



Cleveland Clinic

Lou Ruvo Center for Brain Health

FOR IMMEDIATE RELEASE

January 11, 2010

CLEVELAND CLINIC LOU RUVO CENTER FOR BRAIN HEALTH RECEIVES \$100,000 GRANT FROM ROSALYNN CARTER INSTITUTE FOR CAREGIVING

LAS VEGAS – The National Quality Caregiving Network (NQC�), a partnership between Johnson & Johnson and the Rosalynn Carter Institute for Caregiving (RCI), has recognized the Cleveland Clinic Lou Ruvo Center for Brain Health with a \$100,000 grant to offer counseling and supporting services to caregivers through the New York University Caregiver Intervention (NYUCI) program.

The NQC� funds pilot projects that embed evidence-based caregiver programs in diverse and easily accessible community settings and delivery systems by providing two years of funding to five community agencies.

During the next two years, the Cleveland Clinic Lou Ruvo Center for Brain Health will adapt and offer the NYUCI and work closely with the program's developer, Dr. Mary Mittelman, and RCI to assure it is implemented successfully with fidelity to the original model. The intervention includes six sessions of individual and family counseling, followed by support group participation and additional *ad hoc* counseling by telephone for the primary caregiver and family members of patients with dementia.

The intervention has been shown to:

- Delay placement of an Alzheimer's patient in a nursing facility by one and a half years
- Reduce caregiver symptoms of depression
- Improve caregiver satisfaction with support from their social network
- Improve caregiver reaction of problem behaviors and improve the physical health of the spousal caregiver.

This program will pilot the use of video technology as a means of providing assistance to caregivers and family members living in rural communities statewide.

“While our administrative offices and initial patient care have been housed in our renowned Frank Gehry building in Las Vegas, we are excited to leverage video technology to expand beyond the confines of our physical location to serve the entire state of Nevada,” said Maureen Peckman, CEO of Keep Memory Alive, the support organization for Cleveland Clinic Lou Ruvo Center for Brain Health.

For additional information, please contact Susan Hirsch, Director of Social Services at (702) 483-6000.

About Cleveland Clinic:

Cleveland Clinic, located in Cleveland, Ohio, is a not-for-profit multispecialty academic medical center that integrates clinical and hospital care with research and education. Cleveland Clinic was founded in 1921 by four renowned physicians with a vision of providing outstanding patient care based upon the principles of cooperation, compassion and innovation. U.S. News & World Report consistently names Cleveland Clinic as one of the nation's best hospitals in its annual “America's Best Hospitals” survey. About 2,000 full-time salaried physicians and researchers and 7,600 nurses at Cleveland Clinic represent

more than 100 medical specialties and subspecialties. In addition to its main campus, Cleveland Clinic operates nine regional hospitals in Northeast Ohio, Cleveland Clinic Florida, the Lou Ruvo Center for Brain Health in Las Vegas and Cleveland Clinic Canada. In 2008, there were more than 4.2 million visits throughout the Cleveland Clinic health system and 165,000 hospital admissions. Patients came for treatment from every state and from more than 80 countries.

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