



Collaborations and Partnerships to Enhance Dementia Care and Services in Tribal and Urban Indian Health Settings

Tribal Capacity Building Webinar

Elder Health Team
Division of Clinical and Community Services (DCCS)
Indian Health Service
June 20, 2024

NOTE

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- All webinars are recorded



Overview

IHS Alzheimer's Program Webinar Series

Collaborations and Partnerships to Enhance Dementia Care and Services in Tribal and Urban Indian Health Settings

- Learn about internal and external partnerships and collaborations current IHS Dementia Models of Care grantees are engaging in to support their work and build community connections
- Hear from various organizations who have dementia resources, training, and other opportunities available for tribal and urban Indian health organizations
- Takeaway tips for finding and engaging with external partners and developing collaborations to support dementia care and services



June 20 @ 4:00 PM ET

Panelists



Jessica Ford
Memory Care
Coordinator
Nimipuu Health Center



Josea Kramer, PhD
Director
VA Geriatric Scholars
Program



Laura McEntire, LCSW
Senior Director of Health
Systems
Alzheimer's Association



Breana Dorame
Tribal Public Health and
Aging Associate
International Association
for Indigenous Aging



**Nicole lee Kamakahiolani
Ellison, MPH**
Research Project Manager
IREACH, Washington
State University



Jessica Hognar
Alzheimer's Association,
Oklahoma Chapter

Partnerships - Early Examples From IHS Grantees

| Internal Partners | External Partners | Tribal Partners |
|------------------------------------|--|----------------------------------|
| Multidisciplinary Team / Workgroup | Alzheimer's Association Chapter | Elder Council / Groups |
| Dental | Other Alzheimer's Entities/ Non-profits | Tribal Council |
| Behavioral Health | International Association for Indigenous Aging | Elder Services Program/ Title VI |
| Pharmacy | Caregiver Support Programs/ Groups | Language/ Culture |
| Diabetes Program | INTACT / Provider Training | Radio Station |
| Media Department | n/a | Other Tribal/ Village Clinics |
| Community Health | n/a | Tribal Health Consortium |
| IT/ EHR | n/a | n/a |



Jessica Ford
Memory Care
Coordinator
Nimipuu Health Center



Nimiipuu Health Memory Care Program

Lapwai, ID



EXTERNAL PARTNERSHIPS



- Collaboration on resource sharing
- Training to implement caregiver support groups
- Trained all Nimiipuu Health staff on dementia



- Attend monthly staff meetings to share resources
- Attend monthly caregiver support groups



- Hosted "Dementia Friends Information Session" in our community
- Completed "Dementia Friend Champion Training" for Memory Care staff



- Indian Country ECHO Sessions
- Educational material resource sharing
- NMPH Memory Care Program presenting at the 2024 Tribal Brain Health & Dementia Summit



- (Absentee Shawnee Tribe) Resource documentary film sharing

EXTERNAL PARTNERSHIPS



- (Pyramid Lake Paiute Tribe, NV)-Resource documentary film sharing (pending)



- (Lapwai School District) Collaborated by providing education data for grant application



- (Northwest Indian College) Collaborated by providing education data for grant application



- NMPH Memory Care Program will be presenting at the 2024 Hispanic/American Indian Healthcare Conference



- Co-hosted "Art Therapy Session" for elders/caregivers/families

EXTERNAL PARTNERSHIPS



- National Guard- Collaborated on IRT event.



- (Great Lakes Inter-Tribal Council, WI) Provide resources on dementia especially on the virtual dementia simulation training.



- Collaborated in ADRD Tribal Open House Sessions, provide feedback on the Alzheimer's Disease & Related Dementias Strategic Plan for Idaho



- Collaborated on the "HBI Road Map for Indian Country" by providing feedback



Nimiipuu Health:

- **Community Health-** CHR Pilot Study Program; administering mini-cogs for elders. Share Memory Care Program resources with elders.
- **Diabetes Program-** Co-hosted “Dementia Friends Information Session”, co-hosted a elder sit and fit exercise, Memory Care Bag activity
- **Communications Program-** Creates/disperses all Memory Care flyers on social media and through employee email systems
- Distributes Memory Care Surveys as needed to NMPH staff and collaborating partners
- **Medicaid/Medicare Department-** assist patients with signing up for Medicare/caid or caregiving services.
- **Pharmacy-** Provide Memory Care staff education on dementia related medications.

INTERNAL PARTNERSHIPS



Nez Perce Tribe:

- **Social Services-** Staff completed Memory Care Surveys, share resources
- **Adult Protection-** Co-hosted Elder Fair event, share resources
- **Veteran's Program-** Co-hosted Elder Fair event, share resources
- **Senior Program-** Staff completed Memory Care Surveys, collaborated during “Elders Day Event”, share resources
- **Language Program-** Complete Nimiipuutimpt language translation for Memory Care Program
- **Cultural Resources**
- **Horse Program-** Collaborate to create Equine Therapy for elders
- **Housing-** Staff completed Memory Care Surveys, share resources
- **Education Program-** Shared local data on education for grant application
- **Enrollment Office-** Shared local data on tribal membership for grant application
- **KIYE Local Radio Station-** air dementia PSA's

QUICK TIPS FOR CREATING AND MANAGING PARTNERSHIPS:

- ❖ Meet & Greet: Introduce yourself/your program
- ❖ Participate in other program's events, activities, educational training opportunities.
- ❖ Gather resources from other programs. Share resources with other programs in return.
- ❖ Keep in contact.



Josea Kramer, PhD
Director
VA Geriatric Scholars
Program

OVERVIEW: RITT AND ABCD



Josea Kramer, PhD

Director, VA Geriatric Scholars Program

Associate Director for Education/Evaluation
Geriatric Research Education Clinical Center
VA Greater Los Angeles Healthcare System

Professor, Division of Geriatric Medicine
David Geffen School of Medicine, UCLA

- ▶ RITT and ABCD were developed by VA Geriatric Research Education and Clinical Centers (GRECC) at Bronx and Greater Los Angeles, as components of the VA Geriatric Scholars Program
- ▶ Grant funding from VA Office of Geriatrics and Extended Care and VA Office of Rural Health
- ▶ No disclosures of financial conflict
- ▶ The views expressed today are mine and do not necessarily reflect the position or policy of the Department of Veterans Affairs or the United States government

Presentation to Indian Health Service, June 2024

Rural Interdisciplinary Team Training in Care of Elders



Course:

Didactics

Teamwork Solutions

Unfolding Case

Discussion

Resources

- ☐ What health teams need to know about elders to recognize “red flags” that need immediate attention
- ☐ Normal aging and geriatric syndromes
- ☐ Reduce fall risks
- ☐ Assess for changes in activities and thinking
- ☐ Improve clinic efficiency through teamwork of clinicians and staff
- ☐ The “4M” Age Friendly framework

For information:

Contact

Josea.Kramer@va.gov

Presentation to Indian Health Service, June 2024



U.S. Department
of Veterans Affairs

Addressing Behavioral Challenges with Dementia (ABCD)



Course:

Didactics

Resources

Care-giver videos

Discussion

Follow-up consultation monthly
with Linda Ercoli, PhD

- **For information: Contact**
Josea.Kramer@va.gov

- **Primary Prevention**
 - Control of diabetes and hypertension
 - Promote brain health
- **Secondary Prevention**
 - Recognize signs and symptoms of undiagnosed dementia
 - Identify dementia using quick screening tools
- **Tertiary Prevention**
 - Home safety for persons with dementia
 - Caregiver education on non-pharmacologic management of challenging behaviors
 - Self care for caregivers

Presentation to Indian Health Service, June 2024

VA



U.S. Department
of Veterans Affairs



Laura McEntire, LCSW
Senior Director of Health
Systems
Alzheimer's Association

BUILDING BETTER OUTCOMES:

**Partnering to Support Health Systems
in Alzheimer's Detection,
Diagnosis and Care**

Goals: Alzheimer's Association's Health Systems Initiative

- To understand the needs of the healthcare team so we can help them meet the complex care needs of individuals and families
- To support the team with strategies and solutions that can ensure quality care for people living with dementia

The screenshot displays the Alzheimer's Association website with a teal header and a purple sidebar. The main content area is white and features a grid of resource cards. Each card includes a photograph, a title, a brief description, and a 'Learn More' link. The sidebar contains two sections: 'Diagnostic and Management Tools' and 'For Your Patients and Caregivers', each with a 'View Guidelines' or 'See All Resources' button.

Diagnostic and Management Tools
The Alzheimer's Association has partnered with government and professional organizations to develop several physician guidelines and recommendations that can help you care for your patients with dementia.
[View Guidelines](#)

Cognitive Assessment
[Learn More](#)

Dementia Diagnosis
[Learn More](#)

Management
[Learn More](#)

Care Planning
[Learn More](#)

For Your Patients and Caregivers
The Alzheimer's Association offers a variety of resources that can help your patients and caregivers cope and live with a dementia diagnosis. Share these resources with them when they visit.
[See All Resources](#)

I Have Alzheimer's
The right information and resources can empower those with Alzheimer's.
[Learn More](#)

Caregiving
Caregivers face special challenges. Our resources can help at every stage.
[Learn More](#)

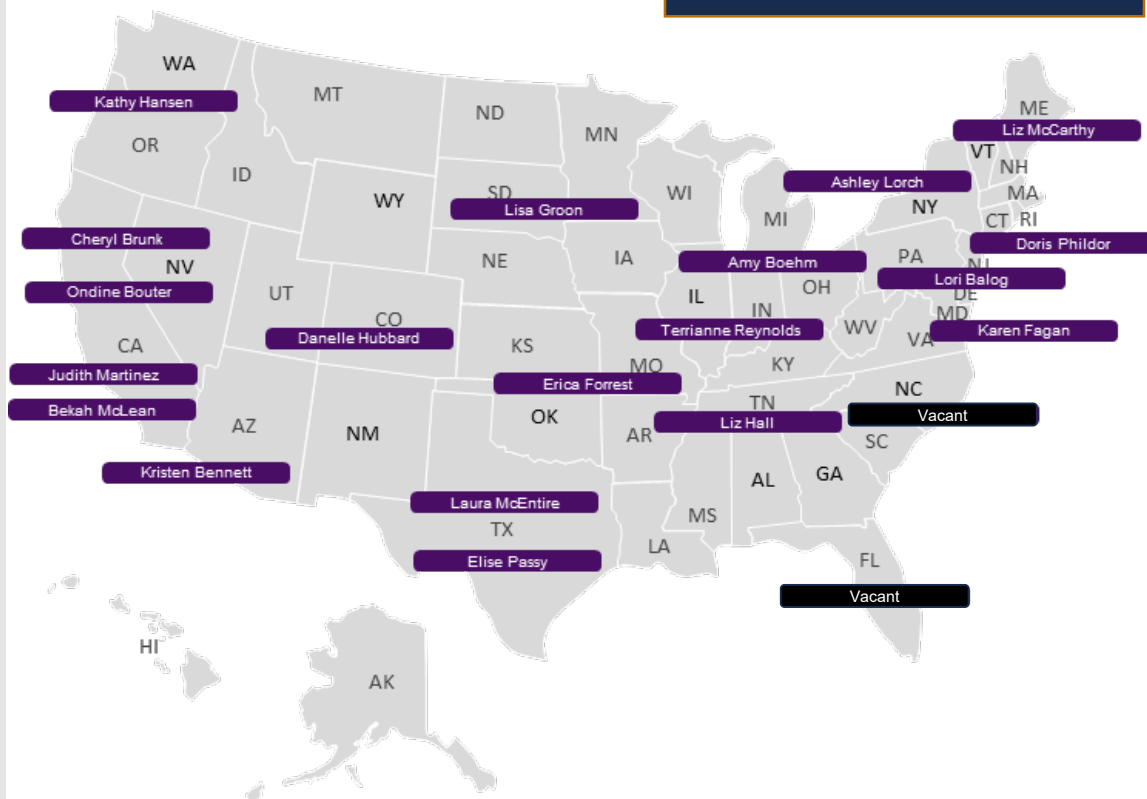
Downloadable Resources

Clinical Trials Recruiting
[Learn More](#)

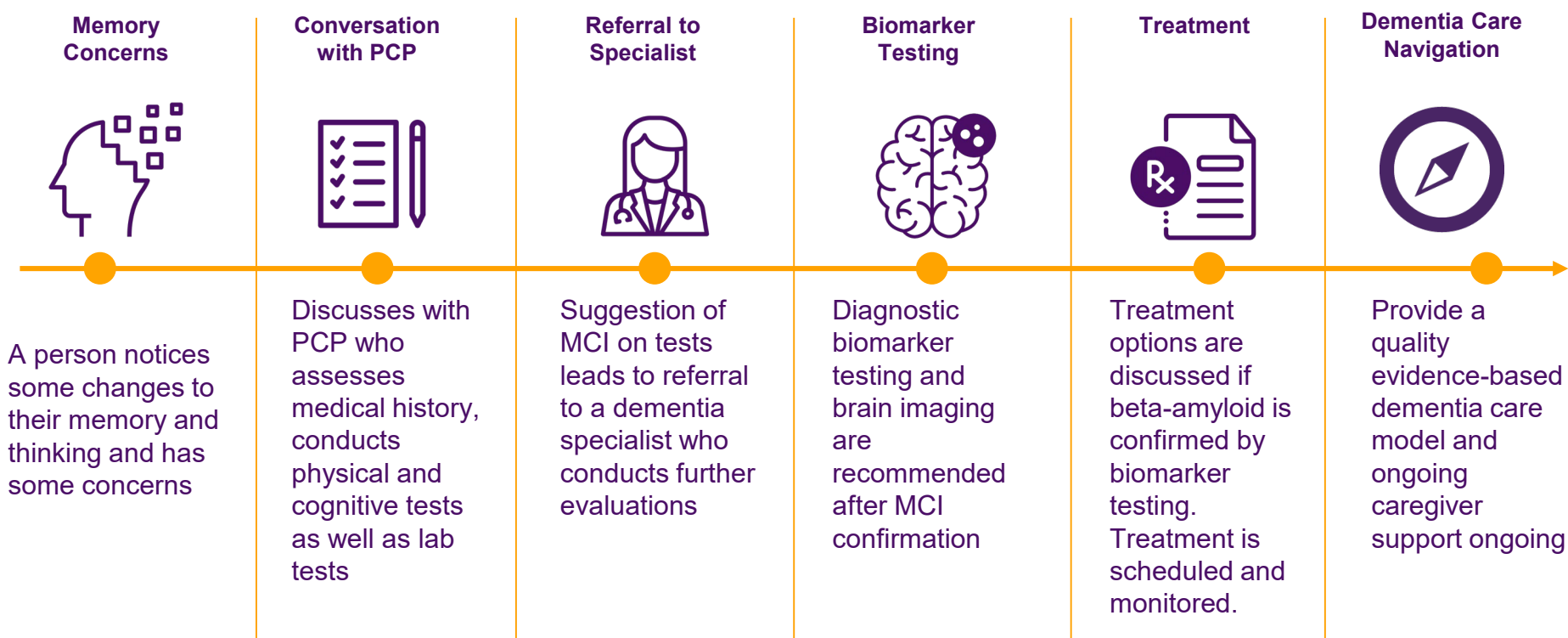
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Our team can support
you across the US



Ideal Patient Journey from Awareness of Cognitive Issues to Treatment

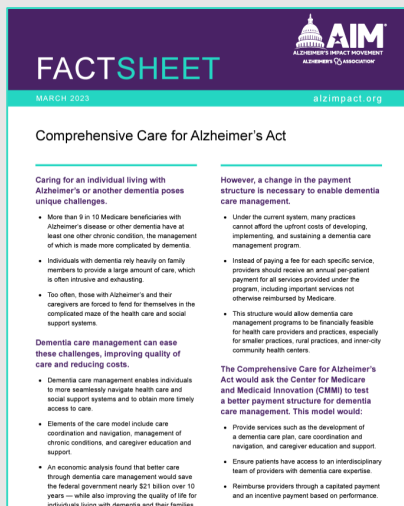


SHAPING THE FUTURE OF DEMENTIA CARE NAVIGATION

Comprehensive Care for Alzheimer's Act

Dementia Care Navigation Guiding Principles and Roundtable

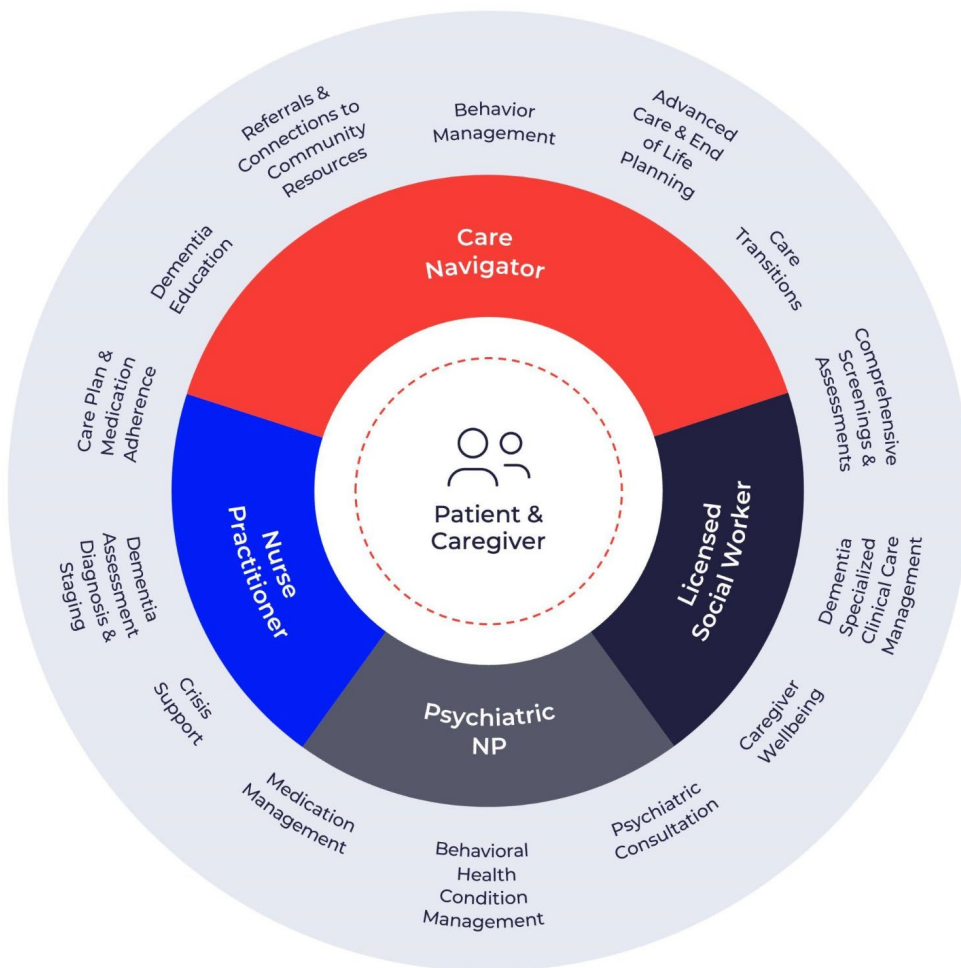
Guiding an Improved Dementia Experience (GUIDE): Requirements



1. Be person and family centered
1. Be culturally responsive and address disparities
1. Include well- defined roles and responsibilities for all members of the care team
1. Address barriers relating to medical, legal, financial, emotional and other domains
1. Provide solution- focused coaching, education, and coordination
1. Focus on the family unit as defined by the person living with dementia
1. Ensure processes and protocols are evidence-based

-  24/7 access to support service
-  Care coordination & transitional care management
-  Caregiver education and support
-  Care planning
-  Comprehensive assessment and home visit
-  Medication management and reconciliation
-  Ongoing monitoring and support of the program
-  Referral and coordination of social services & support
-  Respite services (including in-home respite, adult day centers, and respite in a 24-hour facility)

Rippl's comprehensive care model provides longitudinal clinical and social support to people with dementia and their caregivers



Community Resources

NEW EMPOWERED CAREGIVER TRAINING

And Existing Services

ALZNAVIGATOR
ALZHEIMER'S ASSOCIATION

ALZCONNECTED
ALZHEIMER'S ASSOCIATION

Education Center

24/7 Helpline

Community Resource Finder
ALZHEIMER'S ASSOCIATION AARP Family Caregiving

Caregiver Education & Training

ALZHEIMER'S ASSOCIATION CAREGIVER EDUCATION YOU CAN TRUST



The Alzheimer's Association offers a range of caregiver skill-building courses. Each course includes questions to check existing knowledge and exercises to apply new learnings to personal caregiving situations. The courses are to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

The Empowered Caregiver
This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

- Building Foundations of Caregiving**—explore the role of caregiver and changes they may experience, building a support team and managing caregiver stress.
- Supporting Independence**—focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.
- Communicating Effectively**—includes how dementia affects communication, including tips for communicating well with family, friends and health care professionals.
- Responding to Dementia-Related Behaviors**—discusses common dementia changes and how they can affect communication. It also includes practical approaches to behaviors and interacting when additional help is needed.
- Exploring Care and Support Services**—resources that help to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

The 10 Warning Signs of Alzheimer's
This course helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

Understanding Alzheimer's and Dementia
This course covers basic information on the difference between Alzheimer's and dementia, signs, risk factors, research and FDA-approved treatments.

Managing Money & Caregiver's Duties to Families
This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning and teaches them how to start a conversation about financial, legal and long-term care, mental health and estate plans for the future when needed.

Dementia Conversations
This course gives caregivers tips and strategies for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors
This course provides caregivers with practical approaches to behaviors and interacting when additional help is needed.

Exploring Care and Support Services
Resources that help to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

To learn more or find a course near you, visit alz.org/edu or call an advisor at 800.272.3900.

Online Resources

ALZHEIMER'S ASSOCIATION ONLINE RESOURCES

FREE ONLINE INFORMATION, TOOLS AND SUPPORT.
The Alzheimer's Association® is committed to helping individuals living with dementia and their caregivers by providing access to reliable information and helpful tools.

ALZCONNECTED ALZHEIMER'S ASSOCIATION **YOU ARE NOT ALONE** ALZHEIMER'S ASSOCIATION
ALZConnected® is a free online community designed for people living with dementia and those who care for them. Members can post questions about dementia-related issues, offer support and create public and private discussion groups around specific topics.

ALZNAVIGATOR ALZHEIMER'S ASSOCIATION **PLAN FOR THE ROAD AHEAD.** ALZHEIMER'S ASSOCIATION
ALZNavigator™ is an interactive online tool for individuals living with dementia, caregivers and even people who are just starting to notice memory changes. It provides resources on a variety of topics — from understanding the disease to finding local programs and services — and helps individuals create a custom action plan to print or share digitally.

DISCOVER LOCAL DEMENTIA-RELATED RESOURCES WITH COMMUNITY RESOURCE FINDER. ALZHEIMER'S ASSOCIATION
The Alzheimer's Association & AARP Community Resource Finder is a database of dementia and related resources powered by member donations. The online tool makes it easy for individuals and families who are facing health issues, including Alzheimer's and other dementias, to find programs and services. In addition to the robust offerings of the Alzheimer's Association and AARP, users can easily access a wide range of resources, such as housing, home care, legal services and much more.

800.272.3900 | alz.org

Professional Training

CARE NAVIGATION TEAM

essentiALZ
alzheimer's association®



COMING SOON
Dementia Care Navigation
Project Echo

COMING SOON
Dementia Care Navigator
Training & Certification

essentiALZ ALZHEIMER'S ASSOCIATION **DEMENTIA CARE NAVIGATOR TRAINING AND CERTIFICATION**



DEMENTIA CARE NAVIGATION
This 10-hour training program guides learners through the core competencies of dementia care navigation. The training focuses on person-centered care approaches and strategies to help people living with dementia and their caregivers navigate the complex health care system.

This program is self-paced and features videos and interactive activities. It is designed to meet the training requirements for the **GLUCE** model.

Coming Summer 2024, purchase options available soon.

- | | | |
|--|--|--|
| <p>DEMENTIA CARE NAVIGATION</p> <ul style="list-style-type: none"> • Roles of care team members • Approach to dementia care navigation <p>ALZHEIMER'S AND OTHER DEMENTIA</p> <ul style="list-style-type: none"> • Underlying causes of and treatments for dementia • Types of dementia <p>PERSON-CENTERED CARE</p> <ul style="list-style-type: none"> • Person-centered care approaches • Cultural impacts on person-centered care • Benefits of advanced care planning • Activities of daily living and instrumental activities of daily living • Person-centered approaches to maximize independence | <p>COMMUNICATION & DEMENTIA-RELATED BEHAVIORS</p> <ul style="list-style-type: none"> • Effective communication • Underlying causes of dementia-related behaviors • Strategies for addressing dementia-related behaviors <p>SAFETY, ABUSE & NEGLECT</p> <ul style="list-style-type: none"> • Dementia and home safety • Medication-related challenges • Elder abuse and neglect <p>LEGAL, FINANCIAL, & END OF LIFE PLANNING</p> <ul style="list-style-type: none"> • Benefits of advanced care planning • Capacity basics • Advance directives • End of life considerations • Roles and ethics of care navigation | <p>CAREGIVER WELL-BEING</p> <ul style="list-style-type: none"> • Understanding the caregiving experience • Cultural differences in caregiving • Signs of caregiver stress • Caregiver screening and support <p>ASSESSMENT & CARE PLANNING</p> <ul style="list-style-type: none"> • Elements of a comprehensive assessment • Roles in assessment and care planning <p>TRANSITIONS & COORDINATION OF CARE</p> <ul style="list-style-type: none"> • Types of care transitions • Hospitations • Accessing community-based services |
|--|--|--|

Coming Soon
Companion Dementia Care Education for clinicians and additional care team members.

Sign-up to get notified when we launch.





Breana Dorame
Tribal Public Health and
Aging Associate
International Association
for Indigenous Aging



IA² Healthy Brain Initiatives & Resources

IHS Alzheimer's Program Webinar Series

June 20, 2024

Breana Dorame

Tribal Public Health & Aging Senior Associate

International Association for Indigenous Aging (IA²)



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING

Mission & Vision



Analysis



Subject Matter Expertise



Evaluation



Surveying



Strategic Planning



Training



Technical & Popular Writing



**Public Policy Design &
Implementation**



**Research & Environmental
Scans**



Coalition Building



Public Affairs



Program Management

National Healthy Brain Initiative (NHBI)

Identify and feature locally-tailored, culturally relevant activities to address Native disparities in the burden of ADRD.

- Address two strategies and eight action items from the [Road Map for Indian Country](#)
 - Multidisciplinary public health approach
- Deliverables include the development of resources



 **HEALTHYBRAIN
INITIATIVE**

Road Map for Indian Country

alzheimer's
association



**AMERICAN INDIAN
and ALASKA NATIVE**
RESOURCE CENTER FOR BRAIN HEALTH

IA²'s Content Creation Process



- Our products are **DESIGNED BY** and **DESIGNED FOR** American Indian and Alaska Native nations
- Development Process
 - Listening Sessions
 - Talking Circles
 - Community Surveys
- Targeted Community Input From
 - National Advisory Board
 - Elders
 - Title VI

IA²'s Resources

10 SIGNS OF THINKING OR MEMORY CHANGES THAT MIGHT BE DEMENTIA

As we get older, we may slow down a bit. This is a normal part of aging. Changes in memory or thinking that make it harder to get through the day, are not a normal part of aging. These may be early signs of dementia. Because American Indian and Alaska Native people have a high risk of dementia, it is important to know the warning signs.

Do you have any of these 10 signs? If so, talk to your doctor.

1. Forget events or important dates
2. Trouble planning or solving problems. You may have a harder time:
3. Cooking recipes you have used for years
4. Get confused about the time, date, or where you are.
5. Daily tasks are getting harder, including:
6. Trouble with how your weight and thinking work together that gets worse. This includes:
7. Trouble with how your weight and thinking work together that gets worse. This includes:
8. Trouble with how your weight and thinking work together that gets worse. This includes:
9. Trouble with how your weight and thinking work together that gets worse. This includes:
10. Trouble with how your weight and thinking work together that gets worse. This includes:

AMERICAN INDIAN AND ALASKA NATIVE PEOPLE HAVE A HIGH RISK OF DEMENTIA

Big changes in memory or thinking that make it hard to get through the day are not a normal part of aging.

People with one or more of these 10 signs should talk to their doctor to find the cause. It's not always dementia.

Early dementia diagnosis gives you a chance to get care and plan your future.

AMERICAN INDIAN, ALASKA NATIVE, AND CULTURALLY INCLUSIVE LANGUAGE IN ALZHEIMER'S DISEASE AND RELATED DEMENTIAS STATE PLANS

AUGUST 28, 2022

IA² INTERNATIONAL ASSOCIATION FOR INDIGENOUS AGING

CDC

www.iasquared.org

IA² INTERNATIONAL ASSOCIATION FOR INDIGENOUS AGING

TRIBAL LAW AND POLICY ALZHEIMER'S DISEASE AND RELATED DEMENTIA ISSUES

PREPARED BY SPLAINE CONSULTING OCTOBER 27, 2021

www.iasquared.org



HEALTHY FOOD HEALTHY BRAIN

Everyone slows down as they get older, both in body and mind. Eating healthier food can help your overall health, including brain health. It may also reduce your risk for memory loss and problems thinking.

Healthier steps to protect your brain

- ✓ Eat more vegetables, fruits, whole grains, and lower-fat milk
- ✓ Use less salt and added sugar
- ✓ Eat more fish, chicken, turkey, beans, and nuts
- ✓ Cut down on bad saturated fats, trans fats, cholesterol, and red meat
- ✓ Buy fresh, not packaged food when you can
- ✓ Limit how much alcohol you drink
- ✓ Learn your daily calorie needs for your body size
- ✓ Take care of your mental and spiritual health to support your physical and brain health

Small changes can make a big difference for better brain health.

TALK TO YOUR DOCTOR ABOUT MORE STEPS TO HEALTHIER FOOD CHOICES

“Without the elk, salmon, huckleberries, shellfish, and cedar trees we are nobody”
Valeria Segrest (Muckleshoot)

www.iasquared.org

Help Reduce Your RISKS OF DEMENTIA
Things You Might Be Able To Change

Early Life: More Education

Mid Life: Manage Blood Pressure, Prevent & Treat Hearing Loss, Keep a Healthy Weight, Prevent Head Injury, Limit Alcohol

Later Life: Do Not Smoke, Connect with Friends & Family, Be Active

MAKING GOOD LI HELPS PROTECT BR

Healthy Heart, Healthy Brain...

Keep Your Heart and Body Healthy to Protect Your Brain

Everyone slows down as they get older, both in body and mind. Big changes in memory or thinking that make it hard to get through the day are not a normal part of aging. These changes could be signs of early dementia or Alzheimer's disease.

1 in 9 People in the U.S. ages 65+ have Alzheimer's dementia

1 in 3 American Indian people ages 65+ develop dementia

You are more at risk of developing dementia if you have:

- high blood pressure,
- diabetes, or
- you smoke cigarettes

You can protect your body, heart, and mind

- Schedule a "wellness" visit and health screenings every year with your doctor, even if you feel ok.
- Keep a healthy blood pressure.
- Be active or walk every day.
- Maintain a healthy weight for your body size.
- Eat a healthier diet with more fresh vegetables, fruits, whole grains, and fish.
- Stop smoking cigarettes or chewing tobacco.
- Get help managing your high blood pressure, diabetes, or to lose extra weight.
- Talk to your doctor about how you feel because your mental health can affect your brain and physical health.
- If it is hard for you to get through the day because of forgetfulness or memory problems, see your doctor right away.

You can do these things today to protect your mind and reduce the risk of or slow down dementia.

IA²

Take care for your checklist to keep your risk of life-threatening

AMERICAN INDIAN and ALASKA NATIVE RESOURCE CENTER FOR BRAIN HEALTH

Dementia Bingo

| | | | | |
|-------------------|-------------|---------------------|----------------|--------------------------|
| less | medication | tobacco | diabetes | socially active |
| aging | 7 hours | Alzheimer's disease | healthy weight | alcohol |
| live well | memory loss | stress | hesitant | leaders and storytellers |
| sleep | brain | high blood pressure | progressive | healthy diet |
| social activities | perception | mental health | resilience | |

AIANBrainHealth.org

Dementia Friends for American Indian & Alaska Native Communities



Information Session

July 16th, 2024

2PM-4PM(ET)/11AM-1PM(PT)

Register at:

<https://bit.ly/DFInfoJuly2024>



About Dementia Friends:

Dementia Friends is a global effort that aims to change how people view dementia. This program has been designed for American Indian and Alaska Native communities. Dementia Friends helps to spread awareness, reduce stigma, and reduce risk.



About the Sessions:

Dementia Friends Information Sessions are designed to help you better understand dementia. These sessions are taught by Champions who have completed Champion training.

Champion Training

August 13th, 2024

2PM-5PM(ET)/11AM-2PM(PT)

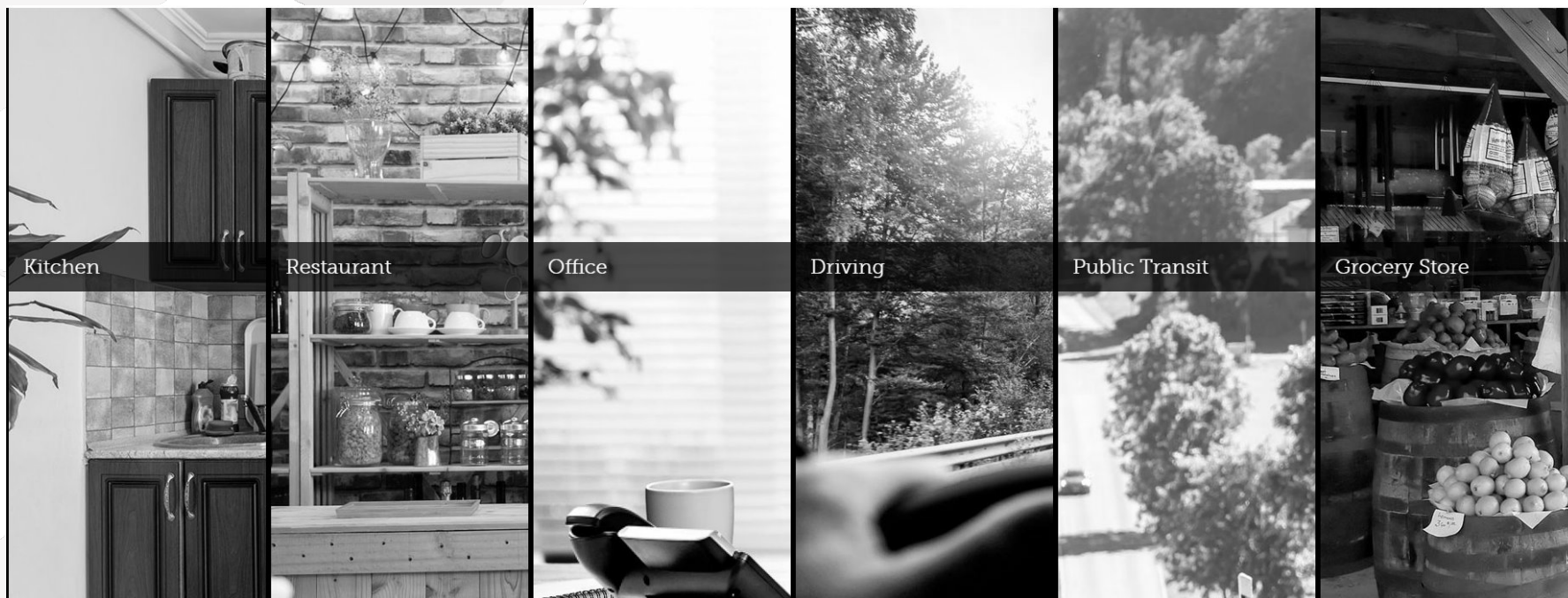
Register at:

<https://bit.ly/DFChampAug2024>



- Revised, adapted, and piloted Dementia Friends USA for use with AI/AN communities.
- IA² is the National Dementia Friends Sub-licensee for American Indian and Alaska Native Tribal Communities
 - Hosts training sessions for certification in Dementia Friends Champions

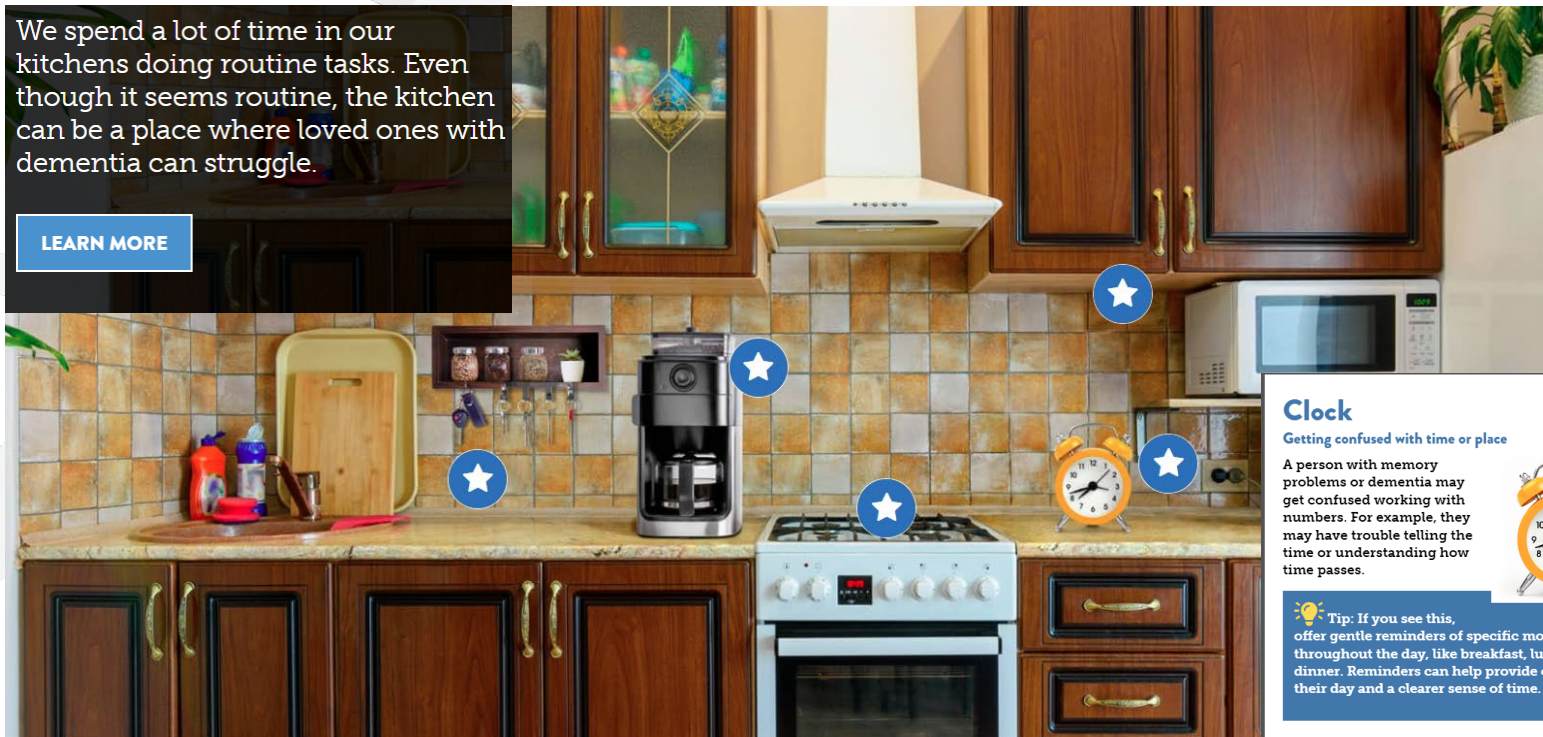
Dementia Friends Rooms Experience



Dementia Friends Rooms Experience - Kitchen

We spend a lot of time in our kitchens doing routine tasks. Even though it seems routine, the kitchen can be a place where loved ones with dementia can struggle.

[LEARN MORE](#)



Clock

Getting confused with time or place

A person with memory problems or dementia may get confused working with numbers. For example, they may have trouble telling the time or understanding how time passes.



💡 Tip: If you see this, offer gentle reminders of specific moments throughout the day, like breakfast, lunch, or dinner. Reminders can help provide order to their day and a clearer sense of time.

Creating a Tribal Elder Safety Net to Address Wandering

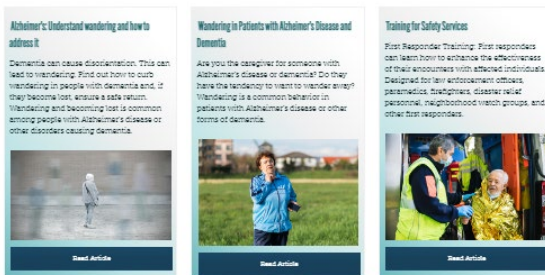


**Check out our
Resource Library
TODAY!**

IA² and Pyramid Lake Numaga Senior Center are developing person-centered and culturally appropriate prevention, search plan, and rescue resources and strategies.

COMING SOON:

- Wandering search and rescue strategy
- Guide for tribes nationwide
- Community wandering educational resources



Thank You!



Embracing the cultural
and spiritual values of
the communities in
which we work



Download practical resources to support aging initiatives on our website



Learn about cutting-edge efforts to improve aging care for American Indian & Native American communities by staying up to date with us



Subscribe to IA² e-mail, blog and social media updates to learn about new programs and resources





INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING

Thank you!



301.861.0632



breana@iasquared.org



iasquared.org



**Nicole lee Kamakahiolani
Ellison, MPH**
Research Project Manager
IREACH, Washington
State University



In the circle with our Knowledge Keepers: Lessons learned from engaging Indigenous Elders at “Brain Trains”

Nicole lee Kamakahiolani Ellison, MPH

Washington State University



WASHINGTON STATE UNIVERSITY
Elson S. Floyd
College of Medicine



P01 Natives Engaging in Alzheimer's Research



- 12 AI/AN and Native Hawaiian/Pacific Islander investigators
- Recruitment and Engagement Core conduct “Brain Trains” that are highly interactive with food and music
- Goal: increase biospecimen collection (goal ~2,500 samples), educate and engage Native participants in research
- AI/AN and Native Hawaiian/Pacific Islander staff
- Participants go from “station to station” to participate in procedures in ADRD study – blood pressure, cognitive test, grip strength, genetic test, etc.
- All results recorded in personal booklet to take home



Elders completing stations at a Brain Health Event at the Southeast Satellite Center

Brain Health Event

- Recruit 50 AI/AN and NHPI adults ages 50 years and older to attend an ~ 3-hour event with new participants each year.
- Participate in stations with surveys, hands on activities, and videos.
- Offer same stations across all Brain Health Events.
- Administer pre- and post-event survey
- Compensate each participant with gift card.
- Offer opportunity for saliva donation (after consent) and learn about genetic research on ADRD in Native communities

Brain Health Event Passport

NUMBER SYMBOL CODING TASK

The Number Symbol Coding Task is a brief test of executive function for use in clinical practice and in research. |

Executive functioning skills are the abilities in our brain that help us complete everyday tasks.

Executive function is responsible for many skills, including:



All these skills work together to make sure we are working efficiently and effectively while completing daily tasks.

Trouble with executive function can make it hard to focus, follow directions, and handle emotions, among other things.

People struggling with executive skills may:

- Have trouble starting and/or completing tasks
- Have difficulty prioritizing tasks
- Forget what they just heard or read
- Have trouble following directions
- Panic when rules or routines change
- Have trouble switching focus from one task to another
- Get overly emotional and fixate on things
- Have trouble organizing their thoughts
- Have trouble keeping track of their belongings
- Have trouble managing their time

Research is needed to assess executive function of Native People to detect brain health issues early.

The Number Symbol Coding Task scores range from 0–70. Scores less than 36 may suggest a risk for cognitive impairment.

Your **Number Symbol Coding Task** score today is: _____

MIND DIET SURVEY

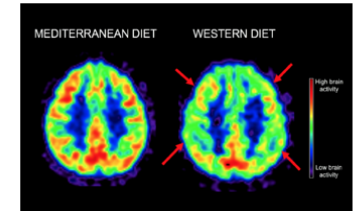
The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diet survey asks questions about the food you ate over the last 3 months.

Most of the foods are part of the Mediterranean and DASH eating plans. The DASH eating plan encourages foods that are low in sodium and high in potassium which are good for blood pressure control.



The Mediterranean diet is based on the traditional foods that people eat in countries bordering the Mediterranean Sea, including France, Spain, Greece, and Italy. But many of these foods, like salmon, tomatoes, and berries, have their origins with Indigenous People.

Indigenous People have eaten these healthy foods for centuries. Unfortunately, many people now eat a Western diet high in fat and sugar.



The picture above shows that people who ate a Mediterranean diet with fruit, vegetables, whole grains, and lean protein had fewer Alzheimer's-related changes to their brains than those who ate a Western-style diet with a high intake of red meat, saturated fats, refined sugar, and low intake of fiber.

Research is needed to find ways to better promote traditional healthy foods in Native communities.

MIND diet scores range from 0-15. Higher scores mean you eat more of the healthier foods.

Your **MIND diet score** today is: _____



Lessons Learned

- Conducted 25+ Brain Health Events with nearly 1,500 participants
- ~ 83% of participants agreed to provide a saliva donation after consent
- Community partnerships are key to success and buy-in of these events
- Word of mouth is key with over 50% of participants hearing about event from friends or family
- Room considerations: offering hot coffee, food short lines, and a comfortable room temperature!
- Participants enjoyed community gathering & unique IDs featuring Indigenous plants and animals
- Participants are leaving the event feeling less fearful of ADRD and more engaged in prioritizing their brain health



Jessica Hognar
Alzheimer's Association,
Oklahoma Chapter

Alzheimer's Association

Oklahoma Chapter

ALZHEIMER'S  ASSOCIATION®

Jessica Hogner

- Sr. Director of Walk
- Oklahoma Chapter
 - inhogner@alz.org
 - 405.279.9068



Care & Support Services

- Full menu of caregiver education (in-person and virtual options)
 - 10 Warning Signs of Alzheimer's
 - Understanding Alzheimer's and Dementia
 - Communicating Effectively
- Support Groups (in-person and virtual options)

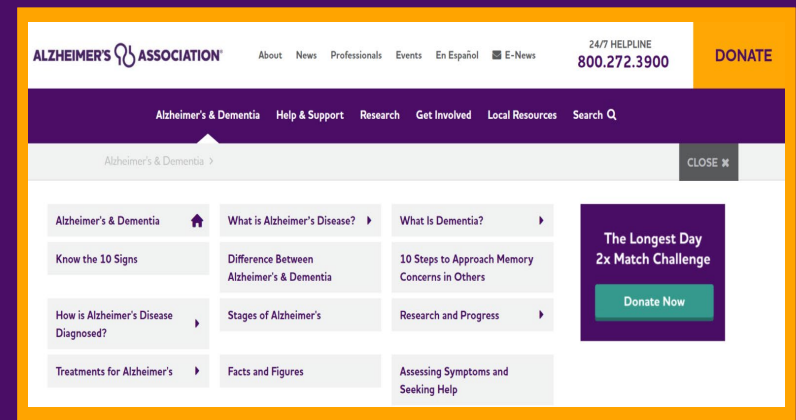


"My mother died of Alzheimer's, as did my foster sister. Because of my personal experiences, I became a volunteer with the Alzheimer's Association, and already feel like I'm making a difference."

- Barbara Tinhorn, Hualapai Tribe, Alzheimer's educator

Care & Support Services

- www.alz.org
 - Alzheimer's and Dementia Caregiver Center
 - ALZConnected
 - Free online community designed for people living with dementia and those who care for them (chat features)
 - Alzheimer's Navigator
 - Interactive, online tool designed for anyone experiencing memory loss or caring for someone who is by providing guidance on next steps.
 - Community Resource Finder
 - TrialMatch



How do you get started?

- Caregiver Education and Training
 - Online, self-paced training courses
 - You pick the topic
 - You observe, we observe
- Support Groups
 - Online, self-paced training courses
 - 3 short videos (2 hrs. max)
 - Confidentiality Agreement
 - Background
 - Observe active support groups



Opportunities

- Elder/health fairs (tabling events)
- Awareness and/or Research Presentations
 - Community and health care system events
 - Senior centers
 - Churches
 - Departmental lunch-n-learns
 - Law enforcement/First Responder
 - CLEET
 - Gaming
 - Local banks
- Community Forums
- Education series
- Early stage engagement activities
 - Art, music, experiences
- Board representation
- Volunteer opportunities
- Event participation
 - Walk to End Alzheimer's
 - Longest Day
 - Ride to End ALZ

Indian Health GeriScholars Now Recruiting

IHS Alzheimer's Program



IHS, Tribal & Urban
Indian Health MDs,
APNs, PAs, &
pharmacists

Join Our Indian Health GeriScholars Pilot Program

Become a local resource and champion for the care of older adults:

- Week-long intensive training from approved Geriatrics Board Review course.
- Mentored geriatric improvement project at your local facility.
- Clinical practicum or mentorship in geriatric practice.
- Ongoing education, training, and peer support.

Deadline to apply is July 5, 2024

Download an application @
ihs.gov/alzheimers



Funding Opportunity Resources

1. IHS Alzheimer's website: <https://www.ihs.gov/alzheimers/>
 - See Application Support Tools & Resources:
<https://www.ihs.gov/alzheimers/fundingopps/2024fundingopp/>
2. Grants.gov Website
 - Registration, application process
3. IHS Division of Grants Management
 - <https://www.ihs.gov/dgm/>
4. IHS Elder Care team consultations
 - email jolie.crowder@ihs.gov



Funding Opportunity Resources

Contacts

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Other IHS Dementia Activities

- **See:** <https://www.ihs.gov/alzheimers/alztraining/>
- **Join:** [IHS Elder Care LISTSERV](#)
- **Participate:** Clinical and Caregiver ECHOS supported by IHS Alzheimer's Grant Program



INDIAN + COUNTRY
ECHO

Dementia Clinical ECHO

2nd Thursday of Each Month | 11:00AM - 12:00PM PT

Support for Indian Health Service, Tribal, and Urban Indian clinicians to strengthen knowledge and confidence to detect, diagnose, and manage care for American Indian and Alaska Native people living with dementia. Includes collaborative learning, case-based presentations, knowledge sharing, consultation, and support during virtual ECHO clinics. Topics include: stages of dementia, care planning, medications, management of challenging behaviors, culturally responsive holistic care, and more..

Funded by the Indian Health Service Alzheimer's Grant Program



Sign Up Today: [HERE](#)

Beginning May 11, 2023



INDIAN + COUNTRY
ECHO

Dementia Caregiver ECHO

4th Thursday of Each Month | 11:00AM - 12:00PM PT

Free ECHO collaborative to learn, share knowledge and support during virtual ECHO clinics focused on staff who provide support for caregivers in the challenges they face in caring for individuals with dementia. Topics include: challenging behaviors, caregiver self-care, care planning and navigation, financial and physical safety, and mobilizing family resources.

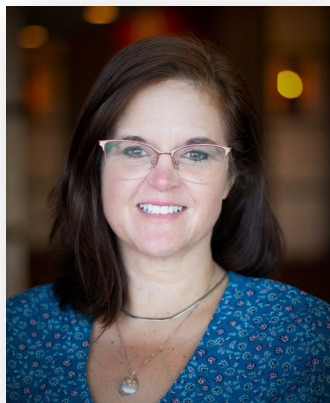
Funded by the Indian Health Service Alzheimer's Grant Program



Sign Up Today: [HERE](#)

Beginning June 2023

The IHS Elder Care Team



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Valerie Jones,
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Elder Health
Care Data
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DCCS



Jamie Olsen,
Management
Analyst, DCCS



Bruce Finke,
MD;
Geriatrician,
IHS Elder
Health
Consultant



Thank you!

For more about Alzheimer's disease and other dementias and the IHS Alzheimer's Grants Program, visit: <https://www.ihs.gov/alzheimers>

For more information, contact
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