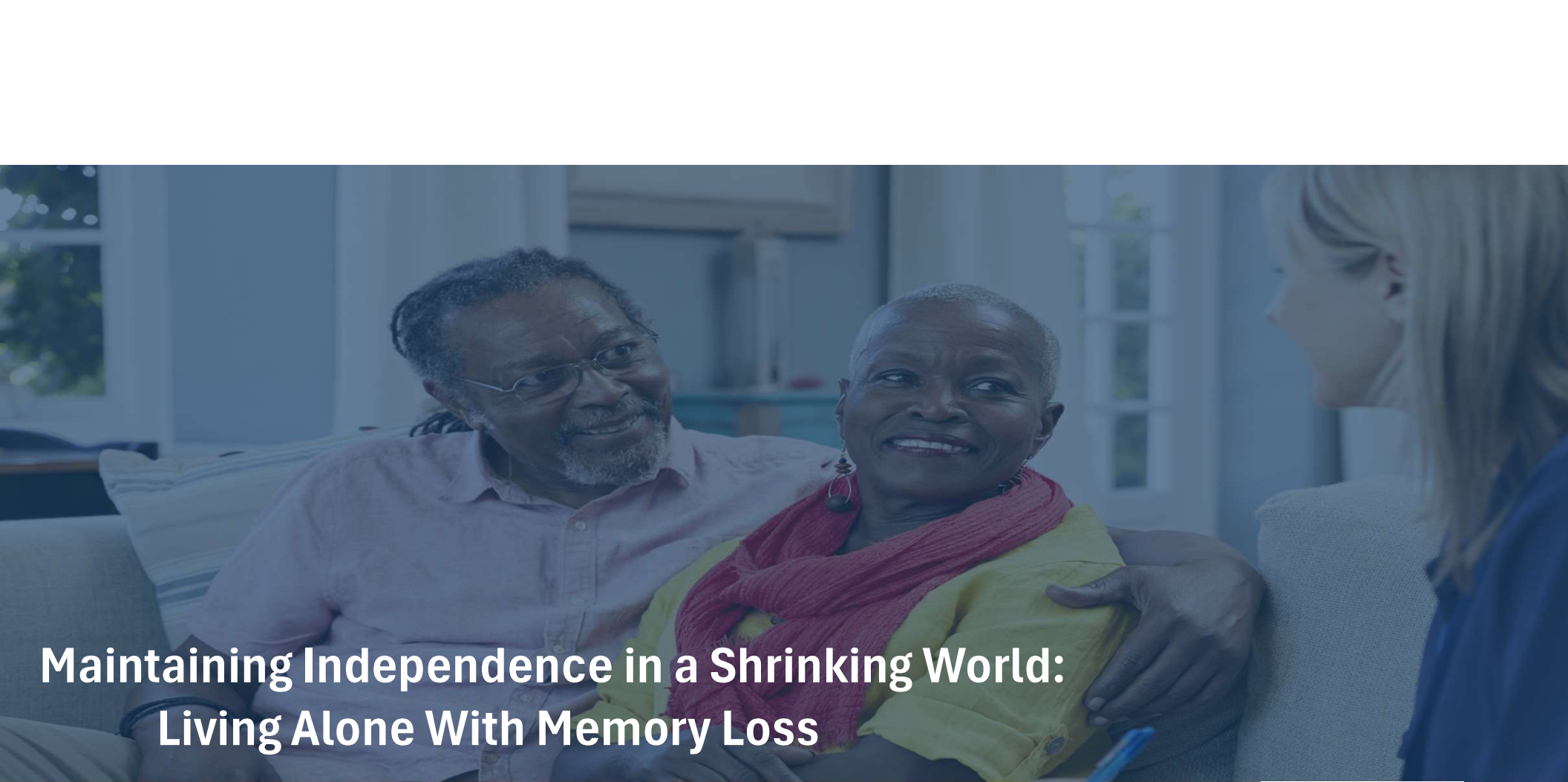




Maintaining Independence in a Shrinking World: Living Alone With Memory Loss

CRIS Healthy Aging
Memory Support Program
Presented by: Skye Satz and Samantha Rogers

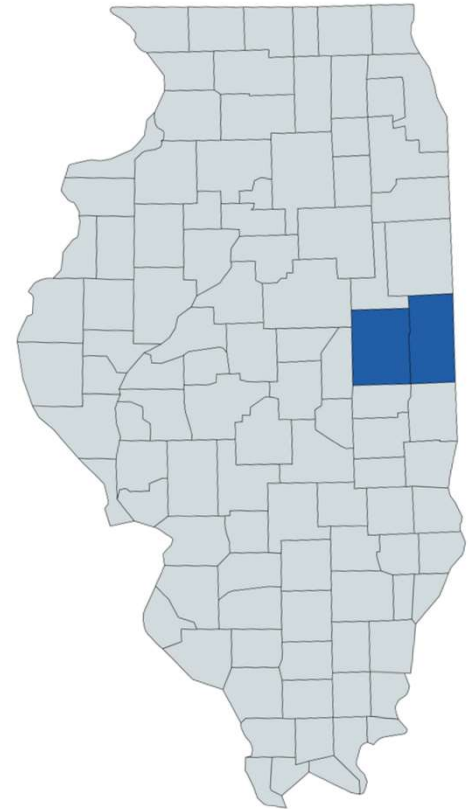


CRIS Healthy Aging



CRIS Healthy Aging is a non-profit organization dedicated to keeping older adults safe, healthy and independent in their homes for as long as possible.

Our agency covers two counties in East Central Illinois. Primarily funded through the ECIAAA and IDoA for core services including Senior Information Services, Caregiver Advisory Program, Social Connections, APS, CCU, Nutrition Services, and more.



Grant Funding – Memory Support Program



Free resources, education, and support services for family caregivers and **individuals living alone** with memory loss or dementia in any form.

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government.

LIVING ALONE WITH MEMORY LOSS



Eligibility and Goals of the Live Alone Program

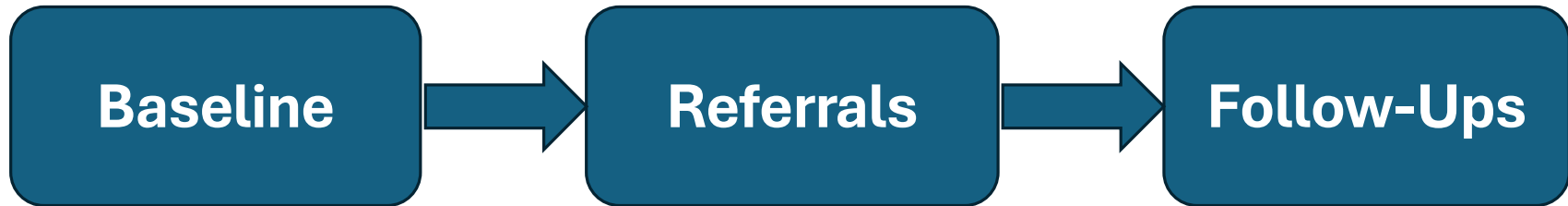


One of the core service goals of the ADPI grant program is to support individuals who are living alone with memory loss.

Live Alone program goals:

1. Safety – ensure PWD is safe to remain independent
 - Comprehensive Intake Assessment
 - Provide AT and other items to improve safety
2. Improve understanding of dementia illness and progression
 - 10 Signs and review of symptoms
 - More likely to encourage diagnosis compared to those with a caregiver
3. Identify support system outside of MSP Coach
 - Advanced Care Planning

Timeline and Process



Baseline: Intake Assessment and review of 10 Signs

Referrals: Commonly includes IATP (assistive tech), CCU (in-home care), Money Management, Medical Providers (PCP, Neuropsych, etc.)

Follow-Ups:

- Home visits only at first; as applicable, transition to virtual meetings
- Weekly for first month, biweekly second month, monthly moving forward with 3-Month data collection windows

Brainstorm #1: Goals and Assessment



1. Are there specific goals or gap areas that you would want to assess?
2. What are your overall thoughts of the assessment tool developed? (length, breadth, type of question asked)
3. Does follow-up timeline seem reasonable? Would you want to assess more or less frequently?

A photograph of a group of older adults in a classroom or meeting room. In the foreground, a woman with short white hair, wearing a grey sweater, is smiling broadly and looking towards the camera. She is holding a pen in her right hand. To her left, another woman with short white hair, wearing a blue top, is looking towards the left. In the background, other people are seated at tables, and a whiteboard is visible. The overall atmosphere is positive and engaged.

LESSONS LEARNED



Working with Memory Loss



- Effective Communication
- Remembering scheduled appointments
- Returning phone calls
- Ensuring next steps are taken
- Stage of ADRD matters



Your Memory Support Specialist:

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After Visit Summary

Date: _____

Today we discussed...

Our next visit: Phone Call Home Visit

Date & Time: _____

We will plan to discuss...

Your goals before then...

Don't hesitate to call or email me if you need anything or if you have a question!

Staffing and Time Spent



The live alone sessions were much more time intensive than originally anticipated...

- Staffing pattern: At most, 2 full-time coaches available who also run the caregiver and education arms of the program
- Client needs: Due to forgetfulness and lack of identified caregiver, coaches became essentially emergency contacts
- Identifying caregiver is difficult: Clients don't always have an option or don't recognize that they need this person

Service Gaps



- Money Management
- Self-Advocacy
- Medication Management
- Nutrition
- Age restrictions

Brainstorm #2: Service Gaps



1. What other challenges could you foresee as part of working with memory loss? Are there other recommendations for working with individuals with memory loss?
2. How do you handle boundary setting and staff limitations with high-risk, high-need, vulnerable clients?
3. How would you navigate resistance to outside help or feelings of not needing additional support?
4. Are there other gaps you would anticipate individuals with memory loss would experience?

Contact Us



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