

California Elder and Youth Panel
Addressing Dementia in Indian Country
Dementia Outreach

Dan Calac, MD
Orvin Hanson, CEO
Indian Health Council

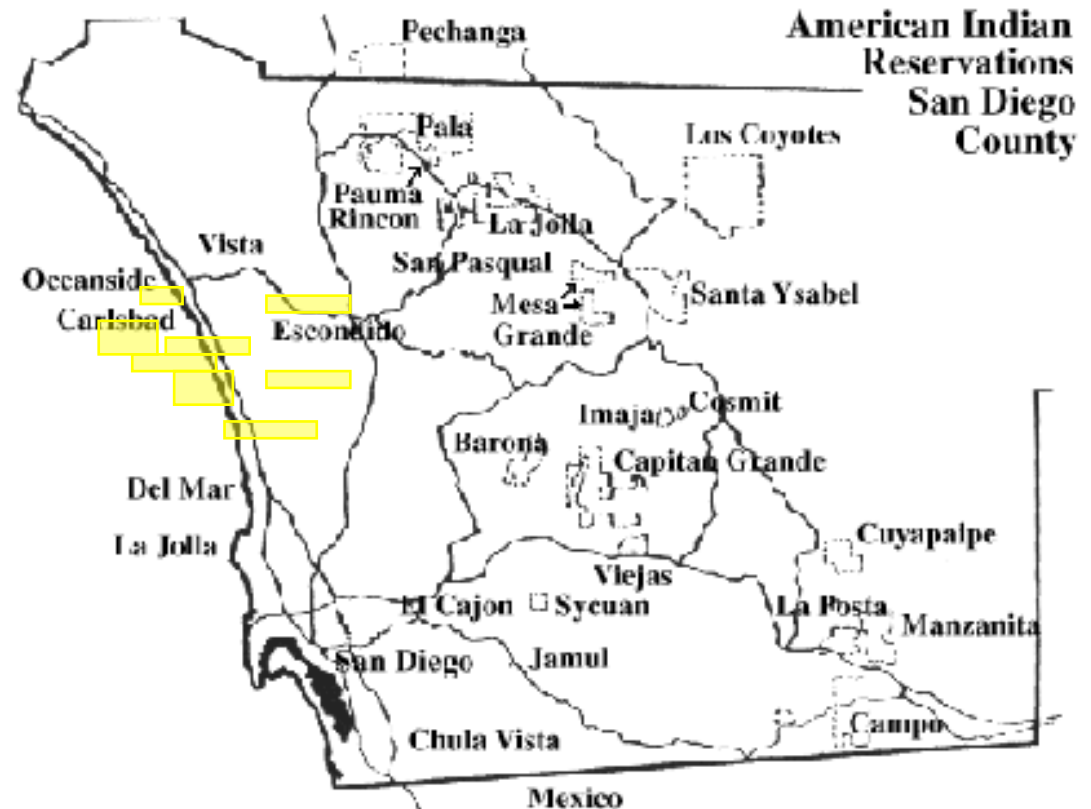


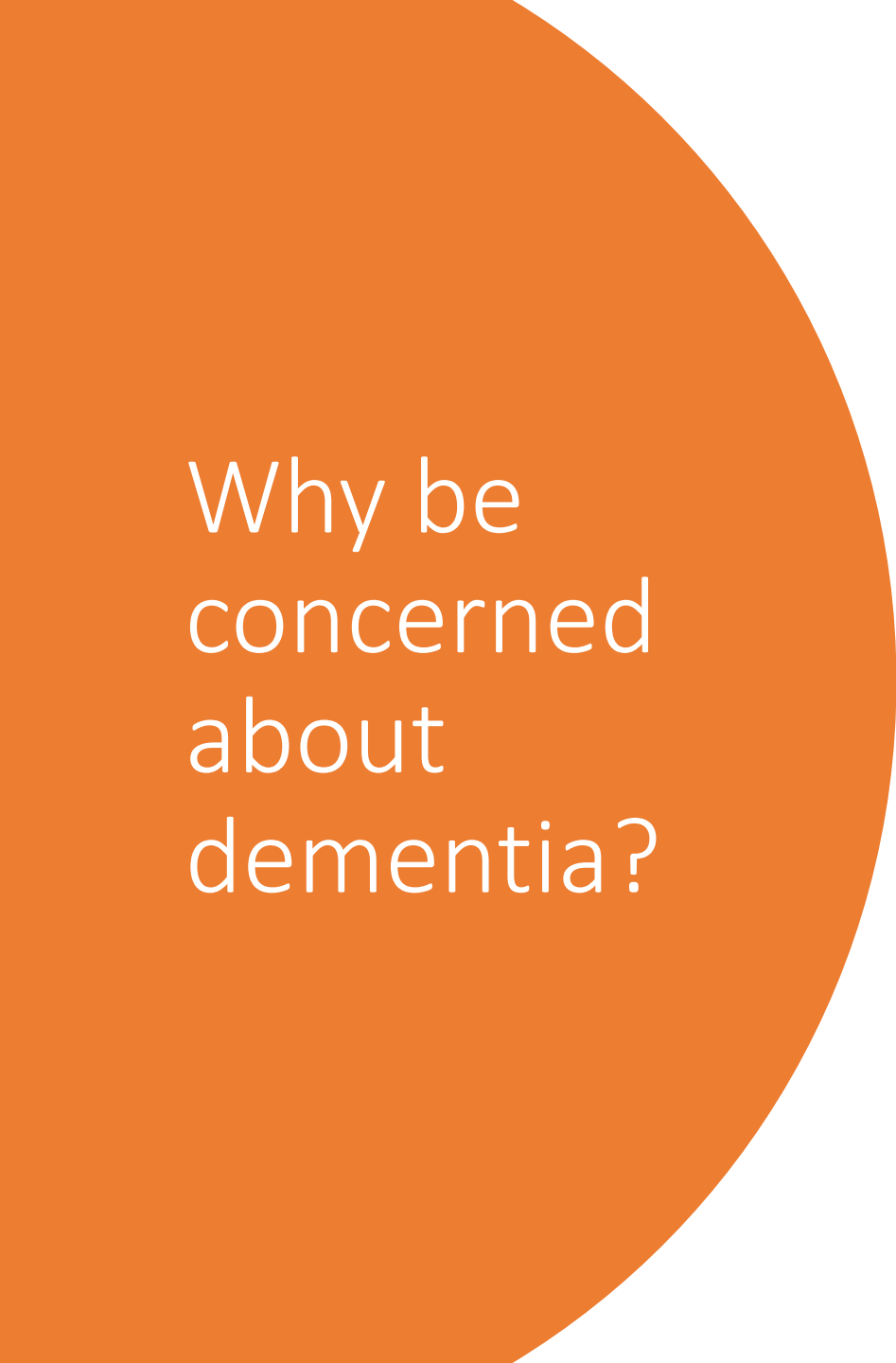
Indian Health Council, Inc.

- A consortium of 9 tribes:

- Inaja-Cosmit
- Los Coyotes
- Mesa Grande
- Pala
- Pauma
- Rincon
- San Pasqual
- Santa Ysabel

- 22,000 -total registered
- 4,549- current active user
- 1500 sq miles





Why be concerned about dementia?

The overall burden of AD is substantial

Globally, an estimated 47 million people are affected by dementia

AD is increasingly prevalent with advancing age

In 2011, in the United States, there were an estimated 4.5 million individuals over the age of 65 years living with clinical AD

This figure is projected to rise to 13.8 million in the United States and >130 million worldwide by 2050. Uptodate.com

ACQUIRED RISK FACTORS

- A variety of acquired factors influence risk for dementia including:
 - hypertension
 - dyslipidemia
 - cerebrovascular disease
 - altered glucose metabolism (diabetes/pre-diabetes)
 - brain trauma

Native Americans and Alzheimer's

- One in 5 Native American adults aged 45 and older reports experiencing memory or thinking problems that might be a sign of dementia

Comparing Ethnic Groups

- In members of an integrated healthcare delivery system followed for ten years
- Marked differences in incidence of dementia were noted
- African-Americans, Native-Americans, and mixed race groups had a 50-70% greater risk of dementia compared to others

CDC Data

- American Indians and Alaska Natives (AI/AN) may experience higher rates of cognitive impairment or dementia
- Data suggest that addressing modifiable risk factors like high blood pressure and diabetes could help reduce this risk.

Early Signs/Symptoms of Alzheimer's/Dementia

alz.org

Signs of Alzheimer's and Dementia

Poor judgment and decision-making

Inability to manage a budget

Losing track of the date or the season

Difficulty having a conversation

Misplacing things and being unable to retrace steps to find them

Typical Age-Related Changes

Making a bad decision once in a while

Missing a monthly payment

Forgetting which day it is and remembering it later

Sometimes forgetting which word to use

Losing things from time to time

New Treatments – Donanemab (Kisunla)

Donanemab = \$32,000/year

Mechanism of Action

Donanemab is a monoclonal antibody directed against amyloid beta

Donanemab reduces amyloid beta plaques

Plaque accumulation is a defining feature of Alzheimer disease

CDC Health Excellence/ Public Health Strategies

Limited Community Capacity/Resources

Variability in Health Literacy

Lack of Community Engagement/Awareness/Participation

Costs, Resources, and other Fiscal Considerations

Transportation Challenges

Potential Displacement Effects

Variability in Implementation

Crime/Safety Influences (real and perceived)

Lack of Awareness of Diverse Norms and Customs

www.cdc.gov/healthequityguide

Addressing Dementia in Indian Country: Goals of the IHS Program

- Goals for Addressing Dementia
 - Screening
 - Education in Professionals/Patients
 - Early diagnosis/detection
 - Multidisciplinary management
 - Referral for Treatment
 - Respite for Caregivers

Addressing Dementia in Indian Country: Elder Meetings

- Offer a captive audience
- Refreshed and energetic post COVID
- Social atmosphere
- 55 yrs and older

Addressing Dementia in Indian Country: Mini Cog Screening



In just 3 minutes, Mini-Cog[®] can identify possible cognitive impairment in older patients.



Gives people who are starting to show signs of cognitive impairment a better chance for early diagnosis and care



The Mini Cog is easy to include in regular wellness exams, primary care visits, or home visits

Addressing Dementia in Indian Country: Topics for Review in Elder Meetings

- Dementia education
- Introduction to Mini Cog screening
- Identifying risk factors
- Promoting health lifestyle
- Addition of Physical Exercise Specialist/Elder Navigator

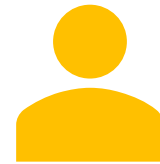
Addressing Dementia in Indian Country: In House Education



Medical Provider
Meetings



Quarterly Licensed
Provider Meetings



Mid Level
Manager Meetings



Board of Directors

Addressing Dementia in Indian Country: Collaborations

- Tribal Elder Programs
- Alzheimer's Association
- Alzheimer's San Diego
- Calif Dept of Public Health
- Local Academic Partners
- San Diego County
- Local Hospice organizations
- Local Charter School

Addressing Dementia in Indian Country: Challenges



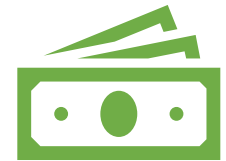
Staffing



Nurse
Recruitment

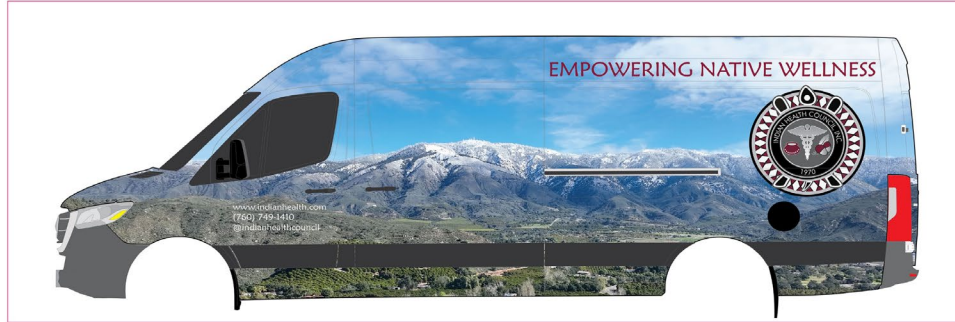


Coordinating
Meetings



Budgetary
adjustments

DO NOT RESIZE / FILE IS QUARTER SCALE
DESIGN USING CMYK
BLACK SHOULD BE 100/100/100/100
IF YOU DESIGN IN PHOTOSHOP, PLEASE MAKE SURE THAT THE ARTBOARD DOES NOT SHRINK WHEN IMPORTING INTO PHOTOSHOP
PLEASE IMBED ALL IMAGES AND CONVERT ALL FONTS TO OUTLINES
ACTIVATION SHOULD BE 48" X 10'
PLEASE DO NOT FLATTEN IMAGES IF DESIGNED IN PHOTOSHOP
DESIGN NEEDS TO GO TO THE EDGES OF THE PINK BOXES FOR BLEED
ANY QUESTIONS, PLEASE CALL BRIAN 951-679-2686



- Mobile Unit
 - Sprinter Van
 - 4-wheel drive
 - Star Link
 - Wheelchair Lift
 - Exam table
 - Audio/Visual
 - Two Crew

Addressing Dementia in Indian
Country:
Next Steps-Taking the Clinic the
the Community

