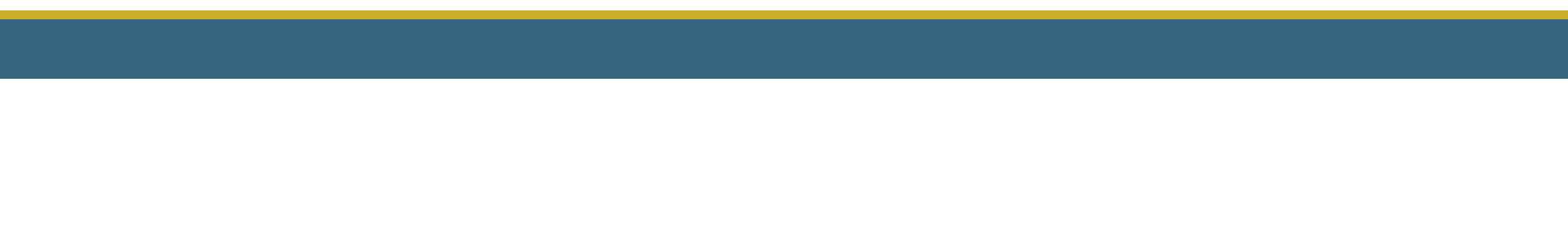


Social Determinates of Health: Prevention and Improvement for Aging in Place with Dementia

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Objectives



Definition of social determinates of health (SDOH)



Understanding modifiable dementia risk factors



What is PACE?



Examples of what you can do to improve your brain health!



About Me

- Nurse Practitioner, Director of Clinical Services at Care Resources PACE
- Working with older adult population in multiple settings for over 20 years
- Care focus on preventative health and quality of life
- Side hobbies: knitting, camping, triathlon training



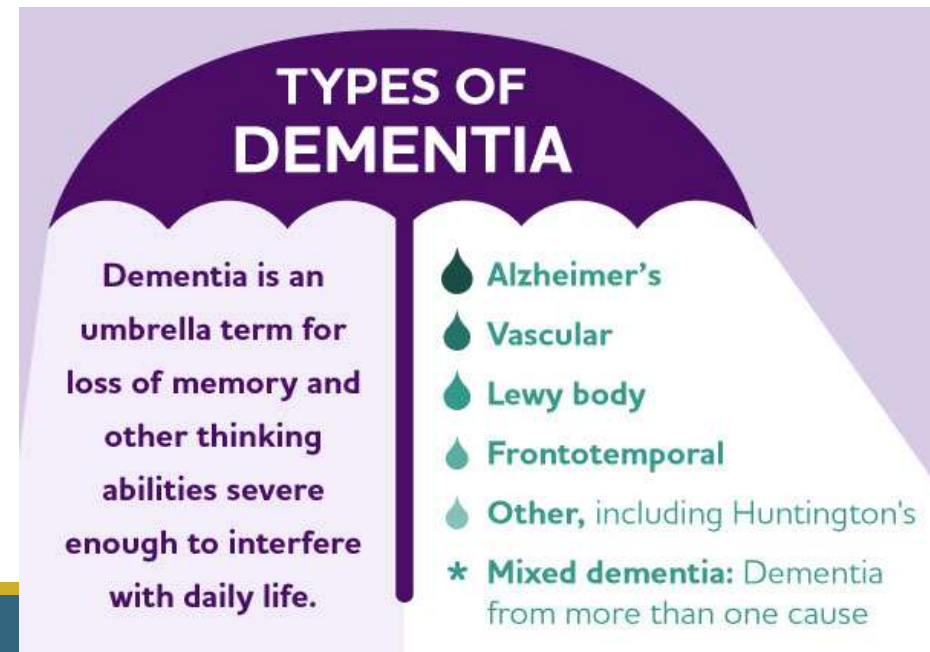
Healthy Aging

Social Determinates of Health



Modifiable Dementia Risk Factors

- Low education attainment
- Midlife hypertension
- Midlife obesity
- Diabetes
- Physical inactivity
- High cholesterol
- Late-life depression
- Smoking
- Social isolation
- Unhealthy alcohol consumption
- Traumatic brain injury (TBI)
- Air pollution
- Vision loss
- Hearing loss



Education Access and Quality

- Dementia Risk Factor: Low education attainment
- This can be related to the school systems in early childhood, obtaining advanced education and degrees, continued education and literacy access
- Can also be modified with continued education and expanding knowledge in older adults



Health Care and Quality

- Availability and Access
- Cost
- Quality versus Quantity in health care
 - Primary Care
 - Prevention
 - Testing
 - Specialists
 - Medications
 - Insurance Coverage
 - Hospitalizations
 - Transition of Care
- Dementia Risk Factors:
 - Hypertension, obesity, diabetes, high cholesterol, depression, physical inactivity, smoking, alcohol consumption, traumatic brain injury (TBI), hearing loss, vision loss



Neighborhood and Built Environment

Appropriate access to:

- Healthy food
- Transportation
- Housing
- Work
- Support services

Dementia Risk Factors:

- Physical inactivity
- Social isolation
- Air pollution



Social and Community Context

Support from:

- Family
- Friends
- Clubs
- Support groups
- Churches

Dementia Risk Factors:

- Physical inactivity
- Social isolation



Economic Stability

Financial Resources

- Stable Income
- Insurance
- Retirement Funds

Economic stability of your community

Dementia Risk Factors:

- Financial resources play a role in all of the risk factors



- Dementia
 - Increase the proportion of older adults with dementia, or their caregivers, who know they have it
 - Reduce the proportion of preventable hospitalizations in older adults with dementia
 - Increase the proportion of adults with subjective cognitive decline (SCD) who have discussed their symptoms with a health care professional
- Older Adults
 - Increase the proportion of older adults with physical or cognitive health problems who get physical activity

Healthy People 2030 Goals

What can we do?

What is PACE?

- Program of All-inclusive Care for the Elderly
- Goal is to keep older adults in their home remaining as independent and healthy as possible with our support

careresources.org



Doorway to
• **Senior
Independence**

What Social
Determinates of
Health can
PACE help with?



Education Access

- PT/OT Activities
- Recreational Therapy
- Bingo!





Health Care and Quality

- Scheduled PCP Visits every 6 months
- Close monitoring for chronic disease
- Long appointment slots for complex care
- Urgent care services
- Schedulers and transportation for other outside appointments

Neighborhood and Built Environment

- Day center attendance
- Home care nurses and aids in the home
- Transportation for medical appointments and day center attendance
- Dieticians and meals available





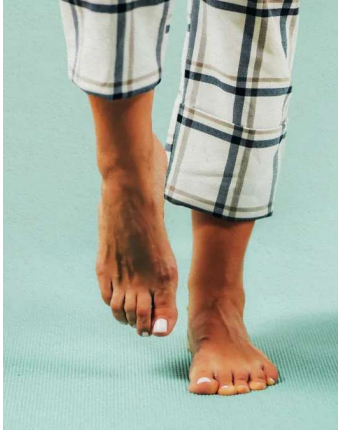
Social and Community Context

- Day center
- Care team that knows you and your needs
 - Social worker
 - Primary care provider
 - Home care nurse
 - Physical therapist
 - Occupational therapist
 - Dietician
 - Recreational therapist
 - Speech therapist

Economic Stability

- Medicare + Medicaid program
- “Lock in” services
- Concierge medicine
- No out of pocket
- No copays
- Living at home





Decrease Dementia Risk

Stay active!

- Body: 150 minutes of activity each week, healthy diet
- Mind: Find a book club, friend group, church event, cooking class, knitting group, walking partner

Work on balance

- Unilateral activities
- Alternating coordination
- Crossing your midline

See your primary care provider

- Regular screenings and preventative medicine
- Early diagnosis and treatment of disease





Questions?

Citations

- *Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission.* Livingston et al, Lancet. 2024;404(10452):572. Epub 2024 Jul 31.
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- Social Determinants of Health: The Impact of This Overlooked Vital Sign. J Brown Hosp Med. 2025 Jul 1;4(3):138072. doi: 10.56305/001c.138072.