

## 1. INTRODUCTION

- There is dramatic growth in the number of older adults with Alzheimer's Disease and related dementias (ADRD) in the Rocky Mountain West.
- Primary care providers frequently make ADRD diagnoses in rural and remote areas due to a shortage of specialized providers.
- Research suggests that individuals with ADRD do not receive specialized disease-related information and are primarily informed about medication rather than necessary resources.

## 2. OBJECTIVES

- To understand types of information needed by individuals recently diagnosed with ADRDs throughout the state of Wyoming.
- To use areas of identified needs to inform the development of a statewide dementia care plan.

## 3. METHODS

### Recruitment

- Towns across Wyoming were selected ( $n = 10$ ).
- Participants were recruited through key stakeholders across Wyoming.
- Advertisements were posted in community sites in specific towns and surrounding communities.

### Instruments

- Demographics were assessed using a participant profile form designed for this study.

### Analysis

- SPSS version 24 was used to examine demographics.
- Thematic analysis was utilized to identify common themes. Three coders were utilized.

### Information and Referral

#### Knowing Who to Call

*"...I cannot tell you how confusing it is for people with dementia to figure out where the services are and how you go about getting them. You have to contact other agencies to reach agencies to reach agencies to reach agencies."*

#### Community Resource Awareness

*"Before, they've never had to access any of these services. Whether it's home health, or the senior center, or whatever, they have no clue what's out there... They have no idea what's available."*

#### Information on Service Quality

*"Say a loved one gets this, you don't know which is a good facility and which is a bad facility. You're just at their mercy."*

### Methods of Information Delivery

#### One-Stop Shopping

*"I think if there was some sort of one-stop shopping sort of place... to understand what is out there and then get education about it."*

#### Information at Diagnosis

*"If they diagnose you or your family member, what do they tell you after that? If they diagnose you with cancer, they're going to say, 'Well, you need to go here, or there, or do this or that.' But what about with Alzheimer's?"*

#### Informational Packets

*"And a packet for Alzheimer's versus a packet for dementia, or maybe mix them together. Just so that the family has something tangible to look at."*

## 4. RESULTS

### Participant Characteristics

- Wyoming residents ( $n = 174$ )
- Non-Hispanic ( $n = 157$ , 94.1%)
- Female ( $n = 126$ , 72.7%)
- Health professionals or administrators ( $n = 48$ , 27.6%)
- Caregivers or community members ( $n = 84$ , 48.3%)
- Other ( $n = 42$ , 24.1%)

### Thematic Analysis

- Saturation was achieved and coding reliability exceeded 90%.
- Two primary themes emerged. See Figure 1 for quotations from Town Hall Meetings representing each theme.
- Primary and secondary themes include:
  - Information and Referral
    - Knowing Who to Call
    - Community Resource Awareness
    - Information on Service Quality
  - Methods of Information Delivery
    - One-Stop Shopping
    - Information at Diagnosis
    - Informational Packets

## 5. CONCLUSIONS

- Two primary areas for intervention were identified from participant perspectives.
- The need for dissemination of ADRD-related information is growing increasingly prevalent across the Rocky Mountain West.
- Recommendations for remediating this need include broadening community and provider awareness of existing resources, making resources more accessible to those in need in rural regions across Wyoming, and expanding the number and specificity of ADRD-related resources through multiple means of communication (i.e., online, in-print, and through training and courses).

Figure 1. Primary and secondary themes with representative quotes.