



Department of Elder Affairs Alzheimer's Disease Initiative

Memory Disorder Clinics And Brain Bank of Florida 2008 Year End Summary

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**ELDER
AFFAIRS**
STATE OF FLORIDA

CHARLIE CRIST
GOVERNOR

December 2008

Dear Colleagues:

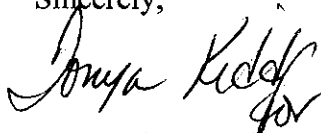
On behalf of the Department of Elder Affairs, I am pleased to express my praise and support for the great work on the Alzheimer's Disease Initiative (ADI) Memory Disorder Clinics (MDCs) and Brain Bank. Since the inception of the ADI in 1985, the clinics have served thousands of families in every county in Florida.

The department continues to champion the need for services and assistance to Floridians who have been diagnosed with Alzheimer's disease and related disorders. The memory disorder clinics and their extraordinary staff provide a lifeline to families dealing with memory problems, confusion and behavioral challenges. As part of the ADI, we are committed to supporting the MDCs in their efforts to:

- Provide education and health support services to memory disorder patients, families and caregivers;
- Coordinate professional education in the area of memory disorders; and
- Seek prevention and curative measures for memory disorders through research.

Please accept my sincere appreciation for the commitment that you have to providing quality service and treatment options for Alzheimer's patients and their caregivers. Your efforts to advocate and provide quality services are greatly appreciated.

Sincerely,



E. Douglas Beach
Secretary

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**Florida Department of Elder Affairs
Alzheimer's Disease Initiative
Memory Disorder Clinics and Brain Bank of Florida 2007-2008
Summary Report**

*Do not ask me to remember.
Don't try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.*

*I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you
To be with me at all costs.*

*Do not lose your patience with me.
Do not scold or curse or cry.
I can't help the way I'm acting.
Can't be different though I try.
Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me 'til my life is done.*

-Author unknown

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DEPARTMENT MISSION STATEMENT

The Department’s mission is to foster an optimal quality of life for elder Floridians. The Department’s vision and shared values are to foster a social, economic and intellectual environment for all ages, and especially those age 60 and older, where all can enjoy Florida’s unparalleled amenities in order to thrive and prosper. Area agencies, lead agencies and local service providers as partners and stakeholders in Florida’s aging services network are expected to support the Department’s mission, vision, and program priorities.

Executive Summary

The Florida Department of Elder Affairs (DOEA) Alzheimer's Disease Initiative (ADI) was created by the Florida Legislature in 1985 for the purpose of providing a continuum of services to meet the changing needs of individuals with Alzheimer's disease and their caregivers. The ADI receives general revenue and Tobacco Settlement Trust Funds. The Department of Elder Affairs (DOEA) allocates funds through contracts with a network of Memory Disorder Clinics and the Area Agencies on Aging that fund ADI programs throughout the 67 counties in Florida. For Fiscal Year 2007-08, the Florida Legislature appropriated \$29.3 million to the Alzheimer's Disease Initiative.

The Alzheimer's Disease Initiative is made up of several program components:

Memory Disorder Clinics (MDCs) provide comprehensive assessment, diagnostic outreach, and referral services for persons with memory problems. The MDCs conduct research and develop training materials for caregivers and health care professionals. There are 15 memory disorder clinics in the state, of which 13 are funded by the State.

Model Day Care programs, in conjunction with Memory Disorder Clinics, test therapeutic models and deliver specialized day care services in a safe, supervised setting where Alzheimer's patients can congregate, socialize and participate with each other.

Respite Care programs in all 67 counties offer caregiver relief for a specified period of time. The service may be provided in the client's home or in a facility, such as an assisted living facility. Caregivers and consumers may receive supportive services essential to maintaining persons with Alzheimer's disease or related dementia in their own homes. The supportive services may include caregiver training and support groups, counseling, consumable medical supplies and nutritional supplements.

The Resource Databases and Brain Banks are tools used for research purposes.

- **The Resource Database** is a central database used to identify potential patients for specific studies and collaborative research projects.
- **The Florida Brain Bank** provides autopsy services to diagnose the specific type of dementia and other contributors to death. Critical clinical and health details are gathered before death and are matched with pathological findings of the autopsy.

Support services for families dealing with Alzheimer's disease and related dementias are essential to help keep persons with Alzheimer's disease and related dementias in their own homes. The support services may include hands-on care such as bathing, meal preparation, caregiver training, and a stipend to help cover the costs of medical supplies and nutritional supplements.

Growing Need for Alzheimer's Disease Initiative Services

A tsunami of Florida baby boomers entered their senior years in 2005 and the past few years have shown an increase in new Florida residents over the age of 65. The population of Floridians age 65 and older is expected to increase by 20 percent over this decade, representing 17.5 percent of Florida's total population in 2010. This growth will increase the need for skilled diagnostic examinations, comprehensive treatment, long-term care management, and outreach for clients and caregivers of the cognitively impaired.

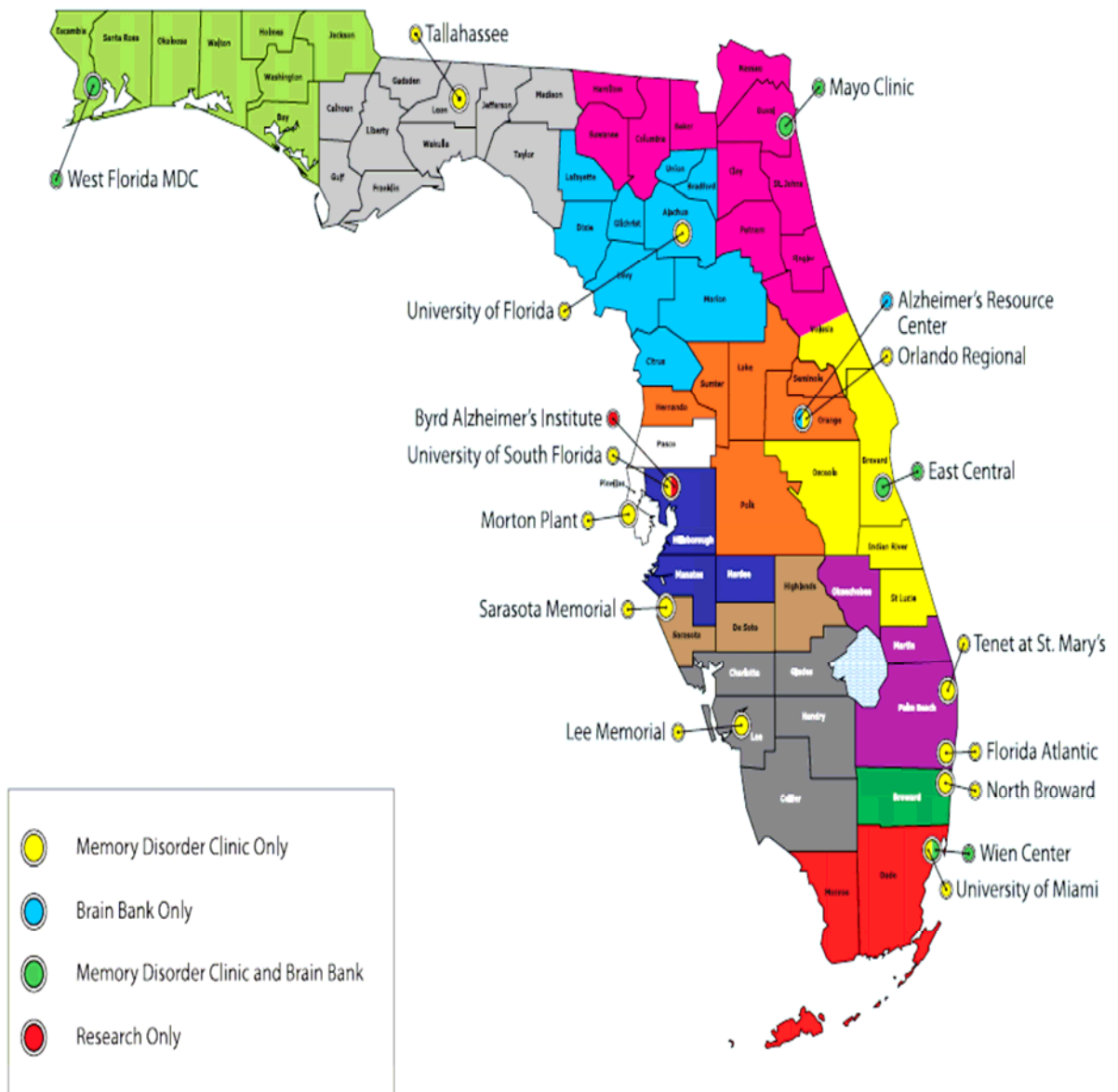
The proactive approach of the ADI Memory Disorder Clinics of Florida will augment staff and service provision to meet these needs. If clients can be diagnosed at earlier stages of disease, medications are available to treat the symptoms and allow clients to remain self-sufficient and community-based in their homes for a longer period of time, lessening the burden and costs to the family, the community and to the State of Florida. Each Memory Disorder Clinic is struggling to meet the growing needs of Florida's citizens. The Memory Disorder Clinics have needs, hopes and desires to further their mission. Only strong and continued funding can address the future.

Need for Strong Legislative Support and Funding

The ADI Memory Disorder Clinics are in agreement. So much more could be done in the field of diagnosis, treatment and research with additional funding. The families affected by Alzheimer disease need heroes. The foresight of the Florida Legislature in creating the ADI Network showed a commitment to this vulnerable aging population. That commitment should be honored with continued support. Specialized services, education and support of families affected by dementing illness allow these adults to prepare for care needs, make informed choices about their future, and save Florida dollars by creating community-based care plans.

The ADI Memory Disorder Clinics of Florida face mounting challenges in providing continuing service to the growing number of elderly Floridians – those who live here and those who will move to Florida. As longevity increases, the necessity to evaluate people for potential cognitive impairment grows exponentially. We must catch fixable dementias, slow down manageable dementias, and optimize brain function. Additional funding is essential to keep up with the need to provide the latest tools for diagnosis and treatment. In addition, the cuts in national sources of research funding hamper our progress to discover the cause and the cure of Alzheimer's disease and related dementias. The families affected by AD need heroes. Strong continued support is critical now more than ever as families suffer with the stress and costs of caregiving. The ADI MDC and Brain Bank specialized services, education and support of families affected by dementing illness allow these adults to get excellent medical evaluations, prepare for long-term care needs, make informed choices about their future, and save Florida dollars. This is accomplished by keeping loved ones at home for longer than expected because of links to community resources and compassionate experts that create community-based care plans.

Florida Memory Disorder Clinics and Brain Banks



ADI Memory Disorder Clinic and Brain Bank Locations

Boca Raton

Louis and Anne Green Memory and Wellness Center
Florida Atlantic University Memory Disorder Clinic
777 Glades Road, Building AZ-79, Boca Raton, FL 33431-0991
Contact: Denise Sparks, PhD, 561-297-0506, mspark@fau.edu
www.fau.edu/memorywellnesscenter
Diagnosis, Treatment, and Other Services: Memory Disorder Clinic
Counties served: Martin, Okeechobee, Palm Beach

Clearwater

Morton Plant Mease Memory Disorder Clinic
430 Morton Plant Street, Suite 402, MS24, Clearwater, FL 33756
Contact: Celisa Bonner, MSW, 727-461-8635, celisa.bonner@baycare.org
<http://www.mortonplant.com/bodycoe.cfm?id=532>
Diagnosis, Treatment, and Other Services: Memory Disorder Clinic
Counties served: Pasco, Pinellas

Deerfield Beach

Memory Disorder Center @ North Broward Medical Center
201 East Sample Road, Deerfield Beach, FL 33064
Contact: Shelly Greenberg, RN, 954-786-7392, sgreenberg@browardhealth.org
www.browardhealth.org
Diagnosis, Treatment, and Other Services: Memory Disorder Clinic
Counties served: Statewide

Fort Myers

Lee Memorial Health System's Lee Memory Care
2776 Cleveland Avenue, Suite 814, Post Office Box 2218, Fort Myers, FL 33902
Contact: Sue Maxwell, 239-334-5634, Sue.Maxwell@leememorial.org
<http://www.leememorial.org/oas/memory/memorycare.asp>
Diagnosis, Treatment, and Other Services: Memory Disorder Clinic
Counties served: Charlotte, Collier, Glades, Hendry, Lee

Gainesville

University of Florida Memory Disorder Clinic, McKnight Brain Institute
Department of Neurology, Box 100236, Gainesville, FL 32610-0236
Contact: Leilani Doty, PhD, 352-273-5550, dotyl@neurology.ufl.edu
<http://www.neurology.ufl.edu/memory/index.shtml>
Diagnosis, Treatment, and Other Services: Memory Disorder Clinic, Brain Bank
Counties served: Alachua, Bradford, Citrus, Dixie, Gilchrist, Lafayette, Levy, Marion, Union

Jacksonville

Mayo Clinic Jacksonville, Memory Disorder Clinic

4500 San Pablo Road, Jacksonville, FL 32224

Contact: Francine Parfitt, MSH, 904-953-7103, parfitt.francine@mayo.edu

<http://www.mayoclinic.org/memory-disorders-clinic-jax/diseases.html>

Diagnosis, Treatment, and Other Services: Memory Disorder Clinic, Brain Bank

Counties served: Baker, Clay, Columbia, Duval, Flagler, Hamilton, North Volusia, Putnam, St. Johns, Suwannee

Melbourne

East Central Florida Memory Disorder Clinic

3661 South Babcock Street, Melbourne, FL 32901

Contact: Farah Sivolella, 321-768-9575, ext. 2029, farah.sivolella@health-first.org

<http://www.ecfmdc.org/>

Diagnosis, Treatment, and Other Services: Memory Disorder Clinic

Counties served: Brevard, Indian River, Osceola, South Volusia, St. Lucie

Miami

University of Miami Memory Disorder Clinic

1400 NW 10th Avenue, Suite 702

Dominion Tower, M801, Miami, FL 33136

Contact: Gloria Peruyera, MS, 305-243-4082, GPeruyera@med.miami.edu

<http://centeronaging.med.miami.edu/x231.xml>

Diagnosis, Treatment, and Other Services: Memory Disorder Clinic

Counties served: Miami-Dade, Monroe

Miami Beach

The Wien Center for Alzheimer's Disease and Memory Disorders

Mt. Sinai Medical Center

4300 Alton Road, Miami Beach, FL 33140

Contact: Martha Vizcaino, 305-674-2543, mvizcain@msmc.com

The Wien Center at Mt. Sinai Medical Center, Brain Bank

Contact: Yirah Ochoa, 305-674-2543, yochoa@msmc.com

<http://www.msmc.com/body.cfm?id=236>

Diagnosis, Treatment, and Other Services: Memory Disorder Clinic, Brain Bank

Counties served: Miami-Dade, Monroe (Brain Bank – Statewide)

Orlando

Orlando Health Lucerne Hospital

100 Main Lane, Orlando, FL 32801

Contact: Susan Dorries, 321-841-6536, Susan.Dorries@orlandohealth.com

http://www.orlandohealth.com/orlandoregional/medicalSpec_SubServ.aspx?SubServID=110&SubServ=Memory+Disorder+Center

Diagnosis, Treatment, and Other Services: Memory Disorder Clinic

Counties served: Hernando, Lake, Orange, Polk, Seminole, Sumter

Pensacola

West Florida Hospital Memory Disorder Clinic

8383 North Davis Highway, Pensacola, FL 32514

Contact: Joy Barbee, BSN, 850-494-6497, joy.barbee@hcahealthcare.com

Laura Levitan, 850-494-6498, laura.levitan@hcahealthcare.com

<http://www.westfloridahospital.com/CustomPage.asp?guidCustomContentID={86ADFC17-840C-11D4-81F3-00508B1249D5}>

Diagnosis, Treatment, and Other Services: Memory Disorder Clinic

Counties served: Bay, Escambia, Holmes, Jackson, Okaloosa, Santa Rosa, Walton, Washington

Sarasota

Sarasota Memorial Hospital, Memory Disorder Clinic

5880 Rand Boulevard, Suite 205, Sarasota, FL 34238

Contact: Kathleen Houseweart, MBA, 941-917-7197, Kathleen-Houseweart@smh.com

<http://www.sarasotageriatrics.com/>

Diagnosis, Treatment, and Other Services: Memory Disorder Clinic

Counties served: De Soto, Highlands, Sarasota

Tallahassee

Tallahassee Memorial Healthcare Neuroscience Center Memory Disorder Clinic

1401 Centerville Road, Suite 504, Tallahassee, FL 32308

Contact: Judy Shipman, LCSW, 850-431-5001, judith.shipman@tmh.org

http://www.tmh.org/neuroscience_content.cfm?id=153

Diagnosis, Treatment, and Other Services: Memory Disorder Clinic

Counties served: Calhoun, Franklin, Gadsden, Gulf, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla

Tampa

Johnnie B. Byrd, Sr. Alzheimer's Center and Research Institute

4001 East Fletcher Avenue Tampa, FL 33613

Contact: Nancy Teten, LCSW 813-866-1600

Diagnosis, Treatment, and Other Services: Research

University of South Florida Memory Disorder Clinic

3515 East Fletcher Avenue, MDC-14, Tampa, FL 33613

Contact: Yvonne Bannon, RN, MSHS, 813-974-2832, ybannon@health.usf.edu

http://health.usf.edu/nocms/myhealthcare/MDC_4U_AD_FINAL_2.pdf

Diagnosis, Treatment, and Other Services: Memory Disorder Clinic

Counties served: Hardee, Hillsborough, Manatee



West Palm Beach

St. Mary's Medical Center, Memory Disorder Center
5305 Greenwood Avenue, Suite 102, West Palm Beach, FL 33407
Contact: Mary Ann Theurer, 561-882-6363, mary.theurer@tenethealth.com
<http://www.stmarysmc.com/en-US/Pages/default.aspx>
Diagnosis, Treatment, and Other Services: Memory Disorder Clinic
Counties served: Martin, Okeechobee, Palm Beach

Brain Bank**Miami**

The Wien Center
Mt. Sinai Medical Center/Miami Heart
4300 Alton Road
Miami, Florida 33140
Contact: Ranjan Duara, MD, or Yirah Ochoa, MHSA, Brain Bank Coordinator
yochoa@msmc.com
Phone: 305-674-2018

**Department of Elder Affairs (DOEA)
Alzheimer's Disease Initiative (ADI) Advisory Board**

Committee Chairperson:
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Tampa, FL 33617
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Peggy Connelly, Caregiver, Vero Beach
Karl Dhana, M.D., West Palm Beach
Jamie Glavich, Caregiver, Jacksonville
Jeffrey Loomis, FACHE, Caregiver, Orange Park
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4040 Esplanade Way, Tallahassee, FL 32399-0700
DOEA 850-414-2000
information@elderaffairs.org

Testimonials, Media Attention and Letters of Appreciation

From a patient's family: **"Wanted to let you know how much we appreciated the quality time spent with us on our recent evaluation. I feel that you made a difference and my relative seems to have so much more energy and is happier after having the opportunity to talk with someone who understands."** Mayo Clinic Memory Disorder Clinic



From a husband's letter: **"Thank you to the University of South Florida Memory Disorder Clinic staff for taking such good care of my wife and giving me such comfort and support during her final days – my family and I will be forever grateful."** University of South Florida Memory Disorder Clinic



From a caregiver's letter: **"[Your staff] dealt with us and all of your other patients with a smile, warmth and the courage of a lion."** Memory Disorder Center at North Broward Medical Center.



From a caregiver's letter: **"I have received your evaluation of this test [Driving Evaluation], and I am very impressed with your detailed and comprehensive analysis of the results."** Louis and Anne Green Memory and Wellness Center at Florida Atlantic University.

From a daughter-in-law who is a caregiver: **“Thank you so much for being so compassionate and kind. Thank you so much for your help and guidance in finding the best approach for handling a family matter...I appreciate your thoughtfulness!”**
University of Florida Memory Disorder Clinic.



From a client to the East Central Florida Memory Disorder Clinic: **“[Your staff was] very professional, made the family members feel very comfortable and made sure that they understood everything that was being said.”**

Another client from East Central wrote: **“There is a difference between guessing and knowing what it is [the diagnosis]. The program took all of the guesswork out of it.”**

From a client to St. Mary’s Memory Disorder Center: **“The phrase ‘You are not alone’ has new meaning as a result of my husband and I attending the Early Stage Support Group.”**

Reports of Excellence

Lee Memorial Health System’s Lee Memory Care reported that **patient satisfaction surveys indicated 97 percent of their clients reported being very satisfied and “were likely to recommend” a friend to the clinic.**
Morton Plant Mease Memory Disorder Clinic was **featured on ABC Action News about their free memory screenings and their Memory Fit training program.**

The Miami Herald spotlighted University of Miami Memory Disorders Clinic in their July 2008 article **“Brain boost: How to keep memory lapses at bay.”**

The University of Florida Memory Disorder Clinic received feedback: **“[You and your staff] are very special because of who you are and the mission that you are on to help those suffering...as you truly did relieve suffering in our lives.”**

The Memory Disorder Center at North Broward Medical Center was **the winner of the South Florida Business Journal Award for Healthcare Excellence.**

The Mayo Clinic Memory Disorder Clinic received **an overall patient reported satisfaction rating in the 90th percentile.**

The Memory Disorder Center at North Broward Medical Center has earned the Gold Seal of approval for health care quality. The Center is the **first in the nation to be awarded Joint Commission Disease-Specific Care Certification for Alzheimer's Disease.**

Diagnosis and Treatment

During the 2007-2008 fiscal year, the Memory Disorder Clinics of Florida saw a total of 4,745 patients, conducted a total of 3,786 diagnostic evaluations, and counseled 1,942 primary caregivers.

The ADI Memory Disorder Clinics (MDCs) across Florida provided a unique set of comprehensive services to clients and caregivers whose concerns about potential memory disorders brought them to our offices. Multi-disciplinary teams provided comprehensive evaluations, treatment recommendations, long-term care strategies, and follow-up services to patients, caregivers and families. The complex problems associated with the diagnosis and treatment of memory disorders were handled by the members of the multi-disciplinary staff of the MDCs, which included the following:

Neurologists	Geriatricians	Neuropsychologists
Geriatric Psychiatrists	Nurse Practitioners	Psychologists
Occupational/Physical Therapists	Speech Pathologists	Case Managers
Licensed Clinical Social Workers	Nurses	Nutritionists

The combined expertise of these individuals allowed the MDCs to appropriately address memory disorders and assist families and caregivers.

Evaluative and referral services offered included the following:

- Initial medical, neurological and neuropsychiatric assessments
- Neuropsychological screening, labs, imaging (PET/MRI/CT), EEG, sleep study, carotid ultrasound
- Biopsychosocial assessment with the client or caregiver(s) or both, including review of social, cultural, and family support systems; safety; nutrition; and life skills
- Feedback meetings where diagnosis and treatment plans were discussed and referral to pharmacy review, memory skills training, driving/alternative transportation and daily care management strategies were recommended
- Psychiatric follow-up visits for patients requiring more intensive management of behavioral and/or mood symptoms
- Referral to community programs, comprehensive driving evaluations, support groups, pharmaceutical assessment, skills training, and where available, research programs
- Education for patient, family and caregivers

The collaborative process of the MDC teams provides a holistic approach to treatment. The dual focus on client and caregiver ensures effectiveness of the treatment mode.



Other Disorders: Diagnosis and Treatment

- Mild cognitive impairment

- “Fixable” dementias such as those caused by dehydration, B-12 deficiency, hypothyroid and other medical problems
- Dementia: Lewy Body dementia, Vascular dementia, Frontotemporal dementia, Multi-Infarct Dementia, Alzheimer’s disease, Parkinson’s Dementia, and other forms of dementia
- Parkinson’s disorder, Huntington’s disease, Pick’s disease
- Hydrocephalus, Normal Pressure Hydrocephalus, Metabolic Encephalopathy
- Mental health issues including delirium, depression, anxiety, adjustment disorders, substance abuse, and grief

Highlights

Lee Memorial Health System’s Lee Memory Care’s clinical psychologist provided therapy for clients and caregivers with a diagnosis of depression.

Morton Plant Mease Memory Disorder Clinic is a part of a Neuroscience Institute, which offers a Parkinson’s Clinic, an Epilepsy Clinic, a Stroke Clinic, and a Balance and Movement Disorder Clinic.

University of Miami Memory Disorders Clinic offers psychiatric follow-up for MDC clients who have behavioral and/or mood problems. The University started the Miami Brain Fitness Program for clients who are concerned about cognitive status. Details are available at <http://www.miamibrainfitness.com/>.

Mayo Clinic Jacksonville, Memory Disorder Clinic identified and made recommendations for treatment of other health conditions noted during the medical/clinical evaluation, which included the following: referrals to cardiology, endocrinology, hematology/oncology and neurosurgery.

The **Tallahassee Memorial Healthcare Neuroscience Center Memory Disorder Clinic** continued its involvement with the Tallahassee Memorial HealthCare’s Stroke Center and the Brain and Spinal Cord Injury Program. The region’s Parkinson’s Disorder Clinic and Multiple Sclerosis treatment program are also part of the TMH Neuroscience Center and affiliated with the MDC.

The **East Central Florida Memory Disorder Clinic** identified reversible, treatable and other related dementia and progressive disorders that resemble Alzheimer’s disease. This included screening for depression, substance abuse induced symptoms, and anxiety.





Memory Screening

The Memory Disorder Clinics offer free and confidential memory screenings, medical evaluations, follow-up resources, and educational material about memory concerns and successful aging. In addition, each November, during **National Memory Screening Day**, the MDCs participate in a collaborative effort with the national Alzheimer's Foundation of America working with local Memory Disorder Clinics (MDC) to promote early detection of Alzheimer's disease and related illnesses, and to encourage appropriate intervention.

Memory Disorder Clinics offer a full range of tests to determine whether thinking difficulties and symptoms of forgetfulness are a result of being too busy or the sign of a memory disorder. Detection, diagnosis and treatment may prevent further or rapid decline of memory.

Highlights

Lee Memorial Health System's Lee Memory Care – 600 people, 97 percent over age 65.

Morton Plant Mease Memory Disorder Clinic provides monthly memory screening events for walk-ins at local assisted living facilities, and at health fairs held in the area.

The **Orlando Health Memory Disorder Clinic** increased client-screening volume by 75 percent during 2007-2008.

The **University of Miami Memory Disorders Clinic** reevaluates clients every six months. Some clients have been seen by the clinic for over ten years.

St. Mary's Medical Center Memory Disorder worked cooperatively with the Visiting Nurses Association of Okeechobee County to provide free, monthly screenings from September 2007 to May 2008.

The **University of South Florida Memory Disorder Clinic** conducted evaluations using clinicians who are fluent in English, Spanish, French, Italian and Creole.

The Tallahassee Memorial Healthcare Neuroscience Center Memory Disorder Clinic targeted rural and underserved populations for memory screening services.

Education and Training

During 2007-2008 **Memory Disorder Clinics of Florida provided 4,084 hours of training to 40,606 trainees**, including health students, family caregivers, social service agencies, members of the health professions and the general public. All of the Memory Disorder Clinics of Florida provided Alzheimer's Disease Initiative (ADI) training to assisted living facilities, skilled nursing facilities, retirement communities and staff members of home health care businesses.

All workshops offered by the Memory Disorder Clinics were free and open to the public. Other workshops provided specialized educational programs and educational material. Topics included the following:

- Aging: normal memory changes versus pathological changes associated with aging
- Why we forget and how to remember better
- Overview of Alzheimer's and related dementias, including medication and research
- Coping with challenging behavior problems
- Communicating with people with Alzheimer's disease
- Activity ideas for people with dementia
- Person-centered care
- Genetics of dementia
- What to look for in a skilled nursing facility or assisted living facility
- Latest trends in dementia research
- Non-pharmaceutical behavior management
- Perceptions of: conscious aging, awareness and spirituality
- Ethical issues and dementia (including dignity and privacy issues)
- Caregiver issues: supporting the family caregiver
- Driving safety, driving tests and transportation
- Voices of people with dementia: putting on a human face
- Creating and maintaining safe environments
- Stress management
- Working with grief and loss

Highlights

- The University of Miami Memory Disorders Clinic provided **the training in English and Spanish formats.**
- In association with the University of California at Los Angeles, Lee Memory Care, Morton Plant Mease Memory Disorder Clinic and the North Broward Memory Disorder Clinic, each **held a five-week training course called "Memory-Fit." Individuals learned memory strategies and practical techniques for enhancing memory ability for those with age-related memory concerns**
- The University of Miami Memory Disorders Clinic held **several training programs including Sobreviviendo la Perdida de la Memoria (Surviving**

Memory Loss), Providing Care to Patients with Dementia, and Focus on Caregiving.

- The University of South Florida MDC held its **annual Geriatric Psychiatry for the Primary Care Provider conference in August 2007.**
- East Central Florida Memory Disorder Clinic **developed and presented *Aging in America Conference 2008.***



- The Sarasota Memorial Hospital Memory Disorder Clinic partnered with USF Center for Lifelong Learning and the Byrd Research Institute to **hold a day long *Brain Symposium* to educate the community on maintaining healthy brain function, understanding dementing illness and planning for care.**
- The **Memory Disorder Center at North Broward Medical Center offered ten care assistance programs.** There were five programs held during the day for spouses and five programs held in the evening for adult children and working caregivers. **Program speakers discussed the disease process, behavior strategies, medication, Medicaid, Veterans' benefits, communication, legal issues, daycare, home health and placement options.**
- Louis and Anne Green Memory and Wellness Center at Florida Atlantic University periodically **held a six-week workshop titled "The BrainGain Workshop."**
- The Mayo Clinic Memory Disorder Clinic partnered with the Jacksonville Mayor's Office, to **provide the first Brain Bowl to promote cognitive fitness. This event was attended by 200 people and featured lectures, interactive sessions and a history trivia program.**



Support Groups



People who provide care for individuals with memory disorders often feel isolated, alone and taken for granted as they perform their daily tasks of care. A support group for caregivers provides a safe environment for individuals who need respite from their caring duties, an outlet for their feelings and the sharing of coping strategies. Many of the Memory Disorder Clinics tailored their support group efforts to meet the needs of spouses, companions, family members and friends caring for or providing assistance to individuals with memory disorders.

Highlights

University of Miami Memory Disorders Clinic provides a monthly telephone support group in Spanish for caregivers. Interested caregivers can participate via toll- free phone connection.

The **Louis and Anne Green Memory and Wellness Center at Florida Atlantic University** offered care consultations, counseling and relaxation/yoga classes as part of their support initiative.

The **University of Florida Memory Disorder Clinic** partnered with the Alzheimer's Association, Alz' Place of Gainesville, the Alzheimer's Research Centers, and other community organizations to refer families to support groups.



The **Memory Disorder Center at North Broward Medical Center** offered twelve "varieties" of support groups, including adult children, early onset and spouse caregiver.

The **Lee Memorial Health System's Lee Memory Care** collaborated with the Alzheimer's Association and the Alvin Dubin Alzheimer's Resource Center to provide support groups.

St. Mary's Medical Center, Memory Disorder Center provided an eight-week Early Stage Support Group for individuals in the early stages of memory loss and their caregivers.

Referrals and Outreach

In 2008, the Department of Elder Affairs made funds available to the Memory Disorder Clinics for the purpose of conducting driving assessments and evaluation and providing mobility counseling about transportation alternatives. Many of the clinics used these funds to conduct assessments using the DriveAble Program or an alternate assessment tool. In addition, the funding supported educational programs and the development of educational materials by the clinics. Topics included driving safety, warning signs and driving retirement for seniors and their families

The Memory Disorder Clinics provided outreach and referrals in cooperation with local hospitals, the local Area Agency on Aging, the Alzheimer's Association, health fairs, skilled nursing and assisted living facilities (ALFs), primary care physicians (PCPs), adult day care, cognitive behavior therapists, marriage and family therapists, occupational therapists, physical therapists, elder law attorneys, Meals on Wheels programs, caregiver support groups, patient programs for assistance in paying for medication, Altrusa House, brain banks, diabetic clinics, pharmaceutical evaluation programs, nutrition education programs, hospice organizations, geriatric care managers, senior companion volunteers and foster grandparents groups.

Highlights

University of Miami Memory Disorders Clinic gave referrals to the Medicaid Alzheimer's waiver program, the Social Security Administration, and Immigration and Naturalization Services. Outreach efforts included a focus on multiethnic and multicultural communities. The majority of staff members are bilingual (English and Spanish) and the clinic has access to French- and Creole-speaking interpreters.

In addition to outreach and referral sources listed above, **St. Mary's Medical Center Memory Disorder Center** provided outreach and referral to the Interfaith Health & Wellness Association, Catholic Charities, Alpert Jewish Family Services, Ruth Rales Jewish Family Services, and the Mae Volen Senior Center.

The **Memory Disorder Center at North Broward Medical Center** provides up to four days of in-home respite or residential placement in a crisis situation. Staff of the clinic also trained at UCLA and offered UCLA's Memory Enhancement program.

The **Louis and Anne Green Memory and Wellness Center at Florida Atlantic University** provided lectures on topics such as "When Is It Time to Stop Driving?"



Partnerships

Lee Memorial Health System's Lee Memory Care collaborated with the Lee Area Agency on Aging, Senior Friendship Centers, Florida Council on Aging, Johnnie Byrd Alzheimer's Institute and Research Center, Florida Gulf Coast University, National Alzheimer's Association and Alzheimer's Foundation of America.

Morton Plant Mease Memory Disorder Clinic cooperated in a speakers' bureau with the Alzheimer's Association. The **Tallahassee Memorial Healthcare Memory Disorder Clinic** continued a cooperative program with the Alzheimer's Project, Inc.

The **University of South Florida MDC** staff participated in national roundtable discussions on developing and implementing senior foster care programs throughout the Veterans Administration System. The University MDC took part in a 'Try It' segment sponsored by the Hartford Foundation and in a national documentary on depression in older men.

Memory Disorder Clinics collaborated with other agencies to offer specialized training in ADI respite and model day care: **Sarasota Memorial Hospital Memory Disorder Clinic** in partnership with ADI and non-ADI facilities trained 3,798 individuals. The **Mayo Clinic Memory Disorder Clinic** facilitated the ADI training in cooperation with Eldersource of Jacksonville and the Mid-Florida Area Agency on Aging (Gainesville).

The **East Central Florida Memory Disorder Clinic** continued a partnership with the Florida Institute of Technology, the Health First Aging Institute and the Johnnie B. Byrd Alzheimer's Center to offer applied research programs in the clinic's service area.



The **Wien Center for Alzheimer's Disease and Memory Disorders**, Mount Sinai Medical Center of Miami Beach and the Johnnie Byrd Alzheimer's Institute and Research Center brought together an international group of clinicians and researchers for the Sixth Annual Mild Cognitive Impairment Symposium.

The **Sarasota Memorial Hospital Memory Disorder Clinic** partnered with the American Automobile Association to use the *Roadwise Review* to provide free driving health screenings.

The **Mayo Clinic Memory Disorder Clinic** partnered with Eldersource, the City of Jacksonville and Brooks Rehabilitation Center to provide a Car-Fit program.

Research Efforts, Studies and Publications

Several of the MDCs participated in cooperative efforts with the **Johnnie B. Byrd Alzheimer's Center** during 2007-2008. A joint research effort between **Lee Memorial Health System's Lee Memory Care** and the **Johnnie Byrd Alzheimer's Institute and Research Center** at the University of South Tampa was announced. The research project is titled "Will Medication Help: Predictive Value of Physical Findings in Dementia." **Sarasota Memorial Hospital Memory Disorder Clinic** was involved with research efforts with the Byrd Institute Mild Cognitive Impairment (MCI) project, which yielded a final report regarding the needs of MCI families. The outcomes were submitted for publication in *Alzheimer's Disease and Associated Disorders: an International Journal*. Several of the Memory Disorder Clinics of Florida participated with the Byrd Center in the Minority Memory Screening Study.

Lee Memorial Health System's Lee Memory Care's research project titled, "Memory Screening Studies to Detect Mild Progression of Mild Cognitive Impaired Patients," began during 2008.

Morton Plant Mease Memory Disorder Clinic in association with the Madonna Ptak Center for Alzheimer's and Memory Loss provided neurofeedback research for clients with Alzheimer's disease. Clients also participated in Phase II of a clinic drug trial with Abbott Pharmaceuticals.

University of Miami Memory Disorders Clinic worked in collaboration with the Easter Seals Model Adult Daycare to begin a research study titled *Effects of a structured therapeutic intervention on individuals with MCI and early stage Alzheimer's disease*. The ongoing study seeks to assess the effect of patient program participation on individuals' quality of life and onset of cognitive and functional decline. Another ongoing study of the clinic is investigating the frequency of sleep problems in various ethnicities. The study is titled "*Frequency and severity of sleep problems in Hispanic, African-American, and Anglo patients with Dementia.*"

The neurologists associated with **St. Mary's Medical Center Memory Disorder Center** were involved with 13 clinical trials for persons with Memory Disorders in their office.

The **University of South Florida MDC** conducted applied, clinical and basic research. Highlights of their research activities included the following publications:

- *Understanding Stress, Immunity, and Sleep Disturbances in Caregivers of Persons with Dementia*
- *Driving Patterns in Adults with Memory Complaints*
- *Green tea EGCG modulates amyloid precursor protein cleavage and reduces myloidosis in Alzheimer's transgenic mice*
- *The Role of HIV-1 Tat in Alzheimer's Disease*
- *Nicotine/Cannabinoid Therapy for Alzheimer's Disease*

Sarasota Memorial Hospital Memory Disorder Clinic used a Brookdale Foundation grant to begin the development of an electronic screening/educational tool to assist older

adults in decisions about health screenings in the primary care setting. They continued as a test site for the Byrd Institute Research Database & Information Infrastructure.

The **Louis and Anne Green Memory and Wellness Center at Florida Atlantic University** assists faculty members from various disciplines in research. Topics include the following:

- *Basic competence in Alzheimer's disease and related dementia through inter-professional clinical education*
- *Adherence to treatment recommendations following mild dementia diagnosis*
- *Individualized care interventions: What matters most to family carers of persons with early stage memory loss*
- *Using story theory to understand the health challenge of living with mild memory impairment*

Associates of the **University of Florida Memory Disorder Clinic** published a combined total of 60 books, articles in professional journals, Internet articles, and materials from presentations at scientific societies, abstracts, book reviews and commentaries.

Mayo Clinic Jacksonville, Memory Disorder Clinic focused much of their research effort on the cause, prevention and treatment of Alzheimer's disease. Clinical research included medical treatment trials, longitudinal studies of dementing illnesses, and a deeded autopsy program.



East Central Florida Memory Disorder Clinic concluded several studies during the 2007-2008 period including *Analysis of the patient management system*, *Dementia patient non-professional caregivers: A community needs assessment*, and *Medical and behavioral correlates of an initial diagnosis of Alzheimer's disease*.

The **Wien Center for Alzheimer's Disease and Memory Disorders** participated in eight clinical trials of drugs, including the trial use of an imaging drug that may detect signs of Alzheimer's disease a decade before clinical symptoms appear.

A staff member from the **West Florida Hospital Memory Disorder Clinic** wrote an article for *Coming of Age* magazine.

Brain Bank

The **State of Florida Brain Bank** was created in 1987. All 15 Memory Disorder Clinics participated in educating and referring people to the Florida Brain Bank, during fiscal year 2007-2008.

The Brain Bank compares clinical data about the client's condition, which is obtained prior to the client's death with a sample of the client's brain tissue obtained through autopsy for an accurate diagnosis. An analysis of the brain tissue taken through autopsy from clients diagnosed with Alzheimer's disease or a related dementia provides rich data on the pathology of the disease. The Brain Bank has a registry for collecting and studying post mortem normal control brains and brains from individuals clinically diagnosed with Alzheimer's disease in order to conduct research on the cause, treatment and cure for Alzheimer's disease or related dementia.

The Brain Bank is administered by Dr. Duara of Mount Sinai Medical Center (The Wien Center) in Miami and is facilitated through four regional centers in Melbourne, Orlando, Tampa and Pensacola that assist in recruiting participants and act as liaisons between the brain bank and participants' families. The Florida Brain Bank is supported by the Department of Elder Affairs through its Alzheimer's Disease Initiative.

During the last fiscal year, **118 new donors were accepted in the State of Florida Brain Bank**. As part of the Brain Bank acceptance criteria, new donors underwent a comprehensive evaluation and neuro-cognitive testing either at the Memory Disorder Clinics or the office of an experienced neurologist/psychiatrist to determine the cause of the memory disorder. Follow-up examinations were requested or collected as available. In addition to educating the patients' caregivers of the understanding of Alzheimer's disease and brain donation, Memory Disorder Clinic nurses and neurologist educated them on how to effectively treat the disease through medication management at all stages of the disease. Clinicians discussed with patients' caregivers treatment, management of behavioral changes, progression of disease and future care.

The Brain Bank coordinator worked with the staff of the ADI designated Memory Disorder Clinics throughout the Florida by encouraging the neurologist, social workers, nurses, and medical assistants to educate their patients and families on the benefits of the Brain Bank.

The work that is done in the brain bank is not widely publicized, but is crucial to understanding the causes and characteristics of dementia and other cognitive diseases. Brain bank research holds as its goal the possibility that individuals can face their future without the fear of a dementing disease.



The elderly residents of Florida are very different from their peers in other regions of the country in two important respects. First, they use much more medical care. Second, they have much lower mortality rates. Victor R. Fuchs (2003). "Florida Exceptionalism," Health Affairs.