

Alzheimer's Disease and Related Disorders Commission
Department for Aging and Rehabilitative Services
8004 Franklin Farm Drive, Henrico VA 23229
December 10, 2024
MEETING MINUTES

Members Present

Lana Sargent, Chair
Leslie Bowie
Bonnie Bradshaw
Bea Gonzalez
Stephanie LaPrade (elec.)
Margie Shaver
James Stovall (elec.)
James Towey
Michael Watson (elec.)
Ishan Williams
Jennie Wood
Zachary Wood
Faika Zanjani

Ex-Officio

Annette Clark, DBHDS
Kathy Hayfield, DARS (Kiersten Ware
representing)
Jason Rachel, DMAS
Tara Ragland, DSS (Alisa Foley
representing)

Absent

Rachel Coney, VDH
Vanessa Crawford

Guests

Carrie Edwards
Sage Hart (elec.)
Josh Myers
James Wasilewski
Eve Flippen

Staff

George Worthington, Dementia Services
Director
Heather Kidd, Dementia Services
Specialist
Cecily Slasor, Administrative Support

Agenda Items	Speaker
Welcome and Introductions of Members and Guests Chair Lana Sargent opened the meeting at 10:10 a.m. and started by announcing members who are participating electronically. Michael Watson and James Stovall asked for permission to participate electronically due to caregiving responsibilities (permission #2), and Stephanie LaPrade asked for permission to participate electronically due to principal residence more than 60 miles away (permission #3). No members objected to their electronic participation, so Michael Watson and James Stovall will be considered part of the quorum.	Chair Lana Sargent

<p>Michael Watson participated from Lorton, James Stovall from Roanoke, and Stephanie LaPrade from Martinsville.</p> <p>Chair Sargent welcomed members and asked them to introduce themselves. She noted that there is one new member and welcomed Jamie Towey to the Commission. Following introductions, Ms. Sargent reviewed the purpose of the Commission.</p>	
<p>Review and Adopt Meeting Agenda</p> <p><i>Action Item: Approve Agenda</i></p> <p>Chair Sargent asked whether there were any changes to the agenda. Ms Sargent noted one proposed change, to add a brief Legislative Committee update immediately following the Alzheimer’s Association’s update. There were no objections to this proposed amendment.</p> <p>Motion by Zachary Wood to accept the agenda as amended. This was seconded by Leslie Wood. The agenda was approved as amended.</p>	<p>Chair Lana Sargent</p>
<p>Review and Approval of September Meeting Minutes</p> <p><i>Action: Adopt Minutes</i></p> <p>Chair Sargent asked if there were any changes or edits for the minutes.</p> <p>Mr. Wood said the minutes reflected him present at the meeting but he was not. The minutes will be revised to reflect his absence. There were no objections to this amendment, and the minutes were adopted as amended by the Chair.</p>	<p>Chair Lana Sargent</p>
<p>Public Comment Period</p> <p>There were no public comments received.</p>	<p>Chair Lana Sargent</p>
<p>Division for Aging Services Update</p> <p>Deputy Ware introduced Heather Kidd as the new Dementia Services Specialist who will be working with George Worthington and reported that Sara Stowe has returned to DARS as the new Executive Director of the Commonwealth Council on Aging.</p> <p>DIVISION STAFFING UPDATES</p> <ul style="list-style-type: none"> • Heather Kidd: Dementia Services has expanded, with Heather Kidd joining the Division for Aging Services as the Dementia Services Specialist. Heather recently moved to Richmond from Maine and is pursuing a Masters in Gerontology at VCU. <p>CCOA</p> <ul style="list-style-type: none"> • Sara Stowe Commonwealth Council: With funding from the Virginia General Assembly, DARS hired a new CCOA Executive Director about a month ago. Sara Stowe brings 	<p>Kiersten Ware Deputy Commissioner Division for Aging Services</p>

diverse experience in serving older adults through previous roles at a local area agency on aging, local government, PACE program, and previous work with No Wrong Door at DARS. Sara Stowe also holds a Masters in Gerontology from VCU.

- The Commonwealth **Council** on Aging 2025 Best Practices Awards will **open for nominations January 10, 2025**. The Program is designed to identify and recognize unique programs of excellence for older Virginians and their caregivers and to encourage the replication of model programs throughout the Commonwealth. Awards will be based on innovation and impact of program to assist older adults to Age in the Community. The Commonwealth Council on Aging aims to recognize creativity in services, such as livable communities, home and community-based supports, transportation, housing, caregiver supports, intergenerational programming, care management or coordination, healthy aging, long-term care, safety and security, older adults as volunteers or community resources, or other activities.
- Nomination forms will be posted on the DARS Board & Councils webpage. We hope the ADRDC will share of the Best Practices Awards with your networks.
The next CCOA meeting will be held on Tuesday, January 7th, 2025

DAS & AAAS

- We've been very engaged since we last met - travelling across the Commonwealth to visit AAAs, attended regional events, and conferences.
- DAS Technical Supports: Internally, we've been focused on OAA final regulations, have been hosting very well-attended AAA input sessions.
- Contracts are signed, area plans are in place for the new year.
- Future AAA input sessions are scheduled through May 2025
- V4A with AAAs are organizing **Older Virginian Advocacy Day on Feb 5th** this year
- V4A will host their next quarterly meeting in Richmond, VA on **January 21st**. Board committee updates, Commissioner Hayfield, John Little, and Secretary Kelly will be in attendance. The Division for Aging Services will give an update on our progress with the New Regulations as well as a session on Emergency Response.

VCOA ANNUAL UPDATE

- The Virginia Center on Aging and the Virginia Department for Aging and Rehabilitative Services are pleased to invite you to the 2025 Annual Update on Aging.
- Wednesday, January 22, 2025, 9:00 a.m. - 10:00 a.m., Virtual

BRAIN INJURY SCREENER ON NWD SOFT LAUNCH

- No Wrong Door Virginia soft launched a Brain Injury Screener on Virginia Easy Access at the end of November.
- The Brain Injury Screener is an online tool to identify expose to brain injury and provides resources for support.
- This Brain Injury Screener was developed by No Wrong Door in collaboration with DARS' Brain Injury Services Coordination Unit and with research input from VCU.
- To see a quick overview of the Brain Injury Screener, watch the short [Brain Injury Screener promotional video](#).
- Next steps include hosting focus group sessions with all of Virginia's Brain Injury Providers as well as some staff from Area Agencies on Aging. The resulting information will be used to refine the screener or associated supports accordingly.
 - Let us know about your availability to join one of the sessions please:
 - [Doodle Poll](#) for Brain Injury Provider staff
 - [Doodle Poll](#) for Area Agencies on Aging staff

APS ONLINE PORTAL

- As of November 1, 2024, there is a new way for anyone to make a non-emergency report, 24 hours a day, 7 days a week to Virginia Adult Protective Services (APS)! Access the safe and secure APS Online Reporting Portal at <https://www.dars.virginia.gov/aps/APSreport.htm>

SENIOR COOL CARE REPORT

- The Aging Network utilized Dominion Energy's \$85,000 grant to purchase 975 cooling units. With these funds, Area Agencies on Aging were able to provide air conditioners and fans to 922 seniors' households throughout the Commonwealth. This year, the Aging Network leveraged \$17,348 in supplementary funds to purchase additional air conditioners and fans due to high levels of need in our state.

2024 VIRGINIA LIFESPAN RESPITE PROGRAM (VLRVP)

In 2024, the Virginia Lifespan Respite Program (VLRVP) has received 687 applications for vouchers. To date, 404 caregivers (VLRVP and kinship) have been reimbursed for a total of \$217,571.99

<p>(VLRVP) with kinship caregivers receiving \$6,277.30 in reimbursement (total being \$223,849.29). Currently, there are 48 applications that are scheduled to likely be approved in 2025. If you have any questions, reach out to Kamryn Faison kamryn.faison@dars.virginia.gov</p> <p>VAGCOA Save the date for the Virginia Governors Conference on Aging in Williamsburg, VA May 19 – 20. Registration opens in February!</p>	
<p>Dementia Services Director Report</p> <p>See attachment.</p>	George Worthington
<p>Virginia Department of Health BOLD Update</p> <p>(Rachel Coney was unable to attend, so this report will be postponed until March).</p>	Rachel Coney
<p>Alzheimer’s Association Update</p> <p>Mr. Myers announced that the annual Alzheimer’s Association’s Day on the Hill will be on January 30, when advocates will have an opportunity to meet with their legislators. Members who are interested in attending should register with the Alzheimer’s Association as there will be training sessions prior to the event. Members were also reminded that they are not permitted to represent the Commission, although they are free to discuss the Commission’s published recommendations.</p>	Josh Myers
<p>Legislative Committee Update</p> <p>Ms González made a request to the Governor’s office about lighting the Governor’s mansion with purple lights on January 30th to reflect the Day on the Hill.</p> <p>Ms. González also briefly reminded members of the results from the survey of legislators, and reported that the one-pager on dementia, the Commission’s recommendations, and resources for constituents had been finalized and will be distributed soon.</p> <p>Chair Lana Sargent thanked Ms. González for putting together and disseminating the survey of legislators and the one-pager.</p> <p>Catherine Harrison reported on the HB888 Workgroup</p> <p>Ms. Harrison, director of Policy and Legislative Affairs with DARS, represented DARS on the HB888/SB176 Workgroup. Ms. Harrison reminded members of the origins of the Workgroup in legislation stemming from the Joint Legislative Affairs and Research</p>	Bea González

<p>Commission (JLARC) report into the state psychiatric hospital system. The workgroup was examining ways of supporting people with neurocognitive and neurodevelopmental disorders experiencing severe behavioral challenges outside of the state hospitals. If the legislation is reauthorized in the next General Assembly, these populations would be excluded from the Emergency Custody Order (ECO) and Temporary Detention Order (TDO) structure and lose access to the state hospitals as a bed of last resort.</p> <p>The Workgroup met five times and was led by Health and Human Resources (HHR) Deputy Secretary Leah Mills, with representation from a wide range of stakeholders. Each meeting heard from representatives of affected populations, with families' stories having an impact on outcomes. The Workgroup's report was published on November 1 and the link will be shared with members. An important point to note was that the sponsoring legislators, Senator Favola and Delegate Watts, participated actively in each meeting reflecting their strong interest in these efforts. The workgroup discussed issues that previous workgroups have also discussed, such as the difficulty of knowing the specific causes of behavioral crisis, especially when there might be co-occurrence of serious mental illness together with brain injury, autism, dementia and others. Other barriers to effective care for these populations include the lack of workforce trained to handle serious behavioral challenges.</p> <p>The report contains several recommendations, with the first recommending that the legislation not be reauthorized as it will take time not only to set up a new care system for these populations, but the current workforce is ill-equipped to handle serious behavioral challenges.</p> <p>In the meantime, work will continue on how best to address these critical issues and gaps, such as building a more sustainable care system, consideration of a Medicaid waiver specifically for these populations (using the Brain Injury Waiver perhaps as a model), building on successful programs like RAFT (a program of Arlington Community Services Board), or using private hospital discharge funds to support patients. Additionally, enhancements to crisis services such as the 988 hotline are ongoing and may help divert some situations from 911, thus not involving law enforcement.</p>	
<p>ARDRAF Update Faika Zanjani, Director of the Alzheimer's and Related Diseases Research Award Fund (ARDRAF), provided a brief update on the</p>	<p>Faika Zanjani</p>

<p>progress of the 2025 ARDRAF awards. New this year, applicants were required to submit a letter of intent to submit by December 1. About 45 submissions were received, higher than last year which may reflect the increase in funding to \$75,000 per project. The highest number came from VCU, but there was a wide range of institutions represented. One goal of the letter of intent requirement is to attract a higher overall quality of applications. Four projects are expected to be funded, and the awards committee will meet on June 11.</p>	
<p>DMAS Update</p> <p>Jason Rachel representing the Department of Medical Assistance Services (DMAS— Virginia’s Medicaid Agency), provided an update for the Commission (slides attached). Mr. Rachel noted that dementia claims by year are increasing for persons on Medicaid. He discussed areas of current and future collaboration, such as the training and education of the care coordinators who work with the provider Managed Care Organizations (MCOs). He noted that DMAS is working on improving data and trend analysis, and also, for the longer term, at revising models of care and the adoption of specific Alzheimer’s and Related Dementias (ARD) quality measures.</p> <p>Asked about turnover of the care coordinators, Mr. Rachel noted that while turnover remains relatively high, there is a lot of movement between MCOs, so the rate of turnover alone overstates the impact on knowledge and skills.</p>	<p>Jason Rachel</p>
<p>Workgroup Reports</p> <p>Coordinated Care Workgroup</p> <p><i>The Coordinated Care workgroup met on November 4, 2024, to discuss regulation reviews and other work related to achieving State Plan strategies that are included in the Implementation Plan.</i></p> <ul style="list-style-type: none"> • The group heard from Mr. Worthington on the State Alzheimer’s Research Support Center (StARS) grant project that will launch in 2025. Several people from this workgroup will be participating in the kickoff call this Friday, December 13. • Mr. Worthington provided an update on the Dementia Care Coordination Roundtable, with 45 people attending the most recent call, which was also attended by the leaders of the StARS project to share it with participants. • Members had agreed to review hospice and assisted living facility (ALF) regulations, but with hospice regulations only currently under technical, not full, review, the group will 	<p>Ishan Williams</p>

focus on reviewing the ALF regulations and to develop a public comment that would be 'on the shelf' and ready to submit when the regulations are opened. These would need to be reviewed and approved by the full Commission, but the workgroup plans on developing these for relevant regulatory chapters to fulfill strategies of the Dementia State Plan under Goal 1.

- Members also discussed updating the Virginia Dementia Roadmap, particularly the Caring for the Caregiver section. We also briefly reviewed the Washington State Palliative Care Road Map and felt that rather than replicating this, it would be good to include a section in the updated Dementia Road Map addressing the role of palliative and hospice care for people living with dementia, since there are many misconceptions about the use of these programs.
- There was also discussion about how best to get community feedback, particularly those with lived experience, into the Road Map revision. Under StARS, Virginia will be supported in setting up a Lived Experience Panel, and this may be able to be leveraged in future by the Commission and workgroups to get feedback and input.
- There was quite a bit of discussion on the pilot project of Dementia Care Specialists that is a Commission recommendation to the Governor and General Assembly. The discussion focused on the specific roles of the Specialist and priorities between the different roles such as care navigation, community education and screening and others.
- The group will next look at a feedback survey to be included on the website for the Dementia Road Map.

Data and Research Workgroup

Lana Sargent

The Data and Research Workgroup met on November 12, 2024, to learn about the StARS Center project and discuss the research section of the Dementia Capable Virginia website.

- Mr. Worthington shared the State Alzheimer's Research Support (StARS) Center opportunity with the group, which then brainstormed possible projects to pursue with that funding, such as:
 - Data harmonization
 - Exploring outcomes to determine the efficacy and cost effectiveness of care management programs for people living with dementia.
 - Forming a lived experience panel
 - Examining intersectionality and equity, with particular reference to the limitations of the GUIDE model
 - Analyzing the 2022 BRFSS data, which offers the opportunity to cross reference cognitive decline and caregiving module results since both modules were asked; they will not be asked in the same year going forward. For example, this could give insights into the number of caregivers who themselves are experiencing cognitive changes.
 - Environmental scan of existing programs, data sources and research related to care navigation
 - Data collection strategy and expanding data sources to include things like No Wrong Door and Virginia Memory Project.
- There was a discussion about the Dementia Capable Virginia website, and the group agreed to review and consider content related to the Researchers section of the site
- Members were interested in learning more about Maryland's online screening tool based on the AD-8 questionnaire.
- Most members of the group were interested in joining the initial StARS call on Friday, December 13.

Training Workgroup

Jennie Wood

The Training workgroup met on November 21, 2024, to discuss priorities for the group to work on in the context of the Implementation Plan.

- Members talked about reviewing and supporting an update of the training currently available on Dementia Capable Virginia that supports particular roles within Area Agencies on Aging (Options Counselors, Information and Referral Specialists, and Care Transitions Coaches). The trainings were created nearly a decade ago and require review.

- The group then discussed the similarly aged microlearning modules for primary care. These might need to be updated or revised in light of new treatments and knowledge.
- Members discussed the role of Dementia Capable Virginia more broadly in terms of being a source of trainings and information for families and providers.
- There was a discussion about what happens next after someone receives a cognitive screen, particularly in light of the long wait time for neurology appointments statewide, and in the absence of a real network of diagnostic centers (for example, like in Georgia – the Georgia Memory Net).
- We also talked about the Second Wind Virtual Dementia Tour trainings that VDH is offering as part of the BOLD project, and about the training modules that VDH created for community health workers (CHWs) in 2024, and about how to raise awareness that both of these are available.
- The group also reviewed several dementia specific advance directive templates, as well as initiatives like The Five Wishes. The discussion centered on what sort of information should be provided on the website, and which documents to refer to. This conversation will be continued in March.

Brain Health and Risk Reduction Workgroup

Michael Watson

The Brain Health Workgroup met on October 17, 2024, to review a draft memory screening infographic and to discuss additional activities going forward.

- Members reviewed a draft memory screening infographic and provided feedback to DARS on both content and presentation. Additionally, members suggested:
 - bundling the infographic with a guide for partners on dissemination,
 - including a list of resources,
 - including information about the importance of getting a baseline
 - information about where to get screening
 - a separate guide for providers on what to do when a patient gives them the results of a memory screen.
- The group discussed what will happen to people once they've taken a screening – there are concerns about rolling a campaign to encourage screening if follow-up diagnostic referrals are not immediately available.
- Going forward the group is going to work on materials that will tie brain health messaging to programs offered through the Area Agencies on Aging, such as highlighting the link between falls and dementia for a falls prevention program.
- This effort would align with the Virginia Department of Health's efforts to include brain health and dementia

prevention messaging into chronic condition campaigns and elsewhere.	
Association for Frontotemporal Dementia (AFTD) <i>(slides attached)</i> Carrie Edwards, the AFTD’s Ambassador for Virginia, presented on the organization and some initiatives underway that she is spearheading. She noted that Governor Youngkin signed a proclamation recognizing FTD Awareness Week from September 22 to 29, 2024. Ms. Edwards also mentioned that Delegate Ware will be sponsoring a bill for a resolution on FTD Awareness Week in the General Assembly. So far 20 states have such resolutions, and the AFTD is pushing for national recognition of FTD Awareness Week. Ms. Edwards noted that she is also working on training for firefighters and has been in touch with the Department of Criminal Justice Services regarding their training curricula. The AFT is also supporting efforts to replicate New York State’s mandatory FTD registry in other states including Virginia.	Carrie Edwards AFTD Ambassador
Working Lunch: CMS Guide Demonstration Program <i>(Slides attached)</i> Sage Hart presented on the Guiding an Improved Dementia Experience (GUIDE) Model program. There are 13 GUIDE model participants (e.g., Riverside Martha W Goodson Center) in Virginia out of some 300 nationwide.	Sage Hart, GUIDE Model Co-Lead Division of Healthcare Payment Models, Center for Medicare and Medicaid Innovation
Using Improvisation Techniques for Dementia Care James Wasilewski is a popular keynote speaker and presenter and a professional improv performer. He presented on the benefits of using improv techniques when supporting people living with dementia, and had Commission members participate in a couple of activities to demonstrate the power of presence (being fully present for the person you are engaging with) and techniques such as “yes, and...”.	James Wasilewski
2025 Meeting Calendar Ms. Sargent reviewed the meeting dates for 2025. March 11, 2025 June 10, 2025	Lana Sargent

September 9, 2025 December 9, 2025	
New Business There was no new business.	Lana Sargent
Public Comment Period There were no public comments.	Lana Sargent
Adjournment Chair Sargent wished members, guests and staff happy holidays adjourned the meeting at 1:50 p.m.	Lana Sargent