

# **HISPANICS & ALZHEIMER'S: AN INTEGRATIVE APPROACH**

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# REGIONAL AID FOR INTERIM NEEDS, INC. (R.A.I.N.)

Founded by Beatrice Castiglia-Catullo, RN in 1964.



Bea at 97



# R.A.I.N. @ 50 years

- Its mission began as providing in-home care for older persons leaving the hospital with no one to care for them at home.
- Today, our mission remains the same.





# Stages in Alzheimer's

- 1: No impairment
- 2: Very mild cognitive decline
- 3: Mild cognitive decline
- 4: Moderate cognitive decline
- 5: Moderately severe cognitive decline
- 6: Severe cognitive decline
- 7: Very severe cognitive decline

- Provide Integrative Quality Care
- Evidence Based Practice

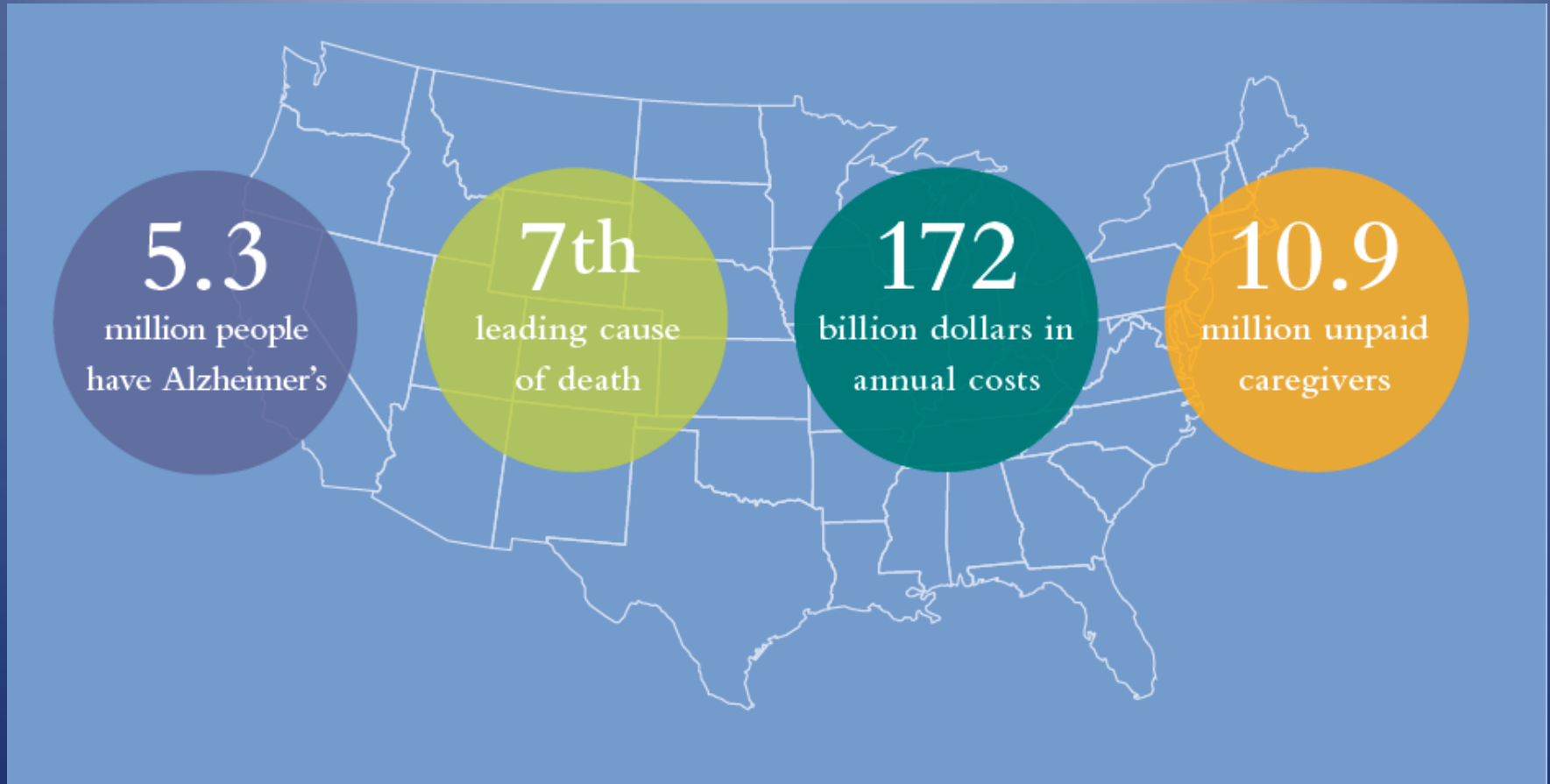


# Statistics: Alzheimer's

- Hispanics are about 1.5x more likely to develop Alzheimer's
- Hispanics have higher rate of Alzheimer's than whites to have Alzheimer's and dementia, but less likely of diagnosis
- Risk factors: Vascular Disease, HTN, High Cholesterol, Obesity, Diabetes
- Hispanic elders with Alzheimer's can increase more than 6x from 200,000 to as many as 1.3 million by 2050



# Alzheimer's Disease Facts \$ Figures



Source: [http://www.alz.org/documents\\_custom/report\\_alzfactsfigures2010.pdf](http://www.alz.org/documents_custom/report_alzfactsfigures2010.pdf)







# Statistics: Alzheimer's

- National Average lifetime cost per patient with Alzheimer's is \$200,000
- Those afflicted will jump to about 16 million by the year 2050
- Worldwide, we will see about 22 million that will develop Alzheimer's by the year 2025

Source: <http://www.alznyc.org/aboutalz/stats.asp>



# INTERDISCIPLINARY APPROACH

- Cheng Gonjon, MD Board Member focusing on quality measures in community practice provides lectures at R.A.I.N. senior center
- Dr. Torres and members of Latino Alzheimer's Coalition of New York (LACNY) provides outreach and education at R.A.I.N sites
- Dr. Torres establishes collaboration with hospitals, LACNY within R.A.I.N., and other Community Based Organizations
- Patient and/or Caregiver is referred to LACNY at R.A.I.N., Alzheimer's Association and/or American Diabetes Association for support
- Presentations at local senior centers in Spanish



# INTERGRATIVE MODEL OF CARE

- Patient and Caregiver
- Community MD
- R.A.I.N. Home Attendant Services
  - RN, SW, Home Health Aide
- Community based organizations
  - Alzheimer's Association of NYC
  - Latino Alzheimer's Coalition of NY
  - National Association of Hispanic Nurses, NYC Chapter [www.NAHNNY.com](http://www.NAHNNY.com)
  - American Diabetes Association
  - R.A.I.N. Senior Day Programs



# 10 warning signs of Alzheimer's'

- Memory changes that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks @ home/work/or leisure
- Confusion with time and place
- Trouble understanding visual images and spatial relationships



# 10 warning signs of Alzheimer's'

- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Source: <http://www.alznyc.org/aboutalz/warning.asp>



# TREATMENT

- Cholinesterase Inhibitors
  - Aricept, approved to treat all stages of Alzheimer's
  - Exelon and Razadyne, approved to treat mild to moderate Alzheimer's
- Glutamate Regulator
  - Namenda, fairs better when taken with Aricept. Approved to treat moderate to severe Alzheimer's
- Vitamin---E

Source: <http://www.alz.org/espanol/treatment/treatments.asp>



# CONTACT INFORMATION

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➤ National Alzheimer's Resource:  
1-800-272-3900  
[http://www.alz.org/espanol\\_la\\_enfermedad\\_de\\_alzheimer.asp](http://www.alz.org/espanol_la_enfermedad_de_alzheimer.asp)

➤ American Diabetes Association:  
<http://www.diabetes.org/>



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Elsie Soto, RN

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