

Welcome to

Project ECHO® - on

***Supporting People Living with Dementia and their Care Partners -
Implementing Best Practices Across the Stages***

While waiting, please type in your Name, Organization, and Role into the chat box.



For educational and quality improvement purposes, we will be recording this session

By participating in this session, you are consenting to be recorded- we appreciate and value your participation

If you have questions or concerns, please email,
emorse@healthcentricadvisors.org

OR

Use the chat function to contact us directly. There is an option under chat to send private message to anyone from the drop-down list.

Rhode Island Geriatrics Workforce Enhancement Program (RI-GWEP)

- “This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number (U1QHP53064) Geriatrics Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.”
- This program was supported by Cooperative Agreement NU58DP007525, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.
- This project is supported by United Health Plan. The contents are solely the responsibility of the authors and do not necessarily represent the official views of UnitedHealth.
- There is no actual or potential conflict of interest in relation to this program.

What to Expect During an ECHO Session

- Acknowledgements and Introductions (5-10 min.)
- Brief Didactic (15-20 min.)
- Case Presentation (10 min.)
- Case Discussion & Recommendations (remaining time)
- Announcements



Participants

Administration/Management

Community Health Worker/Advocate

Direct Support Professional

Medicine

Nursing and Nurse Care Manager (RN, BSN, MSN, etc....)

Nurse Practitioner

Occupational Therapist

Physician Assistant

Quality Improvement Specialist

Social Work – Case Management

Settings

Ambulatory-Primary Care

Assisted Living

Community Site

Consulting

Home Health

Hospital

Long-Term Care

Nursing Home

Private Practice

RI G ECHO Hub (Content Expert) Team

- **Erica Estus, PharmD, BCGP**; Clinical Professor, URI College of Pharmacy
- **Nick Nikolopoulos, DO**; Chief Medical Officer, PACE-RI
- **Cynthia Padula, PhD, RN**; Professor Emeritus, RI College School of Nursing
- **Kim Rickler, MSW, LICSW**; Clinical Teaching Associate, Family Medicine
Warren Alpert Medical School of Brown University
- **Corinne Russo, MSW, ASWCM**; Adjunct Faculty and GWEP Program Lead,
Interprofessional Geriatrics for Health Professions Students

The 4M Framework

The 4M Framework

- Evidence-based and practice tested
- Aligns with What Matters to older adults
- Improves outcomes
- Used reliably across settings
- Able to be adapted locally
- RI-GWEP endorses and supports Age-Friendly care
- RI-GWEP programs are guided by the 4M Framework

(H), Hartford Foundation, American Hospital Assoc., Catholic Health Assoc. US.



Caring for Those who Care for Others

Denise Meza, MSW

United Way of RI - Family Caregivers Alliance of RI Program Officer

May 22, 2025

FAMILY CAREGIVER ALLIANCE OF RHODE ISLAND

We are a systems change coalition transforming how we value and support family caregivers through advocacy, engagement and cross-sector partnerships.

We believe that equitable and healthy aging communities are caregiver supportive communities.

Contact Denise.meza@unitedwayri.org 401-648-4397

This program is supported by the R.I. Office of Healthy Aging (OHA) through funding from the U.S. Department of Health and Human Services (HHS), Administration for Community Living (ACL).



FAMILY CAREGIVER ALLIANCE OF RHODE ISLAND

MISSION – To advocate alongside family caregivers to expand access to supports and improve the wellbeing of those who provide care for older adults, adults with disabilities and children with high needs.

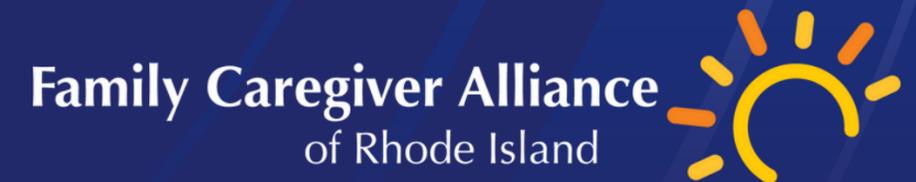
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FAMILY CAREGIVER ALLIANCE OF RHODE ISLAND

VISION - We envision a Rhode Island that recognizes the value of caregivers, their labor and dedication to caring for their loved ones and can offer families access to the right supports at the right time.

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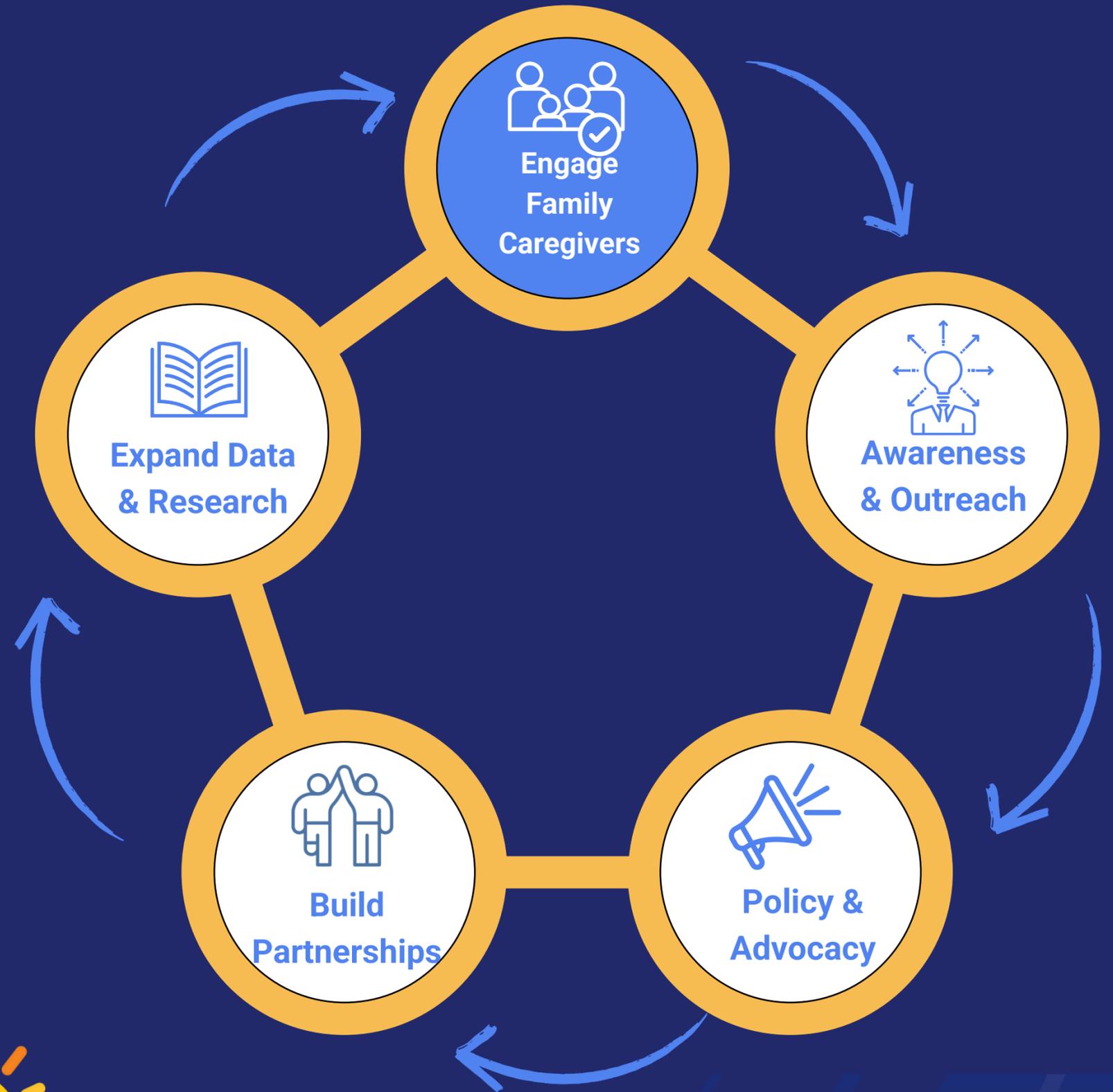


ABOUT FAMILY CAREGIVERS

- 145,500 RI Family Caregivers provide 2.1B worth of direct care / care partners, "just helping out"
 - 40% Sandwich gen 45-64yrs
 - 60% Women
 - 20% BIPOC – Cultural needs
- 60% work full or part time
- 26% report providing care for 5 year or more
- Top 3 conditions of person needing care:
 - 58%aging/frailty
 - 10%Alzheimer's/Dementia-related
 - 9% Cancer



CONTINUUM OF CAREGIVER SYSTEMS CHANGE



CAREGIVING = SDH & HEALTH

Table 3. Health indicators among caregivers compared to non-caregivers

Health indicator	% of Caregivers	% of Non-Caregivers	Adjusted odds ratio [95% CI] Caregivers vs. non-caregivers
Mental Health			
Frequent mental distress*	21.5%	12.5%	2.14 [1.60 –2.85]
Depression*	30.1%	22.0%	1.61 [1.27 –2.04]
Do not usually get support*	32.7%	25.9%	1.58 [1.25 –2.00]
General Health			
Fair/Poor health*	20.8%	16.3%	1.59 [1.21 –2.08]
Have chronic disease*	57.6%	47.2%	1.44 [1.14 –1.82]
Obese	32.0%	29.8%	1.10 [0.88 –1.38]
Health Risk Behaviors			
Binge drink*	12.3%	18.5%	0.69 [0.49 –0.97]
Smoke cigarettes*	16.3%	13.6%	1.34 [1.00 –1.81]
Used marijuana*	12.8%	10.2%	1.59 [1.11 –2.29]
Did not exercise	26.1%	26.9%	1.00 [0.79 –1.26]
Healthcare Utilization			
Did not have annual checkup	15.7%	19.2%	0.89 [0.66 –1.21]
Did not receive annual flu shot	50.1%	46.2%	0.94 [0.76 –1.16]

HEALTH OUTCOMES IN SECONDARY PATIENTS

- High burden + prevalence = lower mental and physical health outcomes
- Other findings found self-reporting of worsened health while providing care.
- Caregiving is associated with increased substance use and lack of preventative healthcare.
- Caregivers often feel unprepared to provide the needed care.



RESPIRE FOR CAREGIVERS & OTHER SUPPORT STRATEGIES



Identify caregivers: Implement the Family Caregiver Screening: "Does someone help you with daily or occasional care?", "Do you help an adult family member with daily or occasional care?"

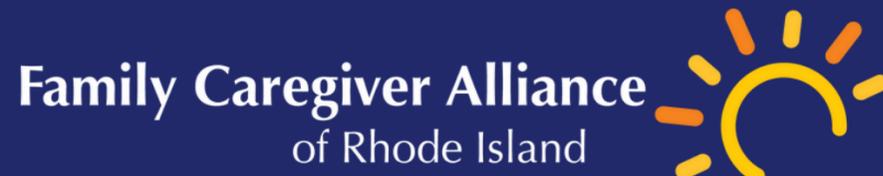


Connect with community resources: Aging & Disability Resource Center 401-462-444, FCARI, 211, Alzheimer's Association, OHA, Catholic Social Services, MyOptionsRI , Case Management Agencies, APS (emergency respite), Providence VA - No wrong door

IDENTIFICATION > SUPPORT > IMPROVED OUTCOMES



Provide training and skill-building: caregiver trainings that improve health outcomes for both care recipient and caregiver (Alzheimer and Dementia care, CPR, medication management). Partner with Lifespan FCARI and Lifespan respite nursing groups for trainings.



RESPIRE FOR CAREGIVERS

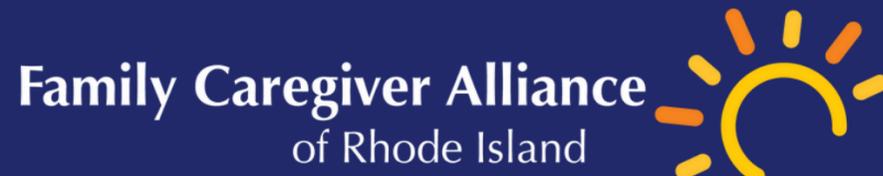
➤ What is respite?

Respite care provides short-term relief for primary caregivers, giving them time to rest, travel, or spend time with other family and friends. The care may last anywhere from a few hours to several weeks at a time. Respite care can take place at home, in a health care facility, or at an adult day care center.

Let the caregiver self-define what gives them a break.

➤ How can I access respite in Rhode Island:

- Medicaid: Through LTSS and Careforth.
- Non-Medicaid: Lifespan Respite Program Apply directly through Carebreaks, ADRC, FCARI
- FREE Group Respite – URI nursing school in South Kingstown.

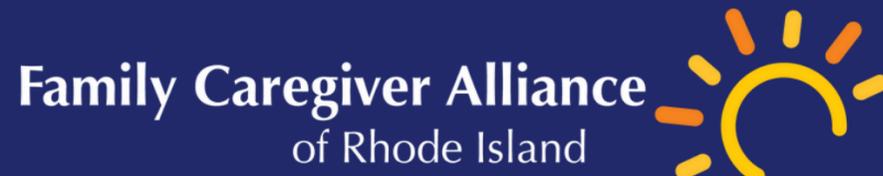


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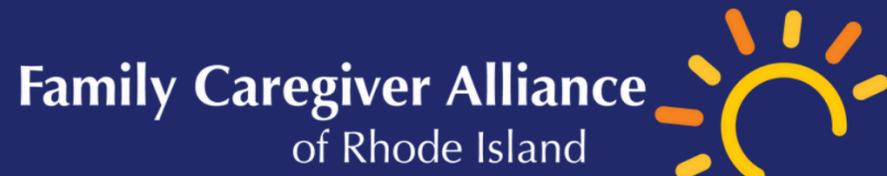
- Medicare: Respite and Caregiver program GUIDE Program @ Brown Geriatrics – Info, Direct referral 401-572-3072 or email GUIDEprogram@brownphysicians.org
- Veterans: VA Caregiver Program - Phone: 401-273-7100 x13283
- Emergency Respite : APS 401-462-0055 or visit local ER
- The Family Caregiver Alliance provides advocacy and care counseling

RESPIRE FOR CAREGIVERS & OTHER SUPPORT STRATEGIES



- Aging and Disability Resource Center
Information and Application assistance
Medicare enrollment
- Alzheimer's Association RI
Support Groups
Clinicians on call
- Paid Family Leave / TCI
Up to 7 weeks to care for a loved one
60% weekly reimbursement
Works in conjunction with FMLA
- RI Village for Foster and Kinship Families
Grandparents or kinship caregivers 55+
Housing assistance
- The Village Common of Rhode Island
- <https://www.caregiver.org/>
- <https://www.unitedwayri.org/get-help/fcari/>

➤ Community Resources



CME Credits (currently available for MDs, PAs, Rx, RNs, NPs, PsyD, PhD) and Social Work Credits

- Please provide us your feedback! You can use the link below or Use your phone camera to scan the QR code.

<https://www.surveymonkey.com/r/5ZL5NWS>



- Please request CME credits when filling out the evaluation at the end of the meeting
- Continuing education credits(CEUs) in social work are available to individuals who complete the entire activity and submit the post training evaluation.

- A copy of the slides and link to our program evaluation will be emailed after this session.
- You can access slides and recording through your iECHO account shortly.
- Enduring CME credits will be offered: *The AAFP has reviewed the Geriatric Project ECHO Series: “ECHO Series Focused on Best Practices and QI” and deemed it acceptable for AAFP credit. Term of approval is from 9/2/24 to 9/2/25. Participants should claim only the credit commensurate with the extent of their participation in the activity. NPs and RNs can also receive credit through AAFP’s partnership with the American Nurses Credentialing Center (ANCC) and the American Academy of Nurse Practitioners Certification Board (AANPCB).*
- * Enduring credits for social work are not available

Announcements

Next Session: June 5, from 7:30-8:30 am

Topic: Caring for Caregivers

