



Dementia Initiatives and Resources from the International Association for Indigenous Aging

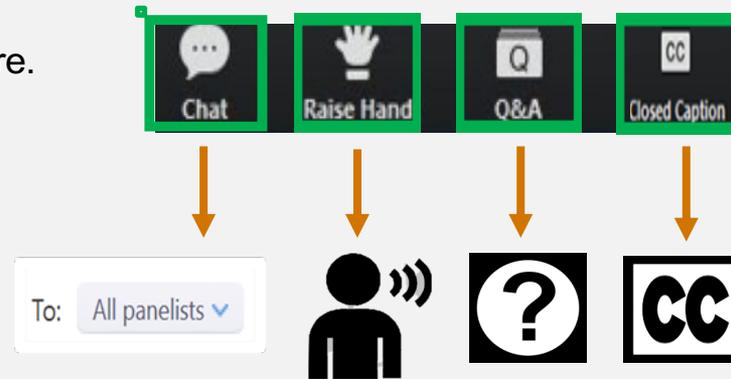
December 14, 2022

Technical Notes and Support

If you lose connectivity during the session, **click your original join link to regain access to the webinar.**

If you experience technical difficulties, **send a note using the chat box in your bottom menu bar,** and we'll assist you from there.

Enjoy the session!





Disclaimer

This webinar series is supported by GS-00F-0012S/75FCMC22F0101 awarded by the Centers for Medicare & Medicaid Services. The opinions, findings, conclusions, and recommendations expressed in this webinar are those of the presenter and do not necessarily represent the official position or policies of the Department of Health and Human Services or the Centers for Medicare & Medicaid Services.

Webinar Objectives

- Provide an overview of the national Healthy Brain Initiative
- Discuss a project funded by the U.S. Department of Justice to prevent tribal elders with dementia from wandering
- Highlight the Dementia Friends program for American Indian and Alaska Native (AI/AN) communities

Today's Presenters



Dave Baldrige
Executive Director
International Association
for Indigenous Aging



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



Mary Ann O'Meara, MPH
Public Health Programs and
Communications Associate
International Association
for Indigenous Aging

Who We Are and What We Do



Bill Benson

President, IA²

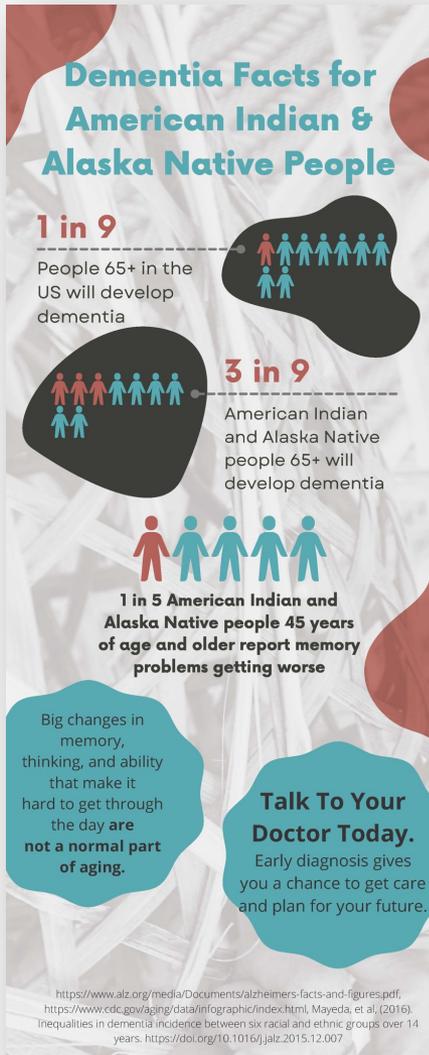


**Dave
Baldrige**
(Cherokee)

Executive Director,
IA²

- Help people and programs figure out how to competently and effectively access and serve AI/AN elders
- Embrace the cultural and spiritual values of the communities in which we work

Dementia in AI/AN People



In the U.S. population, 1 in 9 people age 65 and older will develop dementia

3 in 9 Native people age 65 and older will develop dementia

Number of people who are 65+ and living with dementia is projected to grow more than 5x

Many Native Americans believe they won't live long enough to develop dementia

“While reliable prevalence or incidence data on Alzheimer’s disease or other types of dementia in the American Indian and Alaska Native population are not currently available, we do know that in every tribal community there are individuals with dementia and caregivers struggling to support them.”

-- Bruce Finke, MD, Senior Advisor for Improvement and Innovation, Testimony to Special Committee on Aging

CDC Foundation: Exploring Pilot In-Home Respite Support for American Indian Caregivers

Partnered with HFC

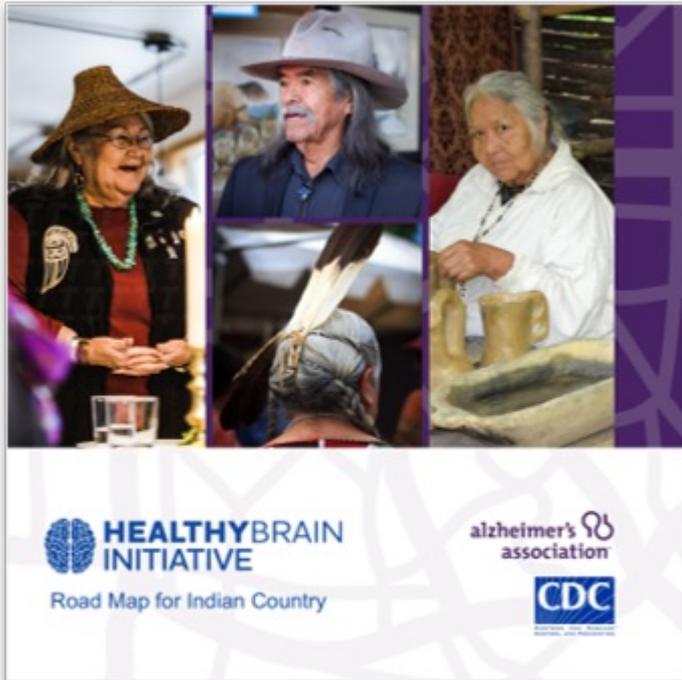
- Objective: Fund respite care to improve the physical, mental, emotional, and spiritual well-being of AI/AN elders with memory loss and their caregivers who were impacted by COVID-19
- 12 tribes, 11 states
- **9 of 28** had dementia diagnosis; **3** had Alzheimer's

Key challenges

- Unfamiliar terms
- Streamlined communication
- Respite services in rural areas



National Healthy Brain Initiative (NHBI)



Identify and feature locally-tailored, culturally relevant activities to address Native disparities in the burden of Alzheimer's disease and related dementia (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

National Advisory Committee



IA² Website

The screenshot shows the IA² website homepage. At the top, there is a navigation bar with links for LOGIN, CALENDAR, DONATE, CAREERS, and CONTACT US, along with social media icons for Twitter, LinkedIn, and Facebook, and a search bar. Below this is a secondary navigation bar with icons and labels for WHAT WE DO, WHO WE ARE, BRAIN HEALTH, WANDERING, INITIATIVES, and NEWSROOM. The main content area features a large banner with a desert landscape under a stormy sky. On the left side of the banner, the text "Brain Health" is displayed in white on a teal background. On the right side, the text "American Indian & Alaska Native Resource Center for Brain Health" is written in a white, cursive font. Below the banner is a teal navigation bar with links for Brain Health Home, Brain Health Newsroom, Resource Library, Brain Health Leadership, Roadmap for Indian Country, and Dementia Friends. At the bottom, there is a teal section with the heading "Join Our Mailing List" and a "SIGN UP TODAY" button. A decorative zigzag pattern separates the banner from the mailing list section.



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING

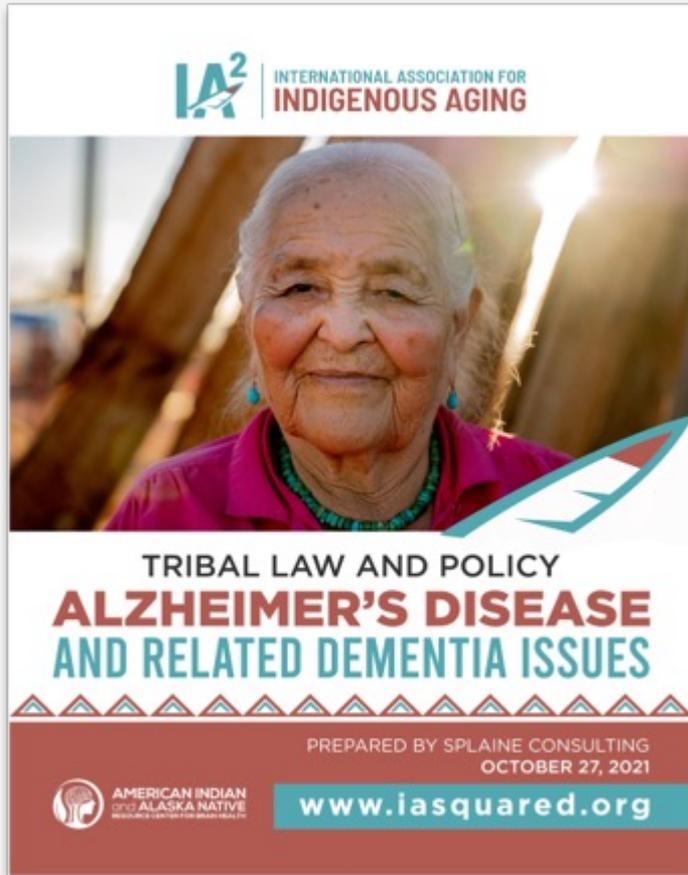


Content from IA²



- Our products are **designed by** and **for** AI/AN nations
- Development process
 - Listening sessions
 - Talking circles
 - Community surveys
- Targeted community input from
 - National Advisory Board
 - Elders
 - Title VI

Policy Report: ADRD for Native Communities



- Examines how federal and tribal law and state policy actions currently address these issues
- May be a helpful resource for public health professionals or policymakers
- Could inform updates to
 - States' plans for Alzheimer's disease
 - National plans for ADRD

<https://iasquared.org/new-report-tribal-law-policy-alzheimers-disease-and-related-dementia-issues/>

10 Warning Signs of Dementia

IA²
INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING

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.

- 01 Memory loss that affects your daily life.** You may:
 - Forget events or important dates
 - Repeat yourself
 - Rely more often on lists or sticky notes to remember
- 02 Trouble planning or solving problems.** You may have a harder time:
 - Paying bills
 - Cooking recipes you have used for years
- 03 Get confused about the time, date, or where you are.**
- 04 Daily tasks are getting harder, including:**
 - Driving
 - Making a grocery list or going shopping
- 05 Trouble with how your eyesight and thinking work together that gets worse.** This includes:
 - Tripping, falls, or problems with your balance
 - Spilling or dropping things more
- 06 New trouble talking or writing.** You may have a harder time finding the words you want to say. For example, you may say "that thing on your wrist that tells time" instead of "watch."
- 07 Lose and cannot find things.** For example, you:
 - Can't find the coffee pot that you use every day
 - Might put your car keys in the freezer
- 08 Notice changes in mood or personality,** such as being:
 - Easily mad or sad in everyday situations
 - More fearful (scared) or suspicious (not trusting)
- 09 Act different and make poor choices.** You may:
 - Spend money you do not have or be a scam victim
 - Stop washing up regularly or pay less attention to how you look
 - Forget to take care of your pet
- 10 Pull away from friends and family because it is harder to keep up.** You may not want to do things you used to enjoy, like sporting events, church, music, or sex.

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 is not always dementia.

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

AMERICAN INDIAN and ALASKA NATIVE RESOURCE CENTER FOR BRAIN HEALTH

To learn more, visit:
www.AIANBrainHealth.org
www.cdc.gov/aging

This flyer is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$348,000 with 100 percent funded by CDC/HRSA. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HRSA, or the U.S. Government.

- Quick reference for AI/AN community members to learn about early warning signs of dementia
- Convenient handout for
 - Health fairs
 - Doctor's offices
 - Urban Indian centers
- Targets audience through multiple design options
- Printing stipend available

<https://iasquared.org/flyer-10-signs-of-thinking-or-memory-changes-that-might-be-dementia/>

Updated Dementia Risk Reduction Flyers



- These flyers are a quick reference for AI/AN community members to learn about the connection between heart and brain health
- What's new
 - Inclusion of recent statistics
 - Plain language edits
 - Several updated designs to choose from
- Useful information for multimedia use
- Printing stipend available

<https://iasquared.org/resource-dementia-risk-reduction-flyers/>

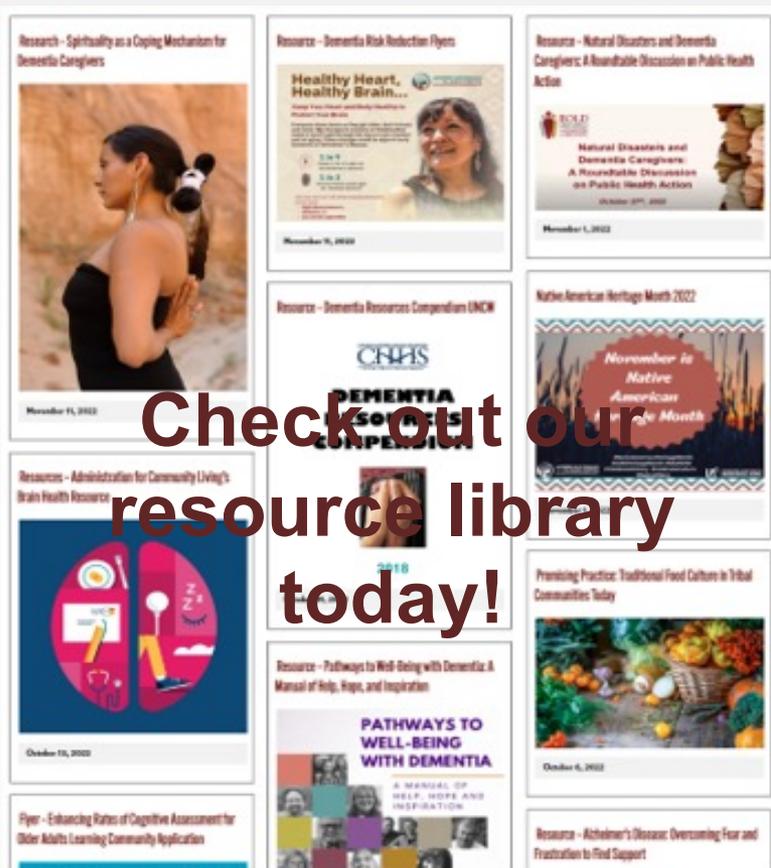
Nutritional Rack Cards



- Quick reference for AI/AN community members to learn about the connection between healthy eating and brain health
- Rack cards are 3.67" x 8.5"
- Practical nutritional advice
- Culturally relevant recipes
- Printing stipend available

<https://iasquared.org/new-resource-healthy-food-healthy-brain-rack-card-series/>

Coming Soon: NHBI Informational Products



- Healthy Food, Healthy Brain: Series of 6 rack cards
- States' plans for ADRD: Resource guide – AI/ANs and culturally inclusive language
- Sample tribal resolution addressing ADRD
- Social media toolkit culturally tailored to AI/AN communities
- Updated dementia risk reduction graphic

<https://iasquared.org/brain-health/resource-library/>

Creating a Tribal Elder Safety Net to Address Wandering



Check out our resource library today!



- IA² and Pyramid Lake Paiute Tribe 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

<https://iasquared.org/wandering/wandering-resources/>



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING



Dementia Friends for AI/AN Communities



- Revised, adapted, and piloted Dementia Friends for use with AI/AN communities
- IA² is the national Dementia Friends sub-licensee for AI/AN tribal communities
 - Hosts Dementia Friends information sessions for certification
 - Champion trainings for Dementia Friends to bring information sessions to their communities

<https://iasquared.org/dementia-friends/>

The River: A Native Story About Dementia



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING



Partnering for
Vaccine Equity



CDC Foundation Vaccine Equity Grant

Our work

- Authentic community engagement to achieve vaccine equity for American Indian elders
- Enhancing outreach and expanding capacity of sovereign tribal nations

Our goals

- Increase the number of American Indian elders who seek out and receive their yearly influenza vaccine and COVID-19 boosters by using community-informed, culturally relevant resources
- Targeted outreach assistance to help support over-burdened tribal staff in partnership building and outreach

Our accomplishments

- Partnered with an urban Indian health community (to be announced)



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING



Coming Soon: Evaluation Resources



Subscribe to IA² newsletter for

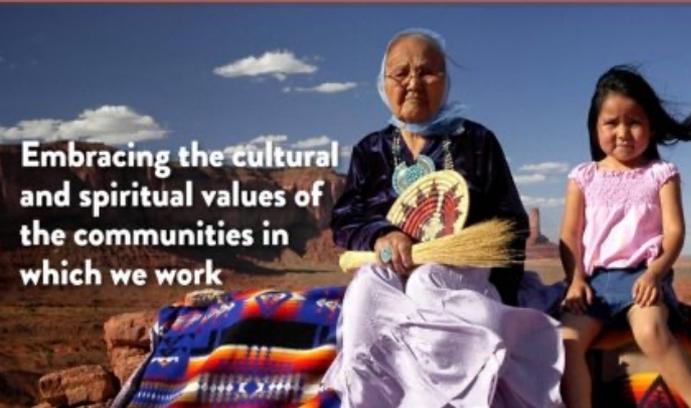
- Highlights of practical evaluation resources
- Lessons learned and case studies
- Targeted audience-specific best practices

Third-party evaluation helps tell the story, improve programs, and sustain funding. For more information on how we can support your needs, email admin@iasquared.org



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING





Visit iasquared.org to...



Download practical resources and view calendar of events



Learn about cutting-edge efforts for AI/AN elders and communities



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



Subscribe to IA² E-News

**American
Indian &
Alaska Native
Healthy Brain
Initiative
e-News**



Subscribe here



Thank You

For More Information

Mary Ann O'Meara, MPH

Public Health Programs and
Communications Associate

International Association for
Indigenous Aging

maryann@iasquared.org

Breana Dorame

Tribal Public Health and Aging
Associate

International Association for
Indigenous Aging

breana@iasquared.org



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING





Questions?



CMS
CENTERS FOR MEDICARE & MEDICAID SERVICES

CMS
CENTERS FOR MEDICARE & MEDICAID SERVICES