

COMMUNITY RESOURCE ECHO: *RESOURCE GUIDE*



Series 13:
October- November



BUILDING TRUST: CULTURAL HUMILITY AND EFFECTIVE COMMUNICATION IN TRIBAL ELDERCARE

Build Genuine Relationships

- Long-term Commitment: Engagement should not be transactional or short-term. Building long-term relationships with the community is essential.
- Frequent, In-Person Interaction: Whenever possible, meet in person and spend time in the community. Relationships are built through trust, which grows over time.
- Listen and learn: approach conversations with an open mind. Listening to community members and valuing their perspectives fosters trust and collaboration.
- Support Indigenous Leadership: Prioritize working with community leaders and Indigenous-led organizations. This ensures the community's voice is central in decision-making.



Being Culturally Sensitive

- Avoid stereotypes: Be mindful of stereotypes and preconceived notions about indigenous peoples. Approach your engagement with humility and a willingness to learn.
- Use Appropriate Language: Learn the correct terminology and names the community uses to refer to itself. For example, many prefer terms like "Indigenous," "Native American," or specific tribal names.
- Representation is important. Use appropriate images and stories (with permission). Honor the community with positive images.
- Respect Ceremonial Spaces: When attending events or ceremonies, follow protocols and seek guidance from community members about appropriate behavior and attire.
- Gift Giving: In some cultures, it's customary to bring a small gift as a sign of respect when visiting someone's home or attending an event.

Engaging with Community Members

- Elders: Elders are highly respected in Indigenous communities. Consult with them for guidance, wisdom, and approval.
- Youth Engagement: Engage with the youth, as they are key to the future of the community. Support youth programs and education efforts.

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NAVIGATING IHS, TRIBAL HEALTH SERVICES, AND STATE SUPPORTS FOR DEMENTIA CARE



Supporting Dementia Care in Tribal Communities:

Patient Navigators connect Indian Health Services healthcare with Tribal Health Departments and State Aging Networks. They can assist in integrating traditional healing with medical treatment, ensure culturally safe care and respect for tribal customs as well as provide caregiver education, support groups, and respite coordination. As well as Empower families through accessible and informed care pathways.



CNHS Services & Programs:

- Largest tribally-operated health system
 - 9 outpatient health centers
 - 1 hospital
- Broad scope of service
 - Over 20 specialties
- Variety of programs
 - Eyeglass Program
 - Hearing Aid Program
 - Prescription Mailing Program



Resources:

- Indian Health Service (IHS): Elder and Dementia Care Initiatives.
- Administration for Community Living (ACL): Alzheimer's Disease Programs Initiative.
- Alzheimer's Association: Tribal Outreach Programs.
- National Indian Council on Aging (NICOA): Dementia Support and Education.
- State Aging and Disability Resource Centers (ADRCs): Local connections



Contact Info:

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DEMENTIA PREVALENCE AND EARLY DETECTION STRATEGIES IN INDIAN HEALTH SERVICE POPULATIONS



HOW CAN WE HELP?

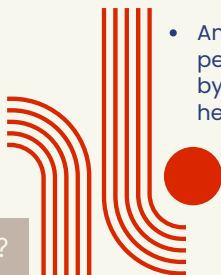
• Early screening

- Mini-cog
- Mini-mental
- Montreal Cognitive Assessment
- Functional screening
 - Lawton, Katz, IQCODE
- Diagnostic testings
 - Bloodwork, Non-contrast CT or MRI, PET scan, lumbar puncture

• Supportive Services

- Education classes
- Support groups
- In home help
- Future planning

- “They [AI/AN] share a high prevalence of well-known AD risk factors, including limited physical activity, low socioeconomic status, hypertension, type 2 diabetes, obesity, smoking, and high cholesterol.”
- “AI/AN peoples experience significant health disparities and disease burden that are exacerbated by settler-colonial traumas expressed through prejudice, stigma, discrimination, and systemic and structural inequities.
- American Indian and Alaska Native (AI/AN) peoples are disproportionately impacted by substance use disorders (SUDs) and health consequences”.



WHAT IS YOUR ROLE?

- Awareness and discussion around current information and lack of Native representation.
- To help early detection every patient 55 or older AND those who self report or have an informant report should be screened. If screening is positive, provider will discuss with patient the need for additional screening.
- These screenings should be administered annually to ensure we are assessing for changes in cognition.



IHS GERISCHOLARS PROGRAM

- The Indian Health GeriScholars pilot provides participating IHS, Tribal, and Urban Indian Health clinicians with an individual intensive learning track for professional continuing education, including:
 - A week-long intensive training in geriatrics from an approved Geriatrics Board Review course
 - A mentored geriatric improvement project at their local facility
 - A clinical practicum or mentorship in geriatric practice
 - Ongoing education, training, and peer support as an Indian Health Geriatric Scholar
- We have three GeriScholars on Sage team who have completed training and are currently participating in an Alzheimer's and Dementia Care ECHO Program for Primary Care Practices. Through these opportunities we are learning best practices for diagnosing and managing Alzheimer's and Dementia.
- We are in a current pilot on Sage team initiating medication in a small group of patients with follow-up managed by the team pharmacist.

RECOGNIZING EARLY SIGNS OF ALZHEIMER'S: A CHR'S ROLE IN TRIBAL SETTINGS



Memory Issues That Affects Your Daily Life

- This is more than occasionally forgetting someone's name.
- Impact is important.
- The person may not be aware of the issues.
- There are other conditions that can cause memory issues, seeking medical help is important

Notice Changes in Mood or Personality

- Becoming angry or upset more easily than in the past
- Difficulty in moving on from the anger
- Suspicion or paranoia



Questions to Ask Your Doctor

Symptom Tracker

This symptom tracker can help you monitor changes in memory, behavior, and other symptoms that may be concerning. By tracking when and where these symptoms occur, you can gain a clearer picture over time. Below is an example of how to use this chart and types of behaviors you may want to keep track of to discuss with your doctor.

Example:

Date	Time	Location	Symptom or Behavior
6/15	Morning	Home	Misplaced the car keys in the fridge
6/16	Evening	Home	Believed they needed to get ready for work despite having retired several years ago
6/17	Afternoon		Missed doctor's appointment and remembered later in the evening
6/18	Morning		Couldn't remember the directions to the grocery store they frequent
6/20	Evening	Home	Forgot the steps to prepare a pasta dish they make often
6/22	Afternoon	Home	Misplaced the car keys in the fridge
6/22	Evening	Church	Answered the phone at an inappropriate moment during church
6/25	Morning		Tried to wear their winter coat out of the house despite hot temperatures
6/27	Afternoon		Began driving to the store but forgot where they were going
6/28	Morning		Missed dentist's appointment and remembered the next day
6/29	Afternoon	Home	Misplaced a book in the pantry
6/30	Evening		Repeated the same story several times in a matter of hours

Below are some other behaviors you may want to observe:

Where Can I Find Information About ADRD

- Information about the disease, treatments and caregiving is changing quickly
- When my mom was diagnosed in 2006, an autopsy was the only way to diagnose Alzheimer's, now there are PET Scans, MRI, Spinal Fluid, and blood tests
- Keeping up to date is important
- Alzheimer's Association has myriad of classes about the disease and caregiving
- LinkedIn - Reza Hosseini Ghomi, MD, MSE | LinkedIn
- Dementia Untangled Podcast

Connect With Us!

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RECOGNIZING AND RESPONDING TO ELDER ABUSE IN DEMENTIA CASES



TYPES OF DISRESPECT

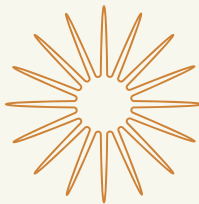
- Physical
- Neglect
- Sexual
- Spiritual
- Emotional
- Financial
- Abandonment
- Self-Neglect



WHO COMMITS ELDER DISRESPECT?

- Caregivers
- A person with a special relationship to the elder
- Family Members
- Adult Children
- Grandchildren
- Spouses/Partners

ADULT PROTECTIVE SERVICES APS



Adult Protective Services (APS) is a social services program focusing on helping older adults and adults with disabilities by investigating allegations of abuse, neglect, self-neglect, and financial exploitation and by offering services and support to promote safety, independence, and quality of life.



WHO IS CONSIDERED AN ELDER?

- In Native American culture, an elder is a revered individual who is a source of wisdom and leadership for their tribe.
- Indian Health Services (IHS) agencies considers elders to be 55 years of age and older.
- Elders are not defined by age, but rather the respect they have earned through their teachings and actions

ADULT PROTECTIVE SERVICES STATE AND TRIBAL ELIGIBILITY

• **Age Definitions:**

Tribal nations may define “adult” or “elder” differently based on cultural and systemic factors.

• **Elder Abuse Codes:**

The presence or absence of an elder abuse code within a tribal system can influence eligibility.

• **State APS Eligibility Criteria:**

States have specific requirements for APS services, which may differ from tribal criteria.

ASSOCIATED CONDITIONS AND SIGNS

- Other conditions that may present like dementia include:
- Depression (slowed cognition, inability to focus, perform poorly on mental status exams)
- Substance abuse
- Reaction to medications
- Physical problems, including stroke, Traumatic Brain Injury, Parkinson's, HIV infection, various physical conditions, recovery from surgery, and unspecified conditions, usually of a medical nature

For More Information:

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WORKING WITH TRIBAL ELDERS: STRENGTHENING INTERGENERATIONAL SUPPORT AND EDUCATION



Chickahominy Elders

- The Chickahominy Elders hold a respected role in the community
- Elders are a source of wisdom and knowledge which they share with generations after them
- Caring for elders is of utmost importance and often occurs within their home or the home of a family member
- Tribal homes may be multigenerational, just as caring for elders often include family members of different generations

Indigenous Resources

- <https://iasquared.org/resources/>
- <https://www.alz.org/professionals/public-health/models-frameworks/hbi-road-map-american-indian-alaska-native>
- Source: American Indian Cancer Foundation Native American Cancer Conference 2025

Education and Tribal Elders

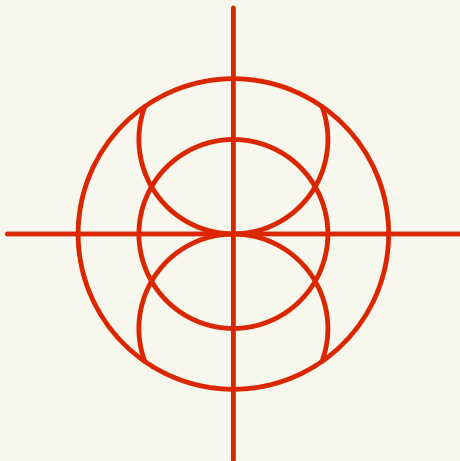
- Brain health presentation (mind) which included brain health bingo and brain friendly lunch
- “Think Like a Pharmacist” (medication)
- Falls prevention (mobility) included demonstration by a Chickahominy womens’ fancy dancer who is also a staff member
- “What Matters” will be conducted in the spring
- Recruiting elders to participate in a Senior Mentor Program with medical students
- Dementia
 - Education, training, and support will be provided to both tribal elders living with dementia and their caregivers
 - Prevention and awareness education will span the generations
 - Connection to additional resources



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