

Support for Native Caregivers & Family

FREE In-Home Care

50 hours of in-home care to support you and your loved one living with memory issues

Apply at: <https://bit.ly/ia2respitecare>

FREE Support Groups

Free online support groups for caregivers or family of Native elders living with memory issues

Learn more at: <https://iasquared.org/?p=2174>

Are you a caregiver?

If you are caring for a parent, spouse, friend or relative, then **you are a caregiver.**

FREE Training

Free trainings for caregivers, CHRs and others! Topics include normal age-related changes, health disparities, living with chronic conditions, & health promotion & healthy habits

Register at: <https://iasquared.org/caregiving/caregiver-training/>

Continuing Education Credits (Social Work): Department of Geriatrics, UND is a board approved provider as approved by North Dakota Board of Social Worker Examiners. This Live activity is approved for a maximum of 8 contact hours. Social Workers can claim this credit upon participation in the live session and completion of the mandatory evaluation form following the program.



Brought to you by the International Association for Indigenous Aging with funding provided by the CDC Foundation



Questions? Contact:
ProjectManager@iasquared.org



Native Elder Caregiver Curriculum (NECC)

Brought to you in partnership with the International Association for Indigenous Aging
with funding from the CDC Foundation



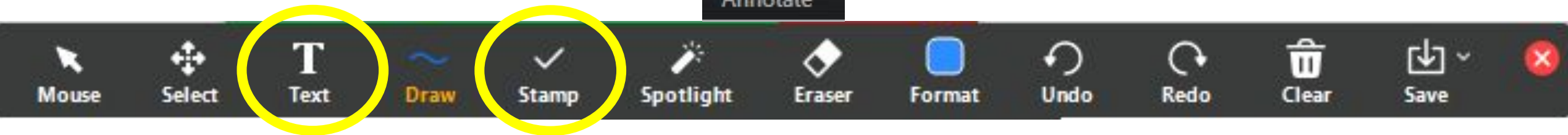
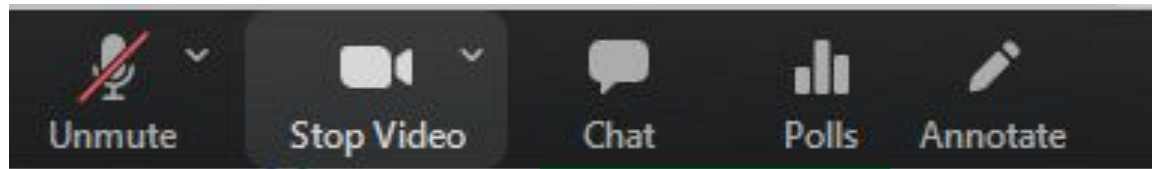
Welcome!

Opening Prayer

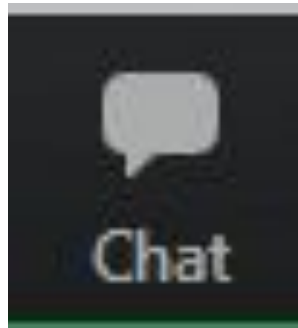
Before We Begin...

- Please complete the pre-test (link in chat box)
- Please introduce yourself via chat
 - Name
 - Title
 - Tribal Affiliation
 - Organization

Use of Technology



Questions on Content?



Poll Feature

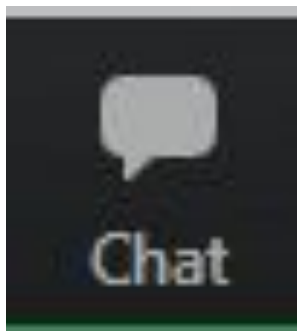
1. I'm more excited to learn about: (Single Choice) *

☐ Normal Age-Related Changes

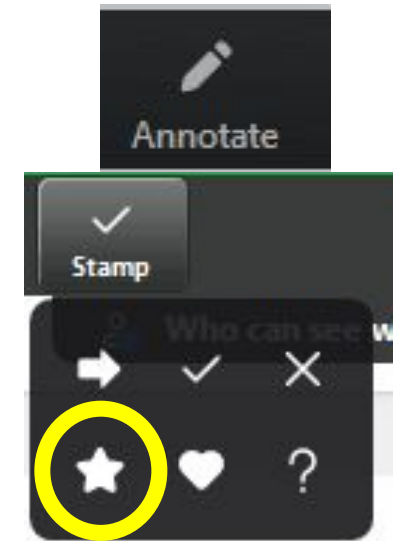
☐ Health Disparities

Try It Out!

IT / Issues? – chat HOST/Jamie



Try It Out! – Show us where you're joining us from!



Contact Information



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<https://www.nrcnaa.org/>



301.933.6492

admin@iasquared.org


<http://www.iasquared.org>




Breakout I – Get To Know Each Other

Small Group Breakouts

- Please share the following in small groups:
 - Name
 - Title
 - Tribal Affiliation (Personal and/or Professional)
 - Why you signed up for this training / what you hope to get out of it
 - If you could have a superpower, what would it be and why



SECTION I: Normal Age-Related and Expected Changes in Aging



Life itself is “like a great circle...young ones are born, grow up, become old and die, and soon more young ones are born to take the place of the old ones...” (1)



Objectives

At the end of the session, the participants will be able to:

1. Identify common changes that can occur during the aging process
2. Identify reasons for biologic changes during aging
3. Obtain basic knowledge of diseases associated with system changes during the aging process

Things to Think About ⁽²⁾

As the material is presented, keep in mind the following points:

- The season of aging is a normal developmental process
 - Some think positively about aging
 - Some want to avoid it completely
- American Indian people honor Elders and their wisdom
- “To everything there is a season” (3)
- The ‘season’ of being an Elder is important along the life circle

ACTIVITY

Use the annotate feature to share how you would define an elder

Definition of an Elder by an Elder

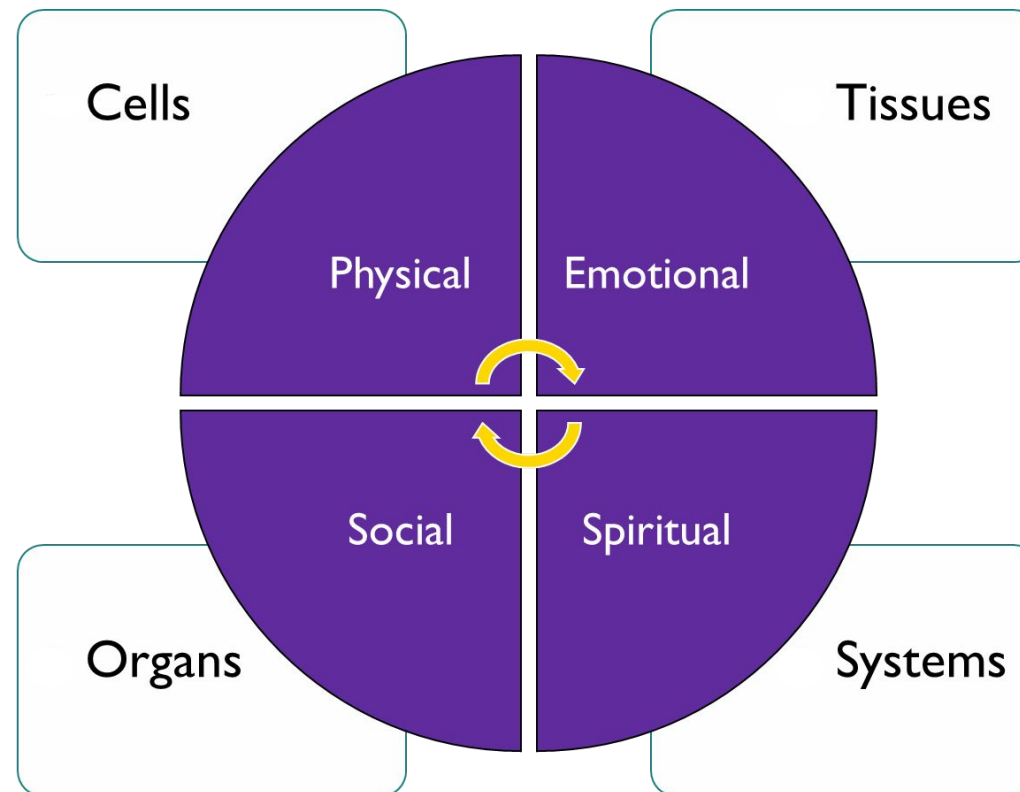


- One who has received “gifts from the Creator”
- Generously “share these gifts with others to help them” (4)
- Practice leadership and generosity

“Knots on the root of the oak tree tell of many storms and how deep the roots have forced their way into the earth.” (5)



Combined Biological and Traditional Perspective of Life (6 & 7)



Theories of Aging (6 & 9)

Biological Aging or “Programmed” Theory

- Pre-programmed biological changes that happen over a lifetime
- Changes are expected
- Happen on a schedule according to our genes

Damage Theory or “Wear and Tear” Theory

- Body wears out

Aging is unique to each person

Intrinsic factors:

- Genetic make-up
- Biological Aging Theory

Extrinsic factors:

- Environmental
- “Wear and Tear” Theory



POLL

Native American Health Statistics

Leading Causes of Death in Males and Females 45 and Older (10 & 11)

- Heart disease (#1 in men, #2 in women)
- Cancer (#1 in women, #2 in men)
- Diabetes
- Chronic liver disease
- Chronic lower respiratory disease
- Stroke

Top 5 Chronic Conditions 55 and Older ⁽¹²⁾

NRCNAA Identifying our Needs: A Survey of Elders VII 2017-2020

- High blood pressure – 57.5%
- Arthritis – 45.3%
- Diabetes – 35.3%
- Cataracts – 20%
- Depression – 14.1%

41.1%
of Native Elders
reported experiencing
one or more falls in the
past year

Expected Physical Changes in Aging

- Pain
- Endocrine
- Cardiovascular
- Respiratory
- Nervous
- Gastrointestinal (GI)
- Genitourinary (GU)
- Musculoskeletal
- Integumentary
- Sensory
- Reproductive

Pain (6 & 7)

Pain is a message

- *“Something is not right!”*
- *“This is a warning!”*
- *“Pay attention!”*
- *“Do something to fix this!”*

Pain is subjective

- Pain is what the person says it is

How does pain impact the Elder?

- Physically (*“Ouch! This hurts!”*)
- Spiritually (*“Why me? Where is God?”*)
- Socially (*“My family doesn’t understand my pain”*)
- Emotionally (*“I am so depressed, tired, scared, sad”*)

Questions to Ask About Type of Pain (6 & 7)

Pain Assessment

Sharp, dull, aching?

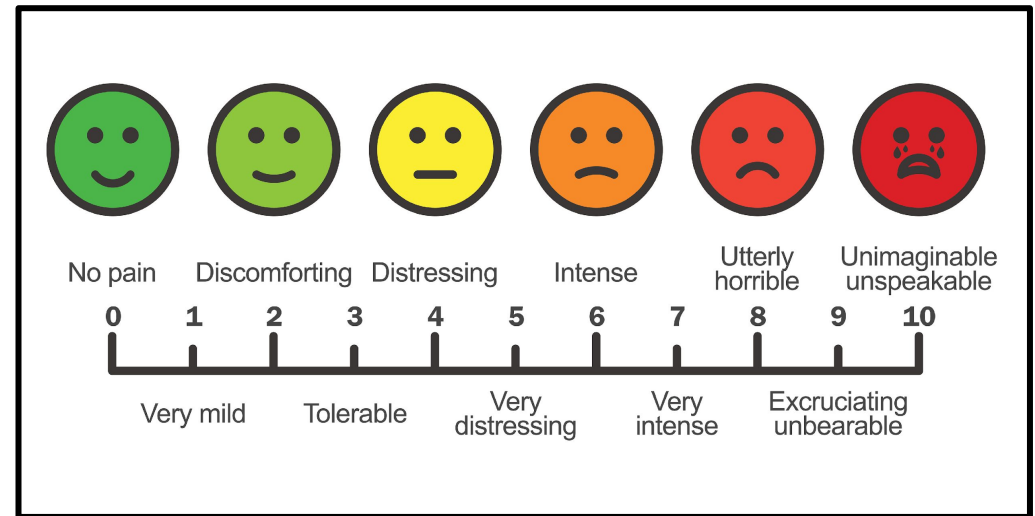
Deep pain or superficial?

All over or in one spot?

Come and go?

Affect activity?

Pain Assessment/Pain Scale



ACTIVITY Part I

Using the annotate feature, please share your experience with pain in elders, traditional healing, other pain management

ACTIVITY Part II

How do you plan to apply what you've learned to your work moving forward?

BREAK

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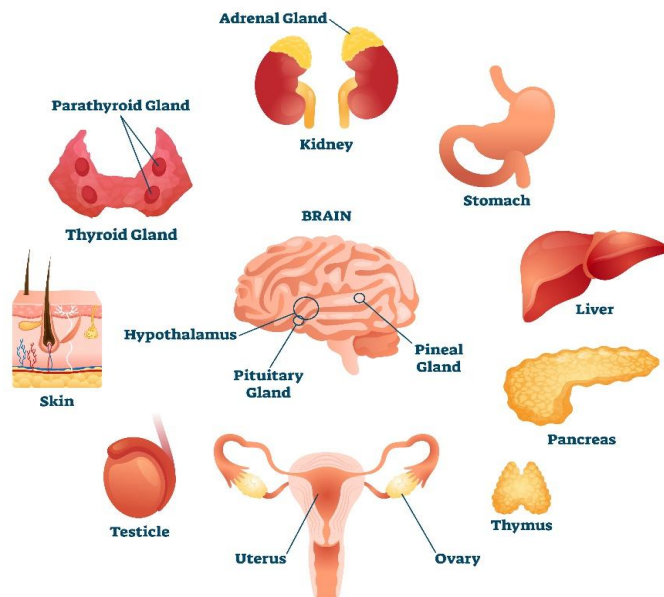


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Endocrine System (6 & 7)

Works with Multiple Body Organs and Affects Many Systems

ENDOCRINE SYSTEM



Hypothalamus - (master switchboard) controls the endocrine system

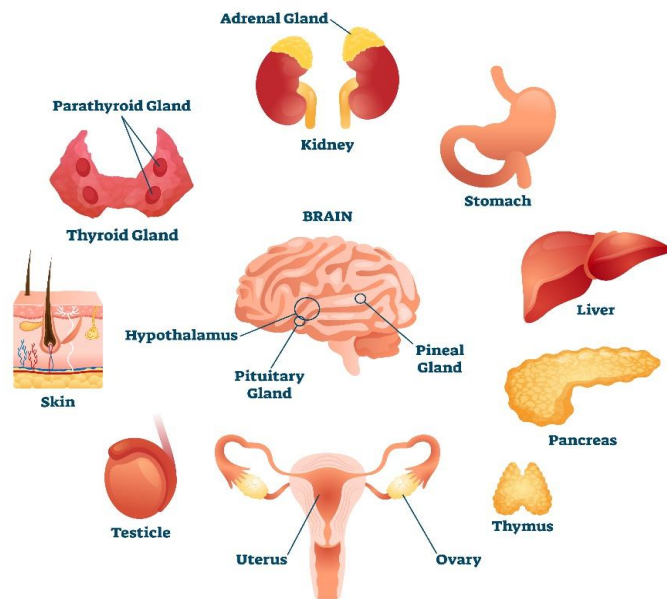
Hormones - control and regulate

- Reproduction
- Growth & development
- Maintaining homeostasis (body's healthy state)

Endocrine System ^(6 & 7)

Works with Multiple Body Organs and Affects Many Systems

ENDOCRINE SYSTEM



Primary Glands

- Pituitary (master gland) gets information from the Hypothalamus and helps regulate other glands
- Thyroid
- Adrenal

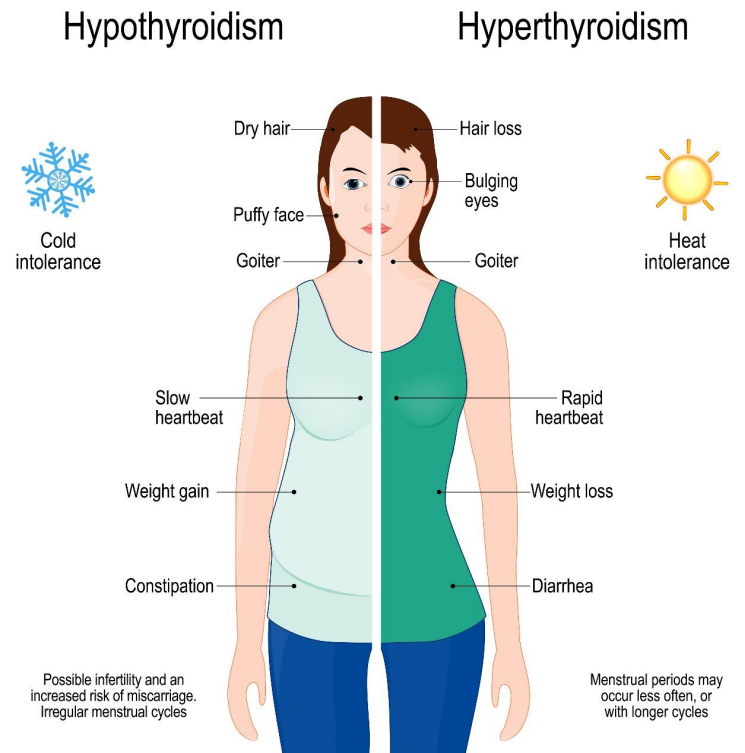
The endocrine system itself isn't affected much from aging; however, the systems they control are.

Disorders Affecting the Endocrine System (6, 7 & 13)

Thyroid

- Influences metabolic rate
- Hormone involved is the Thyroid Stimulating Hormone (TSH)
- Requires active iodine
- Approximately 12% of the population will develop a thyroid condition

Disorder of the thyroid gland



Disorders Affecting the Endocrine System (6, 7 & 13)

Hypothyroidism

Hypothyroidism is more common than hyperthyroidism

- Increased incidence of hypothyroidism with aging, especially in women
 - Risk factors – genetics, smoking, alcohol use, and diet
- Symptoms (seen more in younger) include fatigue, weakness, depression, and dry skin
- Treatment
 - Thyroid replacement (Levothyroxine)

Disorders Affecting the Endocrine System (6, 7 & 8)

Diabetes

The pancreas is located behind the stomach and has two main functions

- Produces enzymes to digest protein, fats, and carbohydrates
- Produces the hormone to make insulin
 - Beta-cells are responsible for making, storing and releasing insulin

Two types

Type 1

- Absence of insulin due to the destruction of Beta-cells in the pancreas

Type 2

- Combination of insufficient amount of insulin and insulin resistance
- Beta-cells are still present



POLL

Cardiovascular System ^(6 & 7)

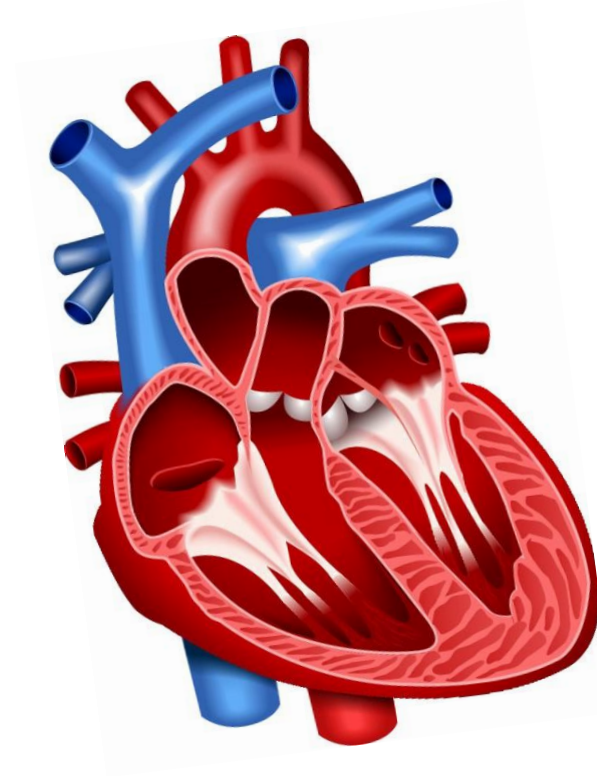
The cardiovascular system Consists of the Heart, Valves, and Vessels.

The heart has 4 chambers

- Two atriums
- Two ventricles

Heart valves thicken and get stiff

- Decrease the amount of blood that goes in and out of the heart
- Results in hypertension



Disorders Affecting the Cardiovascular System (6 & 7)

Coronary Heart Disease

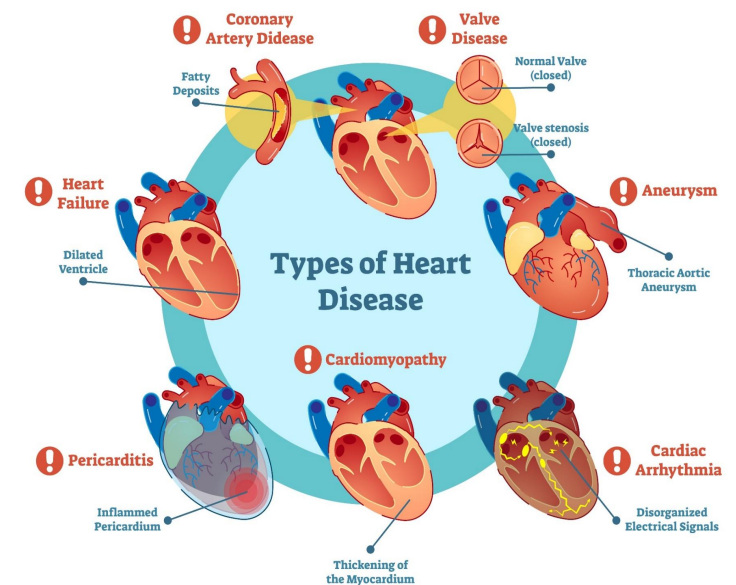
- Coronary arteries bring blood to the heart
- Arteries thicken – hardening of the arteries

Heart Failure

- Heart failure is the end result of other disorders, such as coronary heart disease, hypertension or diabetes

Heart Attack (Myocardial Infarction – MI)

- Parts of the heart don't get enough oxygen and die
- Pain



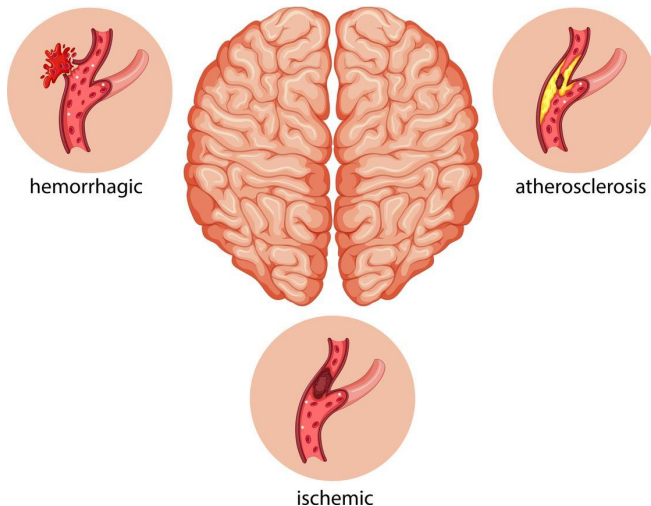
Disorders Affecting the Cardiovascular System

Cerebrovascular Disorder(7)

Transient Ischemic Attack (TIA)

- “Little Strokes”
- 1-5 minutes, unaware

Types of human brain stroke



Strokes

- Ischemic stroke
 - Caused by arterial disease
 - Most common
 - Severe headache
 - Weakness, tingling on one side
- Subarachnoid hemorrhagic
- Subdural hemorrhagic
 - Vessels damaged

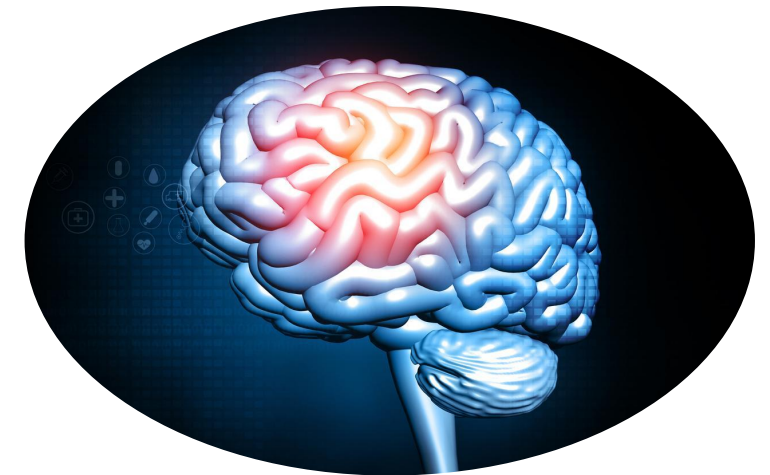
Disorders Affecting the Cardiovascular System (7)

Risk Factors

- Age is highest risk factor
- American Indians and Alaskan Natives are at a high risk

Treatment

- Anticoagulants
- Ischemic stroke
 - Occlusion to the artery by a clot is complete
 - rtPA within 3 hours
- Hemorrhagic stroke
 - Poor outcome
 - No treatment



Peripheral Vascular System

Part of the Cardiovascular System (6 & 7)

Peripheral Vascular Disease (PVD)

The veins or arteries are occluded

- Affect blood flow from the heart to the limbs or back from the limbs to the heart
- Lose feeling, or feels tingly
- Color changes
- Cause sores in toes, ankles, and legs

Can be a result of coronary heart disease and/or diabetes.



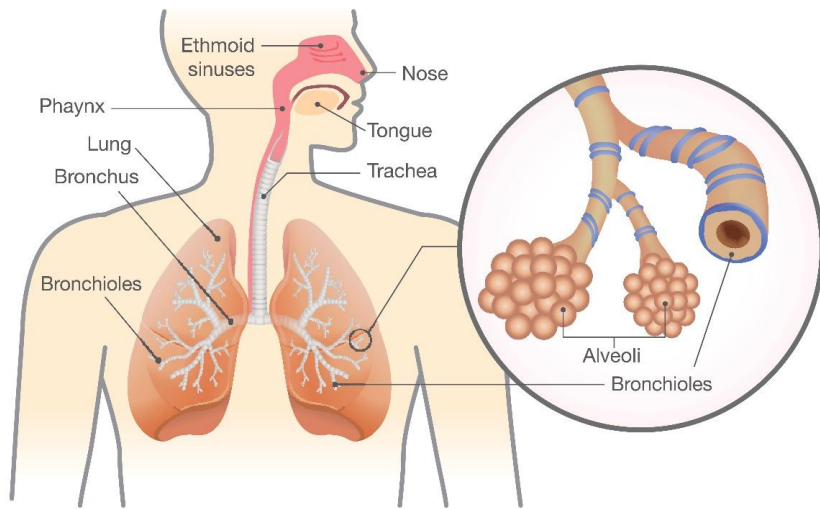


POLL

Respiratory System ⁽⁷⁾

The Respiratory System Starts with the Nose and Ends with the Lungs.

Respiratory System



Normal age-related changes is the lowered efficiency of the lungs to exchange oxygen with carbon dioxide

- Loss of elastic recoil
- Reduced ability to get rid of secretions
- Stiffening of the chest wall - barrel chest
- Respiratory problems are common but are almost always caused by exposure to environmental toxins

Breathlessness in speech is not a normal part of aging!

Disorders Affecting the Respiratory System (7)

Chronic Obstructive Pulmonary Disease (COPD)

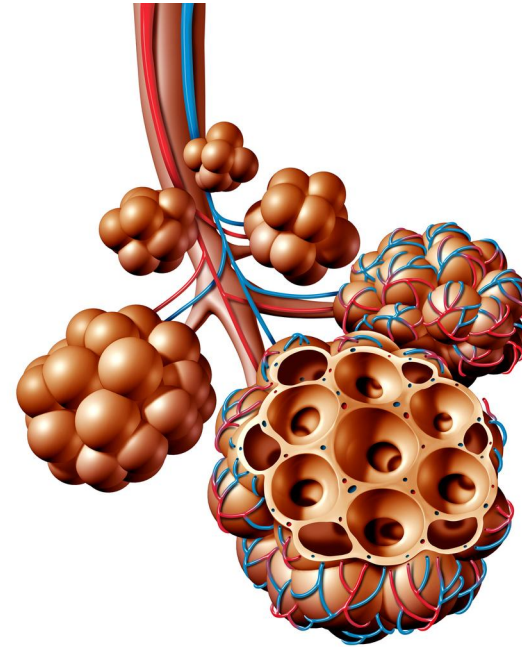
- Emphysema
 - Smoking
 - Environmental factors
- Chronic bronchitis
 - Inflammation and thickening of mucous membranes

Asthma

- Inflammatory disease – allergens, viral or bacterial infections

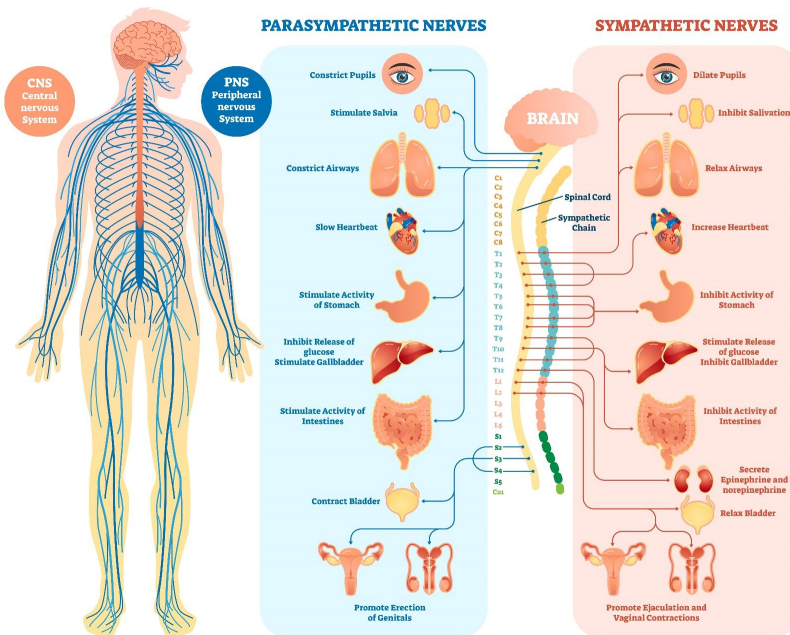
Pneumonia

Influenza



Nervous System (6 & 7)

HUMAN NERVOUS SYSTEM



Central Nervous System (CNS)

- Includes the brain and spinal cord

Peripheral Nervous System (PNS)

- Nerves that branch out from the brain and spinal cord to the rest of the body

CNS and PNS work together

- The CNS sends out messages from the brain to the PNS

Decrease in number of nerve cells

- Slower response time causes safety concerns

Disorders Related to the Central Nervous System⁽⁷⁾

Neurodegenerative Disorders (progressive and terminal)

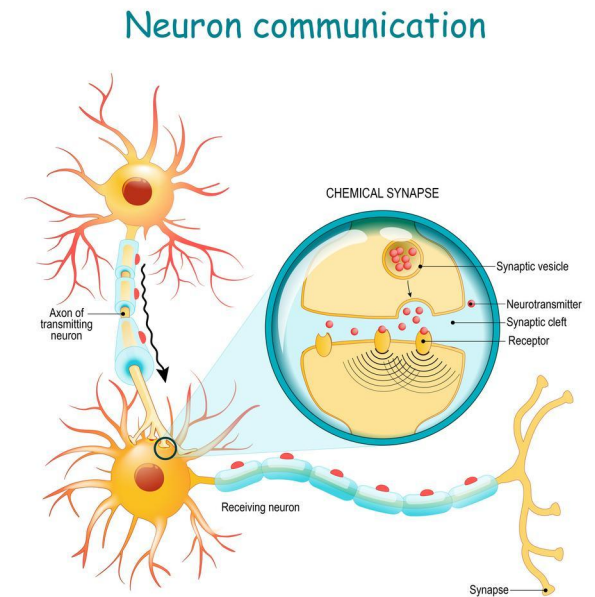
- Alzheimer's
 - The word dementia has been replaced by neurocognitive disorder
 - Memory impairment is not a normal part of aging
- Parkinson's
 - Affects the CNS and mobility

Age Associated Memory Impairment (AAMI)

- An expected part of aging

Mental Illness

- Neurotransmitters (chemicals)
 - Serotonin
 - Dopamine



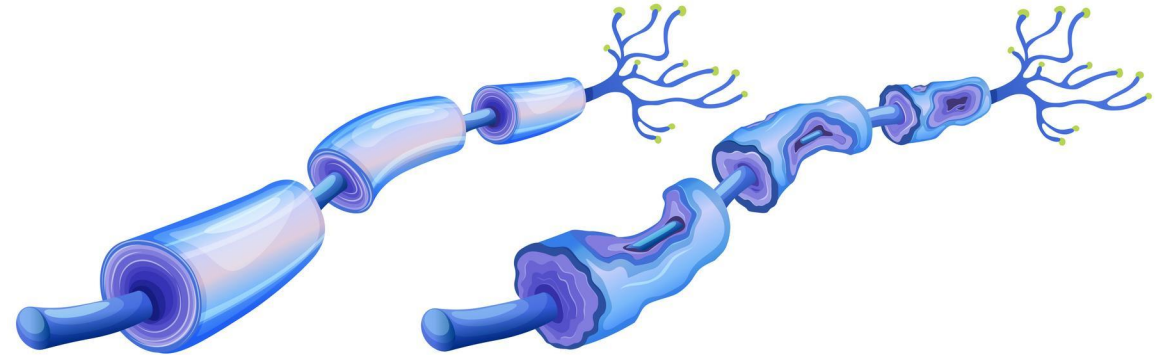
Disorders Affecting Peripheral Nervous System (PNS) (7)

Peripheral Neuropathy

- Affects the nervous system
- Affects hand and feet
- Causes weakness, numbness and pain
- Main cause is diabetes
 - Increase in blood sugar damages nerves

Peripheral Vascular Disease (PVD)

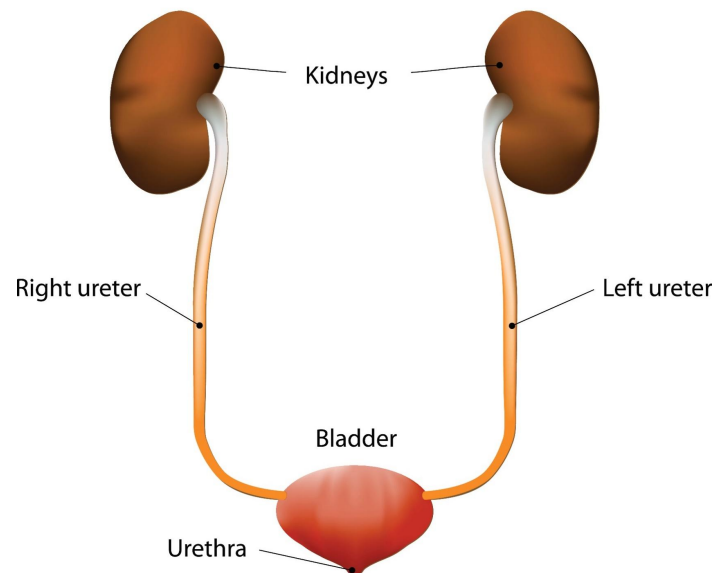
- Difference
 - Peripheral vascular disease affects the arteries and veins
 - Causes open sores



Genitourinary (GU) System ^(6 & 7)

The Genitourinary System Consists of the Kidneys, Bladder, Ureters and Urethra.

HUMAN URINARY SYSTEM



Kidneys – located in the middle of the back

- Function of the kidneys
 - Filter waste and toxins
 - Release hormones
 - Helps eliminate medications
 - Concentrates urine
- Size of kidneys decrease with aging

Genitourinary (GU) System (6 & 7)

Ureters & Urethra

Ureters

- Carry urine away from the kidneys to the bladder

Urethra

- Carries urine from the bladder to the outside

Bladder – located in the lower abdomen

- Bladder capacity decreases
- Increased frequency
- Increased urgency
- Increased nighttime urination
- Weakened contractions during emptying may lead to residual urine – can cause Urinary Tract Infections (UTI)

Disorders Affecting the Genitourinary System (6 & 7)

Types of Urinary Incontinence

- Urge or Overactive
 - Feel the urge, no matter the amount
- Stress
 - Sneezing or laughing
- Overflow
 - Body makes more urine than the bladder can handle
- Functional
 - Can't get to the bathroom on time

Urinary incontinence is NOT a normal part of aging.

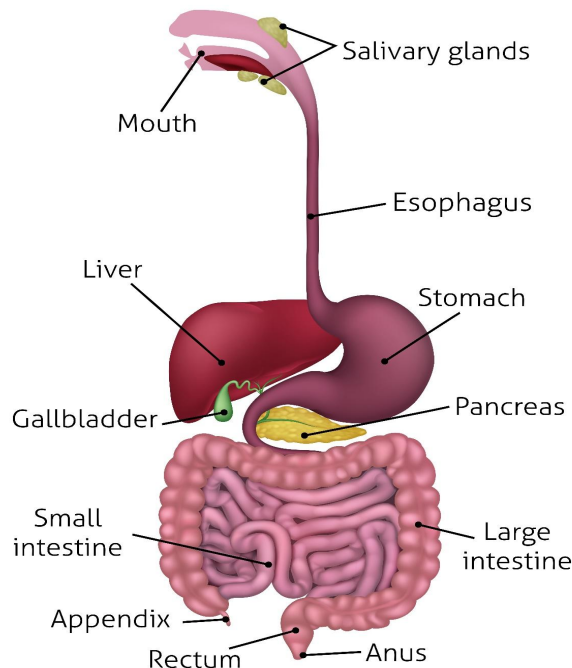
Urinary Tract Infections

- E.coli in women
- Uncommon in men
 - Bladder cancer
- Decrease in number of nerve endings
- Catheter Acquired Urinary Tract Infections (CAUTI's)
- One of the leading causes of death in frail elderly

A change in behavior can indicate a UTI.

Gastrointestinal System (Track) ^(6 & 7)

The Gastrointestinal (GI) System Goes From the Mouth to the Anus.



Changes in the GI System with Aging

- Increased loss of tooth enamel, teeth, smell, and taste
- Increased time for the stomach to empty
- Decreased motility in the GI track
- Decreased blood flow to the liver
- Decreased liver function
- Increased gall stone production

Disorders of the GI System (Track) (7)

Gastro Esophageal Reflux Disorder

- Occurs in the Esophagus
 - Contractions increase, but disordered and less effective

Inflammatory Bowel Disease

- Ulcerative Colitis and Crohn's Disease – autoimmune disease
 - Occurs in the small intestine (20 ft long)
 - Bowel becomes inflamed

Liver

- Produces bile
- Primary site for metabolism of most toxic substances
- Reduced liver mass occurs with aging
- Results in decreased blood flow
- Affects liver's ability to metabolize medications

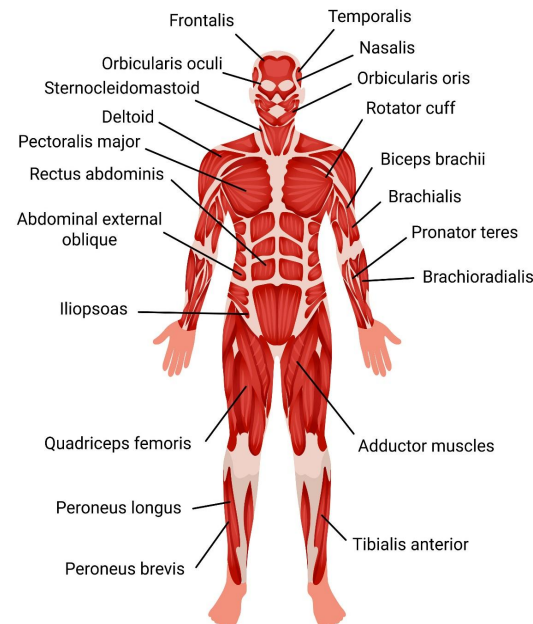


POLL

Musculoskeletal System (6 & 7)

The Musculoskeletal System Consists of Muscles, Bones, Joints, Tendons, and Ligaments.

MUSCULAR SYSTEM



Muscles

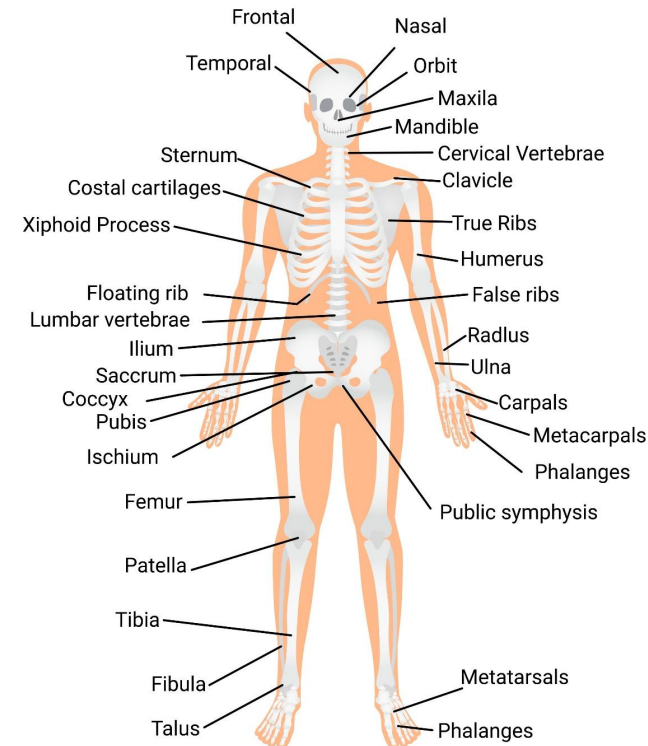
- Decrease in muscle 'bulk'
- Decrease in muscle strength
- Decrease in lean body mass
- Muscle mass can continue to build until age 50
- Can loss 30-40% by age 90

Musculoskeletal System (6 & 7)

Bones

- Loss of bone tissue
 - Decreased strength of bones
- Decrease minerals deposited in bones
 - Increased brittleness of bones
- Reduced Bone Mineral Density (BMD)
 - Four times more common in women
 - Associated with hormonal changes
 - Men – decrease is due to prolonged steroid use

SKELETAL SYSTEM



Musculoskeletal System (6 & 7)

Joints, Tendons, & Ligaments

- As cartilage in joint dries
 - Becomes thinner
 - More rigid and fragile
- Decreased range of motion, strength and flexibility
- Results in pain as bone rubs on bone
- Cartilage in nose & ears continue to grow – especially in men

Structure and Posture

- Height can be lost up to 3”
- Shoulder width decreases
- Chest width and pelvis increase



Feet ⁽⁷⁾

Changes with Aging

- Skin drier
- Toenails become brittle, thicken, fungal infections
 - Yellow, crumbling, and thickening of nails
- Degenerative joint disease
 - Decreases range of motion

Common Problems

- Corns
- Calluses
- Bunions
- Hammertoe
- Fungal infections
- Plantar fasciitis
 - Heel pain

Disorders Affecting Mobility ⁽⁷⁾

Osteoporosis

- Weakened bones can break easily
- Estrogen loss in women

Parkinson's Disease

- Neuromuscular disease
- Discussed in nervous system
- Dopamine affects mobility

Arthritic Conditions

- Osteoarthritis (OA)
 - Most common
 - Inflammatory process
 - Joints most affected knees, hips, hands and spine
 - Stiff in the morning
- Rheumatoid (RA)
 - Inflammatory process
 - Autoimmune
 - Pain and stiffness lasts more than 30 minutes
 - Acute vs chronic

Falls ⁽⁷⁾

One of the Leading Causes of Morbidity and Mortality

Causes

- Osteoporosis
- Visual acuity
- Cognitive impairment
- Postural hypotension
- Cardiac arrhythmias
- Uncontrolled diabetes
- Depression
- Weakness
- Medications

Consequences

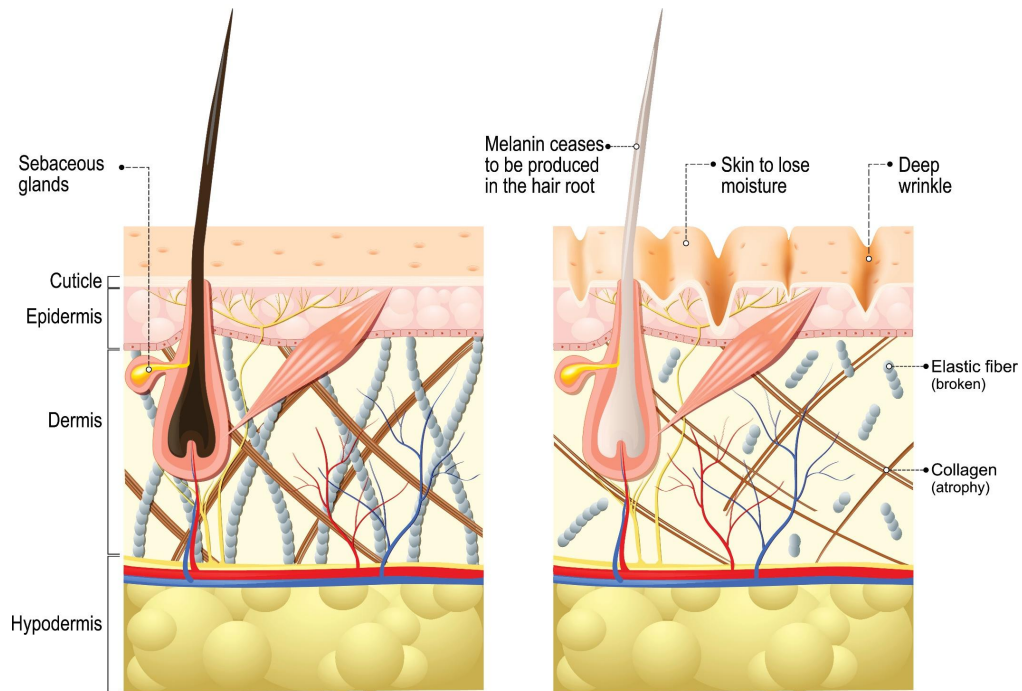
- Hip fractures
 - 95% caused by falls
 - 2nd leading cause of hospitalizations
 - Increased morbidity/mortality
 - Difficult recovery
- Traumatic Brain Injury (TBI)
 - Often misdiagnosed
 - Poor outcomes



POLL

Integumentary (Skin) System ^(6 & 7)

Skin is the largest organ of the body.



Younger skin

Older skin

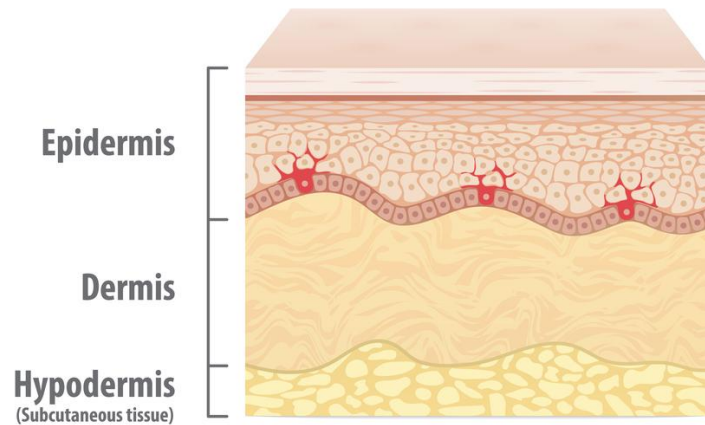
Major defense against infections

Changes in the skin

- Dry, thin, wrinkled, and less elastic
- More sensitive to ultraviolet light
- Decrease blood vessels
 - Increase risk for infections
 - Slower wound healing
 - Decreased sense of touch and pressure
 - Decreased ability to respond to temperature changes
 - Body temperature is lower

Layers of the Integumentary System (7)

LAYERS & CELL STRUCTURE OF SKIN



Three layers

1. Epidermis
 - Top layer
 - Renews itself every 30 days
 - Seborrheic keratosis
2. Dermis
 - Middle layer
 - Elastin fibers thicken and fragment - loose skin/skin tears
3. Hypodermis
 - Lower layer
 - Subcutaneous fat

Disorders of the Integumentary System (6 & 7)

Infections

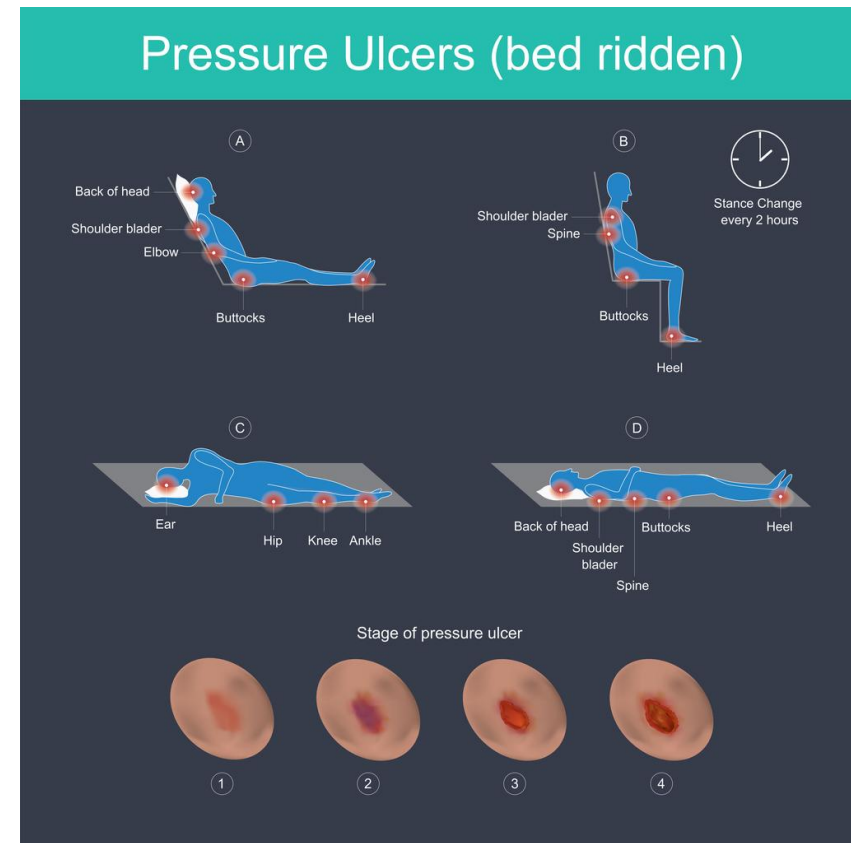
- 1st line of defense

Skin tears

- Tear in the 1st and 2nd layer of skin

Pressure Ulcers/Sores

- Sitting/laying in one place too long
- Obesity
- Urinary/bowel incontinence
- Stages
 - 1, 2, 3, 4, unstageable

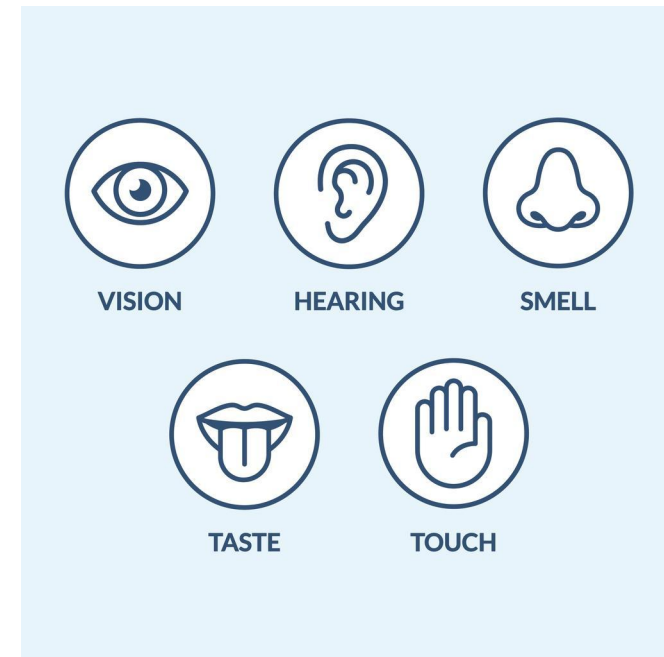


Sensory System ⁽⁶⁾

The Sensory System Consists of the 5 Senses:
Vision, Hearing, Smell, Taste, and Touch.

All 5 senses are affected by aging

- Vision
- Hearing
- Smell - Loss of sense of smell after 60
- Taste - Loss of taste buds
- Touch - Burns



Disorders of the Sensory System (6)

Eye

- Cataract
 - Crystalline proteins build up in the lens
 - Surgery
- Glaucoma
 - Damage to the optic nerve
 - Eye drops
- Diabetic Retinopathy
 - Damage to blood vessels in the back of the eye
 - Type 1 and 2 diabetes

Eye

- Macular Degeneration
 - Most common cause of blindness
 - Build up of Drusen or cholesterol in the back of the eye
 - Two Types: wet & dry

Ear

- Presbycusis
 - Hearing loss

Reproductive System (6 & 7)

Women

Perimenopause

- 5-10 years before menopause

Menopause

- Cessation of menses, around age 50

Breast Changes

- Glandular tissue replace by fat

Vaginal Changes

- Vagina shortens
- Dryness occurs

Decrease of Estrogen

- Increases risk for osteoporosis
- Increases risk for coronary artery disease

Men

Decreased Reproductive Function

- Sperm count does not change
- Decrease sperm motility
- Erectile dysfunction

Increased Difficulty Urinating

Benign Prostatic Hypertrophy (BPH)

Sleep Patterns (6 & 7)


- Sleep less in shorter blocks of time
- Takes longer to fall asleep
- Wake up more frequently
- Wake up earlier
- Restless Leg Syndrome
- Erratic sleep patterns
 - Sleep diaries



Interventions for Sleep Alterations (6 & 7)

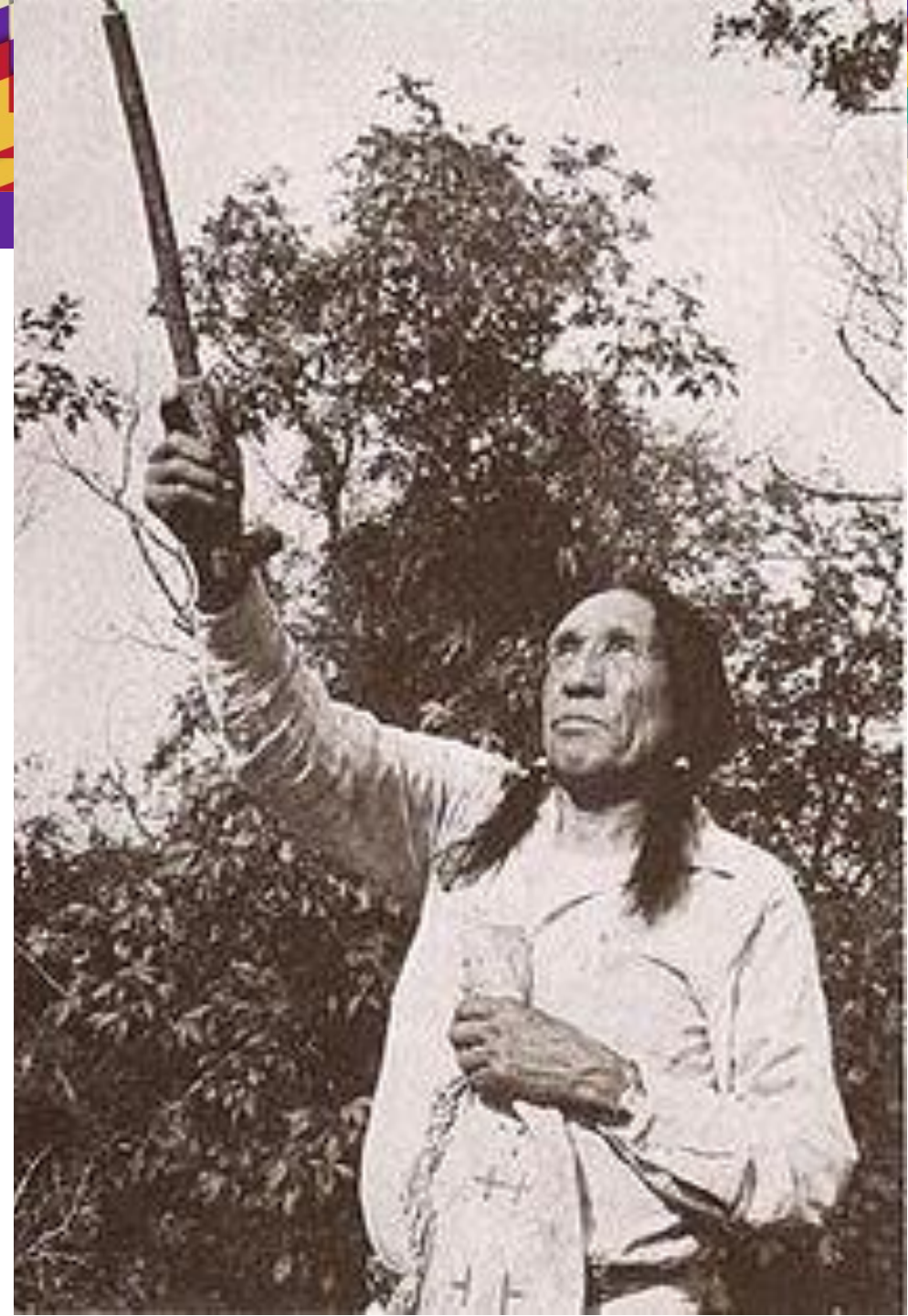


- Weight loss
- CPAP – Continuous Positive Airway Pressure
- Avoid alcohol
- Smoking cessation
- Avoid supine position during sleep
- Environmental changes
- Medication use



“With us the circle stands for the togetherness of the people who sit with one another around a fire...all the families in the village were in turn circles...part of the larger hoop of the nation...”

Tǎáhcha Hušté - Lame Deer





Changes in Aging

*Ask your
Elders and
they will tell
you....*



POLL

Section I: References

1. Zellinger, R. (1997). *Sacred Ground*. Chamberlain, SD: Tipi Press.
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Questions? Contact:
ProjectManager@iasquared.org



SECTION 2: Health Disparities



Objectives

At the end of the section, participants will:

1. Better understand health disparities
2. Identify common diseases that elderly American Indian people experience more often than the general population
3. Identify community strategies that can help to reduce rates of chronic disease in American Indian populations

Things To Think About

As the material is presented, keep in mind the following points:

- Health disparities are a severe health reality in Indian Country
- American Indian and Alaska Natives have limited access to health care
- Treaties between American Indian and Alaska Natives communities and federal government
 - Indian Health Services (IHS) was created to meet the federal commitment
- 574 federally recognized tribes
 - Many more seeking federal recognition
- IHS services are primarily focused in rural areas
 - 78% of American Indians and Alaska Natives live in cities and urban area



POLL

Health Disparities

- Health disparities definition
 - *“preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations” (CDC)*
 - *“Variations in health that negatively affect group of people who have systematically experienced greater social or economic obstacles to health, historically linked to discrimination or exclusion”. (Emlet)*
- Health equity
 - *“every person has the opportunity to attain his or her full health potential” and no one is “disadvantaged from achieving this potential because of social position or other socially determined circumstances”. (CDC)*

Activity

What health disparities are most prevalent in your community? – Use the annotate feature

Health Disparities

- Healthy people
 - New report every 10 years: “data-driven national objectives to improve health and well-being over the next decade”.
- Report from 2015
 - “white patients receive better quality of care than 36.7% of Hispanic patients, 41.1% of black patients, 32.4% of American Indian/Alaska Native patients, and 20.3% of Asian and Pacific Islander patients”.
- Social determinants of health
 - Socioeconomic status, access to health care, physical and social environment (neighborhood), literacy/education levels, legislative structure, food, and healthcare system
- Indian Health Services report



POLL

Disparities in Chronic Diseases among Native Elders

- Centers for Disease Control and Prevention:
 - heart disease, cancer, diabetes, liver disease, respiratory disease, and stroke
- NRCNAA:
 - ❖ *High Blood Pressure – 57.5%*
 - ❖ *Arthritis – 45.3%*
 - ❖ *Diabetes – 35.3%*
 - ❖ *Cataracts – 20%*
 - ❖ *Depression – 14.1%*
 - ❖ *In addition, 41.1% of Native Elders had one or more falls in the past*



Health Disparities Exercise Part I Example

Issue COVID-19	Social Determinants of Health <ul style="list-style-type: none">• Poverty• Lack of access to care (in-person or virtual)• Access to the vaccine• Physical environment
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EXAMPLE

Health Disparities Exercise Part I – Annotate

1. Decide an issue
2. Identify social determinants of health that impact the issue – type in using the annotate feature

Issue	Social Determinants of Health

Causes of Health Disparities

- Report for U.S. Health & Human Services
 - Lack of insurance
 - Significant differences in the composition of healthcare workers
 - Reduced access to health resources and services
- Other Reported Causes
 - Racism/Discrimination
 - Historical Grief
 - Lower socioeconomic resources
 - Distance from services/transportation issues
 - Housing issues
 - Social or environmental stressors

Health Disparities Exercise Part II – Annotate

1. Decide an issue
2. Identify social determinants of health that impact the issue – type in using the annotate feature

<p>Issue COVID-19</p>	<p>Social Determinants of Health</p> <ul style="list-style-type: none"> • Poverty • Lack of access to care (in-person or virtual) • Access to the vaccine • Access to healthy food 	<p>Upstream Solutions</p> <ul style="list-style-type: none"> • Single Payer Medicare for All • Broadband internet access for all • Transportation to care / vaccine / healthy food • Culturally competent healthcare providers
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EXAMPLE

Health Disparities Exercise Part II – Annotate

1. Decide an issue
2. Identify social determinants of health that impact the issue – type in using the annotate feature

Issue	Social Determinants of Health	Upstream Solutions

Response to Health Disparities ⁽³⁾

- Prevention of health disparities
- Focused community-based programming
- ‘Empowered’ perspective
- Follow an ‘empowered path’



*“it has taken a couple of generations to develop these problems,
it may take a couple of generations to remedy them”.*

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REMEMBER

1. Please complete the evaluation
 1. Separate evaluation if receiving CEUs
2. Join us next week for Living with Chronic Conditions and Health Promotion and Healthy Habits
3. Share our additional opportunities



Additional Resources

International Association For Indigenous Aging:

<https://iasquared.org/>

<https://iasquared.org/events-calendar/>

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

<https://iasquared.org/caregiving/>

<https://www.nrcnaa.org/>

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Closing Prayer

Thank you for joining us!