 317 participants grant-to-date

# AGEC Caregiver Resources

- Virtual Caregiver Support Group
- AGECaring Friends
  - Periodic Newsletter (Pictured right)
  - Facebook Live: 1<sup>st</sup> Wed. Monthly
- Caregiver Tips
  - New video monthly
- Caregiver Stories
  - At least 2 videos annually
- Caregiver Toolkit
  - [agec.uams.edu/resources](http://agec.uams.edu/resources)
- UAMS Age Wise Podcast
  - [agec.uams.edu/podcast](http://agec.uams.edu/podcast)

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## AGECaring NEWSLETTER

Providing support and education for older adults and caregivers  
Sponsored by The Arkansas Geriatric Education Collaborative (AGEC)

### Keeping You Informed:



Join us Monthly

### From Our Kitchen to Yours

Oct. 27th, Nov. 24th, Dec. 15th at 10:00 AM  
held Live on the AGEC Facebook page

### Flu Protection and Older Adults



Ask your physician:

- **Who** should get it
- **When** you should get it
- **Why** you should get it

Everyday preventative actions include avoiding people who are sick, covering coughs, and washing hands often.

Learn more at [cdc.gov](http://cdc.gov).



Check out our podcast series!

## UAMS Age Wise

Listen here:  
[agec.uams.edu/podcast](http://agec.uams.edu/podcast)

Find us on your favorite podcast apps like Apple Podcasts, Spotify, and Overcast.

# November is National Caregiver Month

## Upcoming Caregiving Events with AGECE

### Facebook Live Events (Hosted on UAMS AGECE Facebook Page)

- Nov. 1 – “Seniors Beware – Frauds & Scams” with AARP and Arkansas Senior Medicare Patrol (SMP)
- Nov. 8 - “Creating a Dementia Friendly Home” with Cromwell Architects
- Nov. 15 – “Caregiver Resources” with CareLink
- Nov. 22 – “Hearing Aides, Hearing & Dementia” with UAMS Audiology
- Nov. 29 – “Getting Organized – Creating A Caregiver Binder” with Alzheimer’s Arkansas

### In-Person Community Events

- Nov. 4 – Family Caregiver Workshop, Pulaski Heights UM Church (Little Rock) – 10AM
- Nov. 6 – “The Brain & Heart Connection” program, Life Line Baptist Church (Little Rock) – 6PM

### Hybrid Community Events (In-Person and Zoom options)




- Nov. 9 – “Understanding Dementia & Alzheimer’s Disease” with CALS (Central Arkansas Library System) - 12PM
- Nov. 16 - “Fall Prevention & Home Safety” with the Saline County Library System – 12PM

### Virtual Events

- Nov. 1 - Release of our Family Caregiver Story video: “The Importance of Utilizing Support Groups”
- Nov. 8 - Dementia Friendly Business Training with Woodruff County Library System
- Nov. 17 - Dementia Friendly Business Training with Rock Region Metro

# Connect with AGECEC

**AGEC.UAMS.ED**

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**NEW PODCAST**  
*Listen now!*  
**UAMS AGE WISE**

**Managing Caregiver Stress**  
UAMS Age Wise

**UAMS Age Wise (by the Arkansas Geriatric Education Collaborative)**  
by AGECEC team

Arkansas's population is aging rapidly, and this podcast is here to dive deep into the challenges facing the older population. Experts from the Arkansas Geriatric Education Collaborative (AGECEC) at the University of Arkansas for Medical Sciences (UAMS) talk about a variety of topics related to healthy aging. The AGECEC's mission is to provide high-quality programs that support healthy aging in Arkansas. The AGECEC is funded by the Health Resources & Services Administration's Geriatric Workforce Enhancement Program - (GWECP)

Listen on  **Apple Podcasts**  **Spotify**  **Google** 

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