COVID-19, Social Isolation, and Hispanic Adults with Alzheimer's and other Dementia

MHP Salud Technical Assistance Call

2.17.2021

www.mhpsalud.org
COVID-19, aislamiento social, y los adultos mayores hispanos con Alzheimer’s y otra demencia

Llamada de asistencia técnica de MHP Salud
17.02.2021

www.mhpsalud.org
MHP Salud is a national nonprofit organization that implements and runs Community Health Worker (CHW) programs. These programs provide peer health education, increase access to health resources and bring community members closer. MHP Salud also has extensive experience offering health organizations and service providers training and technical assistance on CHW programming tailored to their specific needs.
¿Quienes somos?

MHP Salud es una organización nacional sin fines de lucro que implementa y administra programas de promotores(as) de salud. Estos programas brindan educación sobre la salud entre pares, aumentan el acceso a los recursos de salud y acercan a los miembros de la comunidad. MHP Salud también tiene una amplia experiencia en ofrecer capacitación y asistencia técnica a organizaciones de salud y proveedores de servicios sobre la programación de los(as) promotores(as) de salud adaptada a sus necesidades específicas.
Strengthening Aging Services for Hispanic Populations

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Fortalecimiento de los Servicios para Personas Mayores para la Población Hispana

Este proyecto fue apoyado, en parte, por la subvención número 90HDRC0004-01-00, de la Administración de los Estados Unidos para la Vida Comunitaria, Departamento de Salud y Servicios Humanos, Washington, DC 20201. Se alienta a los beneficiarios que emprenden proyectos bajo el patrocinio del gobierno a expresar libremente sus hallazgos y conclusiones. Los puntos de vista u opiniones, por lo tanto, no representan necesariamente la política oficial de la Administración para la Vida Comunitaria.
Overview of Aging Services Program

Minority Aging Technical Assistance Resource Center (TARC)

Resources
- Culturally and Linguistically Appropriate material
- Blogs
- Newsletters
- Resources

TTA
- Focus on peers/CHWs
- Monthly TA Calls
- Incoming TTA Requests
- Future opportunities

Virtual Learning
- Webinars
- Learning Collaboratives
- Pre-recorded sessions

Supported by the Administration for Community Living
Descripción General del Programa de Servicios para Personas Mayores
Centro de Recursos Técnicos para el Envejecimiento de las Minorías (TARC)

**Recursos**
- Material cultural y lingüísticamente apropiado
- Blogs
- Boletines
- Recursos

**TTA**
- Enfoque en los compañeros/promotores(as) de salud
- Llamadas mensuales de AT
- Solicitud de asistencia
- Oportunidades a futuro

**Aprendizaje Virtual**
- Webinars
- Aprendizaje Colaborativo
- Sesiones pregrabadas

Apoyado por the Administration for Community Living
Technical Assistance Calls?

- Provide **resources** and **training** on key issues affecting the Aging Hispanic/Latino community
- **Peer support**
- Collect **feedback** from service providers on future TTA topics
¿Llamadas de Asistencia Técnica?

- Proporcionar **recursos** y **entrenamiento** sobre problemas clave que afectan a la comunidad hispana / latina rumbo a la tercera edad.
- **Apoyo entre compañeros**
- **Recopilar comentarios** de los proveedores de servicios sobre futuros temas de AT
César J. Alvarado is originally from the Rio Grande Valley of Deep, South Texas. For over one-hundred years, his familia has literally sowed seeds in the “Valley” as Farmers and Vaqueros. Following his Father’s lead, César decided to earn a formal education and use his education and experience to support the empowerment of community members.

César is a proud graduate of Texas A&M University with a Bachelor of Science-Community Health and has almost completed his Master of Public Health. He has worked for over twelve years serving others via various social programs and services throughout the United States and México. César has specializations in primary prevention, community and public health, and the delivery of culturally and linguistically appropriate health programs and services.

Currently, he is a Programs Specialist with the Alzheimer’s Association San Antonio and South Texas Chapter focused on the needs of the Rio Grande Valley communities. César is elated to have joined the Alzheimer’s Association where he will no doubt use his knowledge and experience to one day live in a world without Alzheimer’s and other Dementia.
Introductions

NAME

LOCATION

ORGANIZATION
Introducciones

NOMBRE  UBICACIÓN  ORGANIZACIÓN
Agenda

1. COVID-19 - Alzheimer's and other Dementia
2. Tips for Caregivers
3. How CHWs can help
4. Resources
5. Funding opportunities
6. Questions/Discussion
Agenda

1. COVID-19 - Alzheimer’s y otra demencia
2. Consejos para cuidadores
3. ¿Cómo puede ayudar los promotores de salud?
4. Recursos
5. Oportunidades de financiamiento
6. Preguntas y discusión
COVID-19, Social Isolation, and Hispanic Adults with Alzheimer’s and other Dementia
COVID-19 & Dementia

• Most likely, dementia does not increase risk for COVID-19.
• Dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.
  – Example: People living with dementia may forget to wash their hands or take other recommended precautions to prevent illness.
• COVID-19 may worsen cognitive impairment due to dementia.
Coronavirus (COVID-19): Tips for Dementia Caregivers

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

For example, people with Alzheimer’s disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.

- Tips for dementia caregivers at home
- Tips for caregivers of individuals in assisted living
- Tips for individuals receiving home-based services
- Residential facility has an incidence of COVID-19
- Staying healthy

Coronavirus (COVID-19): Tips for Dementia Caregivers

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for the flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

For example, people with Alzheimer’s disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.

Tips for dementia caregivers at home

Caregivers of individuals living with Alzheimer’s and all other dementia should follow guidelines from the Centers for Disease Control and Prevention (CDC), and consider the following tips:

- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice. Unless the person is having difficulty breathing or a very high fever, it is recommended that you call your health care provider instead of going directly to an emergency room. Your doctor may also be able to treat the person without a visit to the hospital.
- People living with dementia may need extra and/or written reminders and support to remember important hygiene practices from one day to the next. Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for at least 20 seconds.
- Demonstrate thorough hand-washing.
- Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.
- Think ahead and make alternative plans for the person with dementia should adult day care, respite, etc., be modified or cancelled in response to COVID-19.
Tips for Caregivers at Home

Follow CDC Guidelines, and consider the following:

Individuals living with dementia may need support to remember important hygienic practices:

• Consider placing signs as a reminder to wash hands with soap for 20 seconds
• Demonstrate thorough hand-washing
• Hand sanitizer (minimum 60% alcohol) can be alternative if someone cannot get to sink or wash hands easily
Tips for Caregivers at Home

• If rapid increase in confusion occurs, contact health care provider
• Request prescriptions for greater number of days
• Make alternative plans for adult day care, respite, etc.
• Make alternative plans if primary caregiver becomes ill
Activities at Home

www.alz.org/care

• Create a simple daily plan
• Keep skills and abilities in mind
• Focus on enjoyment, not achievement
• Be mindful of exposure to upsetting content – news, TV shows, movies, etc.

SAMPLE DAILY PLAN

Morning
- Wash, brush teeth, get dressed.
- Prepare and eat breakfast.
- Have a conversation over coffee.
- Discuss the newspaper, try a craft project, reminisce over old photos.
- Take a break, have some quiet time.
- Do some chores.
- Take a walk or play a game.

Afternoon
- Prepare and eat lunch, read mail, wash dishes.
- Listen to music, do crossword puzzles, watch TV.
- Do some gardening, take a walk, visit a friend.
- Take a short break or nap.

Evening
- Prepare and eat dinner, clean the kitchen.
- Talk over coffee and dessert.
- Play cards, watch a movie, give a massage.
- Take a bath, get ready for bed, read a book.

Choosing activities

In the early stages of dementia, the person may withdraw from activities he or she previously enjoyed. It is important to help the person remain engaged. Having an open discussion around any concerns and making slight adjustments can make a difference. For example, a large social gathering may be overwhelming, but the person may be able to interact more successfully in small groups.

Your approach
Rose’s mother had Alzheimer’s disease.
Rose’s mother had Alzheimer’s disease.
Caregiver Stress

10 Symptoms of Caregiver Stress

1. Denial
2. Anger
3. Social withdrawal
4. Anxiety
5. Depression
6. Exhaustion
7. Sleeplessness
8. Irritability
9. Lack of concentration
10. Health problems

Take care of yourself

Physical activity
Stay connected
Attend support group
Ask for help and support
Access resources
Relaxation techniques

Stay connected

Ask for help and support

Access resources

Relaxation techniques

Attend support group

Take care of yourself
24/7 Helpline

• Free Service
• Available around the clock, 365 days a year
• Helpline specialists and master’s level clinicians offer confidential support and information
• Multilingual staff and translation services in over 200 languages
• Live Chat available
• TTY Service 866.403.3073
Virtual Programs

- Free online e-learnings available at [www.alz.org](http://www.alz.org)
  - 10 Warning Signs
  - Understanding Alzheimer’s and Dementia
  - Dementia Conversations
  - Effective Communication Strategies
  - Legal and Financial Planning
  - Understanding and Responding to Dementia-Related Behaviors
  - And more!

We have transitioned in-person support groups and education programs to virtual platforms during COVID-19 pandemic.
Community Resource Finder

www.communityresourcefinder.org

Get easy access to resources, community programs and services.

Based on guidance from local governments and health departments during the COVID-19 crisis, many programs will be offered virtually rather than in-person.

alzheimer's association
PROGRAMS AND EVENTS

-AARP
Family Caregiving
PROGRAMS AND EVENTS

CARE AT HOME

COMMUNITY SERVICES

HOUSING OPTIONS

MEDICAL SERVICES
A Community Health Worker is a frontline public health worker who is a trusted member of and/or has an unusually close understanding of the community served. This trusting relationship enables the worker to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.

A Community Health Worker also builds individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community education, informal counseling, social support and advocacy.

**In other words...**

A Community Health Worker is a trusted member of the community who empowers their peers through education and connections to health and social resources.
La Asociación Estadounidense de Salud Pública ha adoptado la siguiente definición de Promotor y Promotora de Salud

Los(as) Promotores(as) de Salud o Trabajadores Comunitarios son aquellos que ocupan la primera línea de atención en la salud pública.

Son miembros en los cuales la comunidad ha puesto su confianza y que poseen un conocimiento único sobre la comunidad a la que sirven.

Basado en esta relación de confianza, los(as) promotores(as) se convierten en el enlace, son el interlocutor o intermediario entre los servicios de salud o servicios sociales y la comunidad, facilitando el acceso y la calidad de los servicios de salud y mejorando la atención culturalmente adecuada.

Además, Los(as) promotores(as) de salud desarrollan capacidades individuales y comunitarias al incrementar el conocimiento sobre la salud y la autosuficiencia a través de actividades, tales como: Promoción de Salud, educación comunitaria, terapia o consejería informal, apoyo social y abogacía.
CHW’s & Dementia: How they can help

CHWs and dementia
• Research from Goa, India suggests:
  • CHWs could be trained to recognize mental health decline (i.e., symptoms of dementia)
  • Raise awareness
  • Refer/connect to formal care
• Support Caregivers
  • Support groups
  • Education
  • Referrals
  • Resources

COVID-19 Specific
• Provide education (about COVID-19, the health effects of social isolation, and testing/vaccination information to reduce fear and provide guidance/referrals)
• COVID contact tracing
• Prevention education

Promotores y Demencia: Como pueden ayudar

Promotores de salud y demencia
• Un estudio de investigación de Goa, India sugiere:
  • Promotores pueden recibir entrenamiento para poder reconocer síntomas de demencia
  • Aumenta conocimiento
  • Hacer referencias/conectar con cuidado formal
• Apoyar cuidadores
  • Grupos de apoyo
  • Educación
  • Referencias
  • Recursos

Especificos a COVID-19
• Proveer educación (sobre COVID-19, los efectos de salud del aislamiento social, y las pruebas y vacunas para reducir el temor y guiar/dar referencias)
• Seguimiento de contactos de COVID-19
• Educación preventiva

What are the effects of social isolation on health?

**Mental Health**
- Depression
- Anxiety
- Suicide
- Poor reported mental health

**Memory Disorders**
- Association with a 50% increased risk of dementia
- Cognitive decline

**Physical Health & Chronic Diseases**
- Increase of 29% of heart disease and 32% risk of stroke
- Associated with more hospitalizations, ER visits and deaths, among heart failure patients
- Risk for physical conditions such as high blood pressure
- Weakened immune system
- Poor self-reported physical health

**Premature death**
Premature death (at similar rates as high blood pressure, smoking and obesity)

CDC, NIH, Aging Life Care journal, National Poll on Healthy Aging
¿Cuáles son los efectos del aislamiento social en la salud?

La Salud Mental
- Depresión
- Ansiedad
- Suicidio
- Un autoinforme de la salud mental mala

Trastornos de la Memoria
- Asociación con un aumento de 50% el riesgo de demencia
- Deterioro cognitivo

La Salud Física y Enfermedades Crónicas
- Un aumento de 29% de cardiopatía y 32% para el riesgo de una apoplejía
- Asociada con mas hospitalizaciones, visitas a emergencias en pacientes de insuficiencia cardíaca
- El riesgo de condiciones físicas como presión alta
- Una debilidad del sistema inmunológico
- Un autoinforme mal de la salud física

La Muerte Prematura
La muerte prematura (en tasas parecidas a la presión alta, fumar y obesidad)
Funding Opportunities / Oportunidades de Financiamiento

1. Administration on Community Living (https://www.grants.gov/web/grants/view-opportunity.html?oppId=330122) funding for research and documentation of innovative practices that have the potential to enhance nutrition services programs within the aging services network. Estimated post date is March 29, 2021.

MHP Salud’s Annual Aging Newsletter: Five Ways to Avoid Loneliness While Socially Isolating During COVID-19 [https://mhpsalud.org/avoid-loneliness-covid19/](https://mhpsalud.org/avoid-loneliness-covid19/)

Upcoming webinar (March 23rd) – The Effects of Social Isolation on the Mental Health of Older Hispanic Adults. Register here: [https://mhpsalud.org/upcoming-webinars/](https://mhpsalud.org/upcoming-webinars/)


CDC: Caring for Someone With Alzheimer’s Disease or a Related Dementia: [https://www.cdc.gov/aging/caregiving/alzheimer.htm](https://www.cdc.gov/aging/caregiving/alzheimer.htm)

Questions & Comments?

24/7 Helpline
800.272.3900
Thank you! / ¡Gracias!

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**You will find a link to the feedback from in the chat.