

Indigenous Aging

Advancing a community-based model to address
dementia in tribal clinics

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Partnerships *for* Native Health
Washington State University

UW Medicine
UW ALZHEIMER'S DISEASE
RESEARCH CENTER



WASHINGTON STATE
UNIVERSITY

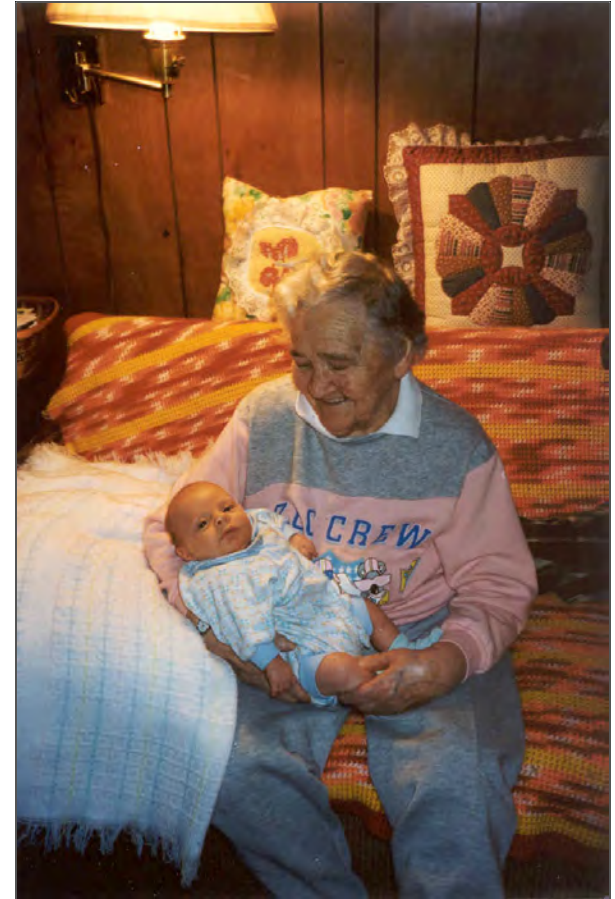
Partnerships for Native Health

- Community-based action research, education and training
- Urban and reservation-based AI/AN populations across the lifespan
- Physical and mental health, chronic disease, elder health, healthcare needs
- ~ 160 partners: tribal colleges, AI/AN organizations, tribes (30 active partners)
- 75 projects funded since 2007



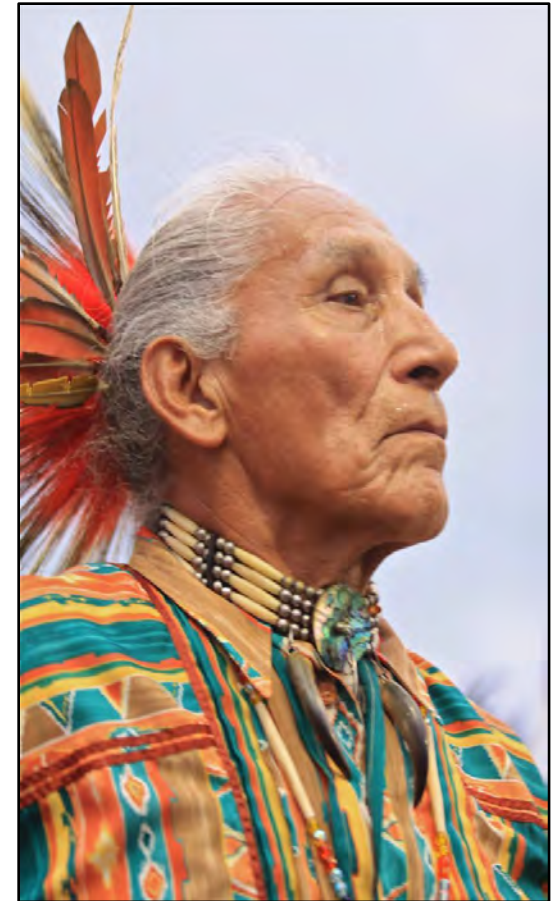
Outreach, Research, and Education (ORE)

- Context
 - Dementia 101
 - American Indians/Alaska Natives (AI/ANs), cognitive impairment, and dementia
 - Washington State data
- Clinical Integration Efforts
 - Native outreach and education
 - Detection
 - Resources




What is Dementia?

- **Dementia** is a decline in mental ability, including memory, that is severe enough to result in loss of independence in typical daily activities.
- **Dementia** is most common in older adults and has many known causes.
- Alzheimer's disease is the most **common type of dementia** in older adults.



What is Alzheimer's Disease?

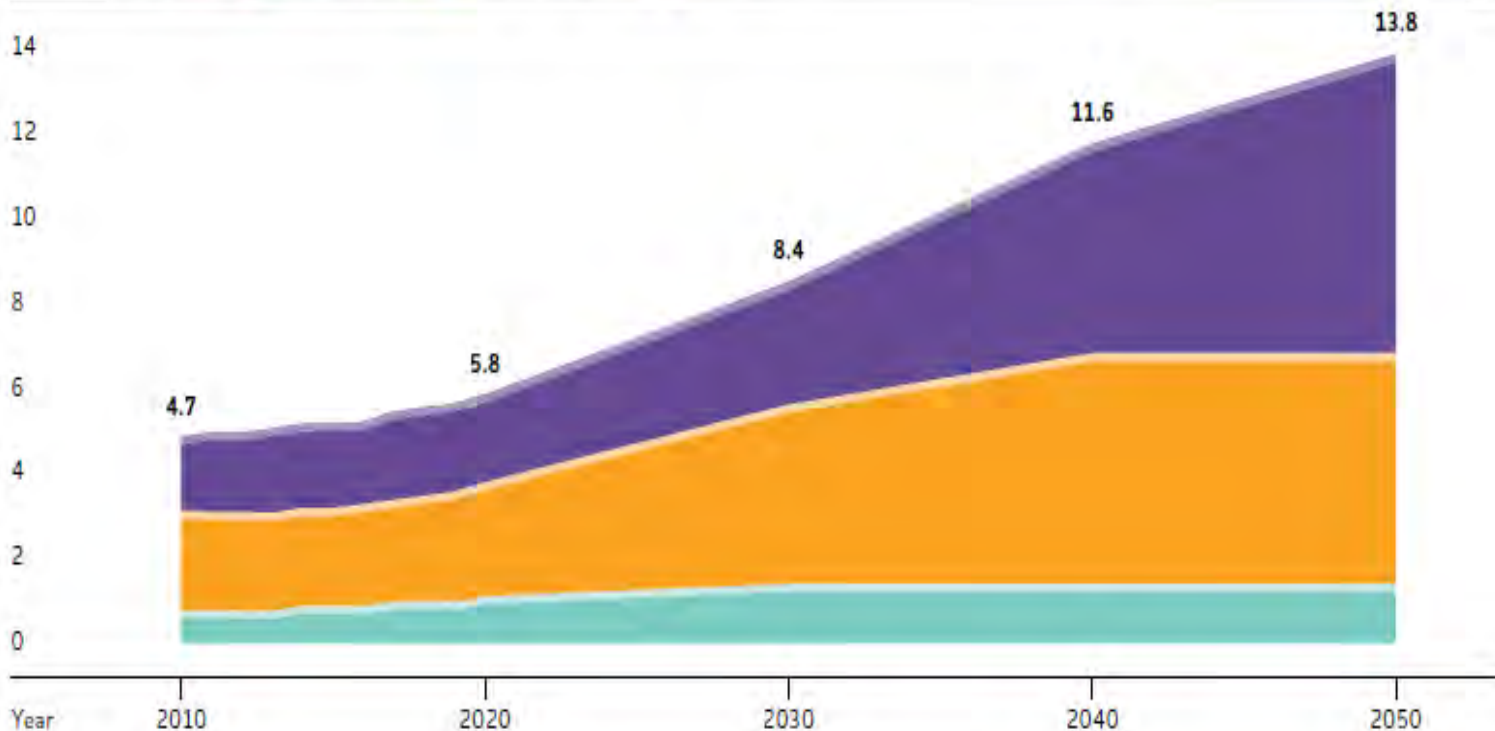
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- When cognitive impairment is due to Alzheimer's disease, symptoms usually start gradually and progress slowly, over many years.
 - In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment.
 - There is no cure for Alzheimer's disease, but there are opportunities for early diagnosis and interventions which temporarily slow the worsening of dementia symptoms and improve quality of life.

2017 Facts and Figures

Projected Number of People Age 65 and Older (Total and by Age Group)
in the U.S. Population with Alzheimer's Dementia, 2010 to 2050

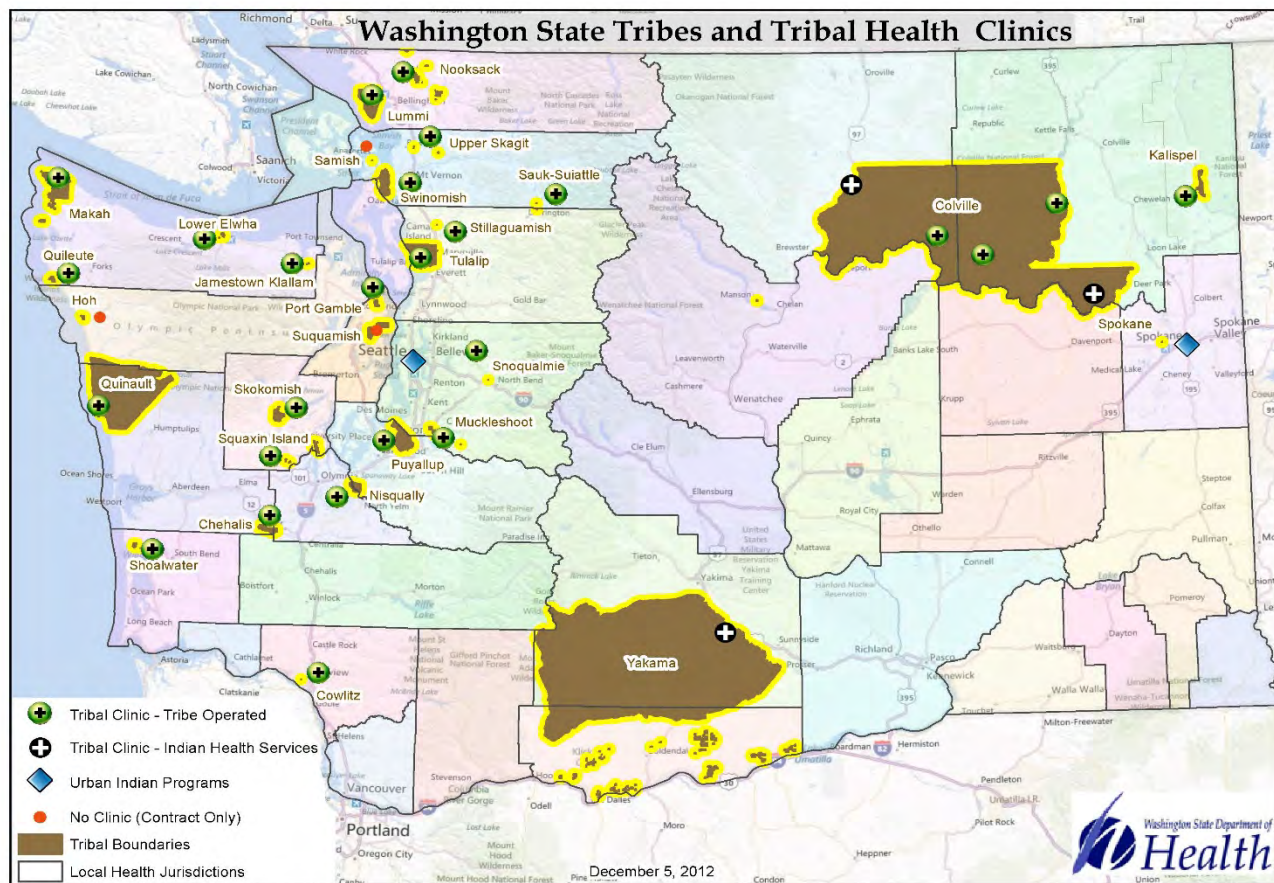
Millions of people
with Alzheimer's

■ Ages 65-74 ■ Ages 75-84 ■ Ages 85+




Alzheimer's in Washington State

- 100,000 cases in Washington
 - 40% increase expected by 2025
- Third highest incidence rate in the US
- Third leading cause of death
- 9th cause of death among AI/AN in Washington State 2006-2010.



Alzheimer's Disease and AI/ANs

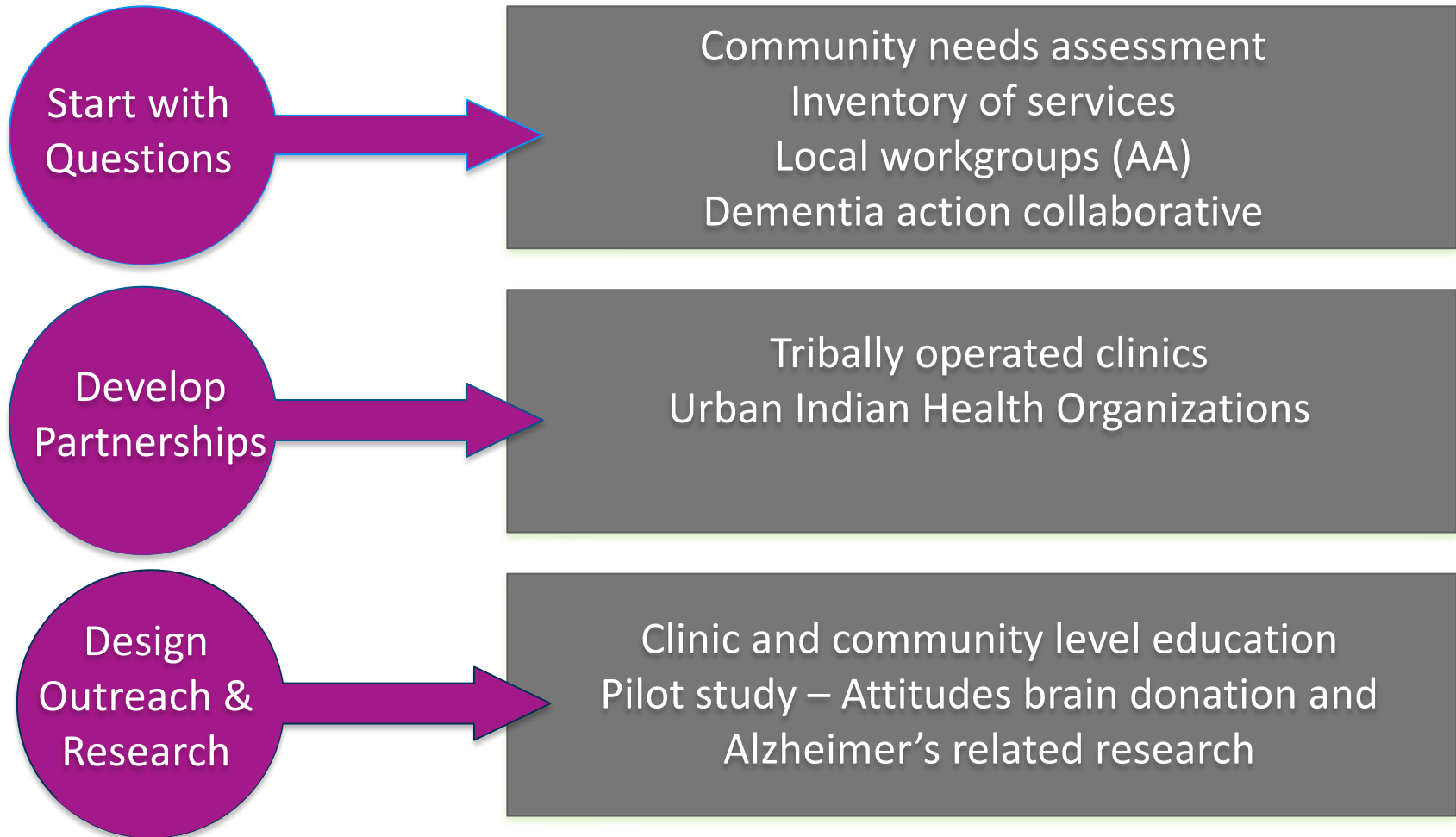
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- The number of AI/ANs age 65 and older is growing fast.
 - The US Census Bureau estimated that in 2012, 266,000 AI/ANs were aged 65 and older
 - According to projections, the population of Native elders in this age range will almost quadruple by 2050, to **996,000**.
 - Many experts believe that Alzheimer's disease is underdiagnosed in our communities.

AI/AN Dementia Risk: What do we know?


Two recent studies of Alzheimer's disease:

- Mayeda et al. *Alzheimer's & Dementia* (2016)
 - AI/ANs and African Americans have the highest incidence of dementia among all racial and ethnic groups.
- Chen and Panegyres. *Journal of Alzheimer's Disease* (2016)
 - AI/ANs and Native Hawaiians have twice the risk of **early-onset** dementia (before age 65) relative to Whites (lowest risk group).

P4NH – Community-based Model



Start with Questions

- 
- Administered Alzheimer's Disease Knowledge Scale (ADKS) at 3 pow wows in 2016/2017
 - N=419 self identified AI/AN participated
 - 77% of respondents have heard of Alzheimer's disease
 - 37% have immediate family member with trouble thinking or memory loss
 - If personally diagnosed, 61% would agree or strongly agree to donate a blood sample to help researchers find causes and treatments for the condition

Partnership with Tribal Clinics

- Fewer than 50% of cases of dementia are diagnosed in a clinical setting.
- 45 minute presentation for tribal clinics in Wash. State
 - Improves knowledge of disease
 - Overview diagnosis criteria and screeners
 - Treatment & Prevention
 - Research at ADRC

*Tools for
Early Identification,
Assessment, and Treatment
for People with
Alzheimer's Disease
and
Dementia*

MONTEAL COGNITIVE ASSESSMENT (MOCA)

NAME: _____ Education: _____ Sex: _____ Date of birth: _____ DATE: _____

Copy cube _____ Draw CLOCK (See past eleven) _____

Gender: _____ Numbers: _____ Hands: _____

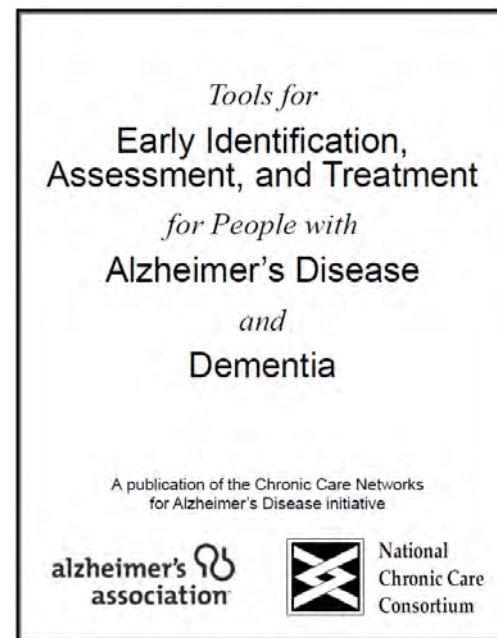
works
National
Chronic Care
Consortium

| | | | | | | | |
|---------------------------------|--|---------------|-----------|---------------|-----------|-----|-------------|
| VISUOSPATIAL / EXECUTIVE | Read list of words, subject must draw if not pronounceable. Do a small after 1 minute. | FACE | VELVET | CHURCH | DANDY | BED | No (points) |
| MEMORY | Read list of digits (2 digits, etc.). Subject has to repeat them in the forward order. Subject has to repeat them in the backward order. | 1st trial | 2nd trial | 1 1 2 1 8 5 4 | 1 1 7 4 2 | | |
| ATTENTION | Read list of letters. The subject must tap with his hand at each letter A. No points if > 3 miss. | 1 1 8 1 1 7 9 | 1 1 7 2 | 1 1 8 1 | | | |
| LANGUAGE | Repeat "I only know that letter is the one to keep today." The cat always hid under the couch when dogs were in the room. | | | | | | |
| ABSTRACTION | Similarity between e.g. banana - orange - fruit | 1 1 | 1 1 | 1 1 | 1 1 | 1 1 | |
| DELAYED RECALL | the 1st call again with NO cue | 1 1 | 1 1 | 1 1 | 1 1 | 1 1 | |
| Optional | Category test Multiple choice | | | | | | |
| ORIENTATION | Date Month Year Day Place City | | | | | | |

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Revised by: _____

Clinic-based Evaluation

- Interview and history
- Physical and neurologic exam
- Cognitive assessment
- Depression screening
- Functional status
- Medical history review
- Medication review
- Laboratory tests
- Brain imaging
- Repeat evaluation in 6-12 months if cause unclear



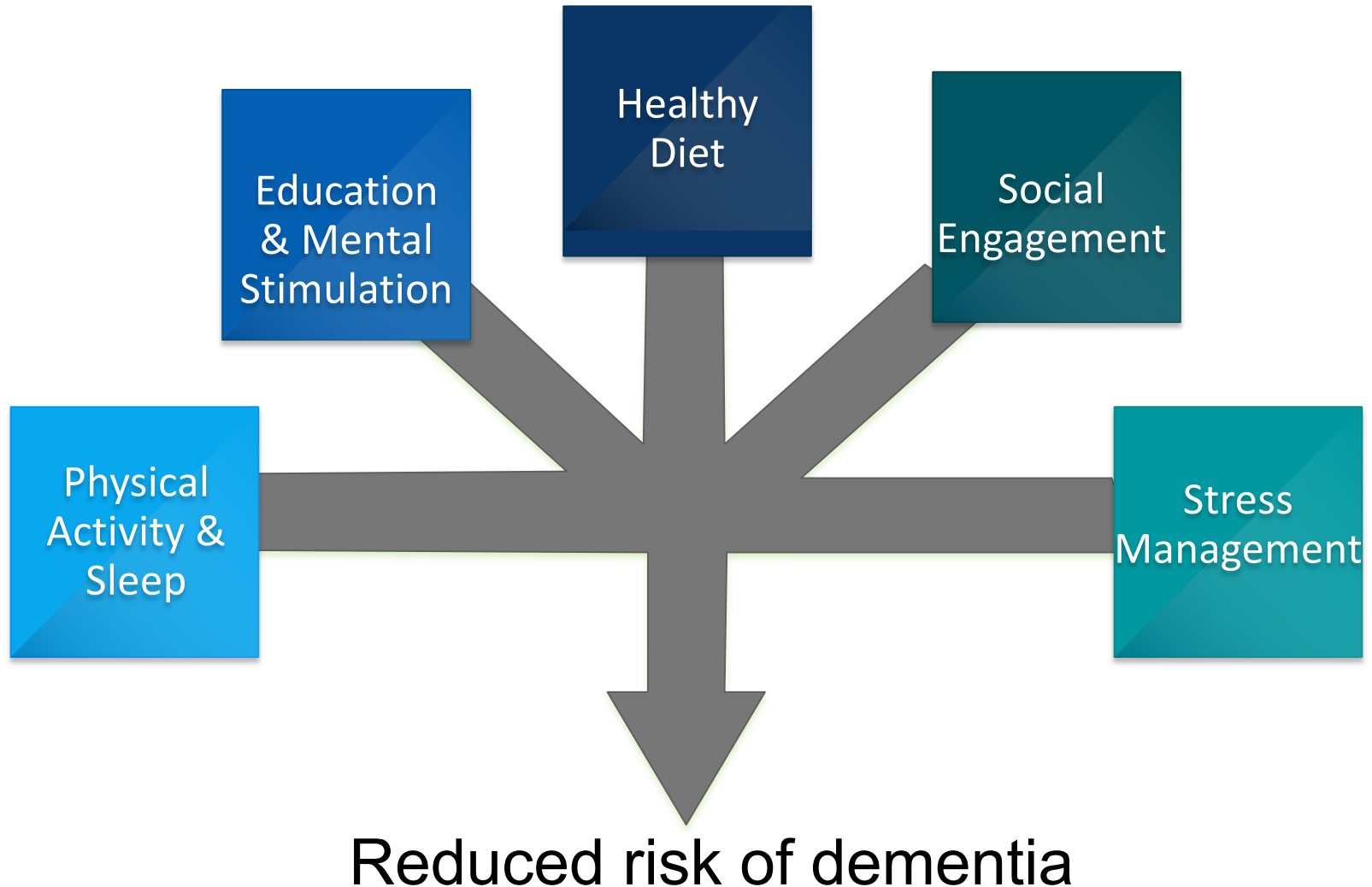
Source: Dementia Update for Primary Care: Detection, Diagnosis and Management.
Dr. Kristoffer Rhoads, PhD. Seattle, WA 2/7/17

Partnership Activities – Elder's Groups

- Improve patient and family knowledge
 - Digital story
 - Review the signs and symptoms of dementia
 - Discuss implications and distribute educational materials
 - Engage in dialogue with community members



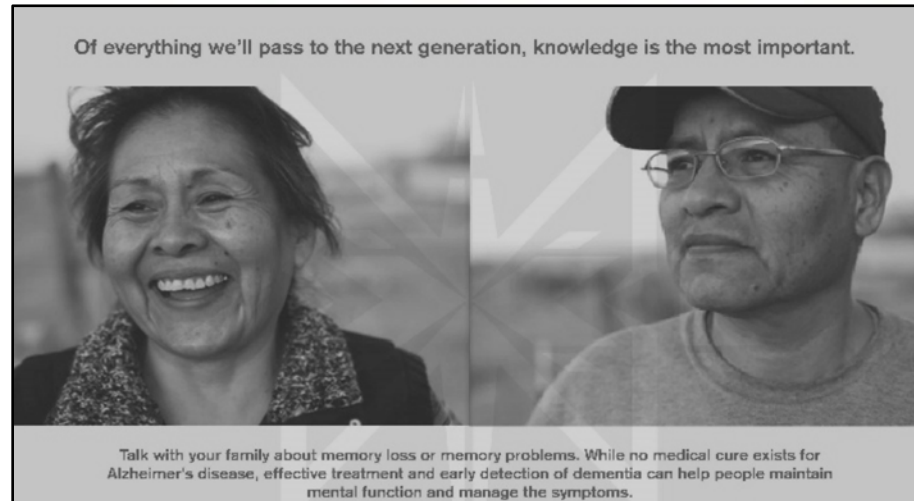
Prevention and Intervention



Baumgart, Matthew, et al. *Alzheimer's & Dementia* (2015) Summary of the evidence on modifiable risk factors for cognitive decline and dementia: A population-based perspective.

Partnership Activities

- Distribute educational materials in clinic waiting rooms
- Distribute materials at health fairs and powwows
- Mail fact sheet to priority audiences
- Resource sharing
- Capacity building



Caregiver Support
Caring for someone with Alzheimer's disease can be difficult or overwhelming. If you or someone you know is taking care of an elder with Alzheimer's, see below for information about caregiver support groups and resources in the Seattle area.

What Can You Do?
Partnerships for Native Health is collaborating with the University of Washington's Alzheimer's Disease Research Center to improve access to information and research opportunities for American Indian or Alaska Native people. For more information on these activities, please contact us. Our contact information appears below.

Natives Care
Understanding Alzheimer's Disease and Dementia

Alzheimer's Association
Information and resources to help elders and their families learn about dementia through a 24/7 helpline, care consultation, education, early stage programs, caregiver resources, and an online library.
Online: <http://www.alz.org/>
24/7 Helpline: 1-866-403-3073

King County Caregiver Support Network
The King County Caregiver Support Network helps caregivers find support groups, counseling, training, and other resources to better care for their loved ones with Alzheimer's disease.
Online: <http://www.kccaregiver.org/>


Alzheimer's Café
Alzheimer's Cafés are available in various cities in King and Snohomish Counties for people with Alzheimer's disease and their caregivers to meet and talk.
Online: <http://www.fulllifecare.org/alcfe/>

Partnerships for Native Health
Online: <http://www.p4nh.org/research/>
Phone: 206-708-8629 (toll free)


University of Washington Alzheimer's Disease Research Center
Online: www.uwadrc.org
Phone: 206-764-2069 or 1-800-317-5382

Partnerships for Native Health
Alzheimer's Disease Research Center
University of Washington


Partnership Activities – Provider Training

- 
- Dementia in Primary Care: Practical Tools. Real World Advice.
 - 3 hour workshop for primary care to better manage dementia
 - Is it dementia?
 - How do the types of dementia differ?
 - Retiring sagely from driving
 - Managing behavioral problems


Other Research Activities

- 
- “Alzheimer's Disease Research Study for American Indians and Alaska Natives” is a pilot study that was funded to:
 - Develop and deliver a presentation on Alzheimer's disease research
 - Administer pre- and post-presentation surveys
 - Conduct focus groups with AI/ANs on the impact of the presentation


Research Activities at University of Washington

- 
- AI/ANs are under-enrolled in clinical research and population-based studies.
 - The University of Washington Alzheimer's Disease Research Center is a site for clinical trials and studies of potential treatments, prevention strategies, and new diagnostic approaches for Alzheimer's disease and related neurodegenerative conditions.
 - <http://depts.washington.edu/mbwc/research/clinical-trials>

Research Opportunities at University of Washington

- 
- Examples of intervention/treatment studies
 - EMERGE; CONNECT: placebo-controlled drug trials for people with early-stage Alzheimer's disease
 - A4: placebo-controlled drug trial for symptom-free older adults
 - Estia: computer games for older people with depression

Research Opportunities at University of Washington

- 
- Examples of observational studies
 - Alzheimer's Disease Research Center Clinical Core: natural history study to learn about cognitive aging over time in people with and without memory loss
 - IDEAS: Medicare-funded study to learn whether brain scans for detection of amyloids are useful
 - Neuroimaging and function studies to learn how changes in walking are associated with cognitive function in older people

Contacts



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