



# Legislative Report

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## Dementia Grants Annual Progress Report

January 2019

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# I. Executive summary

In 2015, the Minnesota Legislature amended Minnesota Statutes 256.975 creating a competitive grant program administered by the Minnesota Board on Aging (MBA) that focuses on dementia and its impacts on persons with dementia, family and friend caregivers of persons with dementia and communities. The Legislature has appropriated \$1.5 million in each biennium since the 2016/2017 Biennium for this program.

The MBA awarded \$750,000 through a second competitive Request for Proposal (RFP) to 10 applicants for state fiscal year (FY) 2018 and awarded an additional \$750,000 through a third competitive RFP to 12 applicants for FY 2019 at its July meeting. In each case, the grants support regional and local projects that increase awareness of Alzheimer's disease and related dementias (ADRD), increase the rate of cognitive testing, promote the benefits of early diagnosis and connect family and friend caregivers of persons with dementia to education and resources.

The total number of persons served since the inception of the grants through September 30, 2018 are: 32,854 for general awareness education and training for persons including community members, healthcare professionals, emergency personnel and business owners and their employees; 2,036 caregiving family, friends, and neighbors; and also 2,763 persons suspected or diagnosed with Alzheimer's or other dementias have been provided services, supports, and resources.

## A. FY 2018 grantees

The grantees in six of the state's planning and service areas received grants ranging from \$29,941 – \$121,996. This grantee group has completed their contracts. They have successfully completed general awareness education and training to 10,769 persons including community members, healthcare professionals, emergency personnel and business owners and their employees.

The grantees have also provided services and resources to 563 caregiving family, friends, and neighbors as well as 1,264 persons suspected or diagnosed with ADRD through June 30, 2018.

## B. FY 2019 grantees

The FY 2019 grantees are located in six state planning and service areas with grants ranging from \$18,044 - \$110,535. This grantee group has completed their first quarterly reporting period, through September 30, 2018. They have successfully completed general awareness education and training to 1,420 persons including community members, healthcare professionals, emergency personnel and business owners and their employees.

The grantees have also provided services, supports, and resources to caregiving family, friends, and neighbors and to 123 persons suspected or diagnosed with ADRD.

## II. Legislation

### **Minnesota Statutes section 256.975 MINNESOTA BOARD ON AGING.**

#### **Subd. 11. Regional and local dementia grants.**

(a) The Minnesota Board on Aging shall award competitive grants to eligible applicants for regional and local projects and initiatives targeted to a designated community, which may consist of a specific geographic area or population, to increase awareness of Alzheimer's disease and other dementias, increase the rate of cognitive testing in the population at risk for dementias, promote the benefits of early diagnosis of dementias, or connect caregivers of persons with dementia to education and resources.

(b) The project areas for grants include:

(1) local or community-based initiatives to promote the benefits of physician consultations for all individuals who suspect a memory or cognitive problem;

(2) local or community-based initiatives to promote the benefits of early diagnosis of Alzheimer's disease and other dementias; and

(3) local or community-based initiatives to provide informational materials and other resources to caregivers of persons with dementia.

(c) Eligible applicants for local and regional grants may include, but are not limited to, community health boards, school districts, colleges and universities, community clinics, tribal communities, nonprofit organizations, and other health care organizations.

(d) Applicants must:

(1) describe the proposed initiative, including the targeted community and how the initiative meets the requirements of this subdivision; and

(2) identify the proposed outcomes of the initiative and the evaluation process to be used to measure these outcomes.

(e) In awarding the regional and local dementia grants, the Minnesota Board on Aging must give priority to applicants who demonstrate that the proposed project:

(1) is supported by and appropriately targeted to the community the applicant serves;

(2) is designed to coordinate with other community activities related to other health initiatives, particularly those initiatives targeted at the elderly;

(3) is conducted by an applicant able to demonstrate expertise in the project areas;

(4) utilizes and enhances existing activities and resources or involves innovative approaches to achieve success in the project areas; and

(5) strengthens community relationships and partnerships to achieve the project areas.

(f) The board shall divide the state into specific geographic regions and allocate a percentage of the money available for the local and regional dementia grants to projects or initiatives aimed at each geographic region.

(g) The board shall award any available grants by January 1, 2016, and each July 1 thereafter.

(h) Each grant recipient shall report to the board on the progress of the initiative at least once during the grant period, and within two months of the end of the grant period shall submit a final report to the board that includes the outcome results.

(i) The Minnesota Board on Aging shall:

(1) develop the criteria and procedures to allocate the grants under this subdivision, evaluate all applicants on a competitive basis and award the grants, and select qualified providers to offer technical assistance to grant applicants and grantees. The selected provider shall provide applicants and grantees assistance with project design, evaluation methods, materials, and training; and

(2) submit by January 15, 2017, and on each January 15 thereafter, a progress report on the dementia grants programs under this subdivision to the chairs and ranking minority members of the senate and house of representatives committees and divisions with jurisdiction over health finance and policy. The report shall include:

(i) information on each grant recipient;

(ii) a summary of all projects or initiatives undertaken with each grant;

(iii) the measurable outcomes established by each grantee, an explanation of the evaluation process used to determine whether the outcomes were met, and the results of the evaluation; and

(iv) an accounting of how the grant funds were spent.

## III. Introduction

In 2015 the Minnesota Legislature amended Minnesota Statutes section 256.975 to create a competitive grants program administered by the MBA that focuses on ADRD and its impacts on persons with dementia, family and friend caregivers of persons with dementia, and communities. The Legislature has appropriated \$1.5 million in each biennium for this grant program.

The MBA sought proposals from qualified responders for regional and local projects to increase awareness of Alzheimer's disease, increase the rate of cognitive testing, promote the benefits of early diagnosis, or connect family and friends caregiving for persons with dementia to education and resources. During state FY 2018 and FY 2019 the MBA awarded \$750,000 each year in grants.

### A. FY 2018 grantees

The RFP was open March 13, 2017 through April 14, 2017. 10 projects were selected by the MBA at its July 5, 2017 meeting.

The projects began July 21, 2017 and ended June 30, 2018. This is a review of the progress of the FY 2018 grantees.

Key evaluation outcomes of the FY 2018 grantees' providing ADRD services and information include:

### B. FY 2019 grantees

The RFP was open from April 9, 2018 to May 11, 2018. 12 successful applications were approved by the MBA at its July meeting. Applicants for amounts in excess of \$50,000 were required to furnish dollar for dollar match. Applicants for less did not need to provide a match.

Projects began on August 1, 2018 with an end date of July 31, 2019. This is a review of the first quarter progress of the FY 2019 grantees.

## IV. Description of grantees

### A. FY 2018 grantees

The ten FY 2018 grantees included eight community organizations, one educational institution, and one public health board.

All ten focused on raising awareness of ADRD in their communities. One grantee focused their activities in the Somali community to increase awareness of Alzheimer's disease and gain their trust so as to increase their screening rate.

Eight grantees offered services to family and friend caregivers of persons with dementia to connect them with services, education and resources.

Four grantees offered specific services responsive to the cultural norms and values of African-American, American Indian, LGBT, Latino, Jewish, Russian-speaking and Somali cultures.

Six grantees promoted the benefits of early diagnosis of dementia. This included screening to identify early memory loss among Somalis and African-Americans in senior public housing facilities and collaborating with businesses to identify and educate working family and friend caregivers.

Three organizations focused efforts on increasing cognitive testing, which includes enlisting family and friend caregivers to encourage a person with memory loss to seek testing.

Awards were distributed across rural and urban locations. The grant awards ranged from \$29,914 to \$121,996. Grantees are listed below by their state planning and service area with a brief description that includes the award amount, project goals and final results.

### **Northeast planning and service area**

Northeast includes Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, and St. Louis counties.

- **Age Well of Arrowhead Inc.**, Duluth, \$49,999. The grant proposed extending dementia awareness training to employers, business organizations and 10 service employers and 120 employees; provide support and services to 25 caregivers; and conduct dementia friendly business trainings for six businesses. The results are:
  - Awareness training to: 12 employer partners with 250 employees, 44 Healthcare Professionals, and 1,959 Community Members.
  - Services to: 76 Persons with Dementia and 148 Caregivers
  
- **Koochiching Aging Options**, International Falls, \$30,570. The grant proposed increasing awareness through educational outreach to county; promoting use of referral standards with an Essentia Clinic; continue Memory Café for persons with dementia and caregivers. The final results are:
  - Awareness training to: 51 Healthcare Professionals and 422 Community Members.
  - Services to: Eight Persons with Dementia (PWD) and 41 Caregivers  
The Memory Café met twice a month through the grant period.
  - Referrals: Essentia made four using the new protocol



## Central planning and service area

Central includes Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena and Wright counties.

- **Isanti County Public Health**, Cambridge, \$88,738. Increase dementia awareness through two health fairs; pilot Electronic Medical Record tools with healthcare staff; expand Project Lifesaver; and create an Arts and Activities Library to support ten caregivers.

The final results are:

- Awareness training to: 108 Healthcare Professionals in eight sessions, 45 Police, Fire and other emergency staff  
380 Community Members  
The Arts and Activities Library was used by five PWD and five caregivers
- Referrals: Allina staff made referrals for two PWD and Two Caregivers using their Electronic Medical Record (EMR)

## The Northwest planning and service area

Includes Becker, Beltrami, Clay, Clearwater, Douglas, Grant, Hubbard, Kittson, Lake of the Woods, Mahnommen, Marshall, Norman, Otter Tail, Pennington, Polk, Pope, Red Lake, Roseau, Stevens, Traverse and Wilkin counties.

- **Northwoods Interfaith Volunteer Caregivers Program**, Bemidji, \$125,000. Provide increased dementia awareness to 200 persons; host a welcoming for 50 LGBT elders; early identification education; and caregiver consultation for 40 persons including 10 American Indians. The final results are:

- Awareness training to: 2,017 Community members
- Welcoming workshop for: 83 LGBT elders
- Caregiver Consultations for: 29 American Indian Elders
- Services to: 11 PWD and 78 Caregivers
- Outreach to: The Red Lake and White Earth Nations, and the Wisdom Steps Program

## Metropolitan planning and service area

Includes Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington counties.

- **East Side Neighborhood Services, Inc.**, Minneapolis, \$ 49,999. Increase dementia awareness to 150 persons; host a Memory Meetup group; Growing Connections gardening group each targeting 20 persons with dementia and care partners; and a Mild Cognitive Impairment/Early Stage Dementia Support Group for 20 persons. The final results are:

- Awareness training to: 174 Community Members

- Memory Support group: Twice monthly meetings
  - Growing Connections: 9 PWD and 9 Caregivers
  - Services to: 34 PWD and 43 Caregivers
- **Jewish Family and Children’s Services of Minneapolis**, Minnetonka, \$125,000. Complete memory screening for 180 Somali and 180 Russian-Speaking seniors using a culturally responsive screening tool; provide dementia caregiver coaching for 65 older adults (20 Somali and 19 Russian); conduct 22 Dementia Friends trainings for 440 persons including Russian speaking participants; provide one Dementia Champion training for 10 Dementia Champion volunteers. The final results are:
    - Memory Screening for: 591 persons consisting of 229 Somali speaking and 233 Russian speaking persons
    - Caregiver Coaching: 33 PWD and 38 Caregivers
    - Dementia Friends Training: 16 Sessions
    - Services to: 591 PWD and 42 Caregivers
- **University of Minnesota – Borson**, Minneapolis, \$78,674. Develop a billing/reimbursement toolkit for up to 12 Federally Qualified Health Center (FQHC) providers for primarily low income including racially diverse and immigrant populations; enhance provider readiness; propel practice change; and host up to 5 community meetings to develop tailored messaging for the communities. The final results are:
    - Provided 5 clinic sessions for: 144 Providers and Clinic Staff
    - Developed a toolkit/packet for FQHCs
    - Awareness training to: 135 Community Members
- **Volunteers of America of Minnesota (VOA)**, Minneapolis, \$121,996. Focusing on the Public Housing Authority Senior High-Rise Buildings to: offer 120 culturally adapted education & exercise activities; memory screening for 200 adults; support 250 caregivers; and initiate five dementia trainings to Minnesota Public Housing Authority (MPHA), VOA and others. The final results are:
    - Provided early ID memory screening for: 484 PWD and 10 Caregivers
    - Provided Care Consultations for: 126 Caregivers and 104 PWD
    - Awareness training to: 2196 Community Members and 34 High-rise Staff

### Southwest planning and service area

Includes Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Faribault, Jackson, Kandiyohi, Lac Qui Parle, Le Sueur, Lincoln, Lyon, Martin, McLeod, Meeker, Murray, Nicollet, Nobles, Pipestone, Redwood, Renville, Rock, Sibley, Swift, Waseca, Watonwan and Yellow Medicine counties.

- **A.C.E. of Southwest Minnesota**, Slayton, \$91,733. Increase dementia awareness to 300 persons; complete memory screenings for 50 persons; provide Memory Care Consultant services including Resources for Enriching Alzheimer’s Caregiver Health in the Community (REACH) to 100 caregivers. REACH is an evidence-based “intervention to assess risk in the caregiving situation, and then address risks by engaging the Caregiver in problem solving and skills building techniques”. The final results are:
  - Awareness training to: 1,620 Community Members
  - Provided early ID memory screening for: 41 PWD and 14 Caregivers
  - Provided Care Consultations for: 71 Caregivers and 28 PWD
  - Awareness training to: 1,620 Community Members

### **Southeast planning and service area**

Includes Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona counties.

- **Winona Friendship Center**, Winona, \$29,941. Create a Giving Voice Chorus for persons with dementia and their caregivers participating; increase dementia awareness through performances by the Giving Voice Chorus; offer engagement to 10 persons/week thru Dementia Friendly Gardens; and host weekly Memory Cafes for persons with dementia and caregivers. The final results are:
  - Awareness training to: 289 Community Members
  - Provided Services for: 42 PWD and 42 Caregivers
  - Established Choir and held 3 concerts

### **B. FY 2019 grantees**

The 2019 grantees include 12 community organizations.

All 12 grantees focused on raising awareness of Alzheimer’s disease and other dementia in their communities.

Four 2018 grantees were selected again through the 2019 RFP. Koochiching Aging Options, Northwoods Interfaith Volunteer Caregivers Program, Eastside Neighborhood Services, and Volunteers of America all submitted new proposals expanding on work they had begun earlier. Their applications were evaluated and scored in competition with all the other 2019 submissions.

Nine grantees offered services to caregiving family, friends, and neighbors of persons with dementia to connect them with services, education and resources.

One grantee is focused on Federally Qualified Health Care (FQHC) organizations.

Four grantees offered specific services responsive to the cultural norms and values of African-American, American Indian, Latino, LGBT and/or Somali cultures.

Six grantees promoted the benefits of early diagnosis of dementia. This included screening to identify early memory loss among Somalis, Hmong and African-Americans in senior public housing facilities and collaborating with businesses to identify and educate working family and friend caregivers.

Two organizations focused efforts on providing arts activities such as creative art classes and a chorus that integrates both the person with dementia and their caregiver.

Awards were distributed to rural and urban locations. Grant awards ranged from \$18,044 - \$110,535. Grantees are listed below by their state planning and service area with a brief description that includes the award amount, project goals and results.

### **Northeast planning and service area**

Northeast includes Aitkin, Carlton, Cook, Itasca, Koochiching, Lake and St. Louis counties.

- **Elder Circle**, Grand Rapids, \$78,712. Educate in Itasca & St Louis Co through different technologies; complete memory screenings; promote diagnosis and support caregivers and persons living with dementia through memory clubs, Powerful Tools for Caregivers (PTC) and support for caregivers. The results through September 30, 2018 are:
  - Awareness training to: 116 Community Members
  - Provided Services for: 10 PWD and 66 Caregivers
  - Provided Dementia Friends Training for: 11 “Champions”
  - Provided PTC to: 7 Caregivers
  
- **Koochiching Aging Options**, International Falls, \$38,451. Educate targeted community organizations, including businesses; offer one to one service to persons with memory loss and providers of care; enhance participation in memory café; and increase referrals to/from medical providers. The results through September 30, 2018 are:
  - Awareness training to: 82 Community Members
  - Provided Services for: 5 PWD and 35 Caregivers
  - Held four Memory Café sessions
  - Met with Essentia Health Clinic and Rainy Lake Medical Center staff about referral protocols and potential social supports. One client to clinic for Mini-cog.

### **Central planning and service area**

Central includes Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena and Wright counties.

- **Paramount Center for the Arts**, \$44,716. Using an arts program for socializing and building community; teaching effective communication strategies to those providing

care to use in their home setting; delaying dementia progression; and developing supportive relationships; with outreach to develop the program in the Somali community. The results through September 30, 2018 are:

- Awareness training to: 111 Community Members
- Outreach to Somali Community initiated

### Northwest planning and service area

Northwest includes Becker, Beltrami, Clay, Clearwater, Douglas, Grant, Hubbard, Kittson, Lake of the Woods, Mahnomon, Marshall, Norman, Otter Tail, Pennington, Polk, Pope, Red Lake, Roseau, Stevens, Traverse and Wilkin counties.

- **Northwoods Interfaith Volunteer Caregivers Program**, Bemidji, \$110,535. Educational workshops in community, including Red Lake Nation; virtual dementia tours with youth and healthcare providers; supporting dementia patient with nurse; connect with Native Americans and LGBT communities; health fair and partner with Memory Keepers Medical Discovery Team. The results through September 30, 2018 are:
  - Awareness training to: 550 Community members
  - Caregiver Consultations for: 26 People
  - Services to: One PWD and 34 Caregivers
  - Outreach to Red Lake Nation and the Giiwedonong committee to discuss dementia outreach and collaborate with the Memory Keepers Medical Discovery Team (MKMDT) for a dementia conference next Spring

### Metropolitan planning and service area

Includes Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington counties.

- **Alzheimer's Association**, Edina, \$ \$90,823. Engage and support three Federally Qualified Health Care (FQHC) clinics pilot test clinical practice change; cross pollinate to create clinic dementia champion/teams using technology and train-the trainer curriculum; train 100+ providers; with focus on persons with highest level of health disparities. The results through September 30, 2018 are:
  - Services to: Five PWD and 5 Caregivers
  - 11 Onsite events at FQHCs at NorthPoint Health and Wellness Center, La Clinica and East Side Family Services
- **Amherst H. Wilder Foundation**, St. Paul, \$47,435. Caregiving Roadmap – a quarterly specialized six week education and support group for caregivers whose care recipient is beyond early stage dementia; and formalize referral system with clinic partners. The results through September 30, 2018 are:
  - Awareness training to: 10 Healthcare Professional Staff
  - Caregiver Consultations for: 5 People

- Services to: 11 PWD and 78 Caregivers
- Executed a Memorandum of Understanding with the Entira Clinic. Awaiting receipt of Business Associate Agreement.
- **DARTS**, St. Paul, \$42,124. Promote awareness community presentations; monthly memory screenings; and Elder Law partnership presentations – all expanded into rural areas of Dakota County. The results through September 30, 2018 are:
  - Awareness training to: 11 Community members
  - 1/3 of projected presentations scheduled with a preliminary focus on rural and near-rural areas.
- **Eastside Neighborhood Services**, St. Paul, \$45,966. Build collaborative partnerships with Northeast arts community & businesses; leverage inter-generational family engagement; continue gardening project and referral to intensive dementia services; with goal of 30% diversity participation. The results through September 30, 2018 are:
  - Awareness training to: 62 Business Owners
  - Hired a Dementia Education and Awareness Coordinator to expand outreach to underrepresented communities and provide community presentations on Dementia Friends and contracted with a cultural consultant to reach individuals and organizations serving persons of color.
- **Volunteers of America**, Minneapolis, \$107,809. Providing educational and physical activity-based outreach to increase community's dementia awareness within the public housing authority buildings of Minneapolis and St. Paul; implement memory screenings; train staff of human service organizations; and offer caregiver support; with focus on African American, East African and Hmong. The results through September 30, 2018 are:
  - Awareness training to: 413 Community members
  - Services to: 41 PWD and 24 Caregivers
  - Held 14 Dementia education events in Minneapolis Public Housing Agency High-rises

### Southwest planning and service area

Includes Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Faribault, Jackson, Kandiyohi, Lac Qui Parle, Le Sueur, Lincoln, Lyon, Martin, McLeod, Meeker, Murray, Nicollet, Nobles, Pipestone, Redwood, Renville, Rock, Sibley, Swift, Waseca, Watonwan and Yellow Medicine counties.

- **Chippewa County Montevideo Hospital**, Montevideo, \$90,000. Support staffing for Memory Care Coordinator; sponsor community education event(s) and increase dementia friends to actively help in the community. The results through September 30, 2018 are:
  - Services to: One PWD and 10 Caregivers

- **Granite Falls Living At Home Block Nurse**, Granite Falls, \$18,044. Reduce stigma through Dementia Friends training in public school, community college and Upper Sioux community; support for caregivers through memory cafe, REST, virtual dementia tours, and a memory choir. The results through September 30, 2018 are:
  - Awareness training to: 17 Business Owners
  - Services to: 42 PWD and 15 Caregivers
  - Heart to Heart Memory Café meets monthly
  - The Building Bridges Memory Choir began weekly sessions in September

### **Southeast planning and service area**

Includes Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona counties.

- **Resounding Voices**, Rochester, \$26,385. Increase awareness through a chorus for persons with memory loss and their care providers and having community concerts. The results through September 30, 2018 are:
  - Awareness training to: 17 Staff members
  - Services to: Eight PWD and eight Caregivers
  - A PWD in the community and a support partner have become participating members.