

# Caring for your Brain

## Addressing Alzheimer's Disease and Related Dementias (ADRD) in Indian Country

Presented by:

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Building Our Largest Dementia (BOLD) Infrastructure

Northwest Portland Area Indian Health Board,

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# I care about my brain

- My Story
- Traumatic brain injury
- Protecting your brain
- Strengthening your brain



# What I hope you start thinking about after today

- How can you be a partner of this movement to address Alzheimer's and Dementia?
- Why should we care for the health of our brain?
- When is aging normal and when is it something more?
- Refresher on what is Mild Cognitive Decline and Dementias?
- What is risk reduction?
- Why is early detection of Alzheimer's and Dementia important?
- Knowing your available tools and Resources



# How can you partner with Tribal communities? Community Needs Assessment

Preview & Test

## Dementia Community Assessment

The NW Tribal Elders Project (NTEC) is funded by CDC for the Healthy Brain Initiative (HBI): Building Our Largest Dementia (BOLD) infrastructure, Public Health Program to address Alzheimer's Disease and Related Dementia In Indian Country. The overall project goal is to collaborate with NW tribal leaders/elder programs to build the capacity within tribal communities to bring awareness of Alzheimer's Disease and Related Dementia using the HBI, and the Road Map for Indian Country (RMIC) to guide the work. The RMIC is a training tool designed to foster understanding among caregivers and health care providers about the effects of dementia, and build their capacity in those roles to prevent dementia through early detection programs at the community-level.

Purpose of Assessment

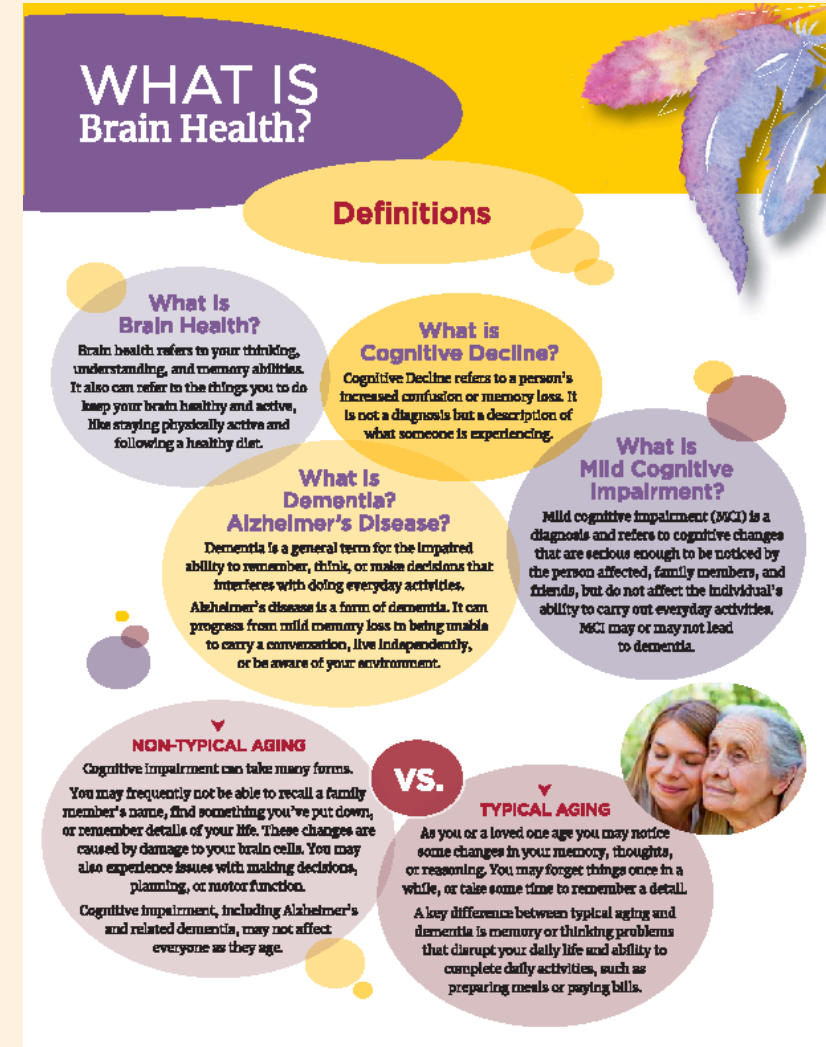
The first step toward building community capacity for dementia prevention is to complete a community-wide needs assessment. This assessment includes five sections, each designed to help determine the needs of our tribal citizens living with Alzheimer's and other dementias and their caregivers. We will use the information gathered through this assessment to determine what kind of training and technical assistance around Alzheimer's and other dementias are most needed by elder programs in our NW Tribal communities. We will summarize the findings into an NW tribal elder report, which we will share with NW tribes to help with their efforts to address this important health issue.

***Thank you so much for your time in completing this assessment. Please note that throughout the questionnaire, whenever we use the term "dementia" we are referring to the broad spectrum of related diseases such as Alzheimer's disease, vascular dementia, Lewy Body dementia, and similar conditions.***



# Brain health

- Brain health refers to the state of brain functioning, your thinking, understanding, and memory abilities. It can refer to the things you do to keep your brain healthy and active, like staying physically active, healthy food choices and managing risky behaviors such as commercial tobacco use (NIHB.org)
- Brain health refers to how well a person's brain functions across several areas.
- Aspects of brain health include:
  - Cognitive health
  - Motor function
  - Emotional function
  - Tactile function



# What is normal healthy aging? What is not?

- **Normal Healthy Aging**
  - Simple forgetfulness
  - Delay in recalling names, places, dates and events
  - Cognitive Changes
- **Not normal Healthy Aging (serious memory problem)**
  - When memory changes begin to interfere with normal daily life and activities are not considered normal aging
  - Forgetting why things are the way they are, or why/how something works the way it does



# Mild Cognitive Impairment (MCI)

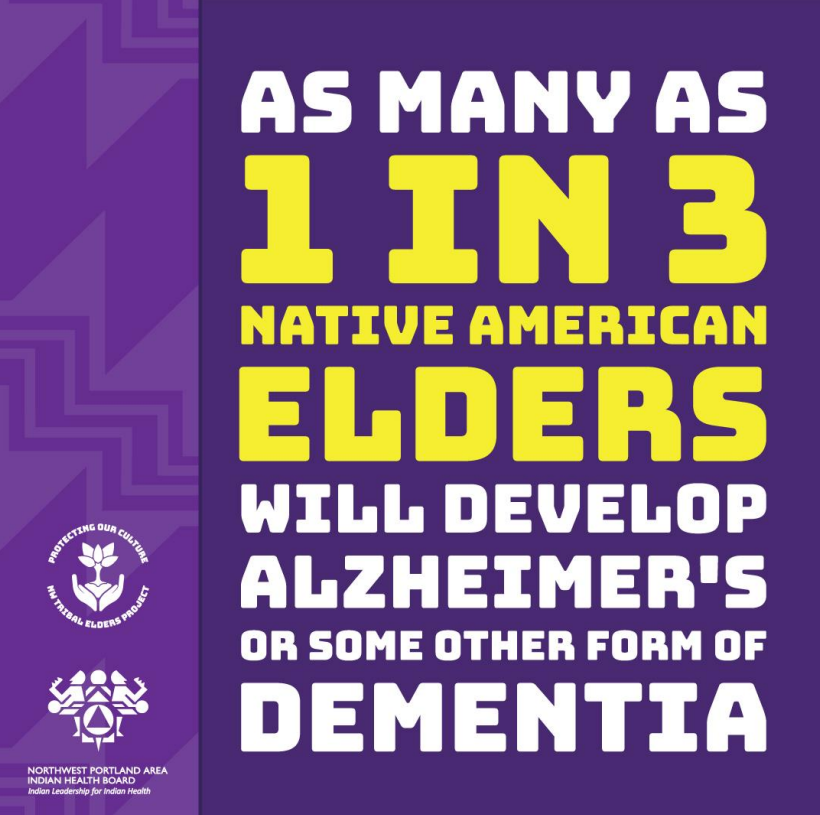
- MCI is a condition some older adults experience having more memory or other thinking problems than other people their age but can still do their normal daily activities.
- Some signs of MCI include:
  - Losing things often
  - Forgetting to go to important events or appointments
  - Having more trouble coming up with specific word usage than other people their age
- People with MCI are more likely to develop Alzheimer's disease than those without. However, not everyone with MCI will develop Alzheimer's disease.





# What is Dementia

- Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — to such an extent that it interferes with a person's daily life and activities. Some people with dementia cannot control their emotions, and their personalities may change. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of living.



**AS MANY AS  
1 IN 3  
NATIVE AMERICAN  
ELDERS  
WILL DEVELOP  
ALZHEIMER'S  
OR SOME OTHER FORM OF  
DEMENTIA**

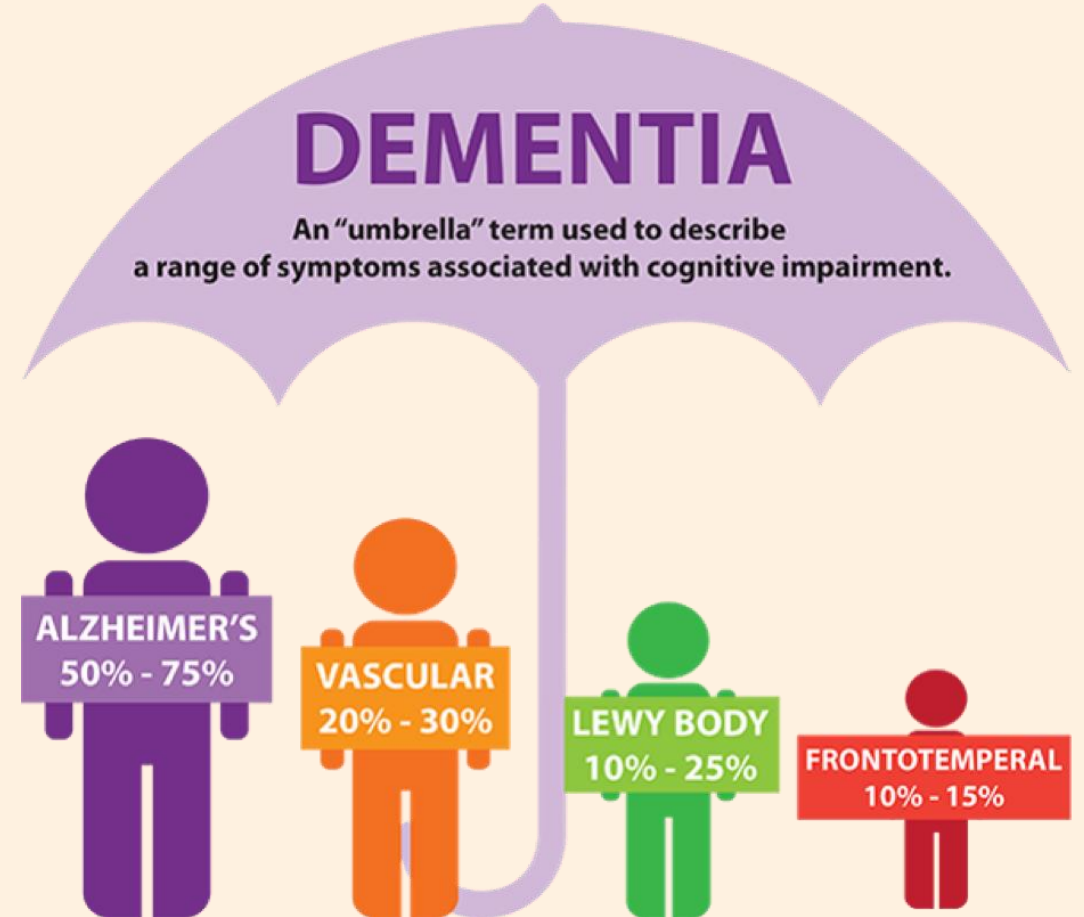
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# What are related dementias?

- Alzheimer's disease
- Frontotemporal dementia
- Lewy body dementia
- Vascular dementia
- Mixed Dementia



# What are the signs and symptoms of Alzheimer's?

- Some early and typical signs and symptoms of dementia include:
  - Memory loss that disrupts daily life
  - Challenges in planning or solving problems
  - Difficulty completing familiar tasks at home, at work, or at leisure
  - Confusion with time or place
  - Trouble understanding visual images and spatial relations
  - New problems with words in speaking or writing
  - Misplacing things and losing the ability to retrace steps
  - Decreased or poor judgment
  - Withdrawal from work or social activities
  - Changes in mood and personality
- Generally, there must be two or more of the symptoms present in a person to label them a case of dementia – and they would be severe enough to cause interference with daily lives



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RESPECTING ELDER WISDOM**

**TOP 10 WARNING SIGNS OF  
ALZHEIMER'S**

- 1. MEMORY LOSS THAT DISRUPTS DAILY LIFE:**  
Forgetting events, repeating yourself or relying on more aids to help you remember (like sticky notes or reminders).
- 2. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK, OR AT LEISURE:**  
Having problems with cooking, driving places, using a cell phone, or shopping.
- 3. CHALLENGES IN PLANNING OR SOLVING PROBLEMS:**  
Having trouble paying bills or cooking recipes you have used for years.
- 4. CONFUSION WITH TIME OR PLACE:**  
Having trouble understanding an event that is happening later, or losing track of dates.
- 5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONS:**  
Having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.
- 6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING:**  
Having trouble following or joining a conversation or struggling to find a word you are looking for (saying "that thing on your wrist that tells time" instead of "watch").
- 7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS:**  
Placing car keys in the washer or dryer or not being able to retrace steps to find something.
- 8. DECREASED OR POOR JUDGMENT:**  
Being a victim of a scam, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.
- 9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES:**  
Not wanting to go to church or other activities as you usually do, not being able to follow football games or keep up with what's happening.
- 10. CHANGES IN MOOD AND PERSONALITY:**  
Getting easily upset in common situations or being fearful or suspicious.

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**alzheimer's association**  
www.alz.org  
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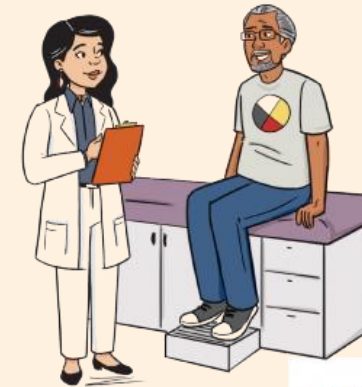
# Benefits of Early detection and screening

- What we know

- Early detection of symptoms is important, some causes can be identified resulting in improved symptoms
- Overall, most instances of dementia do not have a single point of causation. Treatments are limited in their usefulness
- Early diagnosis can help with managing the condition and planning ahead

## **Early Detection Matters.**

*Get health screening tests and wellness check-ups each year at your local Urban Indian Health facility.*



*Watch the video and learn more at [ncuih.org/wisdomkeeper](http://ncuih.org/wisdomkeeper)*



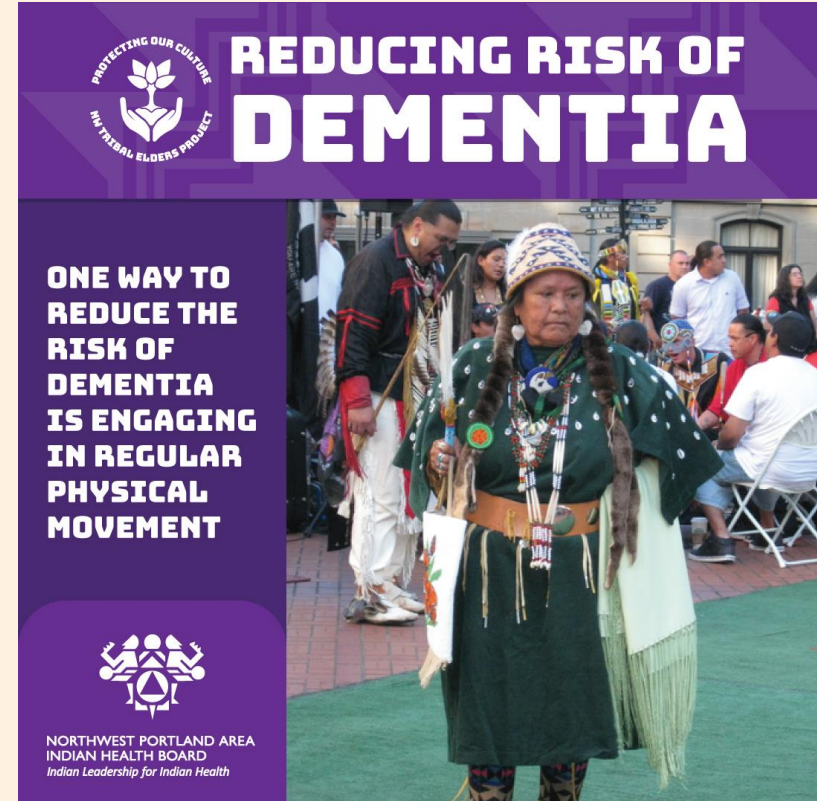
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# Can ADRD be prevented and or managed?

- Your lifestyle, habits, and daily activities have a huge impact on the health of your brain
  - Stay social
  - Eliminate risk behaviors
  - Manage stress
  - Get good sleep
  - Eat healthy diet
  - Regular physical activity



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# Modifiable Risk Factors



Did you know that there are known risks for **Alzheimer's disease and related dementias**?

not enough aerobic physical activity

cigarette smoking

excessive alcohol use

obesity

hypertension

diabetes

depression

hearing loss

**Keep your brain healthy!**

Talk to your health care provider about things you can do to reduce your risk

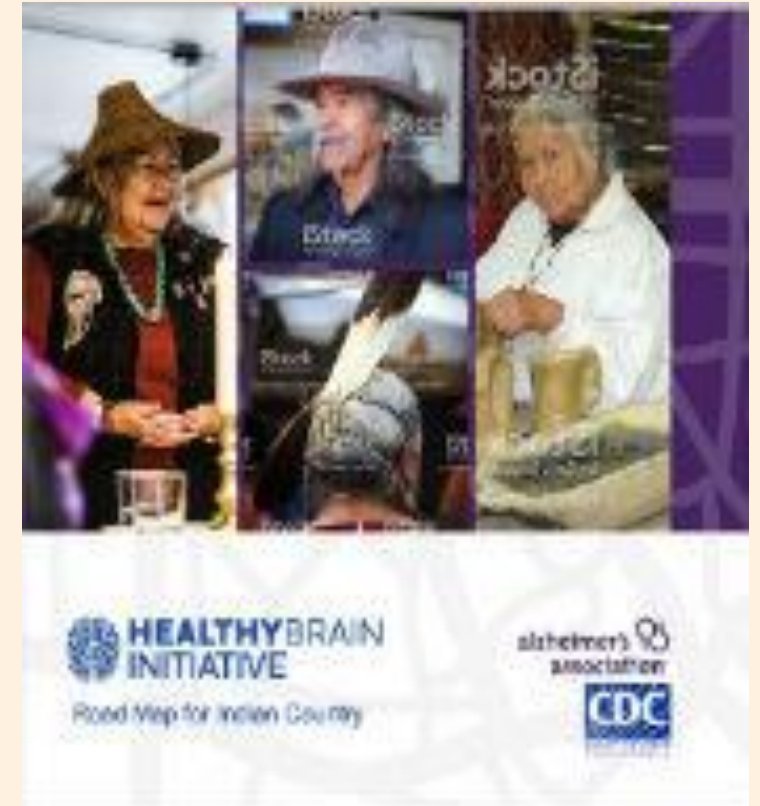
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# Healthy Brain Initiative Road Map for Indian Country

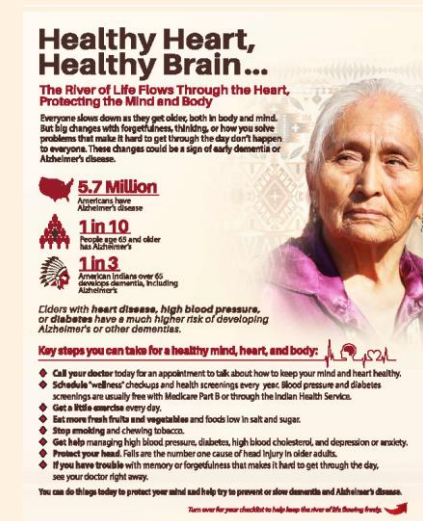
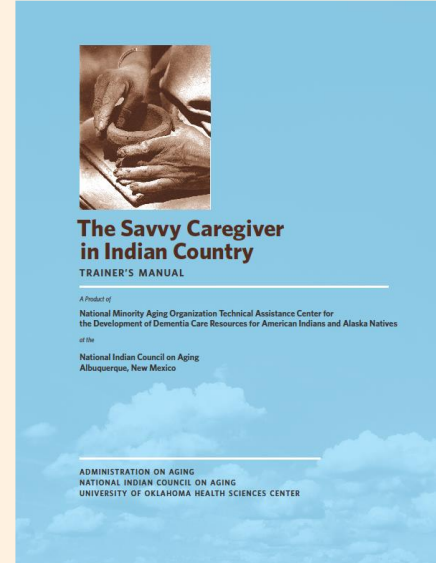
- Public Health Guide focused on dementia in AI/AN communities
- Community engagement tool
- Empower tribal communities:
  - Understand effects of dementia in tribal communities
  - Understand and provide training and resources to caregivers and providers
  - Identify prevention, early detection and preventive strategies for public health approaches



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# ADRD resources and support tools

- Savvy Caregiver In Indian Country
- National Council Urban Indian Health Wisdom Keepers Healthy Brain Videos
- Toolkit – Healthy Heart, Healthy Brain (astho.org)



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[What Is Dementia? Symptoms, Types, and Diagnosis | National Institute on Aging \(nih.gov\)](#)

[Understanding Different Types of Dementia \(nih.gov\)](#)

[Everything You Need to Know About Dementia – Symptoms, Signs, Causes, Diagnosis, Risk Factors, Types and Treatments – Betahealthy](#)

[Earlier Diagnosis | Alzheimer's Association](#)

[Alzheimer's and Multiple Chronic Conditions](#)

[Age-Related Memory Loss - HelpGuide.org](#)

[The Savvy Caregiver in Indian Country Trainer's Manual \(nicoa.org\)](#)

[National Council Urban Indian Health \(cdc.gov\)](#)

[Road Map for Indian Country | Alzheimer's Disease and Healthy Aging | CDC](#)

[Healthy Heart, Healthy Brain flyer \(astho.org\)](#)



# Thank you

- Thank you for your time
- Please let us know how we can support your tribal health programs
- Contact us at

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