Memory and Aging
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www.alzheimers.emory.edu
Prevalence of Dementia
Medicare Beneficiaries

- 50% of all Medicare recipients have ADRD
- 92% of patients with ADRD have at least 1 chronic disease
- Medicare recipients with ADRD have four or more chronic diseases
  - High blood pressure, Diabetes, High cholesterol, Heart Disease, Chronic Kidney Disease, Anemia, Rheumatoid Arthritis, Depression, COPD, Heart Failure
Risk Factors for Brain Dysfunction

- Advanced Age
- Genetics/Gender
- Stroke and CVD
  - Atrial Fibrillation
  - Heart Failure
  - Hypertension
  - High Cholesterol
- Mood Disorders
  - Depression
- Substance Abuse
  - ETOH, tobacco
- Vitamin Deficiencies
- Chemotherapy
  - benzodiazepines
- Sleep Disorders
- Diabetes
- Thyroid Disease
- Head Trauma
- Vitamin Deficiencies
  - B, D, Folate
Factors that Protect the Brain

• Education
  • Formal training, music, language
• Exercise
  • Moderate aerobic
• Anti-inflammatory drugs
  • Aspirin, ibuprofen, antioxidants
• Statins-protect against CVD risk
• Red wines

• Social Engagement
• Preventing Hearing Loss
• Treating Depression
• Managing chronic diseases: HTn; T2DM; CVD
• Getting enough Sleep
• Maintaining Healthy Body Weight
• Mediterranean or Heart Heathy Diet
Mental Health Maintenance during the Coronavirus pandemic

Glenda Wrenn Gordon, MD, MSHP
Chief Medical Officer, 180 Health Partners
Associate Professor, Morehouse School of Medicine
We’re all at risk

**Wounded Healers**

- Primary Caregivers of dementia patients have 50% risk of developing clinical depression
- Agitation and Psychosis in a loved one cause significant caregiver distress and may speed institutionalization
- Pandemic stressors occur in addition to baseline stress

**No prior mental health history**

- New stress exposures (job loss or insecurity, social distancing)
- Indefinite uncertainty
Increased Isolation
• Difficulty accessing supports and services
• Constrained choices
• Financial insecurity
• Acute on Chronic stress
• Grief and loss of usual coping strategies
• Managing infection risk/active infection
How can I cope?

• Adjust your expectations
  • Things are NOT normal

• Practice gratitude
  • Hunt for the Good Stuff

• Monitor your mood
  • Check in and ask yourself what you need/Identify red flags

• Limit negative exposure
  • News, conversation, social media

• Move, Sleep, Eat, Connect
  • Be intentional about the basic needs

• Focus on what you CAN control

• Be generous with self-compassion

• Seek professional help
Helpful Resources

COVID-19 Psychological Wellness Guide-Older Adults
• https://med.emory.edu/departments/psychiatry/_documents/tips.older.adults.pdf

Stress and Coping amid COVID-19

Georgia Crisis and Access Line
• 1-800-715-4225
Self-Care Strategies

- S - Support/Social Engagement
- E - Examine/Express Emotions
- L - Laughter
- F - Faith
- C - Compassion for self
- A - Activities
- R - Rest/Routine/Resilience
- E - Exercise
Practicals

- **S** - Virtual support groups, video chat with friends, mental health helplines
- **E** - Keep a journal, write what you are grateful for every morning, convey appreciation
- **L** - Watch an old comedy, listen to a podcast, look at old pictures
- **F** - Watch services online, listen to inspirational music, meditate
- **C** - Give yourself permission to have feelings and to make mistakes, Practice forgiveness of yourself
- **A** - Virtual museum tour, aquarium, learn something new (never too old)
- **R** - Practice good sleep hygiene, structure the day (but be flexible)
- **E** – Walk outside, Virtual exercise classes (yoga, chair exercises)
Covid-19: Prevention and Healthcare Visits
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Assistant Professor
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What does “flatten the curve” mean and why is it important?

- “Flatten the curve” refers to the rate of COVID-19 infection over time.
- Implementing social distancing, stay-at-home orders and other measures can help “flatten the curve” by reducing the number of people who are infected within a specific time period.
Prevention:

• Stay home
• Avoid touching your eyes, nose and mouth
• Wash your hands
• Social distance
• Routine cleaning of high touch surfaces
• Good respiratory etiquette:
  Coughing into elbow/ tissue
  Sneeze into elbow/ tissue
  Immediately washing or sanitizing hands afterwards

FACT:
Staying home slows the spread and saves lives. Regardless if you’re young, healthy or feeling fine... please stay home. #FlattenTheCurveGA

Learn more: emoryhealthcare.org/covid

Adapted from GaPHI

FACT:
Avoid touching your eyes, nose and mouth with unwashed hands. #FlattenTheCurveGA

Learn more: emoryhealthcare.org/covid

Adapted from GaPHI

FACT:
It’s best to avoid physical contact while greeting. Use a wave, a nod or a bow to practice #SocialDistancing.

Learn more: emoryhealthcare.org/covid

Adapted from the WHO
HealthCare Visits: Virtual/Telemedicine

Need:
• Webcam – set up at eye level
• Microphone and speaker are working, preferable headset – headphone and microphone

Before:
• Test the application and the computer: Video and sound.
• Set up a Zoom account and call a friend
• Set a notification to remind you of the appointment
• Where will you sit so that the provider can see you (alone or with your loved one), if home.
• If in residential community, contact them and have them be ready to facilitate the call/visit

Day of:
• Close unnecessary programs
• Plug in the device to continue charging during the visit
• Have medication list to review
• Based on your or the person’s health status, if you take blood pressures and glucose at home, have them to provide to the healthcare provider
• Write down the questions you have to ask the provider
• Medication refills
HealthCare Visits: In Person

• **Symptom Screening**
  - Have you experienced any of the below symptoms in the last 2 weeks, or have you had a COVID test within the last 14 days due to COVID-related symptoms? 
  - • Fever (temperature > 100 F)  
  - • Shaking/chills  
  - • Loss of taste or smell  
  - • Cough  
  - • Shortness of breath or difficulty breathing  
  - • Sore throat  
  - • Body/muscle aches  
  - • Headache  
  - • Diarrhea  
  - • Rash

• **Temperature Check**

• **Masks**
  - Patient and one person accompanying the patient, wear mask or one will be provided for each person.
Managing Your Household during the Coronavirus Pandemic AND the Financial Implications for Caregiving

Clinton Dye, PhD, LCSW
FINANCIAL STRAIN

A recent survey conducted by the National Alliance for Caregiving (NAR) and the AARP Public Policy Institute (20156) found that 36% of adult caregivers over the age of 50 reported moderate to high levels of “financial strain”.

COVID-19 HAS SIGNIFICANTLY IMPACTED THIS FINANCIAL STRAIN
GUIDELINES FOR WORKING WITH CREDITORS

• **CREDIT CARDS:** Most major banks—including Capital One, JP Morgan, and Citi—are giving concessions to cardholders who are suffering financial hardships due to the current crisis.

• **RENT:** Department of Housing and Urban Development (HUD) is halting ALL eviction proceedings for 6.7 million tenants in the properties it owns.

• **Fannie Mae and Freddie Mac** will offer multifamily property owners loan deferrals on the promise to not evict tenants.
• **MORTGAGES**: At the homeowner’s request, the agencies will grant forbearance, which allows mortgage payments to be postponed for up to 180 days. An additional 180 days is also available again upon request. Interest still accrues, but fees and penalties are waived.

• To determine if the mortgage is backed by a federal or government sponsored enterprise, check the loan look-up tool on the Fannie Mae website (800-2FANNIE) or the look-up tool for Freddie Mac (800-FREDDIE).
• **UTILITIES**: Many states are barring utilities and other essential services from cutting off services during the coronavirus pandemic. Some local vendors that have agreed are Georgia Natural Gas, AT&T, and Greystone Power.

**TELECOM COMPANIES**

- **VERIZON** - willing to waive some fees and agree to not cut off services for a certain period

- **COMCAST** - agree to not disconnect lines or give late fees, as well as offering a new, free internet service for low-income customers.

- **FREE UP CASH ON YOUR EXISITING CONTRACT BY NEGOTIATING A BETTER DEAL!**
FINANCIAL PLANNING FOR CAREGIVERS

1. DEVELOPING A PLAN: Long-term financial planning is very important for the security of the caregiver and the care partner.

- If you wish to handle your loved one’s finances, you must receive written, legal authorization to do so through documents such as a power of attorney.

- You may want to contact professional, financial managers and/or medical lawyers who specialize with financial planning for people facing chronic or progressive illnesses.
Foundation for Financial Planning

Founded in 1995 by leading financial planners in an effort to give back to their communities and advance their profession.

- They formed a nonprofit and raised money to create an endowment fund that powers grant-making to worthy, pro-bono financial planning programs nationwide. The pro-bono work goes beyond financial literacy and extends to one-on-one, free, quality guidance on people’s most challenging money issues.

- The grants funds opportunities for personal interactions between volunteer financial planners and vulnerable people.
• Volunteer financial planner can tailor his or her advice to the person’s specific financial and life circumstances.

• Person can freely discuss challenges in a confidential and supportive setting.

• People seeking help often receive a “road map” for moving forward with concrete action steps to improve their financial lives.
Resources

National Foundation for Credit Counseling
https://www.NFee.org

XY Planning Network
https://www.XyPlanning Network.com

IRS Form 1099-G For UI Payments
https://www.dol.state.ga.us/Access/Service/BP1099 Inquiry

Foundation For Financial Planning
https://FFpprobono.org
Office of Aging
Overview of Services
Darryl Blackwell, MSIT
Manager
DeKalb County Human Services Department
Office of Aging Division
“Engage! Enhance! Embrace Active Aging”
Overview of Office of Aging

- The Office of Aging (OOA) (formerly known as the Office of Senior Affairs) was established in 1999 to serve DeKalb County’s growing and diverse senior citizen population.

- OAA functioned as an information clearing house for seniors, their caregivers and the community. In addition, it maintained information pertaining to aging trends, service needs, and resources.

- Effective July 1, 2003, the Office of Aging was designated as the County-Based-Aging Program/Nutrition Service Provider (CBA/NSP).

- In this capacity, OOA either directly provides or contracts with other nonprofit or government agencies to provide the following services on the next slide;
Services offered by the Office of Aging

- Information & Referral/Assistance
- Case Management
- In-Home Services
  - Homemaker
  - Personal Care & Respite Services
- Congregate Meals at Four Neighborhood Senior Centers
- Home-Delivered Meals
- Non-Emergency Transportation
- Adult Day Pilot program
- Medical Appointments & Dialysis
How to Access Services

- DeKalb County Office of Aging provides information and referral/assistance to seniors, 60 and older, and their family members/caregivers.

- **Information & Referral (I&R) Specialists provide up-to-date information to callers about services obtained through DeKalb County Office of Aging’ Senior Link Line or other agencies and organizations.**

- After a referral, an I&R Specialist checks to make sure information or service has been helpful.

- **To receive information or assistance through DeKalb County’s Senior Link Line, please call (770) 322-2950.**
Service delivery process and philosophy

The DeKalb County Office of Aging is committed to providing great services to the seniors of DeKalb County. OOA wants to provide seniors with opportunities to continue to experience new activities, socialize and build a great network of friends.

OOA believes in the following;

- **Communication** - Providing clear communication to seniors, the public and caregivers regarding referrals and information about the cadre of services we provide.

- **Collaboration** - Collaborations with various organizations (public and private) that are committed to active aging.

- **Coordination** - Exceptional coordination of services delivery to all senior center members and seniors in the community.
Programming at the Senior/Community Centers

- The four neighborhood senior centers offer a variety of programs including:
  - Nutrition Education & Counseling
  - A Nutritious Noon-day Meal
  - Arts & Crafts
  - Group Trips
  - Wellness Programs
  - Special events
  - Socialization activities
Four Neighborhood Senior Centers

DeKalb Atlanta Senior Center
25 Warren Street
Atlanta, GA 30317
404-370-7297

Lithonia Senior Center
2484 Bruce Street
Lithonia, GA 30058
770-482-0402

South DeKalb Senior/Community Center
1931 Candler Road
Decatur, GA 30032

North DeKalb Senior Center
3393 Malone Drive
Chamblee, GA 30341
404-298-4461
Thank you
The Office of Aging looks forward to working with you.

“Engage! Enhance! Embrace Active Aging”