

POLICY BRIEF

ISSUE

There are currently 13,000 New Brunswick residents living with Dementia and approximately 7 new diagnoses per day. **New Brunswick is expected to see an 89% increase in dementia cases from 2020 numbers to 2050**, with a doubling of cases by 2031. Alzheimer's and dementia are complex conditions requiring multiple access points and avenues of care delivery for timely diagnosis and treatment. With a new provincial government and mandate to better support those living with Alzheimer's and dementia, New Brunswick now has the potential to be a leader in dementia care with the establishment of a provincial strategy and implementation of evidence-based models such as MINT Memory Clinics.

BACKGROUND

MINT Memory Clinics¹ integrate primary care with specialist care and community services to save costs, reduce wait times and improve dementia care access for patients and their families. This collaborative model has established and sustained over 120 clinics in Ontario and 22 total across British Columbia, Alberta, Saskatchewan, Nova Scotia and most recently, thanks to funding from the Public Health Agency of Canada, in New Brunswick. Currently, Miramichi is operating a MINT clinic and 3 additional sites were secured in Sackville, Riverside-Albert, and Moncton, however, delayed due to operational challenges.

The MINT Memory Clinic model provides standardized and nationally accredited training for family physicians, nurses, social workers, pharmacists, and other healthcare professionals, forming the MINT (Multi-specialty Interprofessional Team) Memory Clinic.

The strength of the MINT model lies in enabling specialists to focus on the most complex cases while empowering family physicians in primary care to enhance their capacity through additional training and resources. Furthermore, it provides families with immediate access to necessary community supports, potentially reducing reliance on higher-cost system drivers such as Alternate Level Care beds and emergency department visits.

KEY FINDINGS

\$51,500 in net cost

savings for each person receiving MINT Clinic care as compared to usual status quo care

A provincially-led, independent analysis showed that the MINT Memory Clinic model reduces the need for direct specialist referrals by 90%, and, compared to usual care, MINT Clinics are associated with reduced wait times to access care by more than 50%, delayed transition into Long-Term Care (LTC) by nearly 6 months, fewer and shorter emergency department visits and hospitalizations, and 38% less health system costs overall from the time of diagnosis

¹ <https://mintmemory.ca>

(approximately \$26,000 less per patient, per year).

An economic evaluation published in The BMJ found the net cost saving of this model to be \$51,500 for each person receiving MINT Clinic care as compared to usual care, which is also associated with improved quality of life.

RECOMMENDATION

Continued implementation and expansion of MINT Memory Clinics in New Brunswick.

The Government of New Brunswick has committed to work with communities to develop and implement a strategy that better supports those living with Alzheimer's and other dementias. The MINT Memory Clinic model is one that is immersed in community and multidisciplinary supports and has shown great success in Miramichi, with other sites in the province to be operationalized.

With one tested and successful model in the province we recommend continued expansion and support for MINT Memory Clinics across the province, especially in rural areas that require such an innovative service delivery option for early diagnosis and intervention of Alzheimer's and dementia.

With further support, the MINT Memory team can provide training to clinics in New Brunswick to operationalize the MINT model among the care team and continue to provide timely access to care and supports for those living with dementia. Additionally, as disease-modifying therapies continue to emerge for those living with Alzheimer's, system readiness remains a significant barrier to access. The establishment of more MINT Clinics across the province could serve as a

key system support to streamline diagnoses and collaboration with specialist care.

ACTIONABLE STEPS

1. Integrate MINT into the strategic planning framework to enhance dementia care throughout the province and provide support for the Alzheimer's Society of New Brunswick to participate in new and existing MINT clinics.
2. Prepare a comprehensive progress report on the three New Brunswick MINT Clinics that have been announced but are not yet operational.
3. Ensure continued and consistent funding for the Miramichi clinic, with emphasis on supporting the establishment of the core team that is foundational to the MINT model.
4. Offer comprehensive, competitive sessional funding for physicians in New Brunswick to work in MINT Clinics.
5. Cover training costs for new physicians and allied healthcare teams to complete the necessary repeat mentorships at each site, ensuring quality of care.
6. Assess the need for and availability of funding to support introduction of additional MINT training sites, with current interest from Loch Lomond Villa in Saint John.

APPENDIX

1. MINT Memory Clinics in Canada 2023
2. MINT Clinic Outcomes Infographic
3. MINT Clinic Core Components
4. Cost-Utility Analysis of MINT



**MINT[®]
MEMORY
CLINIC**
Collaborative primary care

MINT Memory Clinics integrate primary care with specialist care and community services to save costs, reduce wait times and improve dementia care access for patients across Ontario.

[Learn more at mintmemory.ca](http://mintmemory.ca)

Delivering faster, integrated dementia care in Ontario

\$ Saving money for the health care system*

- 55%** reduction in **inpatient hospital** costs, including ALC days
- 50%** reduction in **ED visit** costs
- 46%** reduction in **physician fee for service** costs
- 20%** reduction in **Long Term Care** costs
- 38%** reduction in **cost per day** throughout a patient's dementia care journey

Nearly \$26K in annual savings for every patient managed by a MINT Memory Clinic

\$3.45B annual savings potential if all Ontarians living with dementia received MINT Memory Clinic care*

* 2019 data from an independent evaluative study of the MINT Memory Clinic model commissioned by the Ontario Ministry of Health and Long Term Care.

*Based on findings of the 2019 evaluative study.

+ Helping to end hallway medicine*

Nearly 50% reduction in wait times
Average of 7 weeks to access MINT Memory clinics, compared to 13 weeks to access specialist clinics

Over 90% reduction in specialist referral rates
MINT Memory Clinics have a specialist referral rate of 10%, compared to a rate of 105% in non-MINT clinics

Fewer and shorter **ED visits and hospitalizations**, including ALC days

Delay entering Long Term Care by an average of **6 months**

90% of persons with dementia can be managed within primary care in the MINT Memory Clinic model

♥ Delivering patient-centred dementia care

- 96%** of patients and caregivers would **recommend** MINT Memory Clinics
- 94%** of patients and caregivers were **satisfied** with MINT Memory Clinics

"I would not have been able to keep him home that long without their support."

"Invaluable for patients and caregivers."

Building capacity for integrated dementia care

90% adoption rate of MINT Memory Clinic model

- 110** MINT Memory Clinics
- 300+** family physicians
- 55+** specialists
- 750+** nurses and interprofessional health care providers
- 200+** community service providers