



UCOA Quarterly Meeting Agenda
Wednesday – May 8, 2019
12:00 PM – 1:30 PM

Crescent Senior Living
11052 S Grapevine Cove, Sandy, UT 84070

*NOTE: Parking near east entrance or in the underground garage as you enter off 11000 South.
Meeting will be in the group room in the lower level.*

Join Zoom Meeting <https://zoom.us/j/125620852>
Or Telephone 669 900 6833
Meeting ID: 125 620 852

Lunch Provided by Gary Kelso, Mission Health Services

UCOA Business Meeting

- | | | |
|-------|--|--|
| 12:00 | Welcome to Commission Members and Community Partners | Andrew Jackson |
| 12:05 | Partner Announcements and Business | Janet Frick, SLCo Aging |
| | Executive Director Activity Update | Rob Ence |
| | Open and Public Meetings Act Training | Andrew Jackson |
| 12:25 | Community Partners | |
| | Adult Health Literacy | Tim Farrell, MD – U Div. of Geriatrics |
| | Aging in the LGBTQ Community | Deb Hall, SAGE |
| | Company Perspective on Transitional Care | Gary Kelso |
| | | Mission Health Services |
| 01:15 | Public Input | |
| 01:30 | Adjourn | |

Personal Tour of Crescent Senior Living for Interested Participants

(Public and partner comment and input welcomed throughout)

Upcoming Events:

Next UCOA Meeting:

*August 8, 2019 – Thursday 12:00 – 1:30 PM
Bateman Horne Education Center
24 South 1100 East, Suite 205 (north end 2nd floor)*

Other important dates:

*May 09, 2019 – Thursday, 8 AM to 6 PM – Elevating Utah's Seniors
Elder Justice Conference, Park City Marriott
1895 Sidewinder Dr, Park City*



*May 24, 2019 – Friday, 8 AM to 5 PM – The Creative Age of Arts and Healing
Dixie State University, Eccles Fine Arts Center
255 South 700 East, St. George*

*May 29, 2019 – Wednesday, 11 AM to 2 PM – Your Health is Your Wealth
Senior Health and Fitness Day, Viridian Center,
8030 South 1825 West, West Jordan*

*September 10, 2019 8 AM to 1 PM – Advance Care Planning Summit
Viridian Center
8030 South 1825 West, West Jordan*

Briefing Packet Contents

Executive Director Report

Engagement Highlights

- Legislative scare and thanks to all supporters
 - Rectified reporting requirements – thank you Christine Clark for updated filings and process investigation; thanks to Andrew for current training
 - Statute reduced members from 22 to 20 by eliminating a State Senator and Representative
- Legislative awareness a top priority this year
 - Annual report format to change
 - Christine Clark lead editing role – submissions by request and due by July 31.
- DOJ Grant Updates
 - Two English videos in the can, two podcasts complete
 - Working Spanish and Navajo language production still
 - Focus groups in the early summer
 - Results to share with Commission at Aug meeting
- Governor's 2020 Census Committee program continues with marketing plan and imminent rollout; no legislative funding to support; dependent on network
- Alzheimer's Coordinating Council - Lynn Meinor program comments
- Merging Engage Utah website on UCOA site as part of arts in aging expansion; St. George event
- Family Caregivers Alliance – looking for additional feedback on website asset
- Grants in play:
 - Working on final grant application elements for Utah POLST Registry Committee
 - Falls prevention grant development
- UCOA support of May 9 Elder Justice Conference
 - Great agenda of topics
 - UCOA helping host and moderate sessions
- Other events and updates on website; interviewing intern to dedicate time to a more dynamic web and media presence.

(Public and partner comment and input welcomed throughout)

Utah Falls Prevention Alliance

Accomplishments and Projects – 2019 Update

The Falls Prevention Alliance in partnership with SLC Fire Dept., and the University of Utah Physical Therapy Dept. recently received funding for a pilot project from the University's CCTS Community-initiated Translational Research Pilot Program. Over the next 12 months we will be developing a reporting system for fall-related public assist calls, evaluating the data to determine optimal targets for intervention, identify the primary needs of non-transport individuals for effective interventions, and convene stakeholders to develop a care plan for individuals needing EMS assistance but not transportation for a fall. If interested in participating in development of the intervention plan, please contact Sally Aerts (sallyaerts@gmail.com).

The Alliance is also submitting a HITECH Electronic Fall Prevention Proposal to CMS next month. This grant would provide funding to upload 911 non-transport fall data (adults 55 years and older) to CHIE, send alerts of fall events to healthcare providers and case managers involved in the patients' care, develop a fall risk dashboard in CHIE to improve care coordination, and educate healthcare providers and the public regarding fall prevention measures. The Alliance is soliciting funds for the 10% community match. Please contact Tracy Altman (Tracy.Altman@hsc.utah.edu) if you would like more details about the proposal or are interested in making a contribution.

Fall Prevention Awareness Day for 2019 in Utah will be

Monday, September 23.



Dear XOXOO

Falls account for almost 20 percent of the emergency calls Scottsdale Fire Department run on each year. Many of these falls can be prevented by identifying potential fall risks in the home.

This year, Scottsdale Fire has partnered with **HonorHealth** to help residents address these issues using our Home Safe Home program. Trained volunteers visit homes of older adults to point out tripping and falling hazards. We can also replace smoke alarms batteries or install a new alarm and give free nightlights to ensure you can see well at night. You may also receive a lockbox that allows emergency responders access to your home if you call 911 and are unable to answer the door.

Is Home Safe Home right for you?

The following are the most common health problems that cause falls. How many apply to you?

- Problems walking or moving around
- Taking 4 or more medications (including over the counter medicines and herbal remedies)
- Foot problems, unsafe footwear
- Blood pressure drops on standing up/dizzy
- Problems with seeing
- Tripping hazards in your home

Tally your score:

More Health Problems* = greater chance of falling this year		
If your number of health problems is:		Your chance of falling is:
0		(1 person in 10 will fall)
1		(2 people in 10 will fall)
2		(3 people in 10 will fall)
3		(6 people in 10 will fall)
4 or more		(8 people in 10 will fall)

We'd like to help!

Let us know that you would like an appointment! You can fill out an online form at www.ScottsdaleAZ.gov; Search "**Home Safe Home**." Or you may call 480-312-1817 to request a visit. Together, we can reduce your risk of falling and help you maintain your independence!



**GREAT HANDS-ON
WORKSHOPS,
PRESENTATIONS AND
ENTERTAINMENT!**

**Friday, May 24
8am-5pm**

KEYNOTE SPEAKERS AND PRESENTERS



MICHAEL L. GOOD, M.D.
CEO, University of Utah Health
Dean, U of U School of Medicine
Senior VP, Health Sciences



PING HO, MA, MPH
Founder and Director, UCLA Arts & Healing
Founding Administrator, UCLA Collaborative
Centers for Integrative Medicine



STEPHANIE NASH, MFA
Mindfulness Coach & Integrative
Counselor, Speaker, Actor

**DIXIE STATE UNIVERSITY ST.
GEORGE, UT**

ECCLES FINE ARTS CENTER

PRESENTED BY



**SHELLEY WHITE,
MSW, LCSW, PHD CANDIDATE**
Manager
Wellness & Integrative Health Center,
Huntsman Cancer Institute,
University of Utah



**HEATHER FELLOWS,
SCMT, MT-BC**
Music Therapist
Wellness & Integrative Health Center,
Huntsman Cancer Institute,
University of Utah



LAURA SHARP WILSON, MFA
Artist-in-Residence at
Wellness and Integrative Health Center,
Huntsman Cancer Institute,
University of Utah



KEN CROSSLEY
EngAGE Utah Founder
and Executive Director



LYNNE CLARK BRUNSON
LFMT, Therapist, Artist, Musician,
Author and Photographer



HANNAH ROTHLIN, MA
Mind Body Specialist at
Dixie Regional Live Well
Center, St. George

Examining the role the arts play in
promoting health and wellness for anyone
seeking to live a creative and active life.

Network with other healthcare
professionals, caregivers, therapists, artists,
healers, and policy makers.

Up to 7 CEU credits available for a \$15 fee
Recreational Therapy, Occupational Therapy,
Social Work, Art & Music Therapy.

FULL REGISTRATION - \$50*

*Includes breakfast, lunch, and materials

STUDENT SCHOLARSHIP AVAILABLE

Register Today!
at artswashco.com

SPONSORED BY



washcoartscouncil@gmail.com • 435-673-4206 • 801-867-1867

Open and Public Meetings Act

A Summary of Key Provisions for Legislators | May 2018



The Open and Public Meetings Act (OPMA) requires that members of a public body be "provided with annual training on the requirements of [the Open and Public Meetings Act]" (Section [52-4-104](#)). This document is intended to facilitate compliance with that requirement and to help legislators understand OPMA. This summary is intended for a state legislative audience and does not attempt to explain or address requirements for other public bodies. Key terms are defined at the end of the document.

OPMA's stated goal is to ensure that the state, its agencies, and its political subdivisions deliberate and take action openly (Section [52-4-102](#)).

Public Notice (Section [52-4-202](#))

A public body is required to provide public notice of a meeting at least 24 hours before the meeting. The public notice is required to:

- specify the date, time, and place of the meeting;
- include an agenda that specifies topics the public body will consider;
- be posted on the Utah Public Notice Website and at the location of the meeting; and
- be provided to a newspaper or local media correspondent.

A public body may discuss an item raised by the public that is not listed on the agenda but may not take final action on the item at the meeting.

Minutes and Recordings (Section [52-4-203](#))

- A public body is required to keep written minutes and a recording of all meetings unless the meeting is a site visit or traveling tour where no vote or action is taken.
- Draft minutes are required to be made available to the public within 30 days after the meeting.
- A recording of the open portions of the meeting must be posted on the Utah Public Notice Website within three business days after the public meeting.
- The approved minutes and any public materials distributed at the meeting must, within three business days after their approval, be:
 - posted on the Utah Public Notice Website; and
 - made available at the public body's office.

2018 Amendments to OPMA

Substantive Changes to OPMA:

- A unit of the executive branch of state government and a political subdivision are now required to provide the required annual OPMA training online in a web-based format ([H.B. 179](#)).
- A public body may reclassify a record of a closed meeting in accordance with the Government Records Access and Management Act ([S.B. 137](#)).

Now subject to OPMA:

A taxed interlocal entity ([S.B. 178](#)).

Now exempt from OPMA:

- A convening of a three-member board of trustees of a large public transit district if the members do not take a tentative or final vote or only discuss day-to-day management and operation of the public transit district ([S.B. 136](#)).
- A routine conversation between members of a board of trustees of a large public transit district if no tentative or final vote is taken ([S.B. 136](#)).
- A meeting of certain subcommittees of the Legislative Management Committee when meeting to select or evaluate a candidate for employment, except when voting to recommend a candidate for employment ([S.B. 238](#)).

Closed Meetings (Sections [52-4-204](#) and [52-4-205](#))

A public body may hold a closed meeting only for certain reasons, including to discuss:

- a person's character, competence, or health;
- pending or imminent litigation;
- certain matters regarding acquisition or sale of real property, including water rights or shares;
- the deployment of security personnel, devices, or systems;
- an investigation of alleged criminal conduct;

- the receipt or review of an ethics complaint, if the public body is the Independent Legislative Ethics Commission;
- certain matters under the jurisdiction of a legislative ethics committee; and
- certain deliberations and decision making involved in the procurement process.

A public body may close a meeting only by a two-thirds vote with a quorum present, except that a majority vote is sufficient for closing a meeting of:

- the Health and Human Services Interim Committee to review a fatality review report;
- the Child Welfare Legislative Oversight Panel to review a fatality review report or review and discuss an individual case; or
- an ethics committee of the Legislature to receive legal advice or deliberate on a complaint.

No vote is required to close a meeting of the Independent Legislative Ethics Commission to review an ethics complaint if the publicly distributed agenda for the meeting states that the meeting will be closed.

A public body that closes a meeting is required to announce and record in the minutes the reasons for closing the meeting.

A public body may not close a meeting to discuss filling a midterm vacancy or temporary absence for an elected position, or to discuss a person whose name was submitted to fill a midterm vacancy or temporary absence for an elected position.

An ordinance, resolution, rule, regulation, contract, or appointment may not be approved during the closed portion of a meeting.

Definitions *(Section 52-4-103)*

Meeting means a convening of a public body with a quorum present to discuss, receive public comment about, or act upon a matter over which the public body has jurisdiction or advisory power.

Meeting does not mean a chance or social gathering or a convening of a public body that has both legislative and executive responsibilities in certain circumstances.

Public Body means an administrative, advisory, executive, or legislative body of the state or its political subdivisions that:

Emergency Meetings *(Section 52-4-202)*

A public body may hold an emergency meeting and is not required to give 24-hour notice if unforeseen circumstances arise that require the public body to consider matters of an emergency or urgent nature. However, a public body may not hold an emergency meeting unless it attempts to notify all members of the public body and a majority of its members approve the meeting.

Electronic Meetings *(Sections 52-4-207 and IR3-1-105)*

A public body may not convene or conduct a meeting by electronic communications unless it has adopted procedures to govern electronic meetings. The Legislature's rule governing electronic legislative meetings states that a committee member may remotely participate in a public meeting if:

- the member will be more than 50 miles away from the meeting location;
- the member requests permission of the chair to participate from a remote location; and
- the chair obtains permission from the speaker of the House of Representatives and president of the Senate to conduct an electronic meeting.

Penalties *(Sections 52-4-302 and 52-4-305)*

Open Meetings - Any final action taken in a meeting that is in violation of certain open-meeting provisions of OPMA is voidable by a court.

Closed Meetings - It is a class B misdemeanor to knowingly or intentionally violate the closed meeting provisions of OPMA.

- is created by the Utah constitution, state statute, rule, ordinance, or resolution;
- expends, disburses, or is supported in whole or in part by tax revenue; and
- is vested with the authority to make decisions regarding the public's business.

Public body does not include a political party, political group, or political caucus, or a conference committee, rules committee, or sifting committee of the Legislature.

Welcome to the Utah Public Notice Website: Your central source for all public notice information in Utah

About the Utah Public Notice Website

The Utah Public Notice Website is dedicated to bringing greater accessibility to public notice information and increased participation by the public. It is a central source for all public notice information statewide, provided in a standardized format for publishing. It allows the public to subscribe by email to a Body to receive its notices and updates.

Public notice informs members of the general public of government or government-related activities which may concern their local area, municipality, county, or state. The Open and Public Meetings Act ([Utah Code Title 52, Chapter 4](#)) mandates that notice and the agendas of public meetings be available to the public. The minutes of open meetings and public information distributed at the open meeting are public information. A state agency Body and the legislative body of a county, city, or town are required to post these materials on the Utah Public Notice Website. The audio recordings of open meetings are also public information and the audio recordings of state bodies must be available through the website, either by posting or linking. Audio recording of open meetings of the state's political subdivisions are not required to be on the website, but must be otherwise available to the public.

Requirements for other types of public notice can be found in more than 60 statutes in Utah law. They are located in statutes regulating the actions of state agency bodies and commissions, and many can be found in the laws that govern counties (Utah Code Title 11 and Title 17), municipalities (Utah Code Title 10 and Title 11), local or special districts (Utah Code Title 17B, 17C, and 17D), and other references.

In some specific mandates, public notices must not only be posted on the Utah Public Notice Website, but also on the Legal Notice Website (as established in [Utah Code Section 45-1-101](#)). However, posting public notice on the Legal Notice Website does not relieve a Body from posting public notice on the Utah Public Notice Website if legally required.

Understanding Notices:

Click on a term to read its definition

Body

A Body is any administrative, advisory, executive, or legislative body of the state or its political subdivisions that: is created by the Utah Constitution, statute, rule, ordinance, or resolution; consists of two or more persons; expends, disburses, or is supported in whole or in part by tax revenue; and is vested with the authority to make decisions regarding the public's business.

[Public Notice](#)

[Public Meeting](#)

[Public Hearing](#)

Public Information:

Many bodies now have the minutes, audio recordings, and other materials from their open and public meetings on the website. All state agency bodies are required to post this information, while specified local government bodies are required to post minutes and handouts. To find this public information, search for the Body, then look at the attachments.

Create your own Public Notice Widget



You can now easily display notices on your individual website.

About Public Notice Website:



Utah's bodies are required to post notices of open meetings and other public notices on the Utah Public Notice Website. The statute establishing this website is in [Utah Code Section 63F-1-701](#), but there are many mandates dictating the information and timing of public notices. [To learn more »](#)

Training

The Utah State Archives has tools to assist those tasked with posting public notices online. [To learn more »](#)

OPEN AND PUBLIC MEETINGS ACT TRAINING

By: Tracy Scott Cowdell
City Attorney

20 Questions:

1. Who is responsible to ensure that a body receive training regarding the Act?

The presiding officer of each public body is responsible to ensure that all members of the public body are provided with annual training on the Open and Public Meetings Act.

See UTAH CODE ANN. §52-4-104.

2. What is the intent or public policy of the Act?

- a. Public bodies exist to aid in the conduct of the people's business.
- b. The actions and deliberations of public bodies should be taken and conducted openly.

See UTAH CODE ANN. §52-4-102.

3. What is a meeting?

The convening of a *public body*, with a *quorum* present, whether in person or by means of electronic communications, for the purpose of discussing, receiving comments from the public concerning, or acting upon a matter over which the public body has jurisdiction or advisory power.

See UTAH CODE ANN. §52-4-103(6).

4. What is NOT a meeting?

- a. A chance gathering
- b. A social gathering
 - i. Ex: a holiday party is not a meeting
 - ii. Ex: a ribbon cutting for a new business is not a meeting

See UTAH CODE ANN. §52-4-103(6)(b).

5. What is a quorum?

A “quorum” means a simple majority (greater than half) of the membership of a public body, unless otherwise defined by applicable law.

See UTAH CODE ANN. §52-4-103(11).

6. What constitutes notice of a meeting? How do we notice a meeting?

- a. At least **24 hours’ public notice** of the agenda, date, time and place of each meeting.
- b. The 24-hour public notice is satisfied by:
 - i. posting a written notice at the principal office of the public body; and
 - ii. posting the notice online at the Utah Public Notice Website
- c. **Annual public notice** of the date, time, and place of regularly scheduled board meetings must also be posted in the same manner.

See UTAH CODE ANN. §52-4-202(1)-(3); UTAH CODE ANN. § 63F-1-701.

7. What about emergency meetings?

- a. Best notice practicable – time, place and topics; and
- b. Quorum approves the need for a meeting

See UTAH CODE ANN. §52-4-202(5).

8. What are the agenda requirements?

A public notice that is required to include an agenda must be specific enough to notify the public as to the topics to be considered at a meeting.

See UTAH CODE ANN. §52-4-202(6)(a).

9. What if a topic is raised that is not on the agenda?

The public body may discuss the topic, but it cannot take any action on the topic.

See UTAH CODE ANN. §52-4-202(6)(b)-(c).

10. What should be included in the meeting minutes?

- a. the date, time and place of the meeting;
- b. the names of members present and absent;
- c. the substance of all matters proposed, discussed, or decided;
- d. record, by individual member, of each vote taken;
- e. the name of each person who is not a member who provided testimony or comments;
- f. the substance of any testimony or comments by the public; and
- g. any other information any member requests to be entered.

See UTAH CODE ANN. §52-4-203(2).

11. What are the elements of a properly closed meeting?

- a. A quorum is present
- b. A properly noticed open meeting
- c. 2/3 of the members of the public body present vote to approve closing the meeting (optional closed meeting)
- d. A majority of the members of the public body present vote to approve closing the meeting (for meetings required to be closed).

See UTAH CODE ANN. §52-4-204(1).

12. What subjects may be covered in a closed meeting?

- a. discussion of the character, professional competence, or physical or mental health of an individual (excepting a person submitted for consideration to fill a midterm vacancy or temporary absence of an elected office);
- b. strategy sessions discussing:

- i. pending or reasonably imminent litigation;
- ii. collective bargaining;
- iii. the purchase, exchange, or lease of real property if discussion would disclose property value or prevent the best possible transaction for the public body;
- iv. the sale of real property if discussion would disclose property value or prevent the best possible transaction for the public body;
- v. deployment of security personnel, devices, or systems; and
- vi. investigative proceedings regarding allegations of criminal misconduct.

See UTAH CODE ANN. §52-4-205(1).

13. What can be decided in a closed meeting?

14. Keeping a record of a closed meeting?

- a. Date, time, and place of the meeting;
- b. The names of members present and absent;
- c. The names of all other present unless disclosure would infringe on the confidentiality necessary to fulfill the original purpose of closing the meeting;
- d. Keep a recording forever
- e. Instead of a recording, a sworn statement is required from the person presiding at a meeting if a public body closes a meeting exclusively for the purpose of:
 - i. discussing character, professional competence, or physical or mental health of an individual; or

- ii. discussing the deployment of security personnel, devices, or systems.

See UTAH CODE ANN. §52-4-206.

15. How does one challenge a closed session?

- a. Court action
- b. In camera review to decide legality of the closed meeting

See UTAH CODE ANN. §52-4-304.

16. What are the requirement for an electronic meeting?

- a. Written policy – resolution, rule, or ordinance governing use of electronic meetings
- b. Post public notice as usual
- c. Post written notice at the anchor location of the meeting
- d. Specify how members of the public can participate

See UTAH CODE ANN. §52-4-207.

17. How do you deal with Disruptive behavior?

Any person who willfully disrupts a public meeting to the extent that disorderly conduct is seriously compromised may be removed from the meeting.

See UTAH CODE ANN. §52-4-301.

18. Enforcement of the Act?

- a. The attorney general and county attorneys are responsible for enforcement of the Open and Public Meetings Act.
- b. The attorney general is required on a least a yearly basis to provide notice to all public bodies of any material changes to the Open and Public Meetings Act.

- c. A person denied any right under the Act may bring suit to compel compliance with or enjoin violations or determine the applicability of the Act, and may be awarded attorney fees and court costs if successful.

See UTAH CODE ANN. §52-4-303.

19. What are the penalties for violating the Act?

- a. Termination or suspension for an employee
- b. Official action could be voided in Court
- c. A knowing or intentional violation or aiding or advising in the violation of the closed meeting provisions of the Open and Public Meetings Act is a class B misdemeanor.
- d. Criminal penalties for intentionally destroying or failing to keep records.

See UTAH CODE ANN. §52-4-305.

20. Questions?

YOUR HEALTH IS

YOUR WEALTH

SENIOR HEALTH & FITNESS DAY

MAY 29TH

11:00AM - 2:00PM

The County Library's Viridian
Event Center (8030 S 1825 W)

SCHEDULE

11:00 - 11:30am

Welcome Remarks
& Guest Speaker

11:30am - 2:00pm

Health Information Workshops
& Exercise Demonstrations

*Mindfulness, Staying Cognitively Sharp,
Importance of Physical Activity As We Age, Tai
Chi, Enhance Fitness, Chair Yoga, Line Dancing*

FEATURING

Food Trucks

Wellness Stations

Mural Art Project

Silent Auction



Free Admission Includes \$6 Food Truck Credit for Attendees Age 60+



Humana®

Volunteer

with Meals on Wheels



Delivering more than just a meal.

One hour a week can change a life.

Over 61 volunteer teams work every day to ensure that frail and vulnerable older adults have a meal and daily connection.

45% of 1,100 daily meals in Salt Lake County are delivered by volunteers.



Contact:
Shauna Brock
Salt Lake County Aging & Adult Services
(385) 468-3196 | skbrock@slco.org



ARE YOU CARING FOR SOMEONE WITH ALZHEIMER'S OR OTHER DEMENTIA?

ACT for Caregivers is a web-based program developed by Utah State University and USU Extension.

ACT for Caregivers is a 10-session self-training program where caregivers learn about dementia, learn to cope with distress and practice focusing on doing what matters in their lives.

EXTENSION 
UtahStateUniversity

Contact Research Coordinator Alex Schiwal
at 435-915-6207 or email USUCaregivers@gmail.com

**Learn research-
based skills to
manage stress and
do what matters**

**No need to travel
or talk on the
phone**

**Work through
lessons on your
own computer**

**Takes about 20
minutes twice a
week for about six
weeks**

**Get paid \$50.00 to
complete the
modules and
benefit research**

ACT

FOR CAREGIVERS

UtahStateUniversity.

Age Happy. Age Healthy. Age Well.



If you have Medicare—

As part of Medicare you are given a free Annual Wellness Visit. Part of that yearly visit should be the 3-minute brain health check.

If you have private insurance—

Get your annual physical exam and request the 3-minute brain health check if you are having concerns with your memory or thinking.

www.agewell.health.utah.gov



What is the brain health check?

A cognitive brain health check (which doctors call a “mini-cog”) helps doctors evaluate your memory and thinking. You may be asked to remember words or draw a simple picture of a household item.

It only takes 3 minutes, it’s free with your annual check-up, and it’s completely noninvasive.

Utah's State Plan

For Alzheimer's Disease and Related Dementias



Utah's State Plan for Alzheimer's Disease and Related Dementias 2018-2022 is a collaborative effort in which many individuals as well as private, non-profit, and public organizations worked together on the following guiding directives:

- **To combat the stigma and increase awareness of Alzheimer's disease and related dementias.** Dementia is associated with a decline in memory and other mental disabilities severe enough to interfere with daily life. It is caused by physical changes in the brain. Common forms of dementia include Alzheimer's disease, vascular dementia, frontotemporal degeneration, and dementia with Lewy bodies.
- **To emphasize person-centered care that responds to individual needs and strengths.** Develop healthcare practices and societal responses that emphasize the strengths and abilities people with dementia have, not just their losses. In particular, people in early stage of dementia are better served when their health care wishes, desires for self-determination, and continued independence are equally respected to those with other chronic illnesses or disabling conditions.
- **To anticipate and address the broadening cultural, ethnic, racial, socio-economic and demographic diversity of Utah.** Rural access to dementia diagnostic services has become increasingly problematic. The prevalence of dementia among Hispanics and African-Americans is disproportionately greater than among Whites older than 65. These populations are growing in our state. Broad disparity in access to services is addressed in the plan.

33,000

Utahans with Alzheimer's
Disease or Related Dementias

4th

Leading Cause of Death in Utah

190% Increase since 2000

155,000

Caregivers to people with
Alzheimer's Disease or Related
Dementias

177 Million

Hours of unpaid care
provided by family

Valued at **\$2.2 Billion**

Summary of Goals and Recommendations



Goal 1: Dementia-aware Utah

Raise broad public awareness of Alzheimer's disease and related dementias through culturally appropriate education

Goal 2: Support and Empower Family and Other Informal Caregivers

Advocate and promote education on the vital role of informal caregivers with guidance and quality care and the best utilization of resources

Goal 3: Dementia-competent Workforce

Develop a dementia-capable and culturally competent professional healthcare workforce who cares for older adults and people with dementia throughout the continuum of care

Goal 4: Expanded Research in Utah

Engage in a public health approach to address the significant projected growth in Alzheimer's disease and related dementias in Utah

For complete state plan visit:
https://livingwell.utah.gov/docs/Alzheimers_StatePlan.pdf