

Addressing Dementia in Indian Country

Where We Are and What Comes Next

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Part of the National Alzheimer's and Dementia Resource Center webinar series sponsored by the Administration for Community Living.

Current clients

- Alzheimer's Association, Public Health Department
- Alzheimer's Disease International
- UMASS Boston, UMBC Erickson School
- Nevada Senior Services, JHMI Dept. Psychiatry
- Emory University (Dr. Hepburn, PI)
- ACL grant reviewer, AI/AN/NH program speaker
- UCSF Global Brain Health Program
- Wellmed Charitable Foundation, Lt. Governor Rhode Island
- Owner, Cognitive Solutions LLC, Recruitment Partners LLC



Conflicts of Interest

- None of my clients have control over this presentation.
- Thanks to the Alzheimer's Association for the dementia umbrella slide.

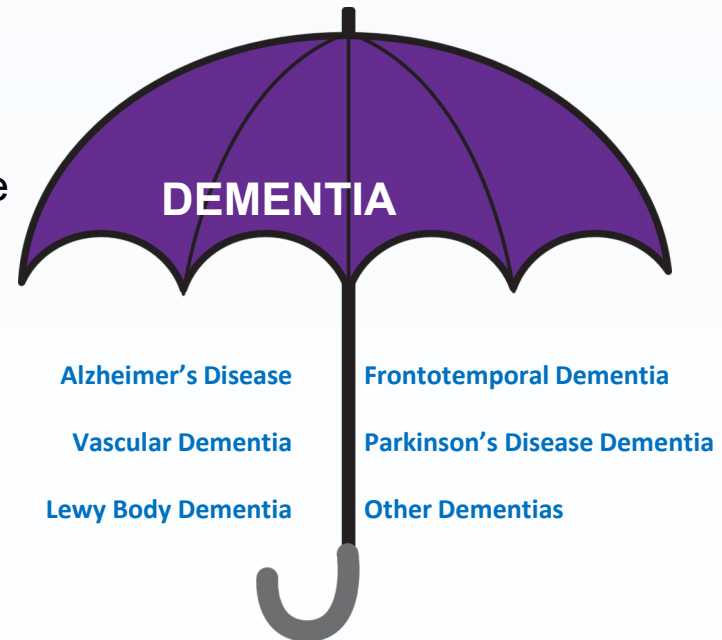


Path today

- Level setting on AD and related disorders
- **Solutions emerging**
- **Pyramid Lake Paiute: One Community's story**
- Discussion

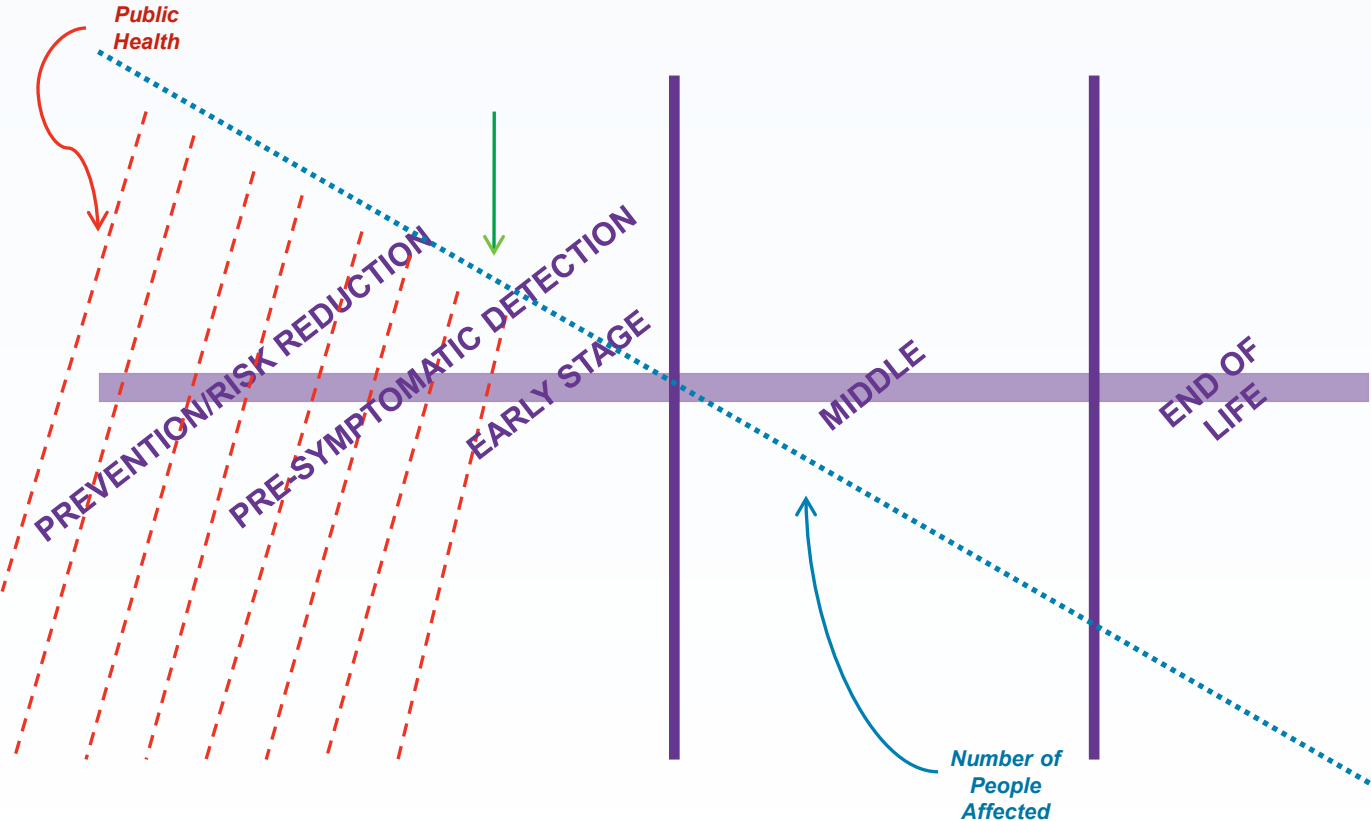
What is Dementia?

- Dementia is the loss of cognitive functioning and behavioral abilities that interfere with daily life
- **Alzheimer's is the most common cause of dementia**
- Many (maybe majority) of dementia cases have multiple causes



SOURCE: Alzheimer's Disease Facts and Figures, *Alzheimer's & Dementia* (2019)

A Comprehensive Approach to Alzheimer's



Emerging Solutions: Data



SUBJECTIVE COGNITIVE DECLINE AMONG AMERICAN INDIAN/ALASKA NATIVE ADULTS

2015–2017 Behavioral Risk Factor Surveillance System (BRFSS) Data from American Indian and Alaska Native adults in 49 States*, Puerto Rico, and the District of Columbia: People Aged 45 Years and Older

1 in 6

American Indian/Alaska Native adults aged 45 years and older are experiencing Subjective Cognitive Decline



SCD is self-reported MEMORY PROBLEMS that have been GETTING WORSE over the past year.

63% of people with SCD had to give up day-to-day activities



88% of people with SCD have at least one chronic condition

one in two

of people with SCD say it interfered with social activities, work or volunteering



over half of people with SCD have discussed their symptoms with a healthcare provider

54% of people with SCD need help with household tasks



*All except Pennsylvania



alzheimer's association cdc.gov/aging

CS 000070-A April 2019

<https://www.cdc.gov/aging/data/infographic/2017/american-indian-alaska-native-cognitive-decline.html>



Mystery: Urban AI/AN and Dementia

- 60-70% who identify as AI/AN live in urban areas.
- Earlier ages of chronic disease.
- Some long-distance caregiving (We call it family.)
- Resource access and utilization for diagnosis, care and support?

Emerging Solutions: Reducing Risk



Hypertension: Big Opportunity



Higher rates

- 27.2 % AI/AN have hypertension
- May be in part due to rates of smoking
- Regional differences have been observed


- Source: CDC 2020. Summary Health Statistics: National Health Interview Survey: 2018. Table A-1a.
- <https://www.cdc.gov/nchs/nhis/shs/tables.htm>





ASTHO/IA²


Healthy Heart, Healthy Brain ...

The River of Life Flows
Through the Heart,
Protecting the Mind and Body





 **5.7 Million**
Americans have
Alzheimer's disease

 **1 in 10**
People age 65 and older
has Alzheimer's

 **1 in 3**
American Indians over 65
develop dementia, including
Alzheimer's

Elders with **heart disease, high blood pressure, or diabetes** have a much higher risk of developing Alzheimer's or other dementias*

Make an appointment with your doctor today to talk about how to keep your mind and heart healthy.

  International Association for Indigenous Aging

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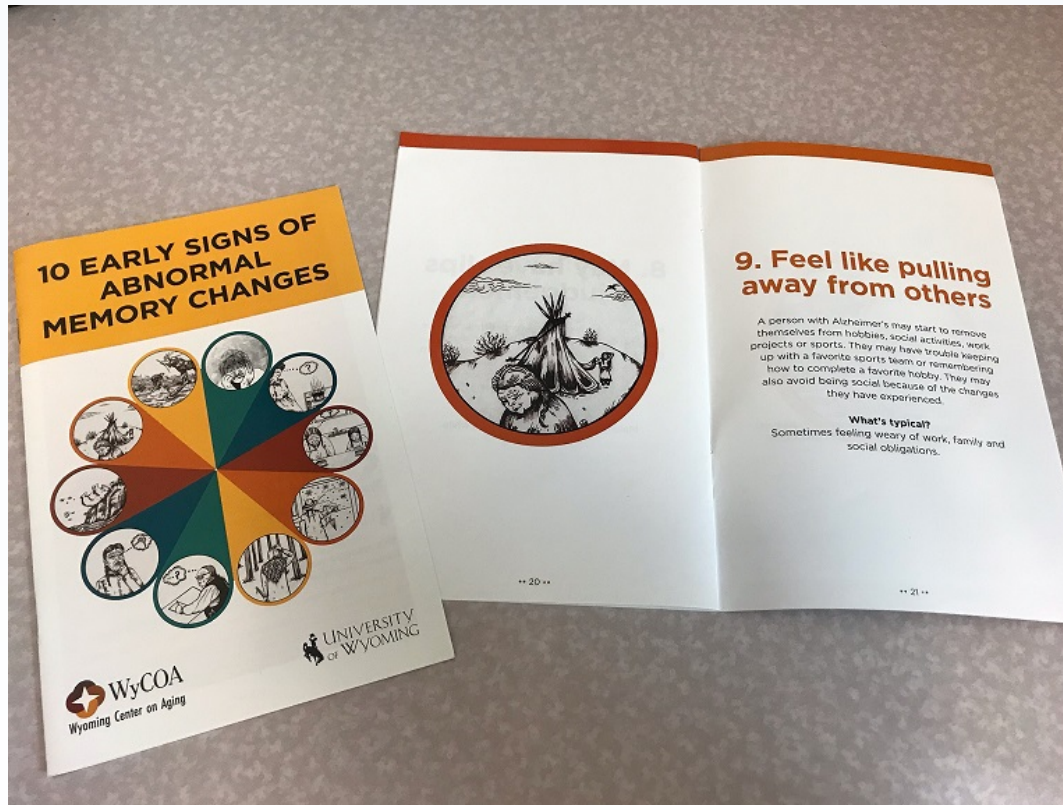
https://www.astho.org/uploadedFiles/Programs/Prevention/Healthy_Aging/IA2-ASTHO_PSA_no3.mp3



Emerging Solutions: Early Detection



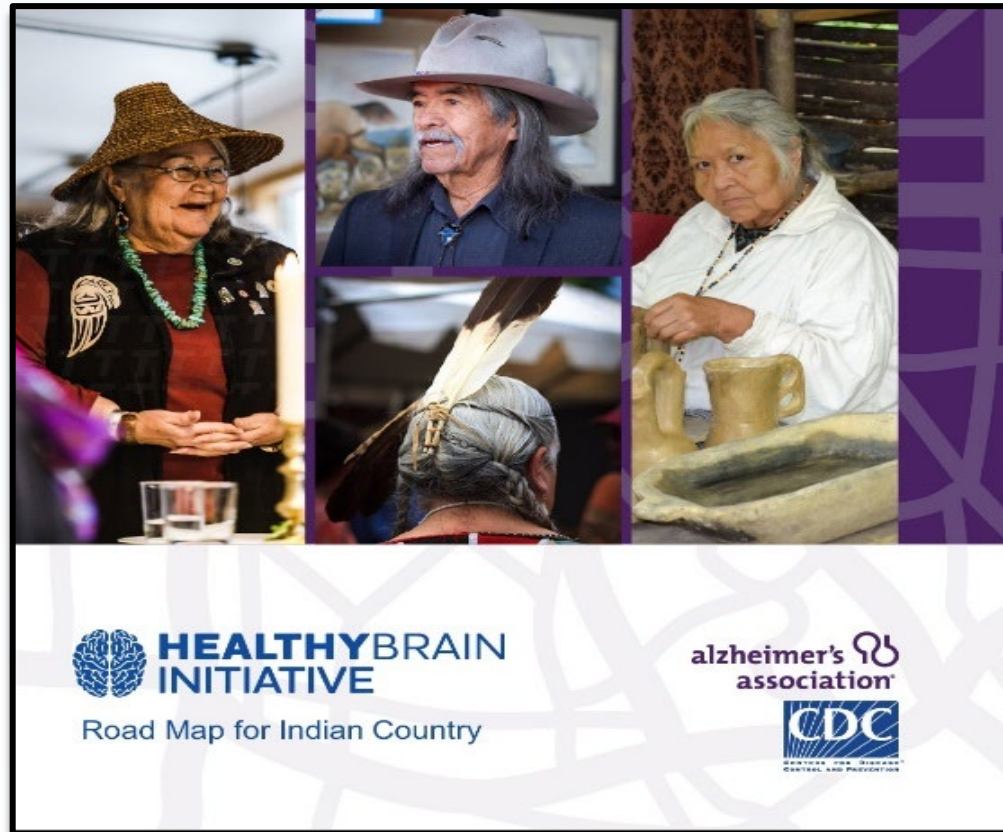
Culturally competent materials



http://www.uwyo.edu/wycoa/resources_on_aging/native-alz-booklet-poster.html



Road Map for Indian Country: Conversation Starter



<https://www.alz.org/professionals/public-health/road-map/tribal-roadmap>



One community's conversation

- Carla Eben



Tribal specific Funding Opportunities

- CDC — BOLD Act
- ACL/AoA — ADPI Awards



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