

NEWS from ADSNAC MARCH 2014**Coming soon...**

Our biggest-ever annual [event](#) featuring Robert Reich will take place at the historic Freight & Salvage Coffeehouse in Berkeley on April 10th. We've also been working on creating a new name and brand identity for the Network to more clearly communicate the positive and uplifting aspects of what we do, and help reduce barriers to care. A brand new Network website that promises to be user-friendly and packed full of valuable resource information is also in the works. We look forward to unveiling more at the event in April!

To our supporters, members and community at large, we thank you for your partnership and continued engagement.

Who We Serve - Updated Stats

In January we surveyed the 13 centers in Alameda County to get updated demographic and health information about their participants and family caregivers. Our first finding was that attendance is growing. Combined, the 13 centers serve 1,750 individuals each year, up from 1,600 two years ago. The survey results also underscore that individuals attending the centers are at great risk of needing institutional care given their age, health and other factors:



- 90% are over 65 while 67% are over 75 years
- 95% are low income and 80% are an ethnic minority
- 58% have Alzheimer's disease or a related dementia
- 78% have hypertension, 42% diabetes, and 37% a physician diagnosed mental illness.
- Participants take an average of eight medications a day, while 100% have two or more chronic health conditions and limitations in their ability to independently care for themselves.

What about caregivers? The survey revealed that:

- 86% (1,200) of the program participants have a family caregiver
- 80% live with that caregiver; 55% are adult children; 17% are spouses/partners.

- These caregivers have turned to an adult care program for respite, as well as emotional and practical support around caregiving.

The need for individual and caregiver support services will continue to grow. In Alameda County, the number of people over 65 is expected to increase 21% within five years and double by 2030.

Promising Results from Medication Safety Program

For many older adults, the ability to consistently manage a medication regimen is key to being able to continue living at home. Mismanaged medications can lead to increased illness, ER visits, hospitalization and the need to enter a nursing home.

One of the core programs coordinated by ADSNAC is a Medication Safety initiative that was launched as a pilot in 2012. We recently publicized full-year results for 2013 which found:

- 62% of participants disposed of old medications using special disposal mailers
- 80% of primary care physicians responded to the project's pharmacist reports, with 60% making a medication change or scheduling a follow-up visit with their patient
- Adult care center staff reported that the home visit - including the medication inventory and discussion of how medications are being managed - revealed such helpful information that they wished they could do it for every person who attends a center.
- As a result of medication changes and improved adherence, incontinence improved, as did blood pressures and blood sugars in some participants. This year's focus is on better capturing these and other outcomes.

The program begins with a home visit by a social worker or nurse and involves a review and analysis of medications by a licensed pharmacist.

Based on the encouraging results to date, the program is continuing. [Read the full report here.](#)

Toward a Decent Society An Evening with Robert Reich

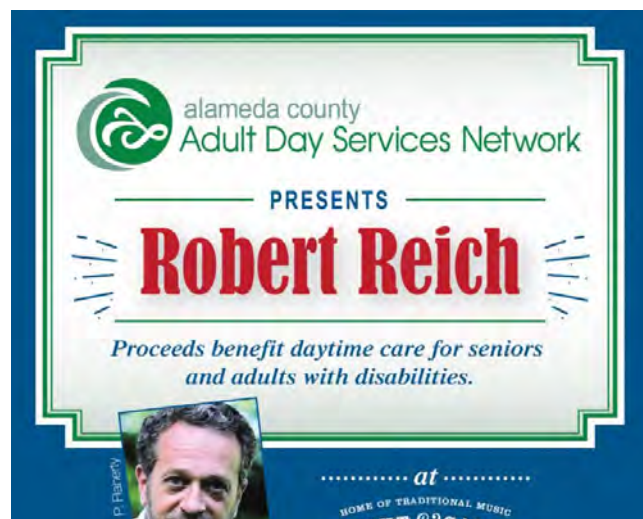
There is still time to purchase your tickets to this thought-provoking community event. Please join us!

Thursday, April 10, 2014

7 pm - 9:30 pm

Wine & dessert reception

Speaker presentation with Q&A



**Freight & Salvage Coffeehouse
2020 Addison St.
Berkeley**



Robert Reich, professor, best-selling author, former Secretary of Labor will speak about issues in the forefront of the news and on many of our minds: The necessity of a living wage, healthcare, the role of baby boomers in the workforce, and how change will come about.

[Purchase tickets.](#)

Thank you to our sponsors:



**BrightStar Care, Supervisor Wilma Chan, Divine Home Care, Alan Dreyfuss,
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Rockridge, Vital Link, Webster Surgery Center, Penelope Yip, DDS; Mary Louise Zernicke**

The Adult Day Services Network of Alameda County (ADSNAC) is an association of six non-profit agencies that provide cost-effective, multidisciplinary care for 1,750 seniors and adults with disabilities each year at 13 centers, helping participants to maintain health and remain living at home. Visit our [website](#). [Make a donation](#).

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