

Long Term Care and Health Needs of America's Native American Elders – Part I

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Conducting Local Assessments: Locating the Needs of Elders

- ❑ Surveys are conducted by tribes electing to participate
- ❑ National comparisons are available upon completion of data collection
- ❑ Tribes use the data to direct long term care infrastructure
- ❑ 83 tribes with 8,560 Native elder participants



Life expectancy and Health Status

- ❑ Substantial differences in life expectancy
- ❑ 71.1 years for Natives vs. 76.9 for U.S. general population
- ❑ Life expectancy differences exist between regions for Native populations

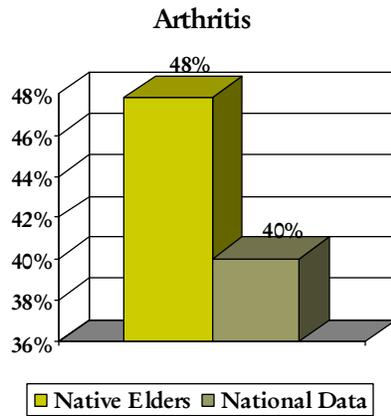


Chronic Disease

- ❑ As populations including Native Americans age, there is the likelihood of developing chronic illness like arthritis or heart disease, which can impact both life span and quality of life.



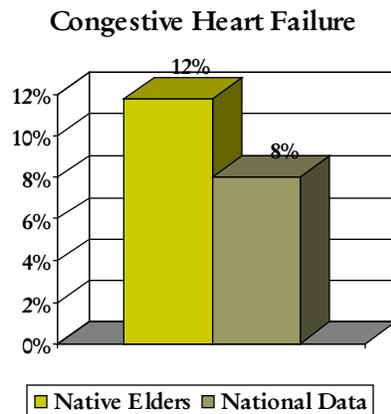
Figure 1. Arthritis



Native elders were 19.5% more likely to experience arthritis than the general population.



Figure 2. Congestive Heart Failure

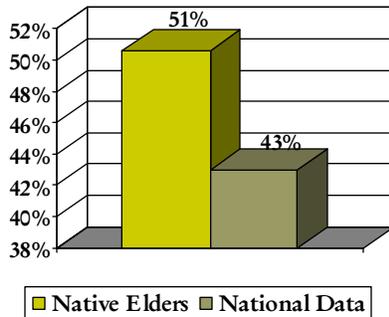


Native elders were 48.7% more likely to experience congestive heart failure than the general population.



Figure 3. High Blood Pressure

High Blood Pressure

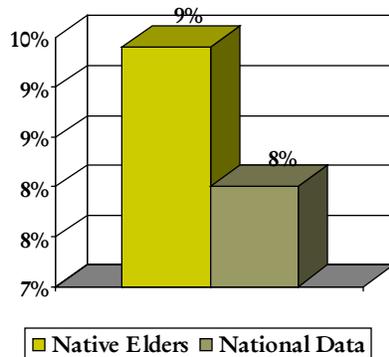


Native elders were 17.7% more likely to experience high blood pressure than the general population.



Figure 4. Stroke

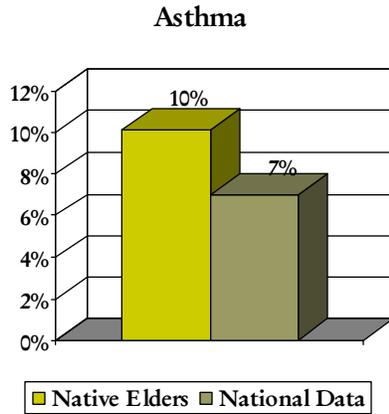
Stroke



Native elders were 17.5% more likely to experience a stroke than the general population.



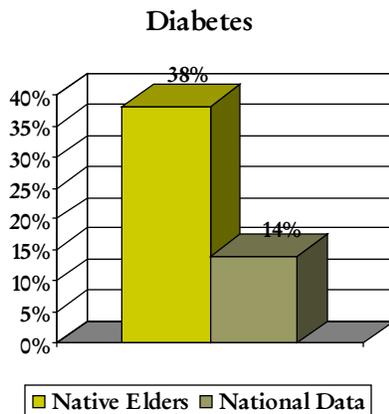
Figure 5. Asthma



□ Native elders were 44.3% more likely to experience asthma than the general population.



Figure 6. Diabetes



□ Native elders were 173% more likely to experience diabetes than the general population.

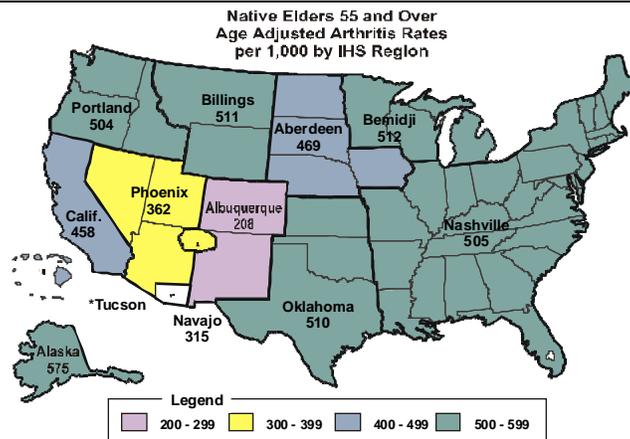


Chronic Disease Differences

- Chronically ill elders in Alaska and the Midwest have shorter life spans, resulting in regional chronic disease rates that are lower.



Figure 7. Arthritis Rates by Region



Source: NRCNAA Needs Assessment Data, UND Center for Rural Health.
*No data are available.



Figure 8. CHF Rates by Region

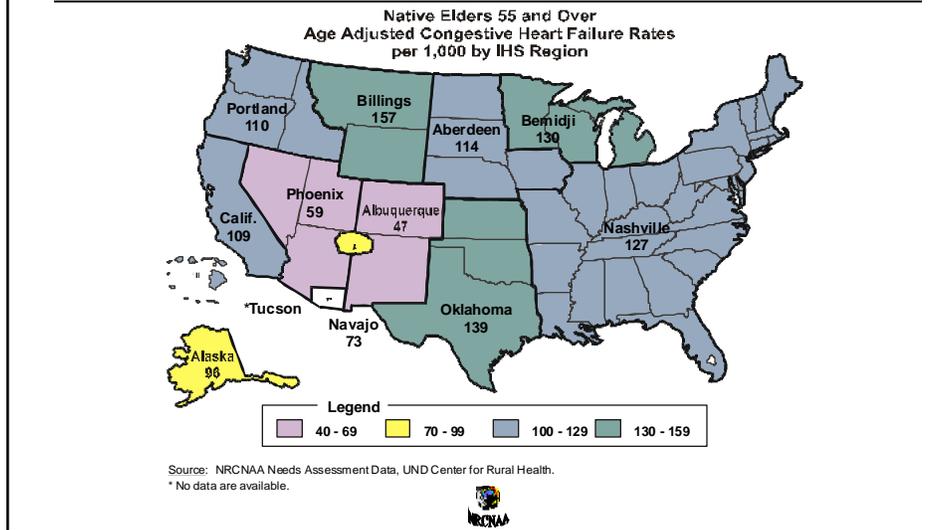


Figure 9. HBP Rates by Region

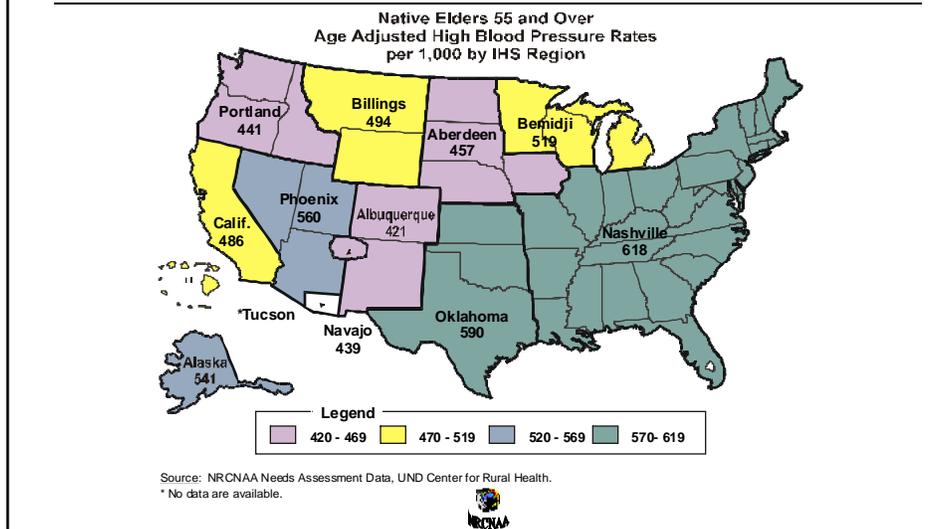
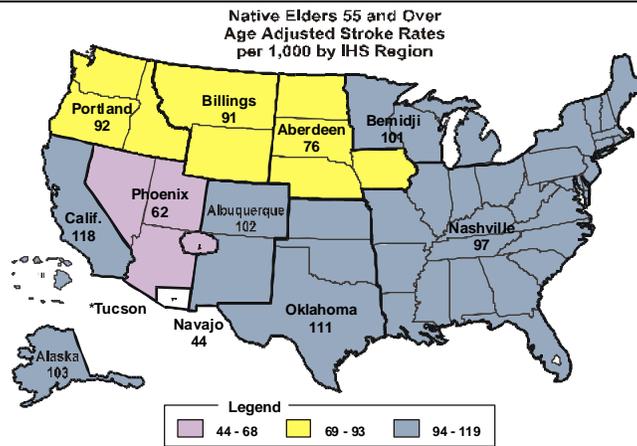


Figure 12. Stroke Rates by Region



Source: NRCNAA Needs Assessment Data, UND Center for Rural Health.
 * No data are available.



Long Term Care and Health Needs of America's Native American Elders – Part II

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Functional Limitations

- Definitions of functional limitations include the use of activities of daily living (ADLs) and instrumental activities of daily living (IADLs).
- Examples of ADLs are eating and walking.
- Examples of IADLs are cooking and shopping.



Table 1. Functional Limitation Categories

Categories	Limitations
Little or none	No ADL limitations, up to one IADL limitation
Moderate	One ADL limitation along with fewer than 2 IADLs
Moderately Severe	2 ADL limitations
Severe	3 or more ADL limitations



Figure 1. Functional Limitation Rates by Age: Native American Elders 2000

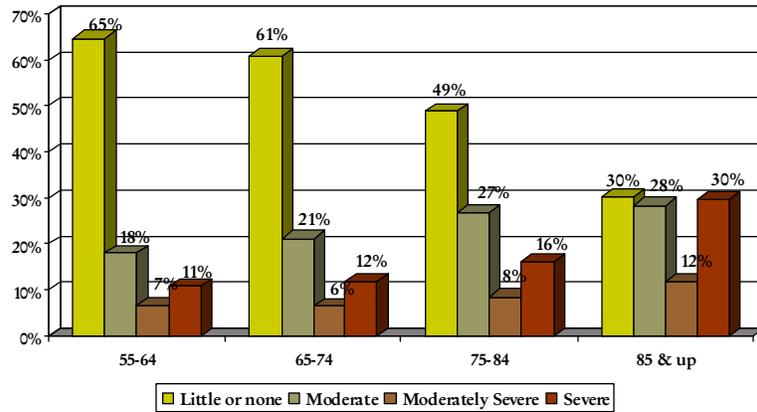


Figure 2. Population Changes by Age: 2000 to 2010

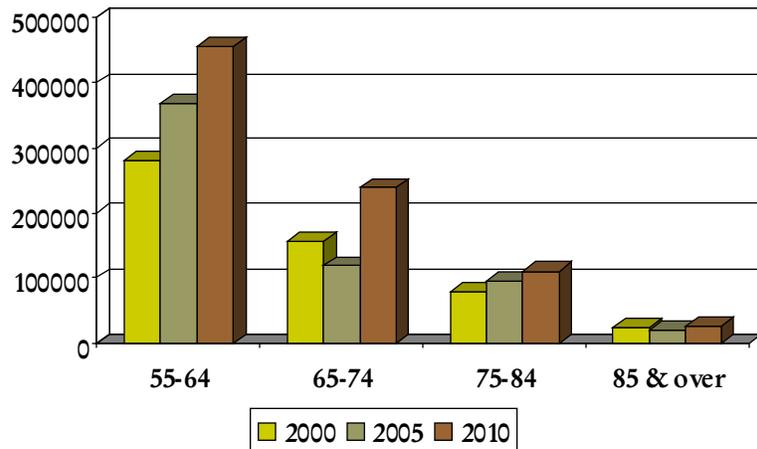


Figure 3. Population with Functional Limitations by age: 2000 and 2010

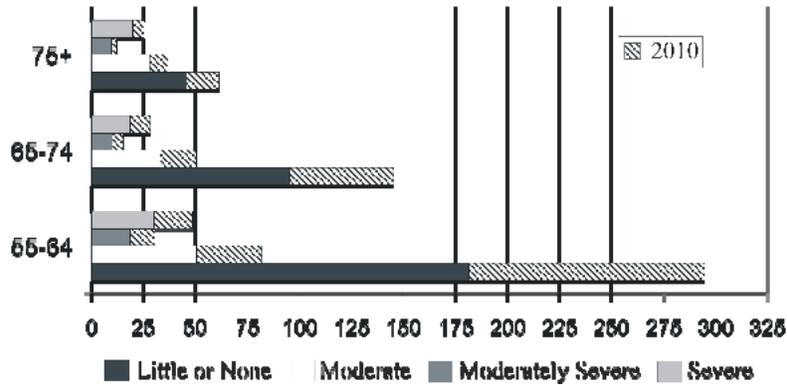
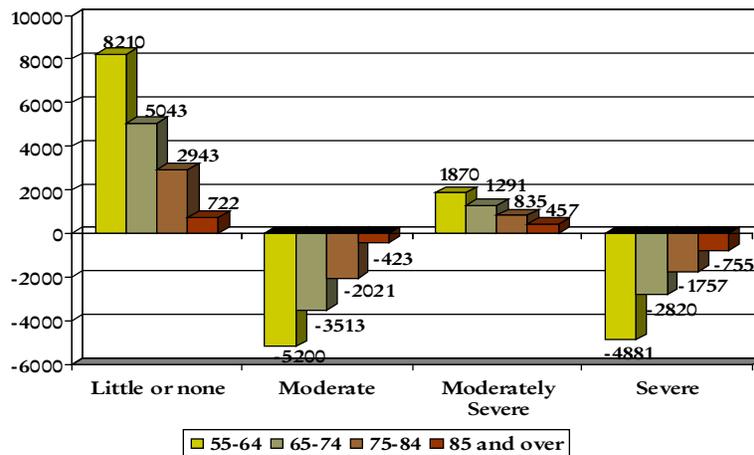


Figure 4. A Model of Changes in the Population with Functional Limitations by 2010 with a 10% Reduction



Recommendations

1. An initiative to develop intervention and health promotion models leading to improved outcomes for Native Americans and Alaskan Natives as they enter their elder years.
2. The need for the development of long-term care requires solutions that are tailored in terms of both the types of care that work best, and the means by which local communities can realistically produce the care required.



Recommendations cont...

3. Increased support for targeted research on Native American aging and related educational and capacity building programs is essential to help fill gaps in information and help tribes anticipate emerging health care needs.



Summary

- Three points of relevance to the Native American and Alaskan Native people concerning long-term care include the need:
 - to reduce chronic diseases and functional limitations
 - to eliminate disparities across tribes, and between Native American elders and the general population, and to increase life expectancy
 - And, to address the shortages or lack of long-term care options in Indian Country.



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