5 Key Points for Management of DM-ADRD

1. Individualize management based on comorbidities, function and patient/family preferences

2. As you individualize HbA1c, suggested targets: 7-7.5%, healthy with good function; 7.5-8.0%, comorbidities and some functional capacity; 8-8.5%, multiple comorbidities and poor function

3. Consider simplifying regimen, especially medications

4. Check for caregiver stress (stress thermometer); refer to psychosocial resources as needed

5. Screen DM patients for cognitive impairment if ≥ 75 or younger patients if there are concerns

Refer:
Neurology: atypical cognitive impairment presentation, behavioral issues requiring medications, imaging is desired, family or patient preference

Endocrine: hypoglycemic episodes, complex regimen, poor glycemic control for health status

Resources
Alzheimer’s Association (Long Island Chapter) – Education, support groups, and community resources
Website: https://www.alz.org/longisland
24/7 Helpline: 800-272-3900

Long Island Alzheimer’s Foundation – Day programs, support groups, and community events
Website: https://www.liaf.org
Phone: 516-767-6856

Alzheimer’s Disease Resource Center – Education, care consultations, and support groups
Website: https://www.adrcinc.org
24/7 Helpline: 1-855-732-4500
Phone: 631-580-5100

NYU Barlow Center for Memory Evaluation and Treatment – Neurology, psychology, geriatrics, social workers, and support services
Providers should provide referral
Website: https://nyulangone.org/locations/pearl-i-barlow-center-for-memory-evaluation-treatment
Phone: 212-263-3210

Nassau County Office for the Aging - General case management services, food assistance, transportation, senior centers, caregiver resources
https://www.nassaucountyny.gov/1438/Aging
Email: seniors@hhsnassaucountyny.us
Phone: 516-227-8900

Resources
Alzheimer’s Association (Long Island Chapter) – Education, support groups, and community resources
Website: https://www.alz.org/longisland
24/7 Helpline: 800-272-3900

Long Island Alzheimer’s Foundation – Day programs, support groups, and community events
Website: https://www.liaf.org
Phone: 516-767-6856

Alzheimer’s Disease Resource Center – Education, care consultations, and support groups
Website: https://www.adrcinc.org
24/7 Helpline: 1-855-732-4500
Phone: 631-580-5100

NYU Barlow Center for Memory Evaluation and Treatment – Neurology, psychology, geriatrics, social workers, and support services
Providers should provide referral
Website: https://nyulangone.org/locations/pearl-i-barlow-center-for-memory-evaluation-treatment
Phone: 212-263-3210

Nassau County Office for the Aging - General case management services, food assistance, transportation, senior centers, caregiver resources
https://www.nassaucountyny.gov/1438/Aging
Email: seniors@hhsnassaucountyny.us
Phone: 516-227-8900

24/7 Helpline: 800-272-3900
5 Key Points for Management of DM-ADRD

1. Individualize management based on comorbidities, function and patient/family preferences

2. As you individualize HbA1c, suggested targets: 7-7.5%, healthy with good function; 7.5-8.0%, comorbidities and some functional capacity; 8-8.5%, multiple comorbidities and poor function

3. Consider simplifying regimen, especially medications

4. Check for caregiver stress (stress thermometer); refer to psychosocial resources as needed

5. Screen DM patients for cognitive impairment if ≥ 75 or younger patients if there are concerns

Refer:
Neurology: atypical cognitive impairment presentation, behavioral issues requiring medications, imaging is desired, family or patient preference
Endocrine: hypoglycemic episodes, complex regimen, poor glycemic control for health status

Resources

Alzheimer's Association (Long Island Chapter) – Education, support groups, and community resources
Website: https://www.alz.org/longisland
24/7 Helpline: 800-272-3900

Long Island Alzheimer's Foundation – Day programs, support groups, and community events
Website: https://www.liaf.org
Phone: 516-767-6856

Alzheimer's Disease Resource Center – Education, care consultations, and support groups
Website: https://www.adrcinc.org
24/7 Helpline: 1-855-732-4500
Phone: 631-580-5100

NYU Barlow Center for Memory Evaluation and Treatment – Neurology, psychology, geriatrics, social workers, and support services
Providers should provide referral
Website: https://nyulangone.org/locations/pearl-i-barlow-center-for-memory-evaluation-treatment
Phone: 212-263-3210

Nassau County Office for the Aging - General case management services, food assistance, transportation, senior centers, caregiver resources
https://www.nassaucountyny.gov/1438/Aging
Email: seniors@hhsnassaucountyny.us
Phone: 516-227-8900

My Stress Thermometer

STRESS: Feeling tense, nervous, anxious, restless, or unable to sleep because your mind is troubled all the time.*

Please mark your current stress level on the thermometer:

Extremely stressed
Very stressed
Moderately stressed
A little stressed
Not stressed at all

10 9 8 7 6 5 4 3 2 1

Date: ___________________