PUBLIC HEALTH TOWN HALL

COVID19 and Brain Health: Advancing Equity for Caregivers & Communities

May 13 2021
2PM–3PM EDT

US AGAINST ALZHEIMER’S CENTER FOR BRAIN HEALTH EQUITY

AARP

BOLD CENTER ON EXCELLENCE ON DEMENTIA CAREGIVING
WATCH THE TOWN HALL HERE

Link: https://www.youtube.com/watch?v=BEK1xFZtJlc
Speakers

Jason Resendez
UsAgainstAlzheimer's Center for Brain Health Equity, BOLD Public Health Center of Excellence in Dementia Caregiving

Sarah Lock
AARP

Lauren J. Parker, PhD, MPH
Johns Hopkins Bloomberg School of Public Health, BOLD Public Health Center of Excellence in Dementia Caregiving

Vanessa Brown
Family Caregiver

Jasmine Nakayama, PhD, RN
Centers for Disease Control and Prevention

Maria Mora Pinzon, MD, MS
Wisconsin Alzheimer's Institute

Eva M Vivian, PharmD, MS, PhD
African American Health Network, University of Wisconsin, School of Pharmacy
Resource Spotlight: AARP

Sarah Lenz Lock
SVP, AARP, Policy & Brain Health
Executive Director,
Global Council on Brain Health
Twitter @SarahLenzLock
COVID-19 and Brain Health: Risk Factors and Disparities

Sarah Lenz Lock
SVP, AARP, Policy & Brain Health
Executive Director,
Global Council on Brain Health
• Since late April 2021, there have been 142 million cases of COVID resulting in 3 million deaths.

• 94% of older adults in the US reported feeling concerned about COVID.*

• People living with Alzheimer’s disease are twice as likely to contract COVID.

Preexisting Conditions

Low Income and Vulnerable SES

Daily Habits and Health Behaviors

Race/Ethnicity

Age

65+

Global Council on Brain Health
A COLLABORATIVE PROJECT
• Low-income individuals have been infected in disproportionately high numbers, as many fill the role of society’s “essential workers”.

• Lack of access to healthcare services contributes to poorer overall health and higher mortality rates due to COVID.
Vulnerable Populations

- Existing lack of trust in the health care system from POC.
- Lack of access to the skills or means for telemedicine and vaccination registration.
- People living with Alzheimer’s may be negatively impacted by the social isolation, changes in eating and sleeping habits, and lack of cognitive engagement brought on by the pandemic.
GCBH Recommendations

Consider getting the vaccine
Stay physically active
Maintain a balanced diet
Stay socially engaged
Maintain a regular sleep schedule
Stimulate your brain
Don’t push off medical appointments
Support mental health
Pay attention to sudden signs of confusion
Monitor changes in brain health
### Moving Forward

| What are the long-term effects of Covid-19 on brain health, structure, and function? |
| What interventions might mitigate effects of COVID-19 on the brain? |
| Are there any interactions between COVID-19 and neurodegenerative or vascular pathologies? |
| Can we predict which COVID-19 patients will develop neuro-cognitive symptoms? |
| Do any treatments help with “brain fog?” |
| How has the lack of ability to attend ceremonies, events, or cultural gatherings affected mental, emotional, spiritual aspects of brain health? |
| Why are people with cognitive decline and dementia more vulnerable to COVID-19, and what can we do to improve outcomes for all people? |
| How has the loss of in-person support services impacted brain health for the medically vulnerable, such as individuals living with dementia and those with developmental disorders? |
| Why do some people experience delirium and others do not? |
| Have the virtual telehealth visits that some people have been able to access been as good or better at delivering needed health and social care? |
| Why do some people experience long-term symptoms, the so-called “long haulers?” |
| How will the pandemic impact long-term mental well-being, including mood stability and emotional stability for people of all ages? |
Resource Spotlight: Centers for Disease Control and Prevention

Jasmine Nakayama, PhD, RN
Vaccine Confidence Team
Vaccine Task Force
COVID-19 Emergency Response
Centers for Disease Control and Prevention
qdt2@cdc.gov
<table>
<thead>
<tr>
<th>Build Trust</th>
<th>Objective: Share clear, complete, and accurate messages about COVID-19 vaccines and take visible actions to build trust in the vaccine, the vaccinator, and the system in coordination with federal, state, and local agencies and partners.</th>
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<tbody>
<tr>
<td>Empower Healthcare Personnel</td>
<td>Objective: Promote confidence among healthcare personnel in their decision to get vaccinated and to recommend vaccination to their patients.</td>
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<tr>
<td>Engage Communities &amp; Individuals</td>
<td>Objective: Engage communities in a sustainable, equitable, and inclusive way—using two-way communication to listen, build trust, and increase collaboration.</td>
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Rapid Community Assessment (RCA) Guide

• Objectives
  • **Identify populations** at risk for low COVID-19 vaccine uptake.
  • Continually **document lessons learned** to inform subsequent phases.
  • **Identify community leaders**, trusted messengers, and important message channels.
  • **Assess barriers** to COVID-19 vaccine uptake.
  • **Identify, implement, and evaluate strategies** to increase COVID-19 vaccine confidence and uptake.

RCA process:
1. Identify objectives and communities of focus.
2. Plan for the assessment.
3. Collect and analyze data.
4. Report findings and plan for action.
5. Evaluate your efforts.

RCA tools:
• Vaccine rollout template
• Key informant interview
• Listening session
• Observation
• Traditional and social media monitoring

COVID-19 Vaccine Communication Toolkits

- Key messages
- Frequently asked questions
- Slide deck
- Plain language fact sheet in several languages
- Printable stickers
- Customizable newsletter content
- Customizable letters
- Posters
- Social media images and sample messages
- Fotonovela
Thank you!

For more information, contact CDC
1-800-CDC/INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Resource Spotlight: University of Wisconsin

Maria Mora Pinzon, MD, MS
Preventive Medicine & Public Health (Board Certified)
Post-Doctoral Research Fellow, Department of Family Medicine and Community Health
Assistant Scientist, Department of Medicine
Community Academic Aging Research Network (CAARN)
Wisconsin Alzheimer's Institute
Leveraging Social Networks: The Role of Community Influencers

This project was funded through a COVID-19 Response Grant from the Wisconsin Partnership Program at the University of Wisconsin School of Medicine and Public Health
Our team

Scientific/medical advisors:
- Shenikqua Bouges, MD
- Ilan Kolkowitz, MD
- Will Swain, (med student)
- Daniel Summers, MD
ATENCION, ATENCION, ATENCION
Si usted tiene 65 años para arriba ¡YA PUEDE SER ELEGIBLE PARA LA VACUNA DEL COVID!
Diferentes clínicas tienen diferentes parámetros de quien es elegible ahora y de cómo contactarlos. Por favor este atento pero no llame si no es su turno todavía.
Si usted o su familiar tiene un proveedor de salud de cabecera en una de las clínicas de la UW Health lo más probable es que ya lo hayan contactado! Cheque su cuenta de mychart, email, texto o teléfono. ...
See More
Additional Resources
Resource Spotlight: COVID19 & Brain Health

Report

Infographics

English:

Spanish:
https://www.aarp.org/content/dam/aarp/health/brain_health/2021/03/gcbh-covid-infographic-spanish.doi.10.26419-2Fpia.00104.003.pdf
Resource Spotlight: CDC

CDC COVID-19 Websites


BrainGuide is a first-of-its-kind platform that empowers people with knowledge and resources to take the best next steps in managing their own or a loved one’s brain health.

Available in English & Spanish

Visit the Site at mybrainguide.org
Thank You

https://www.usagainstalzheimers.org/center-brain-health-equity