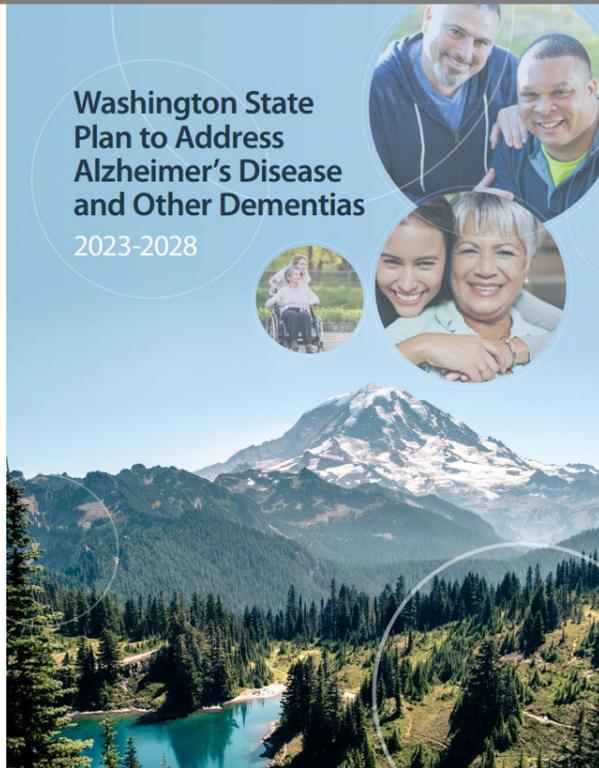


2024

Dementia Action Collaborative Annual Report

Washington State
Plan to Address
Alzheimer's Disease
and Other Dementias
2023-2028



 **Dementia
Action**
Collaborative
Washington State

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Chairpersons' Message

As co-chairpersons of the Dementia Action Collaborative (DAC), we are pleased to present the Dementia Action Collaborative's Annual Report for 2024. This shares updates and accomplishments in implementing the Washington State Plan to Address Alzheimer's Disease and Other Dementias.

With the Plan updated and submitted to the Governor and Legislature in October 2023, the DAC continues to enhance ongoing initiatives, and proceeded this past year to collaboratively prioritize and initiate new recommendations for action.

A few key accomplishments include:

- Dementia Friends awareness program, now in 25 counties
- Designation as an Age- and Dementia-Friendly State
- An Aging and Longevity Summit to lay a foundation for a Multisector Plan for Aging
- Building Dementia Capable Communities programs in three public service areas
- Federal grant to impact potentially modifiable risk factors for dementia and increase the number of health providers skilled in detecting and diagnosing cognitive impairment

This report reflects real accomplishments to improve services and the lives of people at risk of and living with memory loss and dementia. We are proud of and grateful for all that DAC members and staff do to make Washington state a more inclusive community for all.

Bea Rector, Assistant Secretary, ALTSA
Washington State Department of Social and Health Services

Brad Forbes, Director of Public Policy, Alzheimer's Association
Washington State Chapter Serving WA and North Idaho

Executive Summary

In 2020, around 125,000 people were living with Alzheimer's disease or other dementias in Washington. By 2040, that number is expected to be more than 270,000. The progressive nature of dementia, its long duration, and its effects on memory, self-care and decision-making create challenges for individuals and families. While caring for a family member or friend living with dementia can be rewarding, it can also be difficult and some caregivers experience stress, isolation, depression, health risks and financial strain. Currently, there are more than 213,000 unpaid family care partners of people living with dementia in Washington.

Dementia, including Alzheimer's disease, is one of the costliest chronic conditions. There is no cure for Alzheimer's disease and other dementias, though research is revealing ways to reduce risks for dementia, slow the progression and improve the experience of living with dementia. Early detection and diagnosis provide opportunities to address treatable changes in memory and thinking, allow for better management of comorbidities to help avoid unnecessary hospitalizations or emergency room visits, and offer individuals and families time to make legal, financial and advance care plans.

The Dementia Action Collaborative (DAC) in implementing the [Washington State Plan to Address Alzheimer's Disease and Other Dementias](#) works towards seven high level goals and is making progress. The DAC calls upon public health, health care and the long-term services and support systems to work together to support early detection and diagnosis, to identify and treat chronic conditions and address potentially modifiable risk factors.

This Annual Report shares accomplishments and work underway, including:

- Evolving efforts to inform and [train primary care clinicians](#), including leveraging [federal funds](#) to expand training options
- The increasing number of people and communities becoming [aware of dementia](#) and the value of an [early diagnosis and early action steps](#)
- Collaborative efforts of state agencies, community partners, and advocates to make Washington more [Age- and Dementia-Friendly](#)
- Partnerships with [volunteer attorneys](#) across the state to promote legal and advance care planning actions
- Actions of Area Agencies on Aging (AAAs) to [expand local partnerships](#) and make their services and communities more Dementia-Capable and Dementia-Friendly
- The initiation of [31 recommendations](#) from within the updated Plan

This Report also describes challenges, next steps, and recommendations for legislative response including continued funding for the Building Dementia Capable Communities programs, infrastructure building towards development of a Multisector Plan for Aging, and a pilot project to incentivize participation of clinicians in Project ECHO Dementia.

The projected increases in the population living with dementia, require us to amplify our efforts to improve access to and the dementia-capability of all our systems of care and support while elevating our focus on health disparities and equity. The only way forward is continued focus and collaboration. The DAC has benefitted from its broad array of passionate cross-sector partners and hopes to continue its strong relationship with the state legislature as we address this enormous challenge.

Dementia Action Collaborative Overview

The Dementia Action Collaborative is a group of public and private partners that is committed to preparing Washington state for the increasing number of people living with dementia. This group of partners was originally known as the Alzheimer’s Disease Working Group (2014-15). After the first Plan was published in 2016, they transitioned to the Dementia Action Collaborative (DAC) name and worked voluntarily to implement the original state dementia Plan.

Legislation in 2022 charged the DAC to update membership and the state Plan. RCW 43.20A.885, outlined Governor Appointed members and what should be addressed in the updated Plan. The DAC also includes additional subject matter experts who participate as members on a voluntary basis. Members include representatives from multiple sectors including health care, long term care, public health, legal aid, academia, advocacy organizations and the public (those living with dementia and care partners).

7 High Level Goals

The Dementia Action Collaborative (DAC) refreshed the seven goals identified in the original dementia Plan. Each of the goals has 3-10 strategies, and each strategy has multiple recommendations or action steps. This structure results in a numbering system in the Plan which you will see referenced throughout this report.

For example, 1A1 refers to an action in goal 1, strategy A, recommendation 1. For reference, see the Plan here: [Washington State Plan to Address Alzheimer's Disease and Other Dementias](#)



Guiding Principles

The following principles guide the work of the DAC.



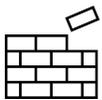
Person- and family-centered – Develop the Plan with the needs and strengths of all people living with dementia, their care partners and family members at the forefront, this includes attentiveness and action to address differing cultural values.



Health equity – Apply an equity lens throughout the plan development and implementation. Consider that equitable solutions may mean different groups need different things, not a one-size-fits-all approach.



Life course approach – Recognize that together we can address brain health throughout the life course, incorporating strategies to reduce modifiable risks for dementia.



Build upon other work – Build upon what’s being done nationally (e.g., National Alzheimer’s Plan, CDC Healthy Brain Initiative), and on what’s working in Washington, other states and nations.



Public-private framework – This is not intended as a “state government-only” Plan, but rather a framework for what both public and private partners in Washington can do collectively.

Accomplishments and Progress 2024

This is the first year working to implement the goals, strategies and recommendations of the updated Plan. Progress in taking on these many actions is offered below.



The original Plan resulted in the funding and/or development of several priority statewide initiatives. These initiatives are ongoing and continue to evolve their actions based on lessons learned and respond to needs. These already funded and continuing initiatives are shared first.

Ongoing Funded DAC Initiatives

Project ECHO Dementia

Project ECHO Dementia is a learning and tele-mentoring model in which front-line primary health care providers throughout Washington state meet in a virtual conference room with an interdisciplinary panel of experts in memory loss and dementia. Hosted by the University of Washington Memory and Brain Wellness Center, Project ECHO Dementia is offered two times a month and includes a brief 15-minute didactic followed by an hour of case-based learning where everyone is both a teacher and a learner. This program is offered free to clinicians and provides Continuing Medical Education credits.

Originally launched in 2020, this program has now (as of June 2024) provided 1,682 hours of training to 224 different clinicians across Washington state. In 2023/24, 100% of respondents strongly agreed that Project ECHO Dementia improved their quality of care for patients with Dementia, and 63.6% of respondents strongly agreed there had been changes by others in their organization as a result of Project ECHO Dementia. From 2022-2023, there was a 13.6% increase in the number of clinicians attending Project ECHO Dementia. Additionally, interest in Project ECHO Dementia has shown steady growth, with over 30 people requesting to attend in 2024.

In 2023/24, Project ECHO Dementia was promoted during the Washington State Public Health Conference and at the Northwest Rural Health Conference in Winter of 2024. Drs. Rhoads and Isenberg also presented the model and outcome data from Project ECHO Dementia at the international MetaECHO Conference as part of a panel with colleagues from the University of California, San Francisco and the Alzheimer’s Association. Hub team faculty regularly include information about Project ECHO Dementia at local, regional, national and international conferences.

Despite positive outcomes to date, Project ECHO Dementia leaders have consistently encountered administrative and financial barriers to clinician participation and realize a need to incentivize participation, particularly in areas of limited access to health care and specialists and/or where patients and families are disproportionately affected by dementia. To foster uptake/participation in these areas, Project ECHO Dementia is developing a pilot project. (See Recommendations in last section)

- Plan Recommendations 5J1, 5J2, 5J3
- \$226,000 per year supports UW Neurology/Memory and Brain Wellness Center for Project ECHO Dementia
- Learn more at: [Project ECHO Dementia](#)

Dementia Friendly WA Learning Collaborative

The UW-MBWC, leveraging the Project ECHO Dementia platform, launched the Dementia Friendly Washington Learning Collaborative to inspire, equip and support expansion of dementia-friendly programs and community efforts by sharing with and learning from other individuals and organizations across the state.

In 2023/24, the Learning Collaborative focused on best practices in dementia-friendly programming for partners across Washington. By the end of the year, we will have offered a total of 11 monthly learning opportunity sessions. Also, this year, staff began considering how to integrate this work with that of supporting the Age- and Dementia-Friendly Washington movement (see below). Going forward this will include reviewing all materials from Dementia Friendly America and establishing a workflow for orienting and onboarding new communities as “dementia-friendly” in Washington.

- Plan Recommendation 1B2
- Leverages Project ECHO Dementia platform, and in-kind UW and partner staff (no additional state funds beyond what is included for Project ECHO Dementia)
- Learn more at: [Dementia Friendly Washington Learning Collaborative](#)

Dementia Public Awareness Campaign Messages for Communities

The Department of Health is provided funds to develop digital awareness campaign materials and strategies to support state Plan messaging around the importance and value of early detection of cognitive impairment, diagnosis and early planning, including tailored messaging for racial and ethnic groups at increased risk of dementia. In prior years, contracted media

companies have conducted insight interviews and focus groups in Black, African American and Latino communities to determine culturally appropriate outreach strategies and develop tailored messages and materials.

In 2023/24, the DAC Campaign Workgroup, led by DOH, hired a contractor to create training materials for both community and faith-based organizations to utilize when sharing the messages about the importance of an early and accurate dementia diagnosis and planning, and how to take action on the potentially modifiable risk factors. This work builds upon past campaign work created for the Black and African American and Hispanic/Latinx communities.

In addition, part of the digital campaign funds was spent on targeted media buys in May and June 2024. This included a combination of public service announcements aired via broadcast television and video streaming with the goal of reaching Latinx communities in Washington. The messaging promoted the value and importance of early detection, diagnosis and planning related to dementia. The ads are estimated to have reached 206,656 people.

- Plan Recommendation 1C1
- \$150,000 per year supports WA state DOH in public awareness campaign efforts.
- Learn more at: doh.wa.gov/memory

Dementia Friends

The Dementia Friends global public awareness movement is changing the way people think, act and talk about dementia. The University of Washington Memory and Brain Wellness Center is the designated lead in Washington state, on behalf of the Dementia Action Collaborative. To implement the program, Dementia Friends Washington partners with community organizations that take the lead in their county or tribe. With the addition of 5 new participating counties and an increase of 25% in the number of Dementia Friends in the state within the first 6 months of 2024, Dementia Friends is currently operating in 25 counties and is focused on continued expansion across Washington state.

- Plan Recommendation 1B3
- \$150,000 per year supports UW Neurology/Memory and Brain Wellness Center for Dementia Friends expansion. Note: The increase of \$50,000 since July 1, 2024, will allow the program to continue to expand across the state by bringing on at least 2 new regional partners, making 2 translations available for use, connecting with rural and underserved communities, and reaching a cumulative goal of 5,000 Dementia Friends.
- Learn more at: [Dementia Friends Washington](https://dementiafriends.wa.gov)

Dementia Legal Planning Program

This Dementia Legal Planning (DLP) program promotes early legal and advance care planning by offering free assistance to complete powers of attorney for finances and health care, health care directives, and dementia directive forms. It serves people age 60+ and people living with dementia of any age. Provided by the Washington Pro Bono Council, the program provides consumer information, education, and outreach and can match eligible clients with attorneys

for one-to-one assistance with trained volunteer attorneys. The DLP program utilizes and works to increase awareness of the DAC developed [Dementia Legal Planning Toolkit](#) designed to educate, inform and provide the forms to complete legal and advance care planning documents.

In 2023-24, the program has seen a growing interest from groups of attorneys, such as the Elder Law Sections and Corporate Counsel Sections of the Washington State Bar Association who are seeking volunteer opportunities. Building on these community partnerships, the DLP offers training and in doing so has increased their volunteer attorney knowledge, recruitment and retention. The program has (as of June 2023) 34 volunteer attorneys from around Washington who are trained and ready to provide pro bono attorney services to DLP clients.

The DLP program maintains a call in/hotline for assistance in which people who have heard about and are interested in getting help are matched with a volunteer attorney. These calls average around 3-4 contacts per week. Reaching potential clients, though, to be aware of the program and to understand the importance of completing legal forms, requires significant and ongoing program staff time and effort. The most effective outreach has been presentations and/or presence at community events and resource fair. At the 23 events this past year, the program was able to make contact with nearly 700 people. These face-to-face services are crucial to effectively connect with and support these communities. Direct assistance is offered at outreach events, establishing connections with 5-20 people at each, but also serves to build relationships within the community for more comprehensive support in the future. In addition, the program assisted with estate planning clinics in King, Clark and Kitsap County by supplying staff time and/or materials and is also participating in monthly senior center-based clinics, consistently serving 2-5 clients per session.

- Plan Recommendations 1D2, 1D3, 1D4
- \$113,000 per year to ALTSA which contracts out to run the program that promotes early legal and advance care planning for dementia.
- Learn more at: [Dementia Legal Planning Program](#)

Building Dementia Capable Communities

The Building Dementia Capable Communities program (also known as the Dementia Resource Catalyst program), is designed to: support people living with dementia, including those in early stages, to stay active, socially engaged and in their own homes; support family caregivers so they can stay healthy and continue to help their loved ones with dementia; increase the dementia-capability of Area Agencies on Aging (AAAs), Family Caregiver Support Programs (FCSPs) and aging network partners; and promote efforts to build Dementia Friendly Communities. Currently three AAAs are receiving funds to demonstrate this program.

In 2023, the two original sites initiated and refined new direct dementia-capable services, continued with training of staff, community partners and consumers. The third site was brought on in late summer and has conducted staff and partner training and consumer education, and as of mid-2024 begun providing direct dementia-capable services. Lessons learned in these first

projects include, but are not limited to, that each area has distinctly different challenges, community assets and partners to build upon, and community readiness. As such each area requires time to increase awareness and establish or enhance partnerships prior to being able to implement new direct dementia-capable services.

This year has included work on a formative evaluation being conducted by DSHS Research and Data Analysis. This evaluation, funded on a limited basis will help understand the challenges, unique developments, and early progress being made in building more Dementia Friendly Communities to support eventual recommendations related to expansion. Preliminary results are expected in early 2025.

A current problem is the “one-time” funding of the third BDCC program site. This limited funding creates a challenge to the development of ongoing partnerships and sustainability and growth. (See Recommendations in last section)

- Plan Recommendations 4D1, 6B2
- \$750,000 per year supports two original AAAs to operate Building Dementia Capable Communities programs on an ongoing basis.
- Another \$375,000 per SFYs 2023/24 supports the third AAA project (currently funded on one-time basis).
- \$59,000 per year for SFY 2023/24 supports formative evaluation (currently on one-time basis)

BOLD Grant

The WA State Department of Health (DOH) was awarded a Centers for Disease Control and Prevention Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer’s Act grant (CDC). This 5-year CDC grant began in October 2023 and provides \$450,000 per year. This grant was made possible due to the existence of the DAC and the work done to implement the goals, strategies, and recommendations of the original *WA State Plan to Address Alzheimer’s Disease and Other Dementias*.

The focus of the BOLD grant is to increase awareness and understanding among the public (including populations of high burden), providers, and other professionals of Alzheimer’s Disease and Related Dementias (ADRD) corresponding to primary, secondary, and tertiary prevention. The grant will address the social determinants of health (SDOH) to achieve health equity goals including but not limited to the improvement of community-clinical linkages among health care systems and existing services, public health agencies, and community-based organizations.

This federal funding helps the DAC build upon our current Plan work, rooted in equity, to increase awareness of the importance of a timely and accurate diagnosis and planning, as well providing education about ten potentially modifiable risk factors related to dementia and actions individuals and communities can take to help maintain brain health. It will also further the work of Project ECHO Dementia and the work of the DAC Health and Medical subcommittee to ensure more health care providers understand how to diagnosis dementia and are more

confident in their ability to do so and know about available resources to support individuals and their care givers.

- Related to Plan Recommendations 1C1, 1E1, 2A2, 4E1, 5A1, 5C3, 5J2
- Federal funds at DOH, in amount of \$450,000 per year

Statewide Aging and Longevity Initiatives

This section shares big-picture efforts, identified in the state dementia Plan, that are transformational in nature and being advanced through input of the DAC and intensive collaboration by DAC staff, members and partners.

Age- and Dementia-Friendly Washington

During listening sessions hosted by the Dementia Action Collaborative (DAC), it was clear that many of the challenges for people living with dementia and their families arose out of the need for more “age-friendly” and “dementia-friendly” systems and communities in general. While Washington has shown a commitment to supporting older adults to age in their communities and settings of choice, supporting our communities to be better prepared must be a priority as well.

DAC state agencies, spearheaded by a consultant hired at DOH, collaborated over the last couple years to assess the interest in and next steps needed to become an Age- and Dementia-Friendly state. Initial and subsequent steps were taken, including gaining the support of Governor Inslee, and in April 2024, Washington was recognized as an Age-Friendly and Dementia-Friendly state by AARP and USAging/Dementia Friendly America. This designation is a first step that launches further actions, such as building upon and expanding what has already been accomplished in promoting dementia-friendly strategies and practices.

Age-Friendly communities consider goals that promote high quality of life for each person regardless of age, allowing older people the opportunity to remain active in their community. Age-Friendly designation comes with acceptance into the [AARP Network of Age-Friendly States and Communities](#). Dementia-Friendly communities promote awareness of dementia, educating residents about how to best support people touched by dementia and introducing systemic changes within businesses, government, and neighborhoods. Dementia-friendly designation comes with acceptance into the [Dementia-Friendly America \(DFA\) network](#).

As a member of the AARP and DFA networks, Washington gains access to expert-level technical assistance, connections to the full peer network, private group forums, and resources to guide and inform the development of an action plan and involve community members.

Other states, such as Massachusetts and California, leveraged their Age- and Dementia-Friendly designations to build a robust and community-led Multisector Plan on Aging (MPA). See next section.

- Plan Recommendations 2C1, 2C2
- Supported through DAC staff time and in-kind collaboration of partners

Creating a Multisector Plan for Aging (MPA)

As Washingtonians live longer and healthier lives, we gain from their knowledge and can learn from their examples of aging well. Our communities and systems of support, though, are not prepared to meet the specific needs of this rapidly expanding older adult population.

The number of older adults is growing dramatically. By 2040, the number of Washingtonians aged 65 and older will almost double while the number aged 85 and older will triple. At the same time, aging looks different than it did in previous decades. As people live longer and remain active into their 80s and even their 90s, more older adults will experience economic instability, food insecurity, and a lack of access to affordable housing and transportation options unless policies are put in place to address these gaps.

These demographic shifts create both challenges and opportunities for our state and Washingtonians. We must be proactive in anticipating changing needs and strengths of older adults – there is a need to innovate and encourage community integration and engagement, multi-generational activities and to expand our strategies, systems, and technologies to support our clients and workforce.

With this in mind, the Department of Social and Health Services in collaboration with the Department of Health, Health Care Authority and community partners participated in a national Center for Health Care Strategies (CHCS) multi-state learning collaborative in 2023-24 to learn about multisector planning for aging.

In addition, DSHS, in collaboration with above partners, hosted the [Aging and Longevity Summit](#) in May 2024. State leaders and advocates gathered in Tacoma on May 22, along with Governor Inslee. The Summit included a look at the history, accomplishments, and current state of long-term services and supports here in Washington and featured discussions about improving the quality of care and life for Washingtonians as they are living longer. Key topics also included the need to reframe aging, address ageism and foster a multisector strategy. The Summit introduced the emerging policy approach being encouraged and employed across the country – development of Multisector Plans for Aging (MPA).

What is an MPA? A multisector plan for aging (MPA) is a cross-sector, state-led strategic planning tool that can help us transform the infrastructure and coordination of services to address the needs of older adults and people with disabilities. It is a road map to support healthy aging and longevity for the future that includes additional private sector partners, such as: housing, transportation, business, banking and employment.

As mentioned in the prior section, the Age- and Dementia-Friendly State initiative serves as to inform and support the movement towards an MPA – helping to identify multi-sector partners in varied sectors across the state and to begin identifying priority areas of need, challenges and

possibilities. According to [national MPA partners](#), while not strictly required, an MPA benefits from either an Executive Order or legislation. Such actions create buy-in and support for the development of the plan. Most states that have enacted MPAs have used one or the other.

To move in this direction, DSHS and partners are collaborating to maintain momentum and increase awareness of the MPA strategy, plan to host another Summit in 2025, and DSHS is working on approaches for authorization of an MPA. (See recommendations in last section).

- Plan Recommendation 2B4
- Work to date supported through in-kind support and collaboration

Dementia Action Collaborative – Plan Recommendations Initiated 2024

Multiple recommendations were included in the ongoing funded and statewide activities above (some of those represent ongoing work and some are new parts of larger efforts). In addition, the below recommendations were prioritized by DAC members and identified as new work in 2024. The status of each recommendation is indicated as follows:

- Recommendation was initiated
- Recommendation was completed

1B2. Increase awareness of models of stigma-free, dementia-friendly communities, places and events (e.g., Alzheimer’s Cafes) to combat stigma and increase societal acceptance and integration.

- The Dementia-Friendly Washington Learning Collaborative has offered five monthly sessions (as of June 2023), focusing on best practices in dementia-friendly programming. By the end of the year, we will have offered a total of 11 monthly sessions of the Dementia-Friendly Washington Learning Collaborative.

1B3. Increase awareness of dementia and available resources by engaging public and private ‘champions’ including faith, business community leaders, educators and health professionals to deliver the Dementia Friends public awareness program. Expand the reach of campaigns by identifying and engaging partners that reach and serve diverse communities and partners that are not a part of the traditional service system.

- The Dementia Friends program has had a 25% increase in number of Dementia Friends since January 2024 (total 2600+). The Spanish language translation of the program is nearly complete, and a Chinese translation is under review. The team had initial meetings with the International Association of Indigenous Aging regarding a project to implement and evaluate the culturally tailored Dementia Friends program in tribal communities. By the end of the year, we anticipate achieving the goal of increasing the number of counties offering Dementia Friends by another 4-8 counties.

1D1. Review and update legal planning tools and resources as needed to respond to evolving needs and changes in the legal environment.

- The DAC Legal team performed an annual review of the substantive toolkits and legal forms and made some small changes to make them more user friendly.

1D2. Increase awareness about the *Dementia Legal Planning Toolkit* and the *Dementia Legal Planning Program* to educate the public and health care providers about the need for legal and advance care planning, with particular efforts to target underserved communities and those at elevated risk of dementia.

- The Washington Pro Bono Council put on dozens of informational presentations and workshops at senior centers, community centers, and senior and dementia related outreach events and conferences. Presentations will continue, with help of DAC partners to identify opportunities to increase outreach to healthcare providers (doctors and nurses) and to native communities (via the WSU Natives Engaged in Alzheimer’s program).

1D3. Identify priority populations, process, and funding for translation and dissemination of the Dementia Legal Planning Toolkit. This will involve partnering with representatives from priority populations to understand the needs and gaps pertaining to dementia legal and financial planning and updating and translating the legal planning toolkit.

- The DAC Legal Team is working to translate the Dementia Legal Planning Toolkit and forms into Spanish. The Team hopes to begin distributing the Spanish version via legal aid networks and dementia advocacy and support groups in early 2025.

1D4. Increase awareness within the legal profession about dementia, the Dementia Legal Planning Toolkit and resources for clients living with dementia.

- The Washington Pro Bono Council engaged the lawyer community to increase volunteerism with dementia legal planning by participating in two continuing legal education presentations. By the end of 2024, the team aims to develop and distribute a concise "What is Dementia?" resource through the Washington State Bar Association. This initiative will enhance lawyers' familiarity with dementia, improving their ability to effectively assist clients affected by dementia.

2C1. Disseminate existing tools and resources that share dementia-friendly approaches and programs, including the national Dementia Friendly America initiative.

- The DAC Dementia Friendly Communities partners supported the WA State application for Age-Friendly/Dementia-Friendly and have identified a point person for the dementia-friendly communities’ inquiries for Washington State. By the end of the year, we will have reviewed all materials from Dementia Friendly America and will have established a workflow for orienting and onboarding new communities as “dementia-friendly” in Washington.

4B1. Increase awareness, availability and use of evidence-based programs for people with dementia and their family caregivers, such as STAR-C, Dealing with Dementia, REACH, Savvy Caregiver, Staying Connected (early stage), Powerful Tools for Caregivers and supportive services such as behavior consultation.

- A STAR-C training was offered by ALTSA in collaboration with UW faculty and AAA staff/certified coach trainers. This opportunity provided training for 12 new coaches who are now eligible to continue with the certification steps/process. A contract was established by

AL TSA to sustain and grow Powerful Tools for Caregivers statewide. The SHARE program was instituted by two BDCC programs and Dealing with Dementia taken on by one BDCC program.

4B2. Increase awareness, availability, and use of online and web-based education on understanding and responding to behavioral symptoms of dementia, with focused outreach efforts for rural or hard-to-reach areas.

A DAC project team convened and is identifying and prioritizing credible, accessible educational opportunities on this topic. A compilation is planned for completion and posting by December 2024.

4E1. Identify leaders and trusted messengers in communities at elevated risk of dementia (e.g., indigenous populations, Black/African American, LGBTQ+) to discuss dementia caregiving along with community-specific strengths, needs and approaches for education and support.

A DAC project team convened and is in process of identifying approaches and key leaders to engage in discussions around dementia caregiving to help inform and support tailored approaches to education and support that respond to cultural needs.

4H1. Educate professionals, i.e., case managers, health care providers, first responders, about working with families of people with Intellectual or developmental disability (IDD) and dementia, including special challenges, issues and resources available for support.

The DAC developed training to educate direct support professionals on the topic of IDD/DD and Dementia is offered regularly (around 6 times a year) through Puget Sound Regional Services, reaching more than 110 providers between 2022-24.

5A1. Identify and promote strategies to maintain and improve brain health for all ages, genders and across diverse populations by educating and promoting brain health and dementia risk reduction across health disciplines including dental, audiology, optometry, primary care, cardiology, behavioral health disciplines, etc.

A DAC project team is working to develop crosswalk of brain health and common messages from each discipline, starting with educating and promoting brain health and dementia risk reduction within the dental, oral health space. Additional disciplines will be added as time progresses.

5C4. Partner with Northwest Geriatric Workforce Enhancement Center to align dementia education opportunities for providers throughout Washington State.

DAC state team partnered with the Northwest Geriatric Workforce Enhancement Center (NWGWEC) in winter 2024 as they worked on their federal grant application. The NWGWEC was just awarded \$5 million to train primary care physicians, nurse practitioners, and other health care clinicians to provide age-friendly and dementia-friendly care for older adults.

5D8. Establish dementia care nurse competencies and define nursing role and responsibilities as leaders in interdisciplinary teams.

DAC HCA staff partnered with University of Washington, School of Nursing, to develop draft competencies. The pilot phase is ongoing as of summer 2024.

5E2. Conduct provider survey to understand gaps, challenges and successes on the front lines. Invite allied health professionals and primary care providers to participate in provider survey. Utilize survey results to improve policies that promote detection, diagnosis and care management of dementia.

☑ DAC team developed survey, completed in February 2024. Results of the survey to improve policies and practice changes are ongoing. The results are also being used to help shape the primary care provider summit discussed in 7A2. (See recommended actions arising from this survey in box to the right))

5I1. In the provider survey, include knowledge-based questions about unpaid caregiver supports, services, trainings, decision making aids and DAC tools and resources. Utilize survey results to respond to issues found.

☑ Provider survey completed in February 2024. Results are being used to help shape the primary care provider summit discussed in 7A2.

DAC Health Care Provider Survey 2023-24 Recommendations

- 1) Educate healthcare providers and the community about the importance and benefit of discussing brain health throughout the lifespan, specifically before onset of cognitive decline.
- 2) Develop clear guidance to healthcare providers and the public to support primary care providers in diagnosing Alzheimer’s Disease or Related Dementia (ADRD). Indications for when a specialist is needed should be communicated clearly to reduce delays in dementia diagnosis.
- 3) Increase awareness of the DAC Clinical Provider Tool, with a workflow for screening, diagnosing, and making referrals. to help providers diagnose ADRD. Consider providing greater detail in the diagnostic portion of the algorithm.
- 4) Advocate for more community and public resources to support people living with ADRD and their caregivers.
- 5) Advertise Project ECHO Dementia and highlight the opportunity to obtain continuing education credits by attending Project ECHO Dementia. Increase participation in Project ECHO Dementia by tailoring the didactic sessions to the educational topics of interest identified in this survey.
- 6) Educate healthcare providers and the community about the importance and benefit of discussing brain health throughout the lifespan, specifically before onset of cognitive decline.
- 7) Develop clear guidance to healthcare providers and the public to support primary care providers in diagnosing dementia. Indications for when a specialist is needed should be communicated clearly to reduce delays in ADRD diagnosis.
- 8) Increase awareness of the DAC Clinical Provider Tool, with a workflow for screening, diagnosing, and making referrals. to help providers diagnose ADRD. Consider providing greater detail in the diagnostic portion of the algorithm.
- 9) Advocate for more community and public resources to support people living with ADRD and their caregivers.
- 10) Advertise Project ECHO Dementia and highlight the opportunity to obtain continuing education credits by attending Project ECHO Dementia. Increase participation in Project ECHO Dementia by tailoring the didactic sessions to the educational topics of interest identified in this survey.

5J2. Expand upon Project ECHO Dementia outreach to include health professional association conferences, rural health convenings tribal health convenings, and provider groups caring for underserved communities.

- Project ECHO Dementia was promoted during the Washington State Public Health Conference in Fall of 2023 and at the Northwest Rural Health Conference in Winter of 2024.

5J3. Reach providers, including Federally Qualified Health Centers, in all 39 counties with Project ECHO dementia core curriculum.

- Project ECHO Dementia is currently working on developing a pilot with FQHCs. The intent of the pilot is to establish Project ECHO Dementia champions within FQHCs by providing funding to participate in Project ECHO, share data, and measure practice improvements.

6C3. Develop educational materials to inform consumers about Long-term care (including Memory Care) in assisted living facilities e.g., what to expect, questions to ask, how to find, etc.

- A DAC project team is developing content for a document and informational tools to help inform consumers about finding and choosing Memory Care services in assisted living facilities. The plan is to have basic document developed by end of 2024.

6D2. Update Dementia-Capable Caregiver training and develop advanced training modules for Adult Family Home and Assisted Living Facility staff.

- AL TSA's Training Unit is spearheading development of advanced level training modules to augment the Dementia Capable Caregiving curriculum. Developed as "Dementia Level 2", these modules will provide more hands-on application and tools. The plan is to have it completed by the end of 2024.

7A2. Host a collaborative Alzheimer's and Dementia research summit, highlighting the latest research, current and emerging state of effective cognitive health best practices, provider survey results and next steps.

- The *Dementia Innovation Summit: Primary Care at the Forefront* will be hosted at Valley Medical Center in Renton, Washington on March 7, 2025. The workgroup is using the feedback from the provider survey to inform and frame the event.

DAC Recommendations on the Horizon

The DAC is appreciative of generous support provided by the legislature to address goals and recommendations in the original state Plan. As initiatives have evolved and new individual recommendations initiated, the DAC anticipates a few priority areas where additional action is needed. These areas were mentioned earlier in this document and summarized here below.

- (1) Sustain the Building Dementia Capable Communities program.
 - a. The 3rd AAA site, along with a small amount of funding for program evaluation, was funded in 2023 on a one-time basis (vs. ongoing).
 - b. DAC partners and advocates will propose in the upcoming legislative session that this 3rd site be sustained to further its development and our lessons learned about implementing this program in varied geographic areas. (Funding for ongoing implementation).
 - c. The lessons learned in the formative evaluation are just emerging, and continuing an evaluation that looks at progress and impacts (DSHS/RDA) will help inform development and the identification of key elements and best practices for the program prior to further expansion.
 - d. Links with Plan Recommendations 4D1 and 6B2

- (2) Authorization and funding to develop a Multisector Plan for Aging (MPA).
 - a. An MPA is an opportunity to elevate existing programs, raise awareness around aging, reinforce linkages across government agencies, departments, and community partners and engage in proactive planning across public and private sectors to help older adults and people living with disabilities to remain as vital contributors to our families, communities, and the state.
 - b. Most states that have enacted MPAs have used Executive Orders or legislation to create buy-in and support for the development of the plan and infrastructure for effective implementation.
 - c. Links with Plan Recommendation 2B4

- (3) Pilot project to increase participation in UW Project ECHO Dementia.
 - a. Program leadership recognizes the need to increase uptake from clinicians in areas that are underserved and/or provide care for patients and families who are disproportionately affected by Alzheimer's disease and related dementias.
 - b. This would be initiated as a pilot project to enable increased provider engagement through compensation for time and effort via limited grants. In this project, targeted area clinicians within, but not limited to, Federally Qualified Health Center and Rural Health Clinics, will learn to improve prevention, detection, diagnosis and treatment for dementia.
 - c. In addition to ongoing participation in the program, clinics or systems will provide claims and Electronic Health Record data needed to evaluate impact and improvement in clinical services (e.g., documentation of objective cognitive assessments, Medicare Annual Wellness Visit utilization rates, ICD-10 diagnostic code use, etc.).
 - d. Links with Plan Recommendations 5J2 and 5J3