A large graphic on the left side of the slide, consisting of two overlapping chevron shapes. The top chevron is yellow and points downwards to the right, containing the text 'ECHO IDAHO' in white. The bottom chevron is grey and points upwards to the right, containing the text 'Alzheimer's Disease and Related Dementias' in black.

ECHO IDAHO

Alzheimer's Disease and
Related Dementias

ADRD Resources for Rural Idaho Healthcare Providers

June 24, 2025

Presenters:

Susan Melchiore, MD
Joanne Trammel MS, OTR/L
Sheila Weaver, LCSW, MPA

None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

This publication was made possible by NU58DP007507 from Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department or CDC. [ECHO Idaho] [2025]



University of Idaho
School of Health and Medical
Professions



Disclosures

- Sheila Weaver is employed by the Idaho Caregiver Alliance.

Learning Objectives

Identify nationally recognized, evidence-based resources available to support dementia diagnosis, treatment, and care coordination — including tools developed by the CDC, National Institute on Aging, and Alzheimer's Association.

Apply practical tools such as tip sheets, care planning guides, and public health road maps to improve communication with individuals living with dementia and enhance caregiver support.

Locate and utilize Idaho-specific and rural-targeted dementia resources — including telehealth services, Area Agencies on Aging, and locally adapted caregiver support programs — to enhance access and continuity of care in rural settings.

Meet Pat and Jen

Pat is a 75-year-old female with a medical history of hypertension and osteoarthritis. She resides alone in Rathdrum, Idaho. Her support system includes daughter Jen, who lives about 15 miles away in Coeur d'Alene.

Pat presents with concerns related to memory loss. Jen reports that Pat is exhibiting increasing difficulties with medication adherence and recent episodes of getting lost while driving in familiar areas.

Pat discloses increasing forgetfulness over the past several months, which she attributes to "just aging." She was alert and cooperative during the evaluation but demonstrated some difficulty recalling recent events.

MOCA Score: 22/30 (Further evaluation revealed a diagnosis of early-stage Alzheimer's Disease)

What resources are available to support them?



PLWD (Persons Living With Dementia)

Support Groups ([Memory Warriors](#), Alzheimer's Association)

Engagement (Memory Cafe's, Day Centers, etc)

Occupational Therapy (and how to access)

Safety:

Driving assessments/ transportation resources

- ([August 2024 ECHO](#))

Idaho Elder Law and/or Legal Aid resources

ADL's (CPT assessments, etc)

A poster for the "Memory Warriors" online support group. It features a photograph of three people (two men and one woman) smiling and talking. The title "Memory Warriors" is in a stylized blue font at the top. Below the photo, the text "ONLINE SUPPORT GROUP FOR PERSONS LIVING WITH DEMENTIA" is written in green. Further down, it says "MEETS EVERY OTHER WEDNESDAYS AT 10:30 A.M.". At the bottom, there is contact information: "For more information and to register contact: Idaho Community Care Program", followed by a phone icon with the number (208) 898-9626, an email icon with ccp@a3ssa.com, and a website icon with www.a3ssa.com. Below this, it states "PARTICIPANTS MUST BE REGISTERED TO RECEIVE THE ZOOM LINK". At the very bottom, there are three logos: the Idaho Community Care Program logo, the Southwest Idaho Area Agency on Aging logo, and the Idaho Commission on Aging logo.

"Memory Warriors"

**ONLINE SUPPORT
GROUP FOR PERSONS
LIVING WITH DEMENTIA**

MEETS EVERY OTHER WEDNESDAYS AT 10:30 A.M.

For more information and to register contact:
Idaho Community Care Program

(208) 898-9626 ccp@a3ssa.com www.a3ssa.com

**PARTICIPANTS MUST BE REGISTERED
TO RECEIVE THE ZOOM LINK**

IDAHO
Community Care Program
Case Management • Advocacy • Respite • Education

SOUTHWEST IDAHO
area
AGENCY
ON AGING

IDAHO
Commission on Aging

PLWD (Persons Living With Dementia)

Planning After a Dementia Diagnosis

[Alzheimers.gov](https://www.alzheimers.gov) - Planning After Diagnosis

Alzheimer's Association - **24/7 Hotline: 1-800-272-3900**

- [Idaho](#) - S Idaho
- [Washington](#) - N Idaho
- [My ALZ Journey](#) app
- [Just Diagnosed guidance](#)



[Medicare Care Compare](#) – Compare memory care facilities

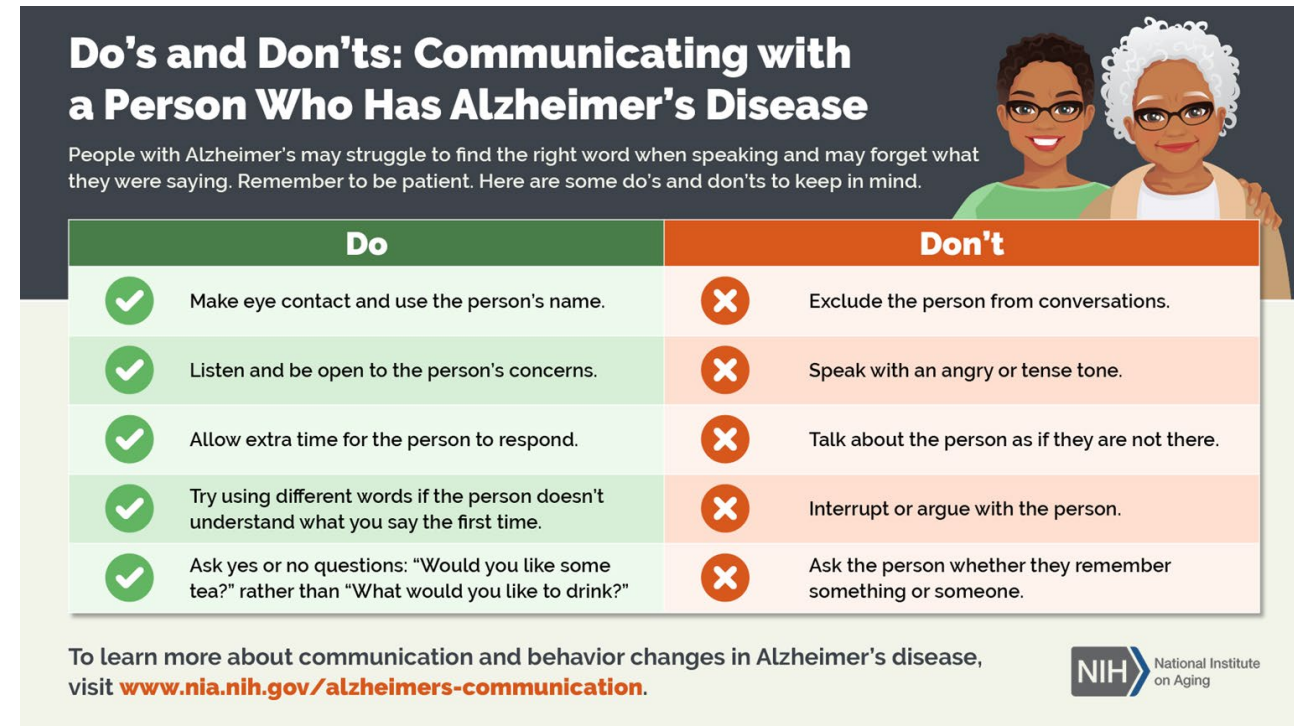
Tip Sheets and Communication Guides

Alzheimer's Caregiver Education Series (ACES) -

A free, live-streaming webinar series that addresses the needs and concerns of caregivers, loved ones and anyone touched by Alzheimer's disease.

Advance Care Planning: Guidance on discussing advance care planning with older adults, including developing wills and healthcare directives

Do's and Don'ts: Communicating With a Person Who Has Dementia: Infographic offering practical communication strategies for interacting with individuals with dementia.



Do's and Don'ts: Communicating with a Person Who Has Alzheimer's Disease

People with Alzheimer's may struggle to find the right word when speaking and may forget what they were saying. Remember to be patient. Here are some do's and don'ts to keep in mind.

Do	Don't
✓ Make eye contact and use the person's name.	✗ Exclude the person from conversations.
✓ Listen and be open to the person's concerns.	✗ Speak with an angry or tense tone.
✓ Allow extra time for the person to respond.	✗ Talk about the person as if they are not there.
✓ Try using different words if the person doesn't understand what you say the first time.	✗ Interrupt or argue with the person.
✓ Ask yes or no questions: "Would you like some tea?" rather than "What would you like to drink?"	✗ Ask the person whether they remember something or someone.

To learn more about communication and behavior changes in Alzheimer's disease, visit www.nia.nih.gov/alzheimers-communication.

NIH National Institute on Aging

Caregiver Resources and Education

[Community Care Program](#) - Statewide information and support for ADRD caregivers

[Family Caregiver Navigator](#) - Navigation for unpaid caregivers across the lifespan

[Idaho Caregiver Alliance](#) - Statewide education and resources

[Powerful Tools for Caregivers](#) - Virtual or in-person throughout the state

[Savvy Caregiver Education](#) - Rolling out more locations in Idaho



Caregiver Resources and Education

[Alzheimer's Association](#) – Tools to assist caregivers.
24-hour hotline: 800-272-3900.

[Atlas of Caregiving](#) – Tools for mapping caregiving patterns.



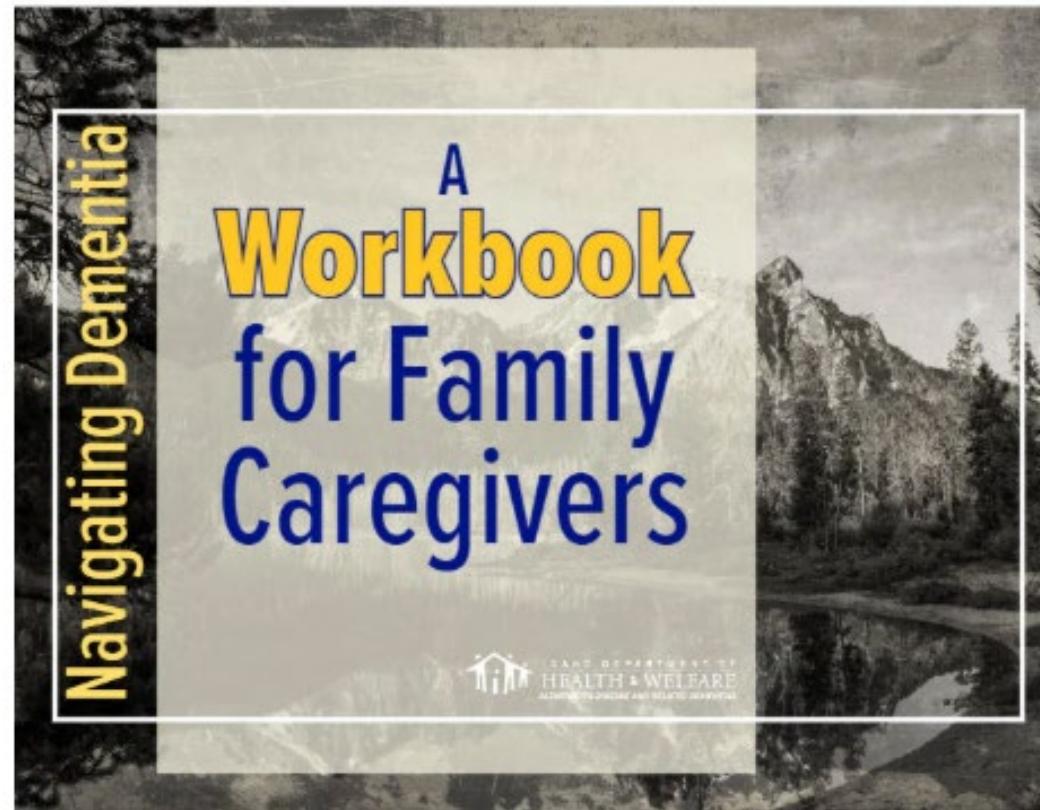
Caregiver Coaching – Personalized support and planning assistance.

[DAWN](#) - Caregiver education on helping support a loved one with dementia with free videos and a paid subscription.

[Family Caregiver Alliance](#) - Support and Education for family caregivers.

Caregiver Resources and Education

[Navigating Dementia Workbook](#) – Free Idaho-specific guide for families.



Provider Education on ADRD

[ADRD Resources for Professionals](#) - Free clinical practice tools, training materials and more resources for physicians, nurses, social workers, and other professionals.

[ADRD Training for PCP's](#) - How to Integrate Dementia Assessment and Treatment into Your Office Workflow: 3 hours of free CME/CE available now through 4/30/26.

[Champions for Health](#) - Offers CME through online, on-demand courses in conjunction with "The Doctors Company."



Alzheimer's Disease & Related Dementias
A **FREE** asynchronous training for primary care providers

Free CME/CE

- ✓ Enhance your skills in assessing, diagnosing, and preventing/postponing ADRD.
- ✓ Build confidence in successfully managing ADRD within your practice and local community.
- ✓ Stay updated on diagnostic and treatment options, and discover local and regional resources.
- ✓ Learn when and how to refer patients to specialists for complex ADRD cases.
- ✓ Discover how to implement ADRD diagnosis and support strategies into your office workflow.

Register Today!
Course Expires April 30, 2026 <https://tinyurl.com/ADRD-online>

Provider Education on ADRD

ECHO (and recordings)

Memory Clinics/Telehealth



[Resources for Health Systems, Health Care Providers, and Researchers | ALZ-NET](#)

[Brain Health Symposium](#): October 18th 2025: Hybrid and In-person in Boise. Updates on latest Brain Health topics. CME available. Information coming soon.


Information on Specific Populations

[Hispanic Americans and Alzheimer's](#)

[Indian Health Services Alzheimer's Disease and Dementia Program](#)

[LGBTQ+ Community Resources for Dementia](#)

[U.S. Department of Veterans Affairs – Dementia Care](#)



While Hispanics are **1.5 times more likely than Whites** to have dementia, more research is needed to understand why.

Where to Look and Refer



[LINK](#)



[LINK](#)



[LINK](#)



[LINK](#)

Mailing lists and Newsletters: [Canyon County Hub](#), [Bonneville Interagency Council](#) (contact: mpflores@ccimail.org), University of ID County Extension (contact: lblanch@uidaho.edu), [Idaho Caregiver Alliance Newsletter](#)

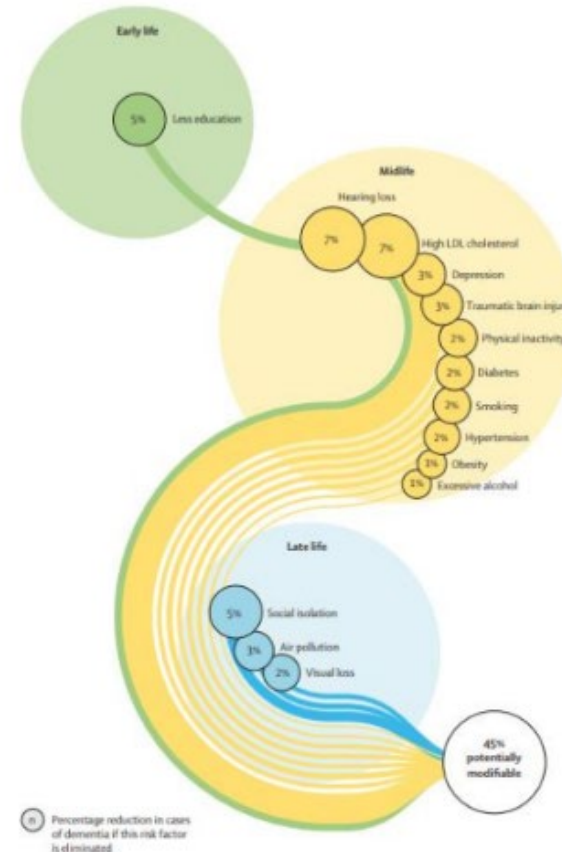
Statewide Resource

HOPE

Healthy Options for Prevention Excellence*

Improving Brain Health, Reducing Risk of Dementia, Delaying Onset of Dementia Symptoms and Slowing Progression of Dementia Symptoms

- ✓ The Treasure Valley Family YMCA in partnership with Saint Alphonsus Memory Center is excited to bring to you a once-a-month online (virtual) free education program on evidence-based lifestyle-medicine strategies and treatment of potentially modifiable risk factors to improve brain health and reduce one's risk of dementia.
- ✓ Did you know that research to date have identified 14 potentially modifiable risk factors for dementia? These 14 factors account for approximately 45% of dementia cases!



Reprinted from The Lancet, 404, Gill Livingston, Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission, 572-628, 2024, with permission from Elsevier.

SAVE THE DATE!

Please join us for monthly HOPE meetings. Let's help each other live our best lives possible by improving our brain health and reducing our risk of dementia.

Tuesday, January 7th, 2025

- 1st Tuesday of every month
- 12:00 – 1:00pm MST
- To register, contact Mary Biddle – Newberry at 208-344-5502, ext. 276 or mary.biddle@ymcatvidaho.org

Please share this flyer with your family, friends and local community.

Regional Resources - East

Support Groups (for dementia caregivers): Alz Association - 1-800-272-3900

- Hailey Senior Connection - weekly on Wed - 2:00
- Pocatello 1st United Methodist Church - 2nd Wed - 2:00
- Twin Falls - College of Southern Idaho Office on Aging - 3rd Tu - 2:00

Creative Aging - Idaho Falls Art Museum - 3rd Wed - 10:00 - call Jody at 208-350-6823

[Eastern Idaho Community Action Partnership](#) - Support Group every other Friday starting first week of the month from 1-3 PM

[Idaho Falls YMCA](#) - Brain, Body, and Fitness Class - every Thursday from 12-1

[Southeast ID Area Agency on Aging](#) - Pocatello - Support Group - 4th Wed - 2:00



SAVVY Caregiver Express is a FREE three-week course designed for caregivers caring for a person with memory loss, dementia, or Alzheimer's Disease. Savvy helps caregivers acquire and strengthen their knowledge, skills, and attitudes to empower them to be more intentional, strategic and responsive in their caregiver role.

Topics include:

- Strategies to manage activities of daily living
- Skills to assess your loved one and how to adjust your approach to care.
- Understanding the different types of dementia
- Ability to manage emotions and feelings of caregiving
- Decision-making skills and confidence-building to achieve caregiver goals.

Date and Time: July 7th, 14th, & 21st, 1:00PM-3:00PM

Location: Bingham County Extension Office

412 W Pacific Street

Blackfoot, ID 83221

For more information and registration contact:

Amanda Browner

Phone: (208) 871-2344

Email: amanda.browner@a3ssa.com



Regional Resources - North

Support Groups and Memory Cafe (for dementia caregivers):

- Kootenai County (CDA and Post Falls)
 - Special Dementia-*Behavior* Support Group: Meeting in CDA 2x per month, contact Susan Coulter, LCSW at 208-352-3896
 - Saturday Support Group: Contact Becky at 208-620-9265
 - Alz Assoc Support Group on Wednesday and Thursday evenings and Memory Café - Meeting at local coffee shop in CDA: Contact Michelle Larson at 208-666-2996
- Bonner County (Sandpoint)
 - i. Contact Michelle Larson at 208-666-2996

Respite Options

- a. Sandpoint: Friendship Station (opening June 2025), contact sandpointfriendshipstation@gmail.com
- b. CDA: One Site for Seniors (paused over summer), Contact Monica at 208-967-4771

Regional Resources - North

Introduction to Brain Health and Community Resources

An education program presented by:
The Alzheimer's Association & The Area Agency on Aging of North Idaho



Join us for a program created and presented by the Alzheimer's Association and the Area Agency on Aging of North Idaho that offers education and resources to support those facing a diagnosis of dementia, as well as their families. For caregivers that require care for their loved one in order to attend this class, please contact One Site for Seniors at 208-651-9060 to make arrangements.

Join us to learn more about:

- Basic dementia overview
- Lifestyle changes that can reduce risks of developing Alzheimer's
- Building a Care Team
- Advance Directives
- Fall Prevention Tips & Tricks
- Caregiver Support & Local Resources
- Road Safety for Aging Adults

**1st & 3rd Friday
every month**

12 - 1 pm

**Area Agency on Aging
402 W Canfield Ave Ste 1
Coeur d'Alene, ID 83815**

.....
Registration/Questions:
208-666-2996 or
mllarson@alz.org



ALZHEIMER'S ASSOCIATION



Regional Resources - South

Alzheimer's Association Support Groups (for dementia caregivers):

- Canyon County - Nampa Public Library - 3rd We - 1:00
- Emmett - Meadow View Assisted Living - 2nd We - 2:00
- Fruitland - Horizon Home Health and Hospice - last Tu - 2:00
- Nampa - in Spanish - Contact for more information
- Payette Senior Center - last Tu - 2:00

Memory Cafés – Social connection for individuals with memory loss and their families (Southern ID and beyond)

Powerful Tools for Caregivers – 6-week course for caregivers (currently in Council and Kuna)

YMCA - Caregiver Support and Movement for Memory - Caldwell and Treasure Valley