State of Utah

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January 28, 2019

Dear Colleague,

In Utah there are currently 31,000 individuals diagnosed with Alzheimer's disease or related dementias with a projected increase of nearly **forty percent within the next eight years**. This disease continues to be an important priority for the Utah Department of Health. We are pleased to announce the launch of a public awareness campaign this month called *Age Well.* It will raise awareness of Medicare Annual Wellness Visit and encourage adults over the age of 65 to ask their primary care provider about the three-minute brain health check that should be conducted during their Annual Well Visit. You may recall an earlier letter sent on February 28, 2017 encouraging you to conduct the Mini-Cog on all of your patients starting at age 65 years old.

There are resources available to primary care providers including:

1. Cognitive Assessment reimbursement

   a. Cognitive Assessment Encounter CPT® code 99483 provides enhanced reimbursement for an encounter that results in a comprehensive care plan, for patients exhibiting and/or having issues related to dementia. https://alz.org/careplanning/overview.asp

2. Training provided by HealthInsight in administering the Mini-Cog and recommended follow up.

3. The *Age Well* campaign website provides information and resources including contact information for questions or to request additional support. www.agewell.health.utah.gov

The Utah Department of Health recommends all healthcare professionals:

1. Understand the benefits of early and accurate diagnosis of Alzheimer's disease and related dementias- www.alz.org/health-care-professionals/dementia-diagnosis-diagnostic-tests.asp

2. Promote the use of the Medicare Annual Wellness Visit. This yearly encounter includes the creation of a personalized health wellness plan and includes the use of a cognitive screen to detect possible cognitive impairment. This can be a first step in a thorough process of evaluation, with referral to specialists for further assessment to determine the cause of the memory loss. Please visit https://www.acponline.org/practice-resources/business-resources/payment/medicare/how-to-bill-medicares-annual-wellness-visit-awv for more information about this Medicare benefit.

3. Familiarize yourself with the tools the Alzheimer's Association has available to assist with diagnosing individuals with dementia. Please visit http://www.alz.org/hcps.

Utah's State Plan

For Alzheimer's Disease and Related Dementias

UTAH DEPARTMENT OF HEALTH

Utah's State Plan for Alzheimer's Disease and Related Dementias 2018-2022 is a collaborative effort in which many individuals as well as private, non-profit, and public organizations worked together on the following guiding directives:

- **To combat the stigma and increase awareness of Alzheimer's disease and related dementias.** Dementia is associated with a decline in memory and other mental disabilities severe enough to interfere with daily life. It is caused by physical changes in the brain. Common forms of dementia include Alzheimer's disease, vascular dementia, frontotemporal degeneration, and dementia with Lewy bodies.
- **To emphasize person-centered care that responds to individual needs and strengths.** Develop healthcare practices and societal responses that emphasize the strengths and abilities people with dementia have, not just their losses. In particular, people in early stage of dementia are better served when their health care wishes, desires for self-determination, and continued independence are equally respected to those with other chronic illnesses or disabling conditions.
- **To anticipate and address the broadening cultural, ethnic, racial, socio-economic and demographic diversity of Utah.** Rural access to dementia diagnostic services has become increasingly problematic. The prevalence of dementia among Hispanics and African-Americans is disproportionately greater than among Whites older than 65. These populations are growing in our state. Broad disparity in access to services is addressed in the plan.

31,000
Utahans with Alzheimer's Disease or Related Dementias

4th
Leading Cause of Death in Utah
165% Increase since 2000

152,000
Caregivers to people with Alzheimer's Disease or Related Dementias

173 Million
Hours of unpaid care provided by family
Valued at **$2.2 Million**

Summary of Goals and Recommendations

UTAH DEPARTMENT OF HEALTH

Goal 1: Dementia-aware Utah

Raise broad public awareness of Alzheimer's disease and related dementias through culturally appropriate education

Goal 2: Support and Empower Family and Other Informal Caregivers

Advocate and promote education on the vital role of informal caregivers with guidance and quality care and the best utilization of resources

Goal 3: Dementia-competent Workforce

Develop a dementia-capable and culturally competent professional healthcare workforce who cares for older adults and people with dementia throughout the continuum of care

Goal 4: Expanded Research in Utah

Engage in a public health approach to address the significant projected growth in Alzheimer's disease and related dementias in Utah

For complete state plan visit:
https://livingwell.utah.gov/docs/Alzheimers_StatePlan.pdf

FY 2019

$250,000

An outline for the utilization of the one-time legislative funding appropriated to continue the implementation of Utah's State Plan for :

Alzheimer's Disease and Related Dementias

UTAH DEPARTMENT OF HEALTH

HEALTHIEST PEOPLE

OPTIMIZE MEDICAID

A GREAT ORGANIZATION

COMMUNITY CARE CONSULTATIONS
$145,000

Statewide capacity will be built for people living with dementia and their caregivers. One-on-one education discussions, support groups and medical care practice visits will be conducted for caregivers and for dementia patients. This will build awareness of the prevalence of dementia and reduce the stigma surrounding an accurate and timely diagnosis within the community.

Funding has been awarded to University of Utah, Center for Alzheimer's Care, Imaging, and Research for patient consultations and Alzheimer's Association, Utah Chapter for Dementia support groups and physician education.

PUBLIC AWARENESS CAMPAIGN
$45,000

The purpose of this public awareness campaign will be to encourage communication between adults age 55+ and their healthcare providers regarding their brain health, Alzheimer's Disease and Related Dementias. This campaign will also increase awareness of the cognitive screening exam during an Annual Wellness Visit.

Funding has been awarded to EKR Agency for multi-media campaign launching in January 2019.

PHYSICIAN EDUCATION
$20,000

Trainings will be continue to be conducted to primary care physicians on the utilization of the Mini-Cog Assessment Tool with a concentration on the Annual Wellness Visit. Trainings will be conducted via two platforms: Project ECHO and in-person trainings. An *Alzheimer's Disease and Related Demetnias Resource Guide* will continue to be updated for primary care physicians and other healthcare professionals.

Funding has been awarded to HealthInsight for one-on-one physician education and implementation of Cognitive Care Conference annually.

BRFSS
$15,000

Two modules will continue to be implemented in Utah: Cognitive Decline and Caregiving. These modules collect statewide data that affords comparisons with other states. Past use of the data can be instrumental in communicating the impact of cognitive problems and caregiving and facilitate understanding of their relationship with other chronic health conditions and health behaviors.

Funding has been utilized by the Utah Department of Health

DEMENTIA DIALOGUES
$20,000

Dementia Dialogues is hosted throughout the state by certified Dementia Dialogue trainers. Dementia Dialogues is a 5-session training course designed to educate the community and individuals who care for persons who exhibit signs and symptoms associated with Alzheimer's disease or related dementias. Utah has 50 active trainers and has trained over 800 dementia specialists.

Funding has been utilized by the Utah Department of Health.