



# 2024 Update: Lessons Learned from IHS Dementia Model of Care Grantees

Bruce Finke, MD – Indian Health Service

Teresa Martin – Northern Valley Indian Health

Christine Schultz– Norton Sound Health Corporation

Jessica Lewandowski – Cherokee Nation

## NOTE

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- All webinars are recorded



# Overview

## IHS Alzheimer's Program Webinar Series

### 2024 Update: Lessons Learned from IHS Dementia Model of Care Grantees

- Learn about 5 primary drivers of comprehensive dementia care
- Hear about strategies, interventions, and approaches being implemented by current IHS grantees
- Takeaway tips for incorporating activities into your tribal clinic and health system



June 12 @ 4:00 PM ET



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Health Service



**Terri Martens, RN**  
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Health and Outreach  
Northern Valley Indian  
Health



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Patient Support Services  
Director Norton Sound  
Health Corporation



**Jessica Lewandowski,**  
MBA CNHS Patient  
Experience Manager

**REGISTER TODAY**

<https://www.ihs.gov/alzheimers/>



## Nana's Story

*“Now, at times, she thinks that Dad is out fishing and will be home soon. In some ways, this is good, because she does not always have to know that he is gone, and continuously have to suffer the pain that loss can bring after a lifetime like theirs together.*

*But there are many times that she is totally lucent and knows that he is not with her, but is waiting for her to be with him when her time comes too. We have as a family kept Nana in her home, in the surroundings most familiar to her.*

*There, every day she is close to all of her family who love her and accept her, wherever she may be mentally. She knows that she is home, and that she is safe and loved, despite her confusion.”*

Marquart K. **Nana.** *The IHS Primary Care Provider.* Vol 29 No. 5. May 2004.

# Grants and Program Awards

## Addressing Dementia in Indian Country: Models of Care

“...to support the development of models of comprehensive and sustainable dementia care and services in Tribal and Urban Indian communities that are responsive to the needs of persons living with dementia and their caregivers.”

### 2023 – 8 Awards

- Absentee Shawnee Tribal Health System (OK)
- Cherokee Nation Health Systems (OK)
- The Cheyenne and Arapaho Tribes (OK)
- The Confederated Tribes of Grand Ronde Community of Oregon (OR)
- The Fallon Paiute-Shoshone Tribe (NV)
- The Kenaitze Tribe (AK)
- The Norton Sound Health Center (AK)
- The Seattle Indian Health Board (WA)

### 2022 - 4 Awardees – entering into their 2nd year

- The Indian Health Board of Minneapolis, Inc. (MN)
- The Indian Health Council, Inc. (CA)
- The Nez Perce Tribal Health Authority (ID)
- The Northern Valley Indian Health (CA)

Identify and address modifiable risk factors

# Cognitive Impairment

**Detection**

**Slow  
progression**

Avoid anticholinergic  
and psychoactive  
medications

Control Blood Pressure  
Optimize DM  
management  
Cholinesterase Inhibitors  
and memantine

Exercise  
Care Management

Environmental Modification

Optimize Oral Health and Nutrition

**Improve  
function and  
quality of life**

Supportive therapies, socialization

Support in Activities of Daily Living

Attention to safety

## Care Planning

Respite care

Caregiver support

**Stop progression  
or reverse decline**

Anti-amyloid agents??

Aducanemab

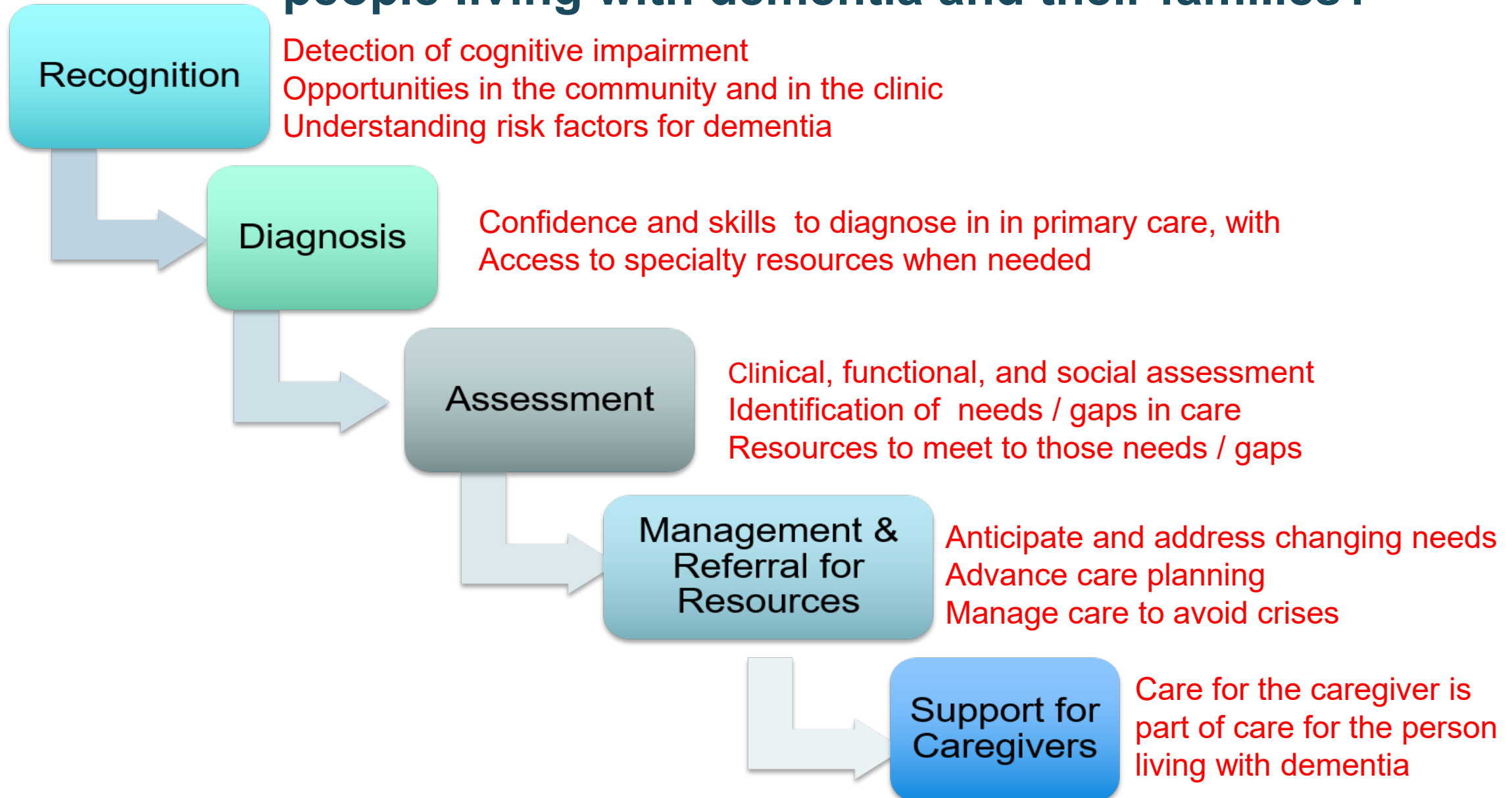
Lecanemab

Donanemab

## *In the future:*

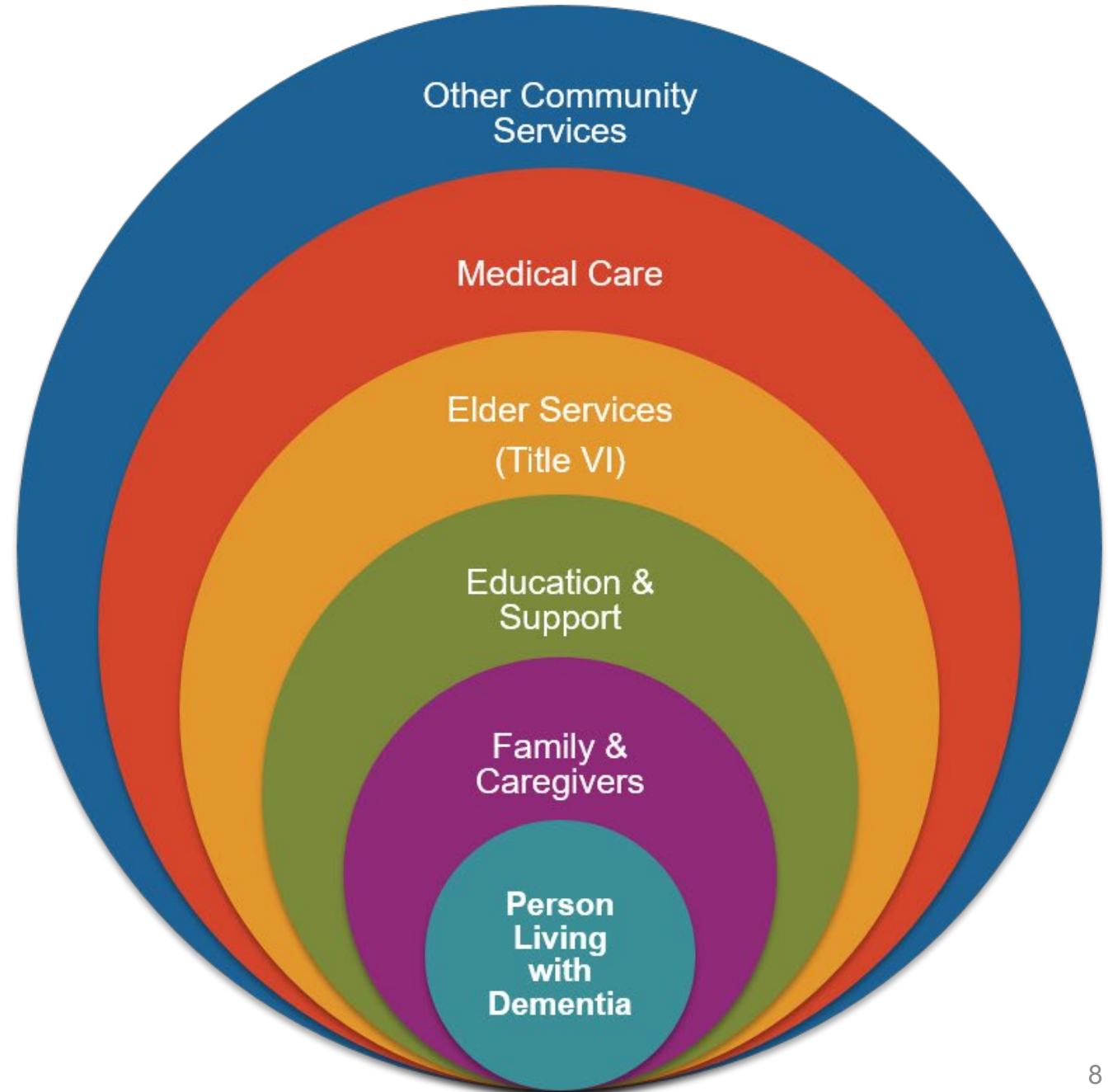
*Targeted, disease-specific  
therapies dependent on disease-  
specific biomarkers, imaging  
and new diagnostic criteria*

# What does it take to improve the lives of people living with dementia and their families?





A comprehensive approach to addressing dementia requires partnerships and collaboration across boundaries, services, service lines, and organizations.







# Emerging Models of Care

## Awareness and Recognition

- Increase understanding of clinical and community-based staff in dementia, the value of detection, and resources available
- Improve the ability of clinical, outreach, and community-based staff to recognize and detect cognitive impairment
- Increase opportunities for detection
- Education and screenings at Tribal and Elder events
- Culturally appropriate materials and education

# Emerging Models of Care

## Accurate and Timely Diagnosis

- Training and Education of Clinical Staff
- Develop internal expertise / champion
- Standardized approach to evaluation and diagnosis
- Standard workflow and reports in Electronic Health Record
- Capture reimbursement for evaluation

# Emerging Models of Care

## Interdisciplinary Assessment

- Establish an interdisciplinary team and define roles
- Establish a patient pathway from diagnosis through assessment and plan
- Build a standardized, culturally adapted assessment process
- Develop and use clinical referral resources not available within the program
- Connect patients to community-based organizations and services to meet their needs
- Capture reimbursement for Assessment and Care Planning

# Emerging Models of Care

## Management and Referral

- Use a registry to track and manage care for patients and families
- Proactive management and support
- Periodic re-assessment of needs and revision of plan
- Relationship with referral resources for specialty dementia management
- Establish workflow for referrals to community-based services
- Identify gaps in available services in the Tribe(s) or community

# Emerging Models of Care

## Care for the Caregivers

- Identify caregivers routinely and in the EHR and other records
- Assess caregiver strengths, resources, needs as part of the assessment process and in the management of care
- “Just in time” education for caregivers and family
- Evidence-based, culturally appropriate caregiver coaching
- Collaborate with Tribal or Community-based programs to develop or and identify respite care services
- Incorporate information on dementia care into community outreach and education opportunities

# Grants and Program Awards

## Addressing Dementia in Indian Country: Models of Care

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# Northern Valley Indian Health

Northern Valley Indian Health (NVIH) is a private, nonprofit tribal organization founded in 1971 by a group of Northern California American Indians seeking to reestablish health services in California.

A board of Directors from the Mechoopda Indian Tribe (MIT) of Chico Rancheria, the Grindstone Indian Rancheria (GIR) of Wintun-Wailaki Indians of California, the Yocha Dehe Wintun Nation of California, and the Kletsel Dehe Band of Wintun Indians of California govern the organization.

### **NVIH Mission:**

**Excellence in healthcare services to Native Americans  
and all community members**

### **Values:**

Compassion  
Integrity  
Respect  
Customer Service  
Teamwork





Comprehensive and integrated medical, dental, behavioral health, women's health, nutrition and community health and outreach services are provided to over 6500 American Indians and Alaska Natives (AI/AN) who reside in the NVIH five county service area. The NVIH service area includes Glenn, Yolo, and portions of Colusa, Butte, and Tehama counties. NVIH clinics are in the cities of Chico, Willows, Red Bluff, and Woodland.



# COMMUNITY HEALTH & OUTREACH

Provide services to the Native American population, including members of the Native households

CHICO: 530-899-5156

WILLOWS: 530-934-5431

WOODLAND: 530-207-5483

Community Health & Outreach Director

CH Admin  
Asst.

RN  
Coordinator

LVN

2-3 CHR's

RN  
Coordinator

LVN

2-3 CHR's

RN  
Coordinator

LVN

2-3 CHR's

2 Health Continuity  
Specialist

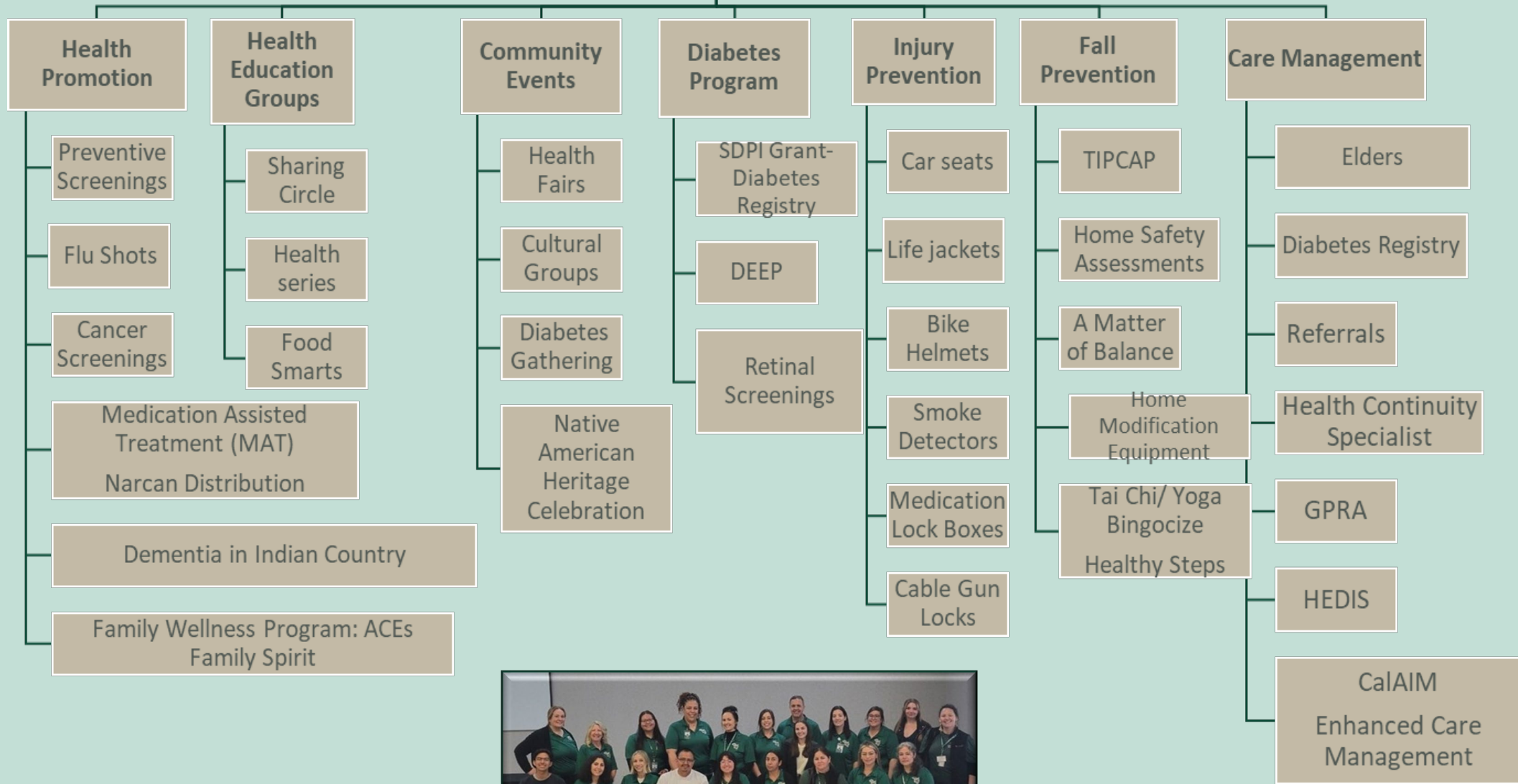
Dementia  
Program Coordinator

MAT  
Program Coordinator

Injury Prevention  
Program Coordinator

Family Wellness  
Program Coordinator

# Community Health & Outreach Services







a. Training:

- ## 2. Community Education Sessions

- a) Alzheimer's Association
- b) Agency on Aging: Passages

- ## a) Training for Primary Care's role - Dr. Finke

a. Mini-cog/AD-8

- b. CH/OR staff training in administration of screening tools

a. Age 55+, risk factors that increase incidence of cognitive decline

- b. Assigned screening with CH/OR intake
- c. Patients referred for a home safety assessment
- d. Patients verbalizing a change in their health status

The image displays five overlapping forms titled "CONSENT TO RELEASE AND AUTHORIZATION FOR CASE MANAGEMENT SERVICE". Each form is a document for a patient to sign, allowing them to authorize a case manager to release their medical information and coordinate care. The forms are dated from 06/01/2021 to 06/01/2022. The forms are arranged in a way that shows different parts of the document, including checkboxes for consent, checkboxes for authorization, and checkboxes for release. The forms are also labeled with "06/01/2021 PHIL 30/05/2022 PHIL 12/11/2021" and "06/01/2021 PHIL 14/05/2021 PHIL 12/12/2021".

06/01/2021 PHIL 30/05/2022 PHIL 12/11/2021

06/01/2021 PHIL 14/05/2021 PHIL 12/12/2021



# CARE MANAGEMENT

Comprehensive Assessment is key to patient-centered care plan

Visit type: Home/Clinic/Community

Intake includes immediate functional needs questions

- Stay Independent – assess fall risk, Sit and Stand as second assessment
- Home Safety Assessment
  - Home modifying equipment
- Mini-cog
  - Caregiver training
- Adverse Childhood Experiences (ACEs)
  - Stress Busters
- PHQ2
  - Potential referral to Behavioral Health
- Substance Use
  - Potential referral to PCP, Addiction Specialist







**SELF MANAGEMENT GOAL WORKSHEET**

A SELF-MANAGEMENT PLAN IS AN ACTION YOU CHOOSE TO IMPROVE YOUR HEALTH

You are being treated for: \_\_\_\_\_

What action would you like to set a goal for? \_\_\_\_\_

Scale: 1 = Impossible 2 = Not Very Sure 3 = Pretty Sure 4 = Very Sure 5 = Absolutely Sure

What will you do?	When will you do it? How often?	How important is this to you? How confident are you that you can work on this goal?
Self monitoring Blood glucose Blood pressure Take medications	 _____ times a day _____ times per week as prescribed	1 2 3 4 5 1 2 3 4 5
Make appointments Primary care Specialist Dentist Vision	 With whom? _____ By When? _____	1 2 3 4 5 1 2 3 4 5
Nutrition – Increase Vegetables Fruit Protein Water Other	 _____ per day or _____ per week _____ per day or _____ per week	1 2 3 4 5 1 2 3 4 5
Nutrition – Decrease Carbohydrates Fats Sweets Salt Caffeine Soda Alcohol Eating out	 _____ per day or _____ per week _____ per day or _____ per week	1 2 3 4 5 1 2 3 4 5
Exercise Walk Run Bike Swim Other	 _____ minutes a day _____ days a week	1 2 3 4 5 1 2 3 4 5
Tobacco Use Cessation method:	 Cut back to _____ Quit Date _____	1 2 3 4 5 1 2 3 4 5
Stress Management Ideas include: Breathing, Yoga, Meditation, reading, art, assessing priorities & commitments	What? _____ _____ per day or _____ per week	1 2 3 4 5 1 2 3 4 5

Things that could make it difficult for you to reach your goal: \_\_\_\_\_

My plan for overcoming these difficulties: \_\_\_\_\_

Our plan to follow-up with you is: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_



# PATHWAY OF CARE





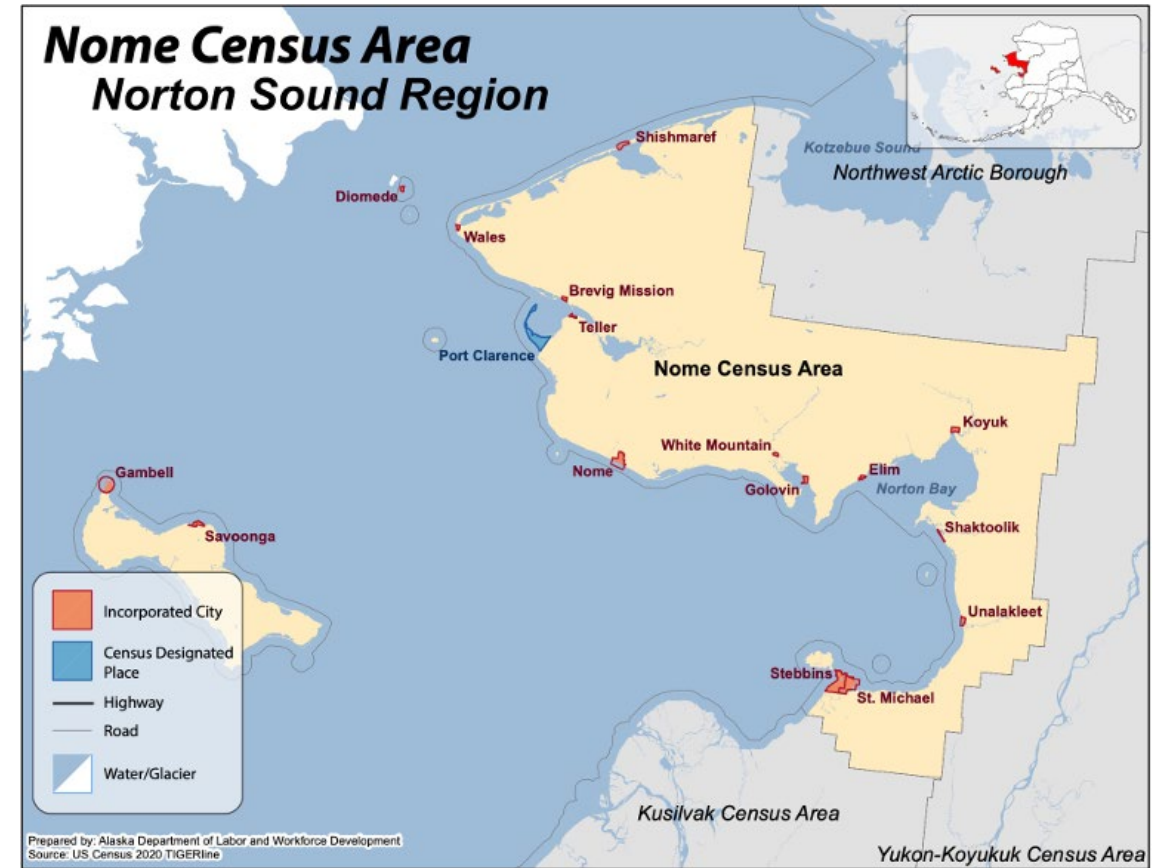
# Norton Sound Health System

# NORTON SOUND HEALTH CORPORATION

## NOME & NORTON SOUND REGION - ALASKA



Google earth



[https://www.researchgate.net/figure/Bering-Strait-Norton-Sound-region\\_fig7\\_312155744](https://www.researchgate.net/figure/Bering-Strait-Norton-Sound-region_fig7_312155744)



# NORTON SOUND HEALTH CORPORATION TRIBAL HEALTH ORGANIZATION



- Nome, Alaska is the regional hub for the Bering Strait Region.
- There are 15 surrounding villages only accessible by air (and boat).
- The region equates in size to the state of West Virginia.
- Regional population is 10,046 (2020 census).
- NSHC provides all primary, emergency, and acute inpatient care for the area utilizing the regional hospital and 15 village clinics.



# PROGRESS TOWARDS GRANT DRIVERS

- 1) Increase Awareness and Recognition of Dementia
  - Media publications, local radio, translations into local Native Alaskan languages
  - Health Fairs
- 2) Make an Accurate and Timely Diagnoses
  - Standardized internal screening and diagnosing process
  - Provider training through IHS, upcoming INTACT, VA
- 3) Interdisciplinary Assessment
  - Monthly MDT with medical providers including eye care, audiology, dental, PT/OT/SLP therapies, social work, in-home programs, primary care, psychology etc.
- 4) Management and Referrals
  - Life planning and wrap-around medical care follow up
  - Grant funded Referral Coordinator
- 5) Support Caregivers
  - Hourly Respite with grant funds and personal care services
  - Provide resources through state-wide partners





# PATIENT SUPPORT SERVICES



## LESSONS LEARNED

- Dream big and then be specific about achievable goals
- Start with strengths and build on existing programs and clinical processes
- Find partners and trainings for services and resources not yet offered and skill/knowledge gaps

## NEXT STEPS FOR NSHC

- Host more community education events
- Increasing access to caregiver resources



# Cherokee Nation



# Cherokee Nation Health Services

- Patient Navigator
  - Address individual needs
  - Provide assistance navigating clinical care
  - Collaborate with other tribal departments/programs
  - Partner with external entities
  - Outreach initiatives
  - Facilitate caregiver support groups, community education, and other trainings
  - Home safety inspections
- Media Campaign
- Travel Vouchers



# Resource Slides

# Funding Opportunity Resources

## Contacts

### **Dr. Jolie Crowder**

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Indian Health Service  
Division of Clinical and Community  
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# 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](https://ihs.gov/alzheimers)





## 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



**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**

The poster features the Indian Country ECHO logo at the top left, which includes a circular sunburst icon. Below the logo is a circular illustration of a diverse group of people, including an older woman, a man, and a child. The background is a light gray with a teal wave-like pattern at the bottom.



**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**

This poster is similar to the Clinical ECHO poster, featuring the same logo and illustration. It has a light gray background with a teal wave-like pattern at the bottom.

# The IHS Elder Care Team



**Jolie Crowder,**  
**PhD, MSN, RN,**  
**CCM;**  
National Elder  
Care  
Consultant,  
DCCS



**Valerie Jones,**  
**MPA, MA;**  
Elder Health  
Care Data  
Coordinator,  
DCCS



**Jamie Olsen,**  
Management  
Analyst, DCCS



**Bruce Finke,**  
**MD;**  
Geriatrician,  
IHS Elder  
Health  
Consultant





# For More Info

The IHS Alzheimer's Grant Program

- [www.ihs.gov/alzheimers/](http://www.ihs.gov/alzheimers/)

2024 Alzheimer's Grant Program funding opportunities

- <https://www.ihs.gov/alzheimers/fundingopps/2024fundingopp/>

Education and training resources and opportunities

- [www.ihs.gov/alzheimers/alztraining/](http://www.ihs.gov/alzheimers/alztraining/)

Dementia information and links

- [www.ihs.gov/alzheimers/informationresources/alzdementiaresources/](http://www.ihs.gov/alzheimers/informationresources/alzdementiaresources/)

Stay Connected and join the [IHS Elder Care Listserv](mailto:alzheimer@ihs.gov)  
at [www.ihs.gov/alzheimers/](http://www.ihs.gov/alzheimers/)