

A diverse group of people, including an elderly man with a white beard and a young woman, are smiling and embracing each other outdoors. The image is overlaid with a purple and green gradient.

California Area Indian Health Service

ALZHEIMER'S  ASSOCIATION®



The mission of the Alzheimer's Association is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

TYPES OF DEMENTIA

- **Alzheimer's**
- **Vascular**
- **Lewy body**
- **Frontotemporal**
- **Other, including Huntington's**
- **Mixed dementia:**
more than one cause



DEMENTIA:

An umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life

10 Warning Signs of Alzheimer's



1

Memory loss that disrupts daily life

2

Challenges in planning or solving problems

3

Difficulty completing familiar tasks

4

Confusion with time or place

5

Trouble understanding visual images and spatial relationships

6

New problems with words in speaking or writing

7

Misplacing things and losing the ability to retrace steps

8

Decreased or poor judgement

9

Withdrawal from work or social activities

10

Changes in mood or personality



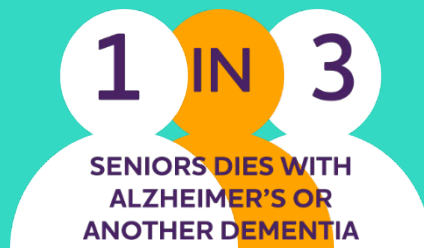
HEALTHY HABITS FOR YOUR BRAIN

- Protect your head
- Be smoke-free
- Get moving
- Challenge your mind
- Control your blood pressure
- **Manage diabetes**
- Sleep well
- Stay in school
- Eat right
- Maintain a healthy weight

2024 ALZHEIMER'S DISEASE FACTS AND FIGURES



NEARLY
7 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S



IT KILLS MORE THAN
BREAST CANCER AND
PROSTATE CANCER
+
COMBINED



OVER **11 MILLION**
AMERICANS PROVIDE
UNPAID CARE
FOR PEOPLE WITH
OR OTHER DEMENTIAS

BETWEEN 2000 AND 2021, DEATHS
FROM HEART DISEASE HAVE
DECREASED 2.1%



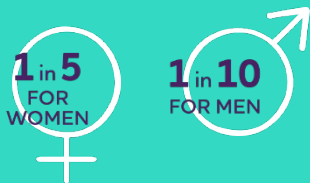
WHILE DEATHS FROM
ALZHEIMER'S DISEASE HAVE
INCREASED 141%

IN 2024, ALZHEIMER'S
AND OTHER DEMENTIAS WILL
COST THE NATION
\$360 BILLION
————— \$\$\$\$\$ —————

BY 2050, THESE COSTS
COULD RISE TO NEARLY
\$1 TRILLION

THESE CAREGIVERS
PROVIDED MORE THAN
18 BILLION HOURS
VALUED AT NEARLY
\$347 BILLION

THE LIFETIME RISK FOR
ALZHEIMER'S AT AGE 45 IS



70% OF DEMENTIA
CAREGIVERS
FEEL STRESSED WHEN
COORDINATING CARE

**AND MORE
THAN HALF**
OF CAREGIVERS
SAID NAVIGATING
HEALTH CARE IS
DIFFICULT



3 IN 5 DEMENTIA
CAREGIVERS
SAY LESS STRESS AND MORE PEACE OF
MIND ARE POTENTIAL BENEFITS OF
HAVING A **CARE NAVIGATOR**

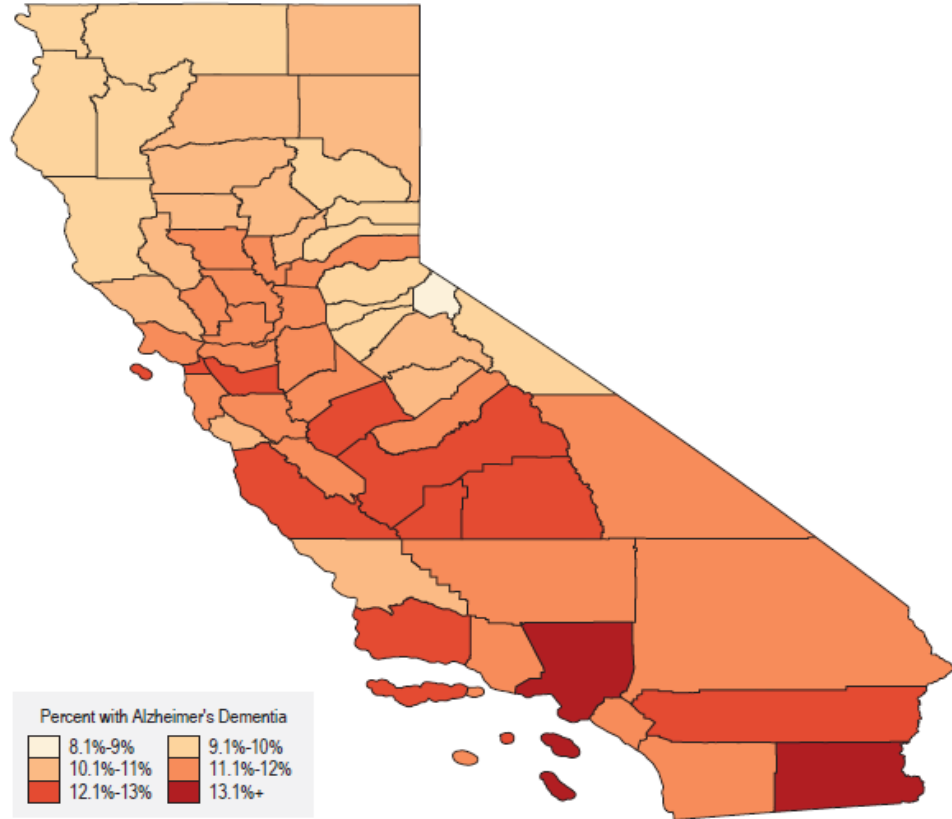
56% SAY IT COULD
HELP THEM BE
BETTER CAREGIVERS

For more information, visit
alz.org/facts



ALZHEIMER'S TODAY

Alzheimer's Dementia in California (Age 65+)



Based on data from: Dhana et al., Alzheimer's & Dementia, 2023

Native Americans and Alzheimer's Disease

By 2060, the number of American Indian/Alaska Native individuals 65 and older living with dementia is projected to increase by **4 times**.



As many as **1 in 3** will develop Alzheimer's or another dementia.



61% say that affordability of care is a barrier.



Relevance for Tribal Health

- In 2019-2020, one in six AI/AN people 45+ and older reported subjective cognitive decline (SCD) — that is, self-reported difficulties in memory or thinking
- Nearly six in ten of those with SCD had to give up some day-to-day activities because of cognitive problems
- Risk factors for dementia disproportionately impact Native people
- PLWD have higher healthcare costs & more complex care needs which puts unchecked demand on strained healthcare systems
- 1 in 3 American Indian and Alaska Native people are caregivers; over 50% of caregivers develop depression

Citations: Centers for Disease Control and Prevention (2022). Subjective Cognitive Decline Among American Indian and Alaska Native People.

<https://www.cdc.gov/aging/data/infographic/2019-2020/ai-an-scd.html>Centers for Disease Control and Prevention. (2018). Healthy aging data portal, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health.

Under-diagnosis of Dementia

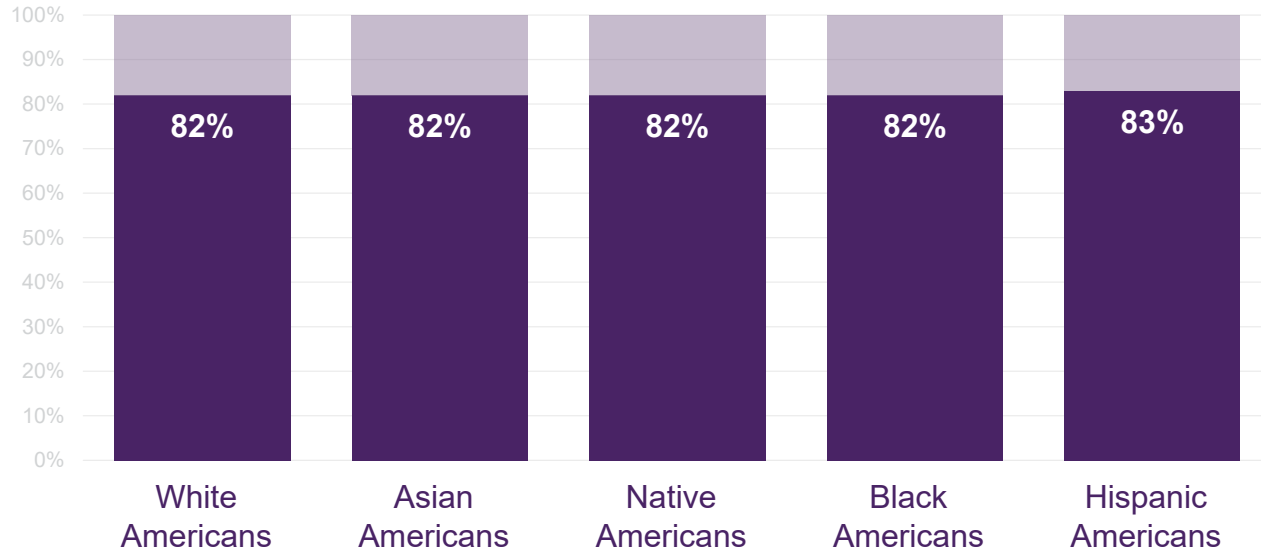
- Many large population-based studies are based on billing or EHR data which requires diagnosis
- Globally, 62% of dementia cases are undiagnosed
- Native, Hispanic, Asian, & Pacific Islander population is 2.5 times more likely to be undiagnosed than non-Hispanic White (adj model)

- **Possible causes:**
 - Difference in (lack of) knowledge
 - False belief that dementia represents “normal aging”
 - Clinician failure to recognize dementia
 - Cultural bias in cognitive assessment tools
 - Racial or ethnic differences in family support and expectation of function

All ethnic groups surveyed know little or are not familiar with mild cognitive impairment (MCI)



MCI can be an early stage of Alzheimer's.



IHS Alzheimer's Grant Program

2021

**1st
Congressional
Appropriation
\$5 million**

2022

**Tribal & Urban Confer
Program support hired
4 Grants**

**Indian Health GeriScholars
Pilot 1st cohort**

**5 year MOU with
Alzheimer's Association**

Appropriation: \$5.5 million

2023

8 Grants

**Indian Health GeriScholars
Pilot 2nd cohort**

**Dementia & Caregiver ECHOs
Geriatric Emergency
Department Accreditation
(GEDA) initiative w/ Nursing**

**Geriatric Nurse Fellowship
pilot w/ Nursing**

**Dental Mini-Cog screening pilot
w/ Oral Health**

**CHR Mini-Cog screening pilot
w/ training**

Appropriation: \$5.5 million

2024

New Grants & Awards

**Indian Health GeriScholars
Pilot 3rd cohort**

Dementia & Caregiver ECHOs

GEDA initiative w/ Nursing

**Geriatric Nurse Fellowship
pilot w/ Nursing**

**Dental Mini-Cog Screening
pilot expansion w/ Oral Health**

**CHR Mini-Cog screening pilot
w/ training**

**CHR Risk Reduction pilot
exploration**

**Elders health promotion/ brain
health regional support**

Dementia Caregiving initiative

Communications initiative

Clinical Training initiative

**Dementia Training @ DCCS
Conference**

Appropriation: \$5.5 million



Goals of the Alzheimer's Association's Health Systems Initiative:

- To support providers with strategies and solutions that can ensure quality care for people living with dementia
- To understand the needs of providers so we can help them meet the complex care needs of individuals and families
- To assist health systems in enhancing dementia care by partnering on quality improvement initiatives, implementing early detection and care planning workflows, as well as linking patients and caregivers to local resources

Health Systems- Tools and Resources

- Quality Improvement Consultation
- Dementia Care Practice Transformation
- GUIDE Model Implementation Partner
- Continuing Medical Education on Alzheimer's and Dementia
- Age Friendly Health System Implementation
- Geriatric Emergency Department Accreditation
- EHR Tools + Workflow Consultation
- Health Equity and Safety Net Support Initiatives with the Archstone Foundation



Health System Transformation



2021

Clinical
Education
Full Mission
Engagement

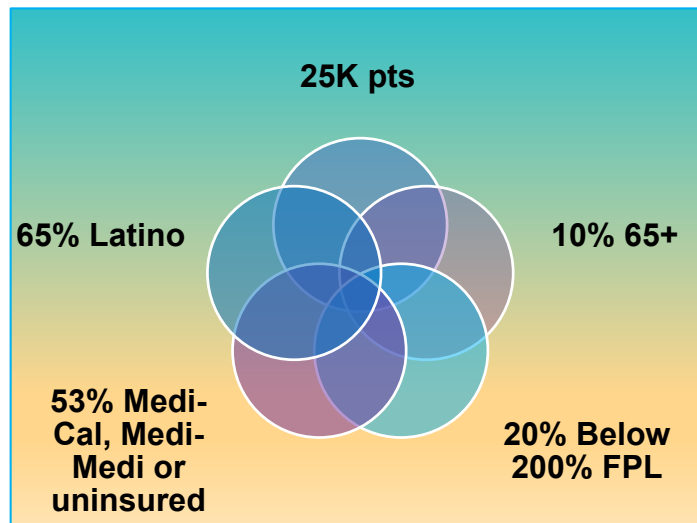
2022-2023

CHA Training
QI-single site
Care Pathway-
single site

2024

Full System:
Education
Care Pathway
EHR
Integration

Case Example:
Central Valley Primary Care Clinic



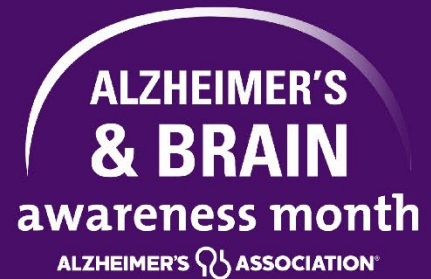


JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

Take charge of your brain health today

Nearly 7 million Americans are living with Alzheimer's. While there is currently no cure, we know more than ever about risk reduction and ways to live well with the disease.

Visit alz.org/abam for ways to take charge of your brain health.



Together, we can end Alzheimer's disease.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research.



Free 24/7 Helpline: 800.272.3900

- Staffed by master's-level clinicians and specialists
- Provides confidential support and information in over 200 languages

Resource-rich website: [alz.org](https://www.alz.org)[®]

- Often the first stop for individuals after receiving a diagnosis
- Includes sections for those living with the disease, caregivers and health care professionals

**Alzheimer's Association & AARP
Community Resource Finder:
[alz.org/CRF](https://www.alz.org/CRF)**

- Comprehensive database of local dementia and aging-related resources

**ALZConnected[®]:
[alz.org/alzconnected](https://www.alz.org/alzconnected)**

- Free online community designed for people living with dementia and their caregivers

**Education and support:
[alz.org/CRF](https://www.alz.org/CRF)**

- For caregivers and individuals living with Alzheimer's or other dementia
- Offered in-person, virtually and online

**Local chapters nationwide:
[alz.org/findus](https://www.alz.org/findus)**

- Programs and services in communities across the country

**The Alzheimer's Association
provides care and support to those affected.**



THANK YOU!

Cheryl Brunk
Health Systems Director
cbrunk@alz.org

Alexandra Weisgerber
Director, Care + Support
aweisgerber@alz.org

Ondine Boulter
Health Systems Director
oboulter@alz.org