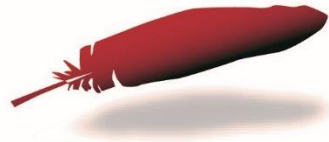


National Indian
Health Board



 **ALZHEIMER'S[®]
ASSOCIATION**

FOUR PATHS TO ADDRESSING DEMENTIA IN TRIBAL COMMUNITIES

July 26, 2022

2:00 – 3:30 PM Eastern time

*National Indian Health Board
Brain Health for Tribal Nations Project*

Presentation Overview/Agenda

2:00-2:10 PM ET	Blessing - Carla Eben, Numaga Senior Services Title VI Director, Pyramid Lake Paiute Welcome - Aaron Payment, EdD, Government Relations Director, NIHB Overview - Karrie Joseph, MPH, Brain Health Project Director, NIHB
2:10-2:25 PM ET	Mount Sanford Tribal Consortium - Jody Hatch, CHP-C, Deputy Health Director
2:25-2:40 PM ET	Sokaogon Chippewa Community Health Clinic - Tawny Booth, Grants Manager
2:40-2:55 PM ET	Aleut Community of St. Paul Island - Charlene Naulty, MS, Director, Department of Community Safety and Peace
2:55-3:10 PM ET	Cheyenne and Arapahoe Tribes Department of Health Derrell Cox, PhD, Tribal Epidemiologist
3:10-3:20 PM ET	Q&A
3:20-3:30 PM ET	Resources for Tribes - NIHB
3:30 PM ET	Wrap-Up - Aaron Payment, EdD, Government Relations Director, NIHB



National Indian Health Board

Mission Statement:

Established by the Tribes to advocate as the united voice of federally recognized American Indian and Alaska Native Tribes, NIHB seeks to reinforce Tribal sovereignty, strengthen Tribal health systems, secure resources, and build capacity to achieve the highest level of health and well-being for our People.



Mt. Sanford Tribal Consortium

Jody Hatch, CHP-C, Deputy Health Director



Mt. Sanford Tribal Consortium is a Tribal Health Organization that is located in the headwaters region of the Copper River in Southcentral Alaska. We operate a Community Health Aide primary care clinic, including Dental services, in Chistochina, an Athabascan village on the road system 236 miles from Anchorage. The nearest airstrip for medical evacuations is 50 miles away. Patients needing advanced care travel to Anchorage, 243 miles away by road.

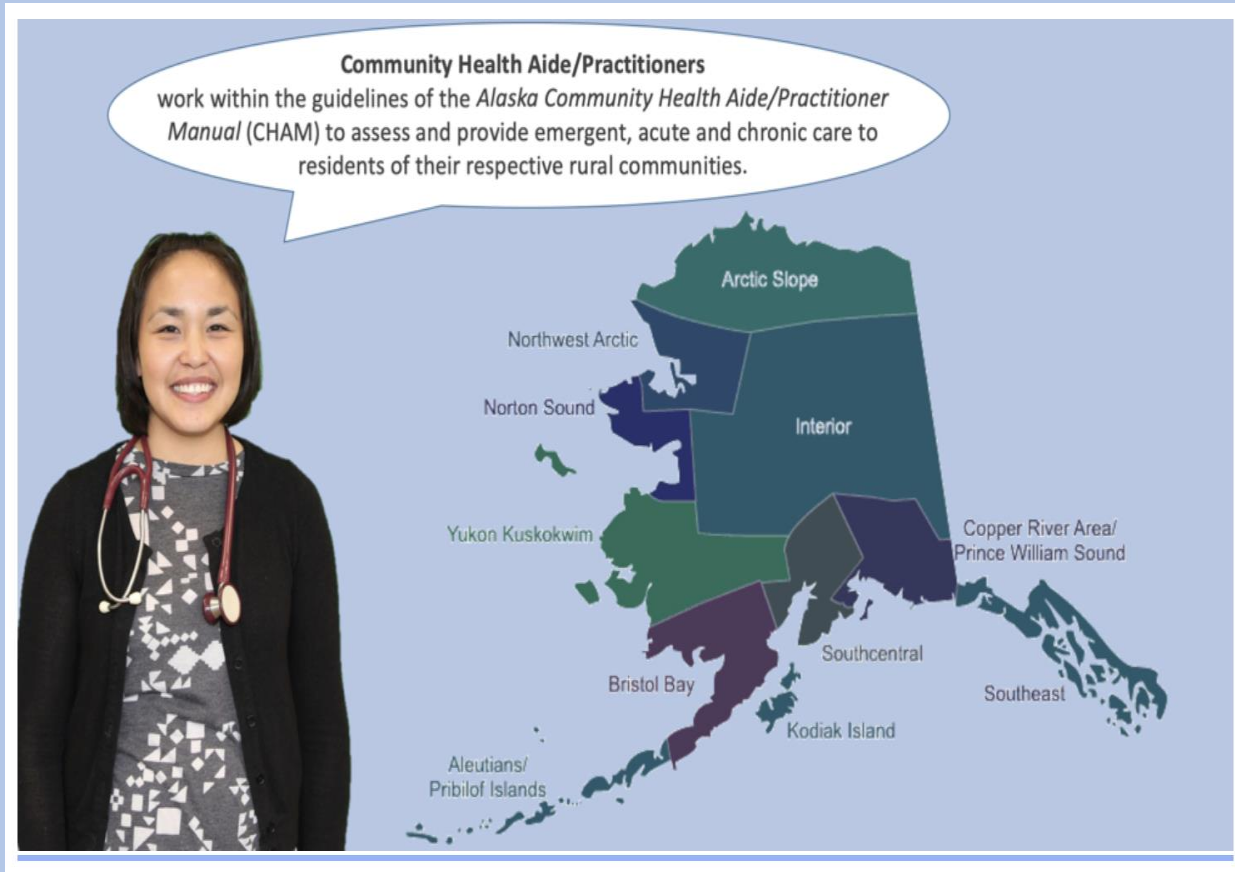
MSTC is proud to provide frontline health care to our community and surrounding region here at home. We are a small, closely connected village of close to 100 full-time residents.

Background

- Our elders are our center.
- Goal is to safely stay in their home, their village.
- Our population is aging. Median age is 45 currently.
- Identifying early signs and symptoms supports effective interventions
- Timely interventions and treatment = better quality of life



Starting Point



Training for Mt. Sanford staff, clinic and grant personnel, interested community members.

- Health Aides have a longer visit time.
- We know our patients so can identify changes
- Training for clinic staff for early signs and symptoms.
- Cheesh'na Village Council President is a champion for our project.

What Worked Well:

- ❖ Training clinic staff
- ❖ Training Administrative staff



What Worked Well:

Health Aides use the Community Health Aide Manual for every visit, it contains our baseline scope of practice.

- There are now 26 CHAP programs across the state of Alaska run by Tribal Health Organizations (THOs). These programs range in size from a single village with one or two CHA/Ps to a region with about 50 villages and 200 CHA/Ps.
- Currently there are over 550 CHA/Ps providing care to more than 88,000 people in 180 Alaska Native communities.

Additional screening questions in intake process

akchap.org



What Worked Well:

Frequent Home visits for Elders

Better perspective on how they are managing daily activities, nutrition, and safety concerns in their home.

Better communication while in own home, not acutely ill.



What Didn't Work as Expected:



Raising awareness and educating the community is an ongoing process and we will continue with the clinic staff trainings and meeting with families going forward.

In hindsight...
we should have had zoom meetings every
month, instead of fewer. More consistent, and
better odds of reaching everyone over time.



What's ahead?

- We will continue to utilize our Health Aides as community champions for Brain Health and tailor our regional guidelines to our needs as our population ages. Early detection of changes is our goal.



1. Follow this Plan:

1. See [Memory Problems](#).

1. Consider:

1. If not already done this visit: [Mini-Cog Assessment](#).

2. [Health and Habits, Changes and Concerns](#).

3. [Short Michigan Alcoholism Screening Test](#).

4. [Behavior Survey for Caregiver of the Person with Confusion](#).

2. Talk to doctor about appointments for further evaluation and management.

Social:

1. Encourage elder to participate in social activities and community events. This helps elder feel a valued part of the community; passes on knowledge; decreases depression, isolation, and memory changes.

1. Consider (if not already done this visit):

1. [Home Safety Survey](#).

2. [Mini-Cog Assessment](#).

This is a part of an Elder visit from the Community Health Aide Manual. Each of these are options for screenings to follow for the Elder patient.

Contact Information

Jody Hatch, CHP-C

Deputy Health Director

Mt. Sanford Tribal Consortium

PO Box 357

Chistochina, AK 99586

907-822-3280

jhatch@mstc.org

Photography credit: Stacie Charley





Sokaogon Chippewa Community

Tawny Booth – Grants Manager

Mole Lake Reservation, Crandon, WI

- 1,377 SCC Tribal Members
- The Sokaogon Chippewa Community Health Clinic (SCHC)
 - Primary and Urgent care
 - One of only three testing sites in a more than 30-mile radius
 - Main COVID-19 testing and vax provider.
 - Serves Tribal members and non-members
 - Rural



Background

- One clinical diagnosis for Dementia or Alzheimer's
- 10 Elders participated in the Music and Memories program from 2014-2018 which consisted of
 - IPOD and notebook to track their progress.
 - Roadblocks:
 - getting Elders to be seen at a memory clinic in Rhinelander, WI
 - cultural beliefs
 - stigma of ADRD diagnoses
- SCHC wants to focus on early detection and diagnosis.

Starting Point

Educate
and
empower

Educate and empower Tribal/Community Members on the importance of early detection and treatment.

Work

Work with Tribal/Community members to understand brain health, early warning signs of dementia, and benefits of early detection and diagnosis for persons with dementia and their caregivers, and number

Provide

Provide information and tools to help older adults with dementia and their caregivers anticipate and respond to challenges that typically arise during the course of dementia.



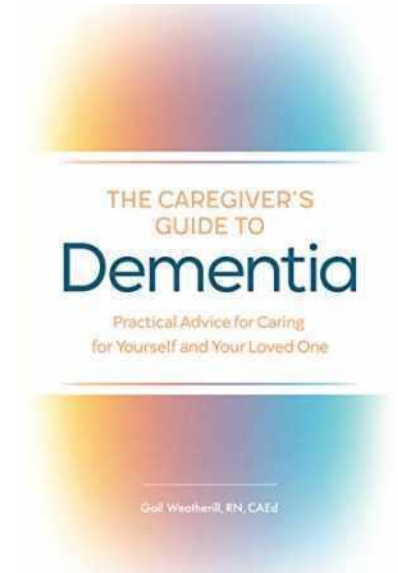
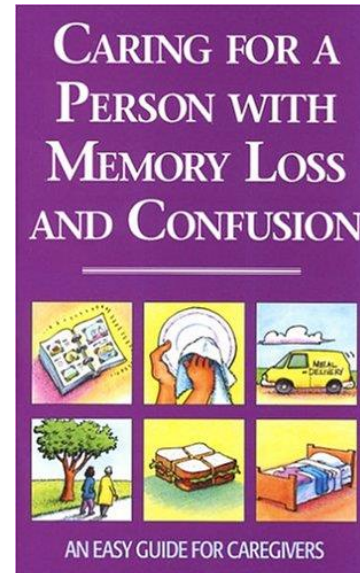
What Worked Well:

- Held 2 Outreach Events – Health Fair on May 12th, 2022 and meet and greet with the new Elderly Director on June 2nd, 2022.
- Outreach/Event Materials. Target Goals to reach out to 20 Elders – at Health Fair we gave out materials, brochures, and books related to Dementia to 25 SCC Tribal Members.



What Worked Well:

- Do screening with providers to incorporate into their exams – We received Mini Mental State Examination from the providers that they completed on two SCC Tribal Elders and referrals were made to the Memory Clinic in Rhinelander, WI.
- Develop a brochure and mailings to community members – Brochure has been developed and in process of mailing out to the Tribal Community.
- Resource training for family and caregivers – Educational Resource Books for Caregiver guides for Dementia, Caring for a person with Memory Loss and Confusion were handed out to the Elderly caregivers and families.



Mini-Mental State Examination (MMSE)

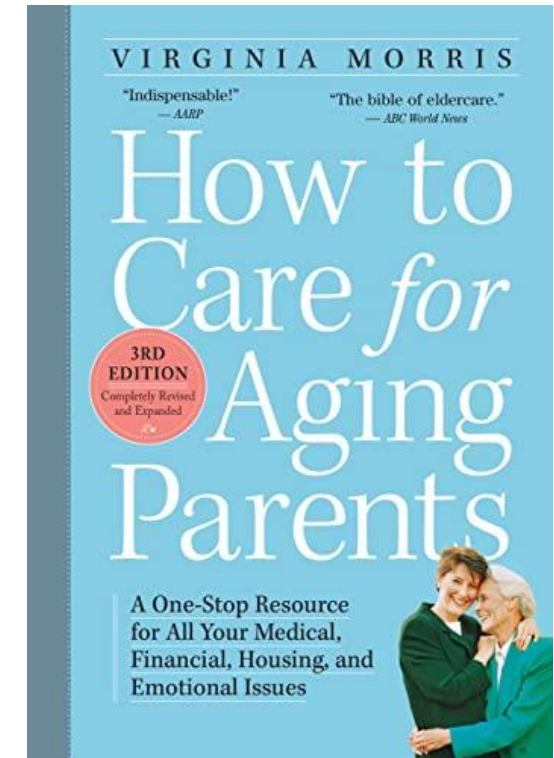
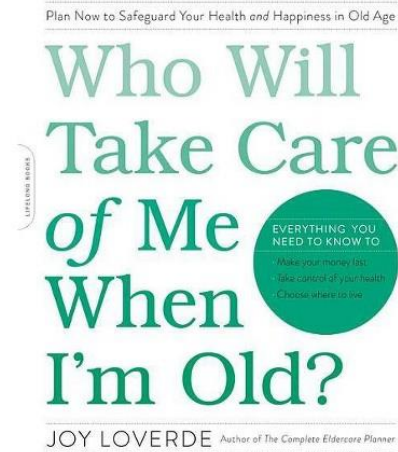
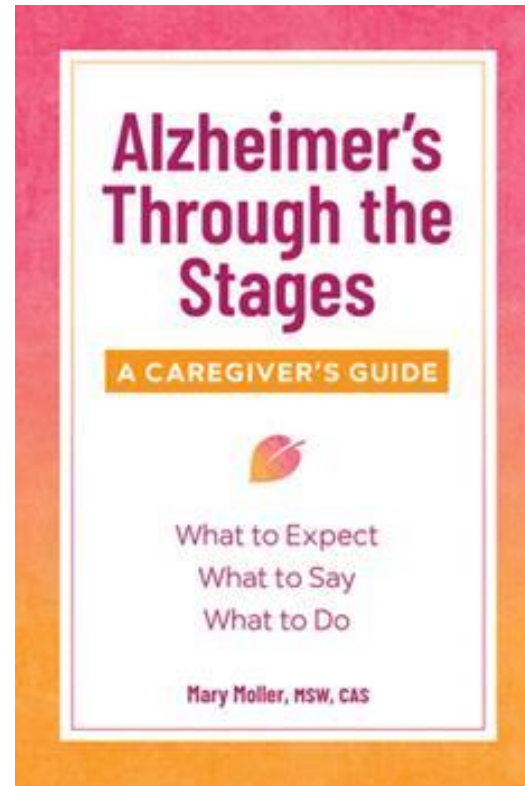
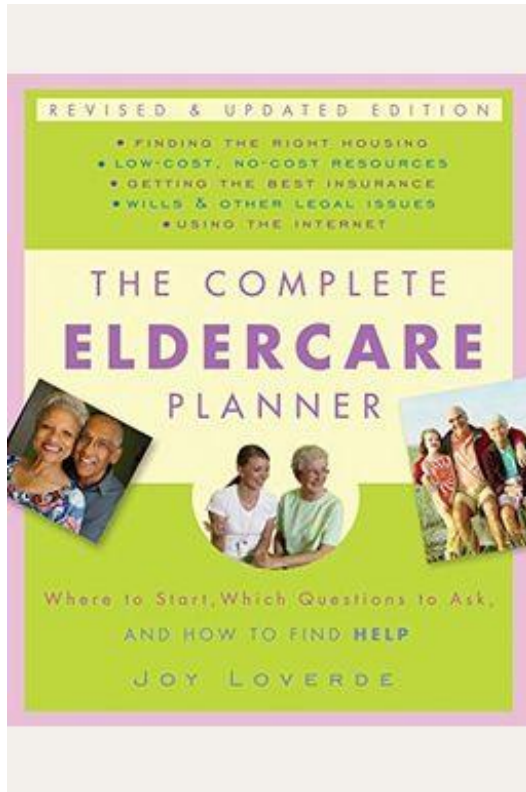
Patient's Name: _____ Date: _____

Instructions: Ask the questions in the order listed. Score one point for each correct response within each question or activity.

Maximum Score	Patient's Score	Questions
5		"What is the year? Season? Date? Day of the week? Month?"
5		"Where are we now: State? County? Town/city? Hospital? Floor?"
3		The examiner names three unrelated objects clearly and slowly, then asks the patient to name all three of them. The patient's response is used for scoring. The examiner repeats them until patient learns all of them, if possible. Number of trials: _____
5		"I would like you to count backward from 100 by sevens." (93, 86, 79, 72, 65, ...) Stop after five answers. Alternative: "Spell WORLD backwards." (D-L-R-O-W)
3		"Earlier I told you the names of three things. Can you tell me what those were?"
2		Show the patient two simple objects, such as a wristwatch and a pencil, and ask the patient to name them.
1		"Repeat the phrase: 'No ifs, ands, or buts.'"
		"Take the paper in your right hand, fold it in half, and put it on the floor."

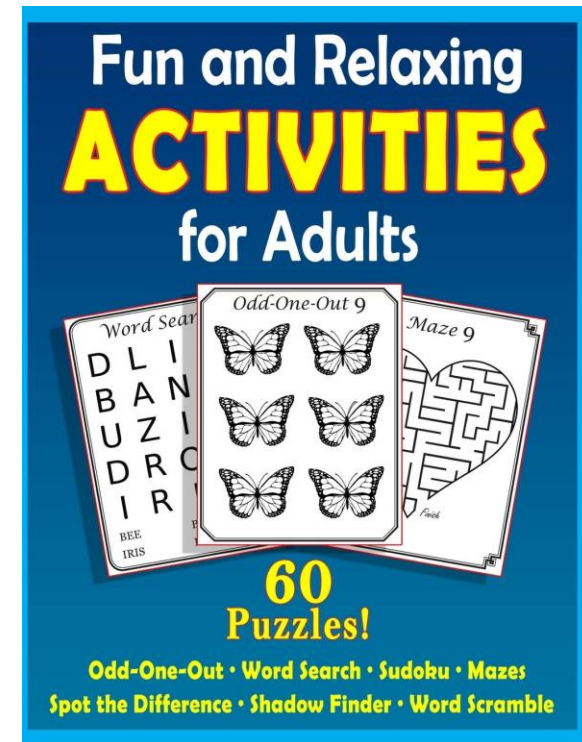
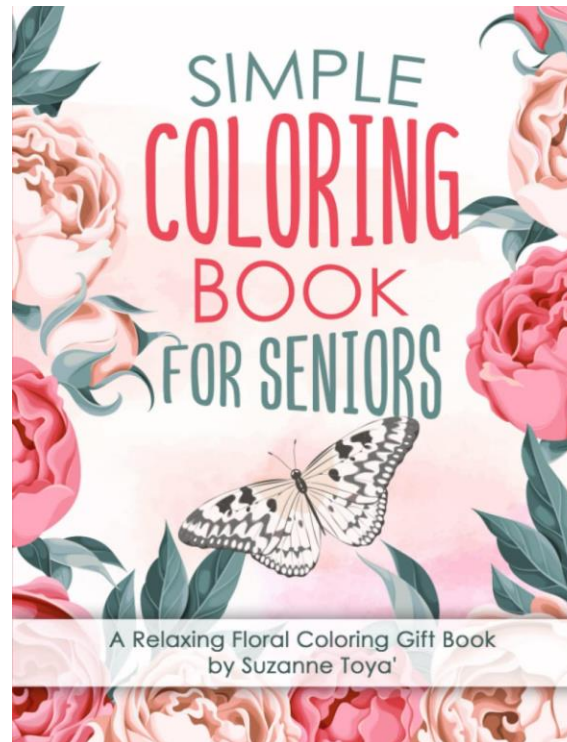
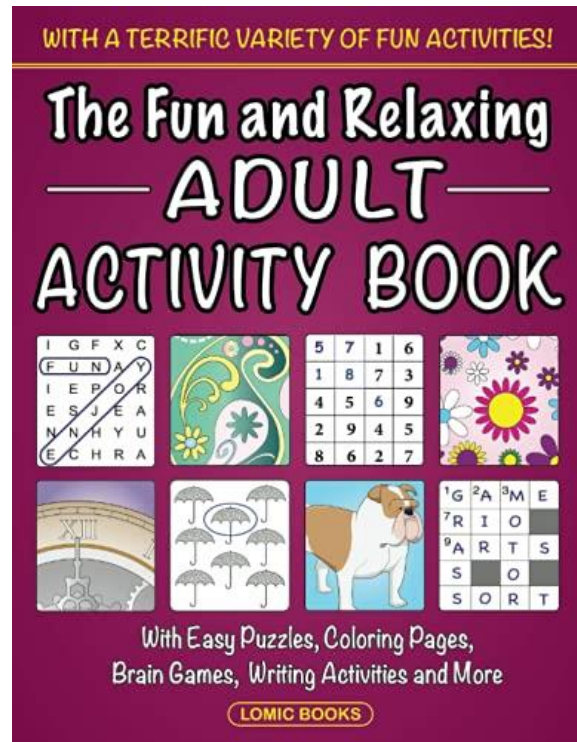
What Worked Well:

Resources for Caregivers and Aging Planning



What Worked Well:

Activity Books for the Elders



What Didn't Work as Expected:

Medical Director will host events and speak with Elders. – Due to COVID-19 unable to see the Elders in their building per Tribal Council direction.

Work with Tribal law enforcement in training on signs and symptoms of dementia. To assist with potential wanderers within the community and silver alert if they go missing. – Unable to do this activity due to the vacancy of Law Enforcement Officer.

Challenges were definitely dealing with the COVID-19 Pandemic with multiple closures on Tribal Reservation and with quarantine protocols that were implemented with the Tribe's ICS Team and Council.

Another challenge we encountered was the vacancy of the Elderly Director position.

In hindsight...

- If we were not dealing with the COVID-19 Pandemic, the vacancy of the Law Enforcement and Elderly Director position, ADRD stigma, the project would have worked perfectly!

What's ahead?

A scenic landscape featuring a path that winds through tall, golden-yellow grass. The path is flanked by several large, mature trees with dense green foliage. In the background, the sun is setting, creating a bright, warm glow that illuminates the scene and casts long, soft shadows. The overall atmosphere is peaceful and hopeful.

- We hope to find additional funding to support ADRD
- We will continue to use the Mini Mental State Examination and refer to the Memory Clinic if needed.

Contact Information

Tawny Booth/Grants Manager

715-478-6418

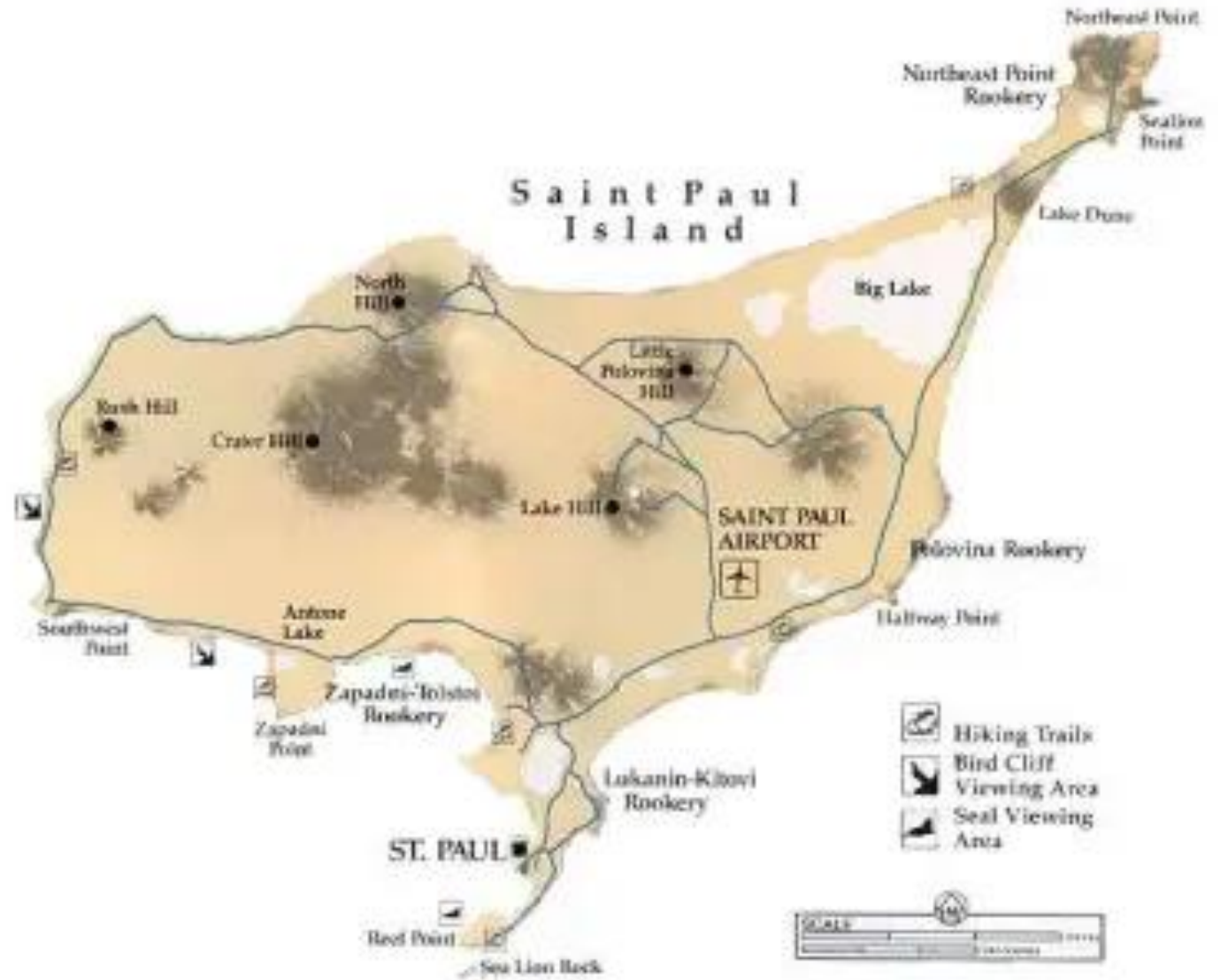
tawny.booth@scc-nsn.gov

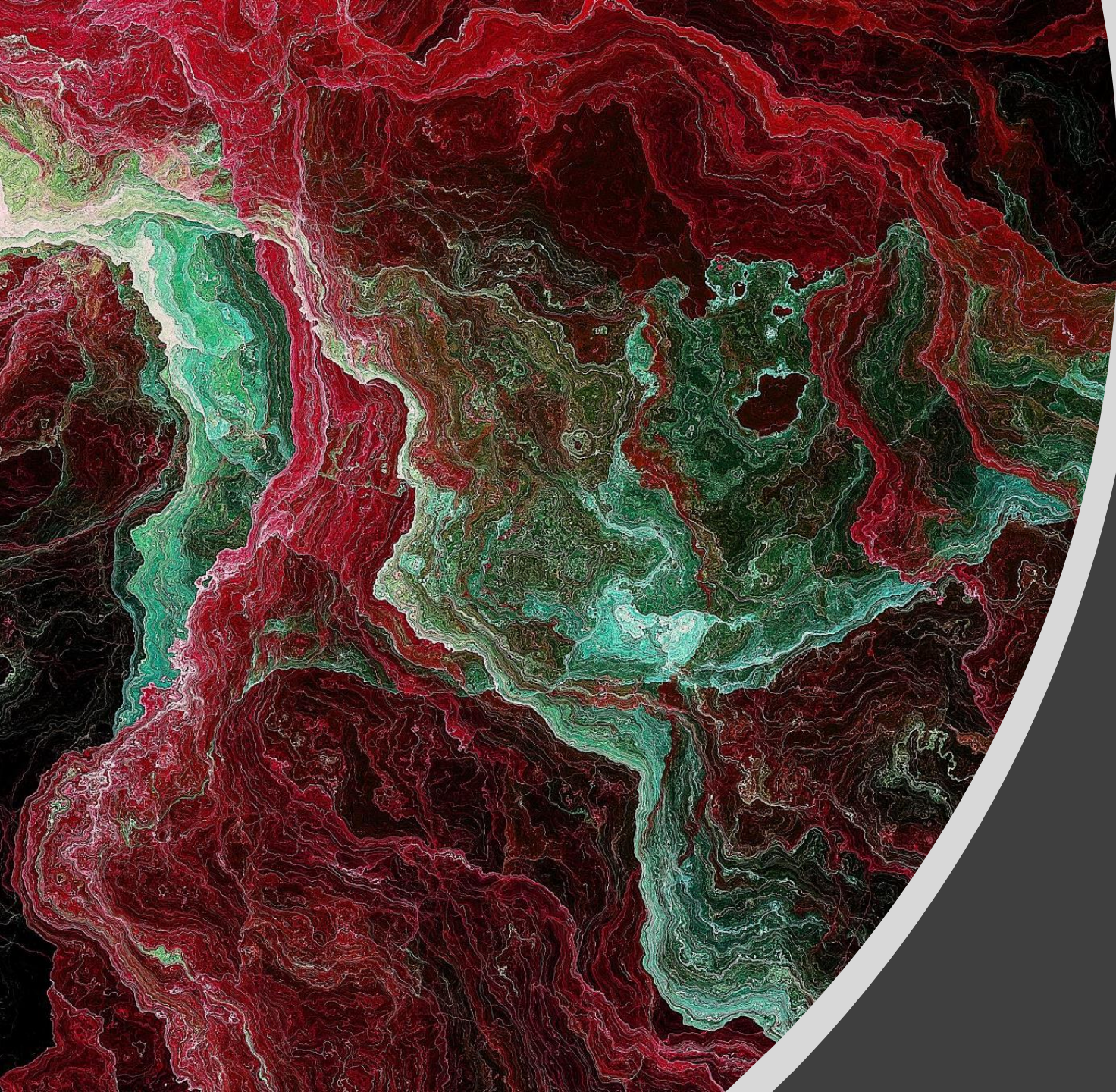
Aleut Community of St. Paul Island
Charlene Naulty, Txin Kaangux
Administrative Services Director

- 42.6 Square miles, in the Bering Sea
- 800 miles west of Anchorage, 300 miles north of the Aleutian Chain
- Population of 475, 83.96% Home to the largest Unangax population in the world
- 58 Seniors
- 19.95% of the population speak Unangam Tunuu (Aleut)



St. Paul Island





Background

Background: Why We are Addressing ADRD

Increase
in

Increase in Alzheimer's Disease and Related Dementias (ADRD) diagnoses and symptoms

Lack

Lack of programs for people living with ADRD

Need

Need to clarify referral process and services

Need

Need education in the community on warning signs, diagnosis and treatment options

Need

Need to address the contributing factors such as untreated depression, obstructive sleep apnea, and vitamin B12 deficiency

Starting Point

- Educate and Empower
- Strengthen Workforce
- Partnership
 - Aleut community of St. Paul Island Tribal Government Department of Healing and Wellness and Southcentral Foundation, our local Tribal Health Organization

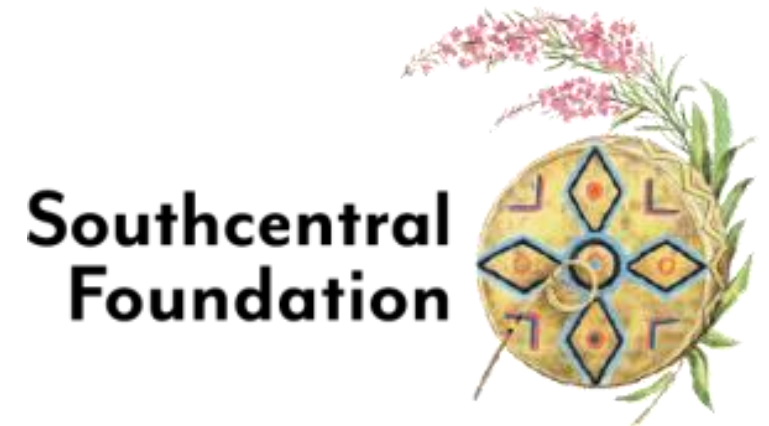


HEALTHYBRAIN
ALZHEIMER'S ASSOCIATION

alzheimer's
association

Starting Point

- Identifying the people who could be held to TASC.
 - T - who owns the task?
 - A – Do they have the authority to be held accountable?
 - S – do we agree that they are set up for success? Time, resources, clarity...
 - C – do we have a checklist of what needs to happen to accomplish the task?
- Identify asks and needs of the community
- Identify needs of programmatic talent force



What Worked Well:

Regular meetings every two weeks with project talent force to find out what was being done and what still needed to be done

Develop materials to present to the community at 3 local Health Fairs with weekly meals that support brain health

Identified training and getting talent force enrolled



What Worked Well:

During this award we were able to strengthen the relationship between the two agencies on St. Paul who have the responsibility to care for aging elders

We were able to meet directly with the experts who are delivering the services vs administrative staff

We looked at all the options available in AK as well as what services are available in the community and develop specific resources

Product Development



How can your family benefit?

Family meetings improve patient and family satisfaction, reduce patient and caregiver stress, and strengthen the quality of communication during hospital visits.

Family meeting core values:

- All patients and families have value and deserve to be treated with dignity and respect.
- Patients and families are the experts on their goals, values and preferences.
- With good support and information, patients and families can make informed decisions and important health care choices.

Alaska Native Medical Center
Guide to Family Meetings

ALASKA NATIVE MEDICAL CENTER
4315 Dillingham Drive
Anchorage, Alaska 99508
Phone: (907) 550-3592
Toll Free: 1-855-432-4382
www.nmcc.org

The Alaska Native Tribal Health Consortium and its member Tribes are proud to partner with the Alaska Native Medical Center under the terms of Public Law 101-618. These patient participation brochures were developed in a spirit of partnership with the Alaska Native Medical Center. Health services provided by ANMC are funded by the State of Alaska.

Southcentral Foundation
Aging Well - Memory Loss and Dementia

What can you do?

- Limit distractions and avoid doing too many things at once
- Share your life story with others and create a photo album
- Use technology (alarms, timers) to ensure safety within your home

Where can you find support?

- Behavioral Health Consultant can screen your memory and help make treatment recommendations.
- Exercise can assist you with staying active and keeping your memory sharp.
- Occupational Therapy can share ways to safely complete daily tasks.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage (907) 729-3300

Matanuska-Susitna Borough (907) 631-7880

- Exercise Department
- Occupational Therapy
- Primary Care
- Behavioral Health Consultant

Community Resources

- Alzheimer's Resources of Alaska: (907) 561-3313
- Care Coordination Resources of Alaska: (907) 561-3315

Southcentral Foundation
Aging Well - Advance Dementia

What can you do?

- Ask your health care team for a care conference to ask questions and learn about resources and support services
- Review your health care wishes with your health care team
- Reach out to local hospice agencies to learn more about end-of-life services and support
- Seek out emotional support knowing that these transitions can be difficult
- Remind caregivers about the importance of self-care and reaching out for assistance

Where can you find support?

- Palliative Care: can with assists with goals of care and understanding end-of-life transitions.
- Community Resource Specialist and Waiver Care Coordinator: can connect you to programs and services for support.
- Behavioral Health Consultant and Traditional Healing can provide emotional and cultural support during these transitions.
- Home Visit Team: can assist with home safety assessment and education on dementia.
- Integrated Pharmacist and Home Visit Team can assist with medication management.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage (907) 729-3300

Matanuska-Susitna Borough (907) 631-7880

- Primary Care
- Behavioral Health Consultant
- Community Resource Specialist
- Home Visit Team
- Integrated Pharmacist
- Palliative Care
- Traditional Healing

Community Resources

- Aging and Disability Resource Center (907) 343-7770
- Alzheimer's Resources of Alaska (907) 561-3313
- Local Hospice Agencies

The Journey Ahead | The Trail Map to Wellness is a guide to help you understand what changes to expect as you age and ways to support healthy aging.

Connection
Create and maintain strong and healthy relationships by sharing stories.
• Connect with the people, activities, and traditions that are important to you.
• Reach out to and share your feelings with people you trust.
• Ask about support services to help you stay connected with your community.

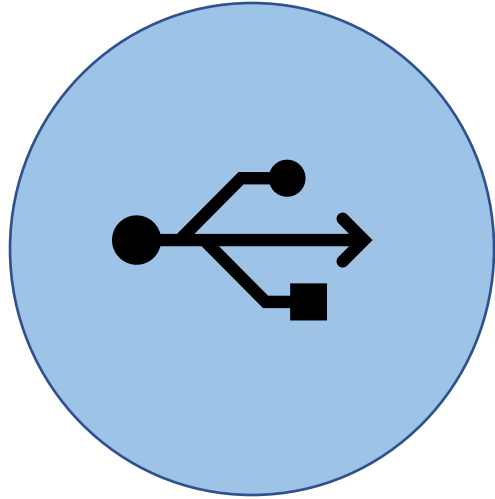
Spiritual
Connect to your purpose and values that give meaning to life.
• Spend time in the communities that give you purpose and nurture your faith and spirituality.
• Share your wishes with your family and support system.
• Prepare for the unexpected with Advance Care Planning.

What Matters Most
What matters most will guide your journey to wellness. Your voice is important in meeting your goals and needs.

Safety
Explore resources to keep you safe, independent, and healthy.
• Ask about ways to:
o Improve balance.
o Stay in your own home.
o Put a plan in place for aging.
• Share any concerns you may have about caregiver burnout or Elder abuse.

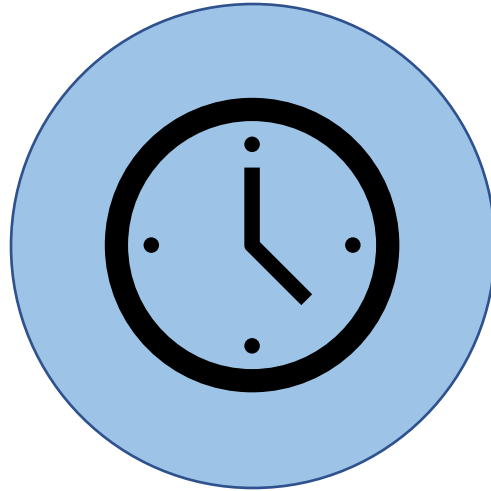
Mind and Body
Keep a healthy mind and body for your journey ahead.
• Stay strong and mobile by being physically active.
• Exercise your brain and keep a healthy diet.
• Know how to use your medications safely.
• Avoid alcohol, tobacco, and recreational drug use.

What Did Not Work Well

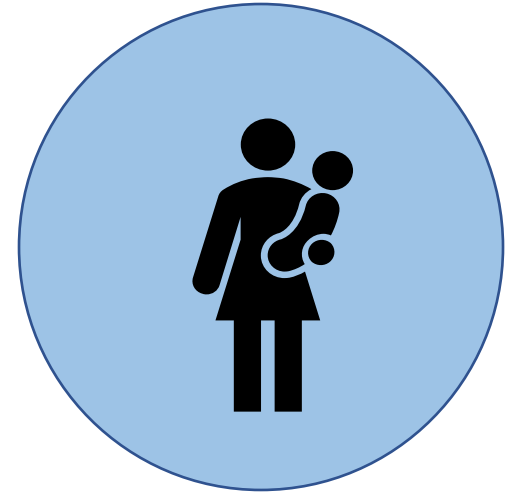


Ongoing technology
issues

Broadband
GCI Outages
System issues



Competing
Priorities



Maternity Leave

In hindsight...

- Add stakeholders to the development team
- Agree to continue to meet
- Develop a process to share information easier across agencies
- Invite more caregivers to the training given to talent force



What's ahead?



WE WILL WORK ON FINISHING AN
EASY TO ACCESS VIDEO FOR THE
COMMUNITY



TRAINING MORE CAREGIVERS



CONTINUED COMMUNITY LEVEL
EDUCATION ON PREVENTION AND
EARLY DETECTION

Contact Information

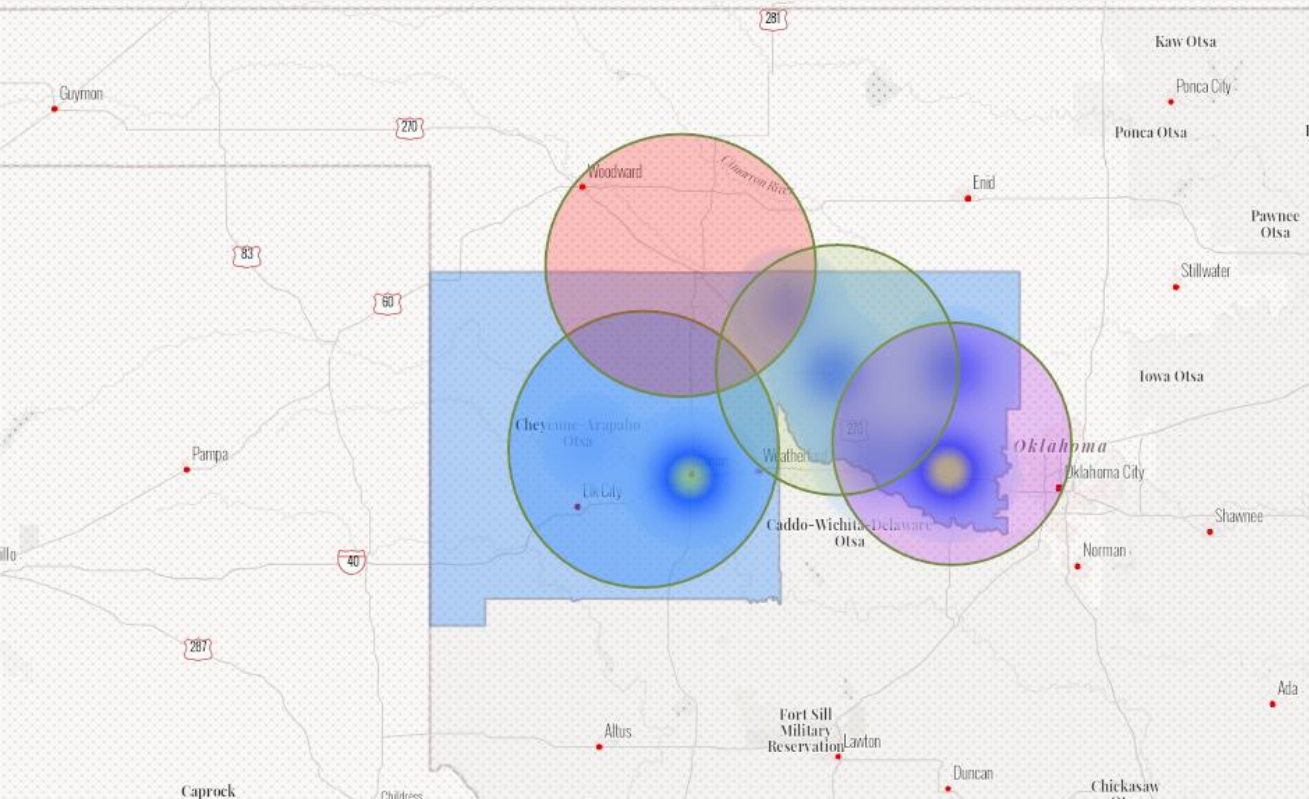
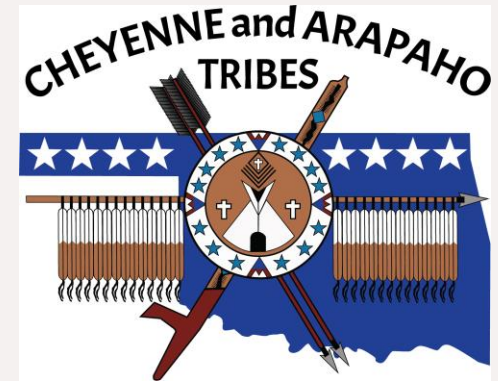
- Charlene Naulty, Txin Kaangux Administrative Director
 - cjnaulty@aleut.com
- April Kushin, Healing and Wellness Director
 - amkushin@aleut.com
- Heather Goecke, Administrator, Medical Services Division
 - hgoecke@southcentralfoundation.com



Cheyenne and Arapaho Tribes Department of Health

Brain Health Mini-Grant Project Coordinator:

Derrell Cox, PhD dcox@cheyenneandarapaho-nsn.gov



~13,000 enrolled citizens



Background

- As with most American Indian Tribes, the Cheyenne and Arapaho Tribes (CAT) highly value our elders for their wisdom, stories, and histories.
- We viewed this grant as an opportunity to:
 - Enhance knowledge; and,
 - Improve awareness.

Starting Point

- We chose all three components of the Brain Health grant:
 - **Component 1: Educate and Empower**
 - **Component 2: Collect and Use Data**
 - **Component 3: Strengthen the Workforce**
- We partnered with our **EMS, CHRs, Elder Care** and **RESPECT Programs**
- Before this grant, limited knowledge about Alzheimer's Disease and the dementias



What Worked Well:

- 2 large annual elder outreach events, Elder's Conference and Elder's Day Out.
- Distributed information to over 250 elders
- Present information to >300 elders, families

210. *Diabetes Wellness Program*
18th Annual Elder's Conference
"Native Elder's surviving a Pandemic"

November 4th, 2021
9:00 AM-3:00 PM
Irisco Event Center
Clinton, OK



Registration Begins at 8:30 AM
Closes at 10 AM

Breakfast 9-9:30
Lunch: 12:00-1:00

Health related topics
Informational Booths
Arts and Craft Booths

Flu Shots
Health Screenings
Door Prizes

No Children Allowed
Covid-screening on site
Proof of Completed Vaccination Required
RSVP or
for more information call:
405-422-7723 or 405-422-7683



© Yellowman 2021

What Worked Well:

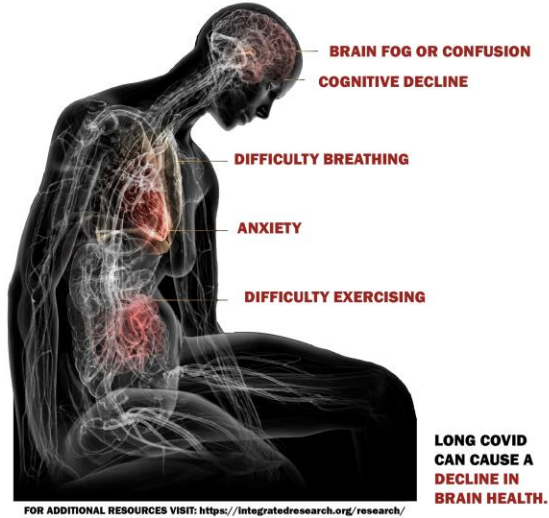
- PSAs to 8,000 community members
- Trained frontline healthcare staff

LONG COVID SYMPTOMS

LONG COVID IS A CHRONIC ILLNESS THAT MAY AFFECT PEOPLE DIFFERENTLY.

AN ESTIMATED 50-80% OF PEOPLE INFECTED WITH COVID MAY DEVELOP LONG COVID.

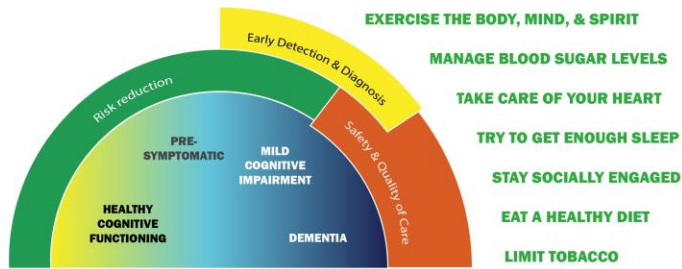
HAVING TYPE-2 DIABETES MAY INCREASE THIS CHANCE.



BRAIN HEALTH &

BRAIN HEALTH

HEALTHY BEHAVIORS TO PROTECT AGAINST COGNITIVE DECLINE



What Worked Well:

- Home visits with elders
- Distributed more than 1,000 informational questionnaires to elders



Cheyenne and Arapaho Tribes Department of Health Brain Health Assessment for Tribal Elders*

Dear Tribal Elder and Family and Friends,

Please help us learn more about brain health among our people so we can serve you better! This form is designed to be answered by a friend or relative of a Tribal elder (45 and older).

First, we have a few questions about them. What is their...

Name? _____

Age? _____ Sex/gender? Male Female Two-spirit/Non-binary

Education level? Less than high school High school Some college Bachelor's Graduate degree

Zip code? _____ May we contact you for follow-up? Yes No Phone # _____

Has this elder had a positive COVID test? Yes No Not sure COVID vaccination? Yes No

The questions below compare how this person has changed in the past 10 years in the way they respond to things that happen. For reference, about 10 years ago (2011-2012), Osama Bin Laden was killed, Barack Obama was President of the United States, Mary Fallin became Governor of Oklahoma, and Whitney Houston died.

Compared to 10 years ago, how is this person at...(please circle or mark answer)

1. Remembering appointments?

Much improved	A bit improved	Not much change	A bit worse	Much worse
---------------	----------------	-----------------	-------------	------------

2. Recalling conversations or remembering things that have happened recently?

Much improved	A bit improved	Not much change	A bit worse	Much worse
---------------	----------------	-----------------	-------------	------------

3. Remembering their address and telephone number?

Much improved	A bit improved	Not much change	A bit worse	Much worse
---------------	----------------	-----------------	-------------	------------

4. Remembering what day and month it is?

Much improved	A bit improved	Not much change	A bit worse	Much worse
---------------	----------------	-----------------	-------------	------------

Or fill this out online!
Access this survey
online by scanning this
QR code with your
smartphone's camera.



What Didn't Work as Expected:

- Informational questionnaires to our 2,240 elders with SASEs
- Systematic home visits with all elders

In hindsight...



Photo Credit: 2021, Rosemary Stephens

- Affected elder advocacy worked very well

What's ahead?

- Continued Education
- Incorporated educational questionnaire into our standard assessments—ongoing results ahead
- Referrals to clinicians and social support services
- Data gathering analysis, and guidance for future efforts
- New grants and research opportunities

Contact Information

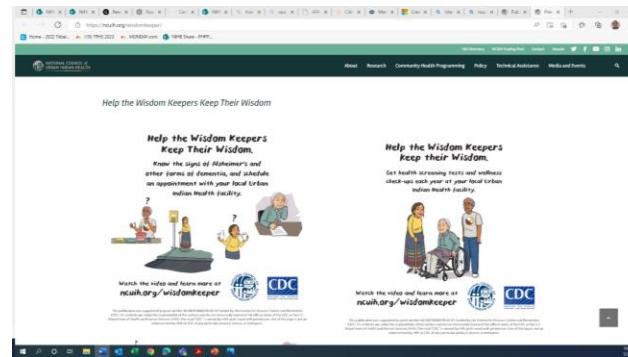
- Derrell Cox, PhD, dcox@cheyenneandrapaho-nasn.gov
- Gloria Bellymule-Zuniga, gbellymule-zuniga@cheyenneandrapaho-nasn.gov



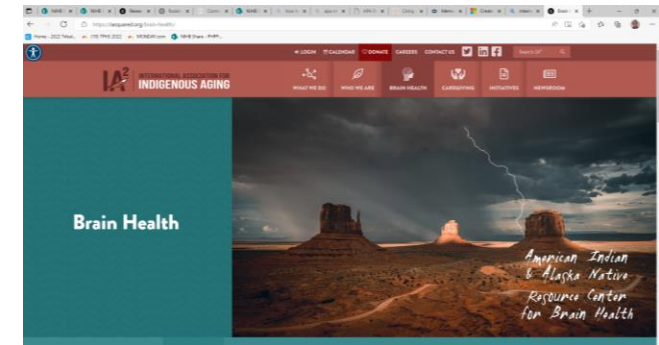
Resources



NIHB Brain Health for Tribal Nations website:
<https://nihb.org/brain-health/>



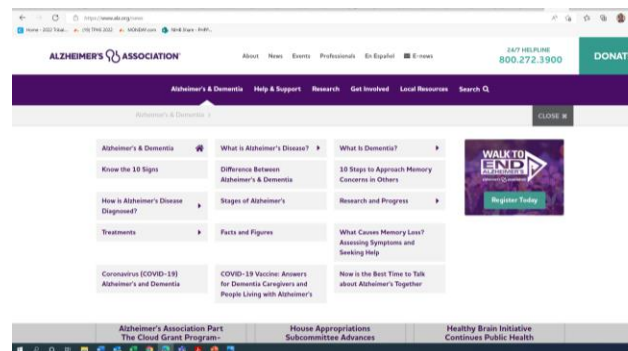
National Council on Urban Indian Health (NCUIH)
<https://ncuih.org/wisdomkeeper/>



International Association for Indigenous Aging (IA2)
<https://nihb.org/brain-health/>



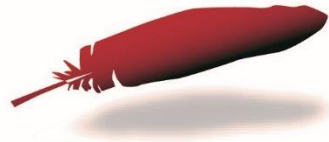
CDC Alzheimer's Disease and Healthy Aging website
<https://www.cdc.gov/aging/index.html>



Alzheimer's Association
<https://www.alz.org/>



National Indian
Health Board



 **ALZHEIMER'S[®]
ASSOCIATION**

Thank you!

Karrie Joseph
kjoseph@nihb.org

National Indian Health Board

50TH ANNIVERSARY • 1972-2022

**NATIONAL TRIBAL
HEALTH CONFERENCE**

SEPTEMBER 26 - 28, 2022

WASHINGTON, DC • HYATT REGENCY • CAPITOL HILL



REGISTER NOW
bit.ly/NIHB_NTCH



PHOTO BY LINDA LOUHRAN