



Identifying Our Needs—A Survey of Elders: Data Makes a Difference for Our Native Elders

Collette Adamsen,
NRCNAA Program Director,
Turtle Mountain Band of Chippewa

nrcnaa.org



National Resource Center on Native American Aging (NRCNAA)

The NRCNAA is one of three centers that are funded through the Administration for Community Living (ACL).

The other two centers are:

- The National Resource Center for American Indian, Alaska Native and Native Hawaiian Elders (Alaska)
- National Resource Center for Native Hawaiian Elders (Hawaii)

The NRCNAA was established in 1994

- Center for Rural Health, University of North Dakota, School of Medicine & Health Sciences.

nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

Mission and Vision

Mission

Identify and increase awareness of evolving Native elder health and social issues.

Vision

To empower Native people to develop community based solution.

Honoring and helping to maintain cultural values.

nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

NRCNAA Programs and Resources

- *Identifying Our Needs: A Survey of Elders*
- WELL (Wise Elders Living Longer) Balanced Program
- Native Elder Caregiver Curriculum (NECC)
- Service Locator Map
- Heroes Project

nrcnaa.org



Identifying Our Needs: A Survey of Elders

- ACL funded project
 - Assesses the health and social needs of Native Elders in Tribal Communities
 - 3 year cycles
 - Opportunity to collect information for their communities
 - Technical assistance and training



nrcnaa.org



What is a needs assessment?

- Understanding and identifying health and social issues.
- Needs assessed and documented.
- Tribal planning using data results.
- Grants
 - Data results can aid in providing resources or funding to address health and social needs.
- Overall, can improve the health and social disparities.

nrcnaa.org



Data Roadmap

- Snapshot of Native elder population
- Who, what, when, and where
- Health and social needs trends
- Insight



Image retrieved from: <http://roadmap.hftek.com/>

nrcnaa.org



Tribal Diversity

- NRCNAA research model addresses diversity between and within tribes.
 - Measurement of local needs
 - Unique fit to tribal community
 - Custom-fitting measure
 - ONE SIZE DOES NOT FIT ALL

nrcnaa.org



Population

- Native elders residing primarily on reservations, Alaskan villages, and Hawaiian homesteads.
- Age 55 years and older
- Important to note:
 - Age 55 years and over for Native elders is considered comparable to non-Native elders 65 years and older in the general population.

nrcnaa.org



Survey Needs Data

- General Health Status
- Diagnosis of Chronic Disease
- Falls
- Activities of Daily Living (ADL's)
- Instrumental Activities of Daily Living (IADL's)
- Screening
- Vision, Hearing, & Dental
- Memory and Disability
- Health Care Access
- Tobacco and Alcohol Use
- BMI, Nutrition, and Exercise
- Social Support/Housing
- Social Functioning
- Now and Would Use
- Demographics

nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

Identifying Our Needs: A Survey of Elders VII

Identifying Our Needs: A Survey of Elders VII

Funding for this project is provided by Cooperative Agreement #0010088 from the Administration for Community Living, AGA - Older Indians National Resource Centers (an agency within the US Department of Health and Human Services).

• Use black or blue pen or a number 2 pencil.
• Make dark marks that fill the oval completely.
• Do not use pens with ink that soaks through the paper.
• Make no stray marks and do not bend survey.

Correct Incorrect

GENERAL HEALTH STATUS

1. Would you say your health in general is excellent, very good, good, fair, or poor?

☐ Excellent
☐ Very Good
☐ Good
☐ Fair
☐ Poor

2. During the past 12 months, how many different times did you stay in the hospital overnight or longer?

3. Has a doctor ever told you that you had any of the following diseases... (Please mark all that apply)

☐ Arthritis? ☐ Prostate Cancer? (For men only)
☐ Congestive Heart Failure? ☐ Endometrial Cancer?
☐ Stroke? ☐ Lung Cancer?
☐ Asthma? ☐ Breast Cancer?
☐ Diabetes? ☐ High Blood Pressure? ☐ Cervical Cancer? (For women only)
☐ Osteoporosis? ☐ Do you take oral medication? (If so, please mark all that apply)
☐ Do you take insulin?
☐ Are you taking any drugs or a pregnancy?
☐ Are you a diabetic amputee?

4. How many falls, if any, have you had in the past year?

ACTIVITIES OF DAILY LIVING (ADL'S)

5. Because of a health or physical problem that lasted more than 3 months, did you have any difficulty... (Please mark all that apply)

☐ Getting or showering?
☐ Eating?
☐ Getting in or out of bed?
☐ Walking?
☐ Using the toilet, including getting to the toilet?

6. Because of a health or physical problem that lasted longer than 3 months, did you have any difficulty... (Please mark all that apply)

☐ Preparing your own meals?
☐ Shopping for groceries (such as toilet items or medicine)?
☐ Using the telephone?
☐ Doing heavy housework (such as scrubbing floors, or washing windows)?
☐ Doing light housework (such as doing dishes, straightening up, or light clean up)?
☐ Getting outside?

7. About how long ago has it been since you last visited a doctor/health care provider for a routine check-up?

☐ Never had a checkup ☐ Within the past year ☐ Within the past 2 years ☐ Within the past 3 years ☐ 4 or more years ago

8. How long has it been since you had your blood about tested for blood using a home kit?

☐ Never had a checkup ☐ Within the past 3 years ☐ Within the past 2 years ☐ Within the past 1 year ☐ 5 or more years ago

9. (FOR WOMEN ONLY) How long has it been since you had your last mammogram?

☐ Never had a checkup ☐ Within the past 3 years ☐ Within the past 2 years ☐ Within the past 1 year ☐ 5 or more years ago

10. (FOR WOMEN ONLY) How long has it been since you had your last pap smear?

☐ Never had a checkup ☐ Within the past 3 years ☐ Within the past 2 years ☐ Within the past 1 year ☐ 5 or more years ago

11. (FOR MEN ONLY) How long has it been since you had your last PSA, prostate-specific antigen test, a blood test used to check MEN for prostate cancer?

☐ Never had a checkup ☐ Within the past 3 years ☐ Within the past 2 years ☐ Within the past 1 year ☐ 5 or more years ago

019070

nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

Identifying Our Needs: A Survey of Elders VII

VISION, HEARING & DENTAL

12. Do you have total blindness in one or both eyes?

☐ Yes ☐ No

13. Do you use glasses or contact lenses?

☐ Yes ☐ No

14. Do you have trouble seeing (even when wearing corrective lenses)?

☐ Yes ☐ No

15. Have you seen an optometrist (eye doctor) in the past year?

☐ Yes ☐ No

16. Do you now have total deafness?

☐ Yes ☐ No

17. Do you use a hearing aid?

☐ Yes ☐ No

18. Do you have trouble hearing (even when wearing your hearing aid)?

☐ Yes ☐ No

19. Have you had a hearing test in the past year?

☐ Yes ☐ No

20. Have you seen a dentist or dental hygienist in the past year?

☐ Yes ☐ No

21. What type of dental care do you need now? (Please mark all that apply)

☐ Teeth filled or replaced (for example, fillings, crowns, sealers, bridges)
☐ Gum treatment
☐ Denture work (new dentures)
☐ Root canal
☐ Work to improve appearance (for example, braces or bonding)
☐ Other
☐ None

MEMORY & DISABILITY

22. Have you been diagnosed with Alzheimer's disease, dementia or other problems with memory or thinking?

☐ Yes ☐ No

23. Has someone you are helping care for been diagnosed with Alzheimer's disease, dementia or other problems with memory or thinking?

☐ Yes ☐ No (If you answer NO to questions 22 & 23, skip to question 26)

24. I or the person I am helping care for are disappointed in a timely way once we started noticing problems.

☐ Yes ☐ No

25. I know what to do to help myself or the person I'm caring for and I know where to get help if I need it.

☐ Yes ☐ No

26. The people helping me care for myself or me if I'm a caregiver feel well supported.

☐ Yes ☐ No

27. My wishes for the kind of care I want to get are ignored or not respected.

☐ Yes ☐ No

28. Are you disabled?

☐ Yes ☐ No (If you answer NO, skip to question 30)

29. How were you disabled?

☐ Congenital (from birth)
☐ Military service
☐ Due to chronic disease
☐ Due to accident/injury

HEALTH CARE ACCESS

30. What type of health care coverage do you have? (Please mark all that apply)

☐ Medicaid ☐ Federal's Administration
☐ Private Insurance ☐ Alaska Native Health
☐ Health/Medicaid ☐ Indian Health Services
☐ Private Insurance ☐ Indian Health/ Tribal Insurance
☐ Long term care

31. Do you have one person you think of as your personal doctor or health care provider?

☐ Yes, only one ☐ Not known/not sure
☐ More than one

32. When you are sick or need professional advice about your health, to which of the following places do you usually go? (Please mark all that apply)

☐ Doctor's office ☐ Urgent care center
☐ A clinic ☐ Community health
☐ Hospital outpatient department ☐ Indian Health
☐ A hospital emergency room ☐ Traditional healer

33. Have any of the following kept you from medical care in the past 12 months? (Please mark all that apply)

☐ Distance ☐ No child
☐ Office hours' open ☐ No transportation
☐ When I could get there ☐ No money for people
☐ Too long a wait for an ☐ with disabilities
☐ No one speaks my ☐ too long a wait in
☐ language ☐ Native Person
☐ No one speaks my ☐ there
☐ language ☐ Other

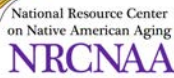
TOBACCO & ALCOHOL USE

34. Do you smoke tobacco now?

☐ Yes, everyday (If so, please mark all that apply)
☐ Sometimes ☐ No, never
☐ Yes, some days (If so, please mark all that apply)
☐ No, never

35. How many cigarettes do you smoke per day?

nrcnaa.org

[illegible]

How much of the time, during the past month, have you been a very nervous person?

☐ Most of the time ☐ Some of the time
☒ Most of the time ☐ None of the time

57. How much of the time, during the past month, have you felt downhearted and blue?

☐ All of the time ☐ Some of the time
☒ All of the time ☐ None of the time

58. How much of the time, during the past month, have you felt so down in the dumps that nothing could cheer you up?

☐ All of the time ☐ Some of the time
☒ All of the time ☐ None of the time

59. We would like to ask the extent to which you feel you are personally influenced through by what you do or say.

☐ Almost no influence ☐ A lot of influence
☒ Little influence ☐ Total influence

60. Are you now taking, or if at some point you become unable to meet your own needs, would you be willing to use the following services? (Please mark all that apply)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Interviewer, please see guide for definitions.)

DEMOGRAPHICS

01. Gender **02. Age** **ENTER AGE**

☐ Male ☐ Female

03. Current marital status

☐ Married or living with partner
☐ Widowed, divorced, separated
☐ Single
☐ Widowed

04. What is your individual annual income?

☐ \$0-\$9,999 ☐ \$10,000 - \$24,999
☐ \$25,000 - \$49,999 ☐ \$50,000 - \$74,999
☐ \$75,000 - \$99,999 ☐ \$100,000 - \$149,999
☐ \$150,000 - \$199,999 ☐ \$200,000 or more

05. Have you been employed full or part-time during the last 12 months?

☐ Full-time ☐ Part-time ☐ Retired ☐ No

06. What is the highest grade or year of school you completed?

☐ Never attended or kindergarten only ☐ Elementary ☐ Junior High School ☐ High School ☐ College/Technical School ☐ Graduate/Professional School

07. What zip code do you currently reside in?

08. What county/borough do you currently reside in?

09. Are you American Indian, Alaska Native, Native Hawaiian, Descendant or other?

☐ Yes ☐ No

10. Do you reside on or at a reservation, trust land, Alaska village, or Hawaiian homestead?

☐ Yes ☐ No

11. Are you an enrolled member of a federally recognized tribe?

☐ Yes ☐ No

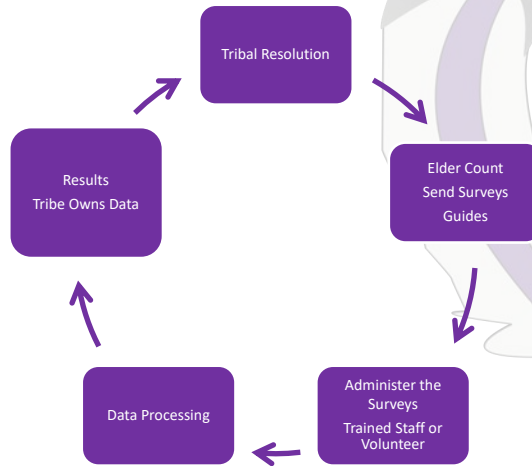
12. Have you ever served on active duty in the U.S. Armed Forces, Military Services, or National Guard?

☐ Yes ☐ No



National Resource Center
on Native American Aging
NRCNAA

NRCNAA Research Model and Process



nrcnaa.org

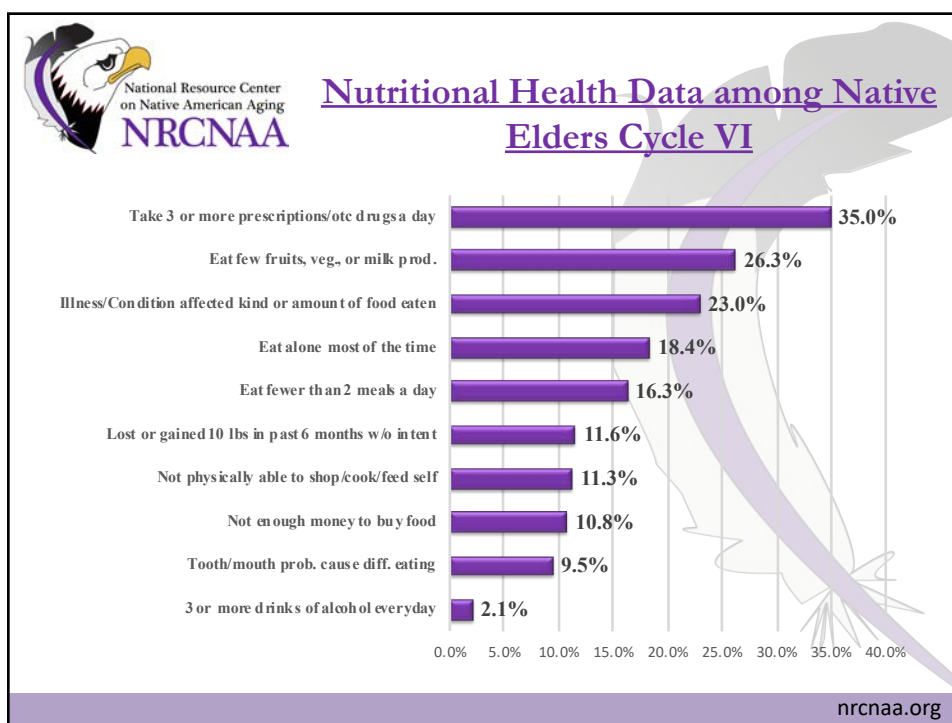
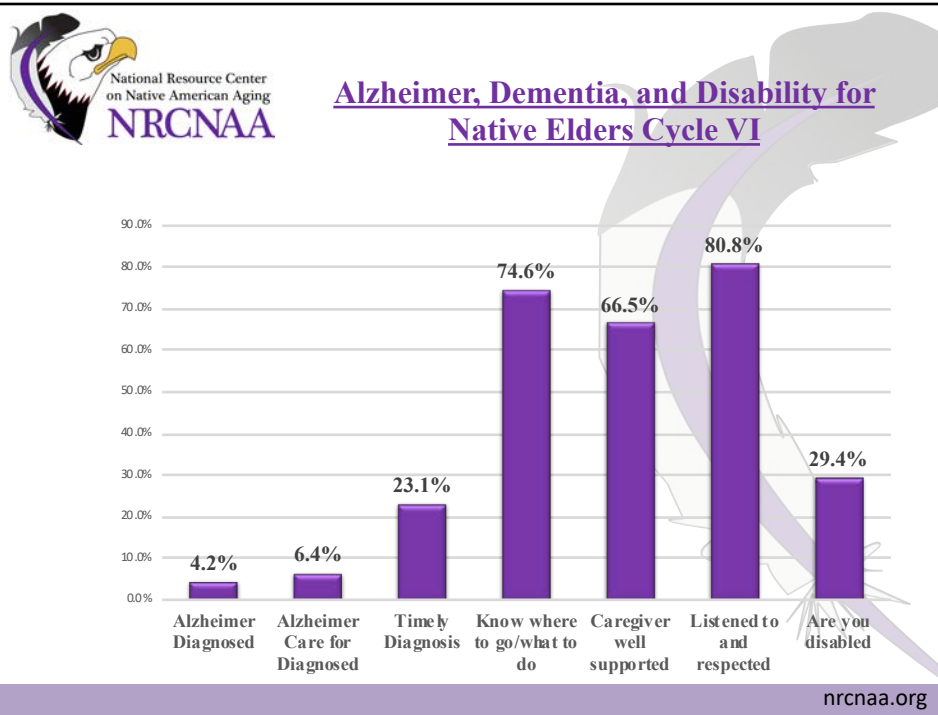


National Resource Center
on Native American Aging
NRCNAA

Comparison Sheet

Tribe Name (N=) Comparison Data to Aggregate Tribal Data and National Data				
Question	Response(s)	Tribal Data (55 and over)	Aggregate Tribal Data (55 and over)	National Data ^a (55 and over)
General Health Status				
1. Would you say your health in general is excellent, very good, good, fair, or poor?	Excellent			13.8% ¹
	Very Good			29.2% ¹
	Good			32% ¹
	Fair			16.8% ¹
	Poor			7.8% ¹

nrcnaa.org

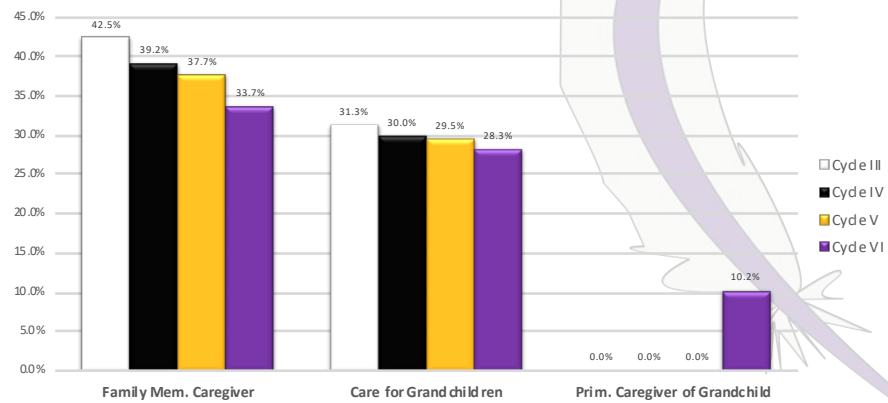




National Resource Center
on Native American Aging
NRCNAA

Data: Caregiving Data

Caregiving by Native Elders Cycle VI

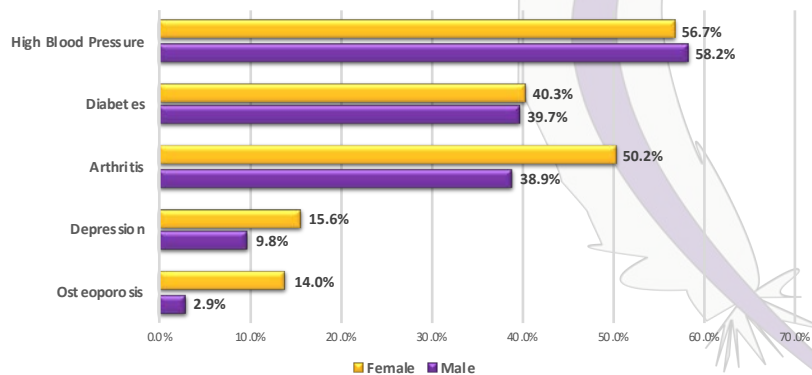


nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

Chronic Disease Rates by Gender among Native Elders



nrcnaa.org



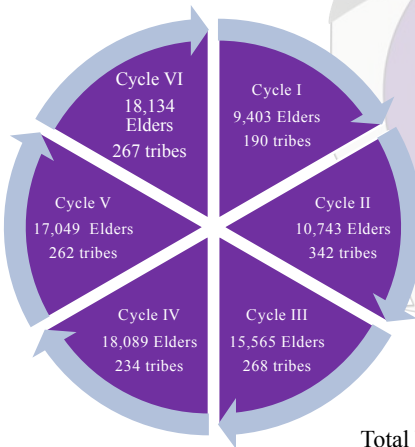
Utilization of Data for Tribal Communities

- Community Level
 - Renewal of Title VI Grants
 - Strengthen Grant Proposals
 - Document health and social disparities
 - Tribal planning and infrastructure
- National Level
 - Training for Native elder service providers
 - Advocating for resources and funding at the state, regional, and national level
 - Filling the research gap for Native elder information
- Training Native researchers in aging field
- Decision-making and policy

nrcnaa.org



Needs Assessment Participation



Total N = 89,436 surveys

nrcnaa.org



Cycle VI Summary

- Data collected in the time span of April 1, 2014 to March 31, 2017
- 18,134 AI/AN elders
- 164 sites
- 267 tribes
- Representation from:
 - 11 out of 12 Indian Health Service (IHS) Regions
 - 9 out of 10 Department of Health and Human Services (DHHS) regions
 - 28 out of 50 states

*Cycle VII began April 1, 2017 and will end March 31, 2020

nrcnaa.org



WELL Balanced Program

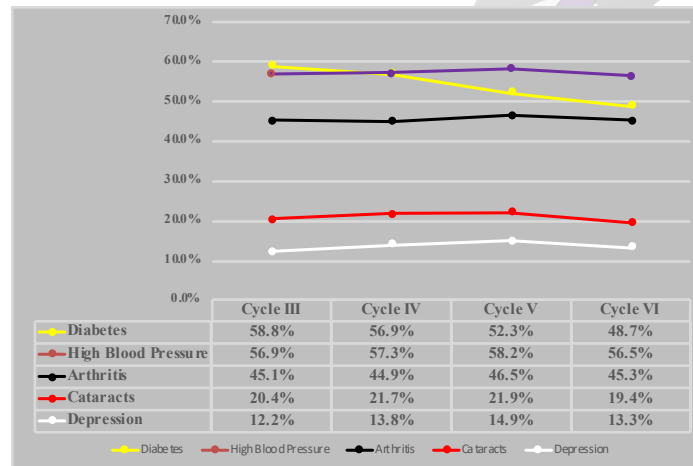


nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

Top Five Chronic Diseases Among Native Elders: 12 year time period



nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

Top Chronic Diseases for Native Elders by Region and Tribal Aggregate

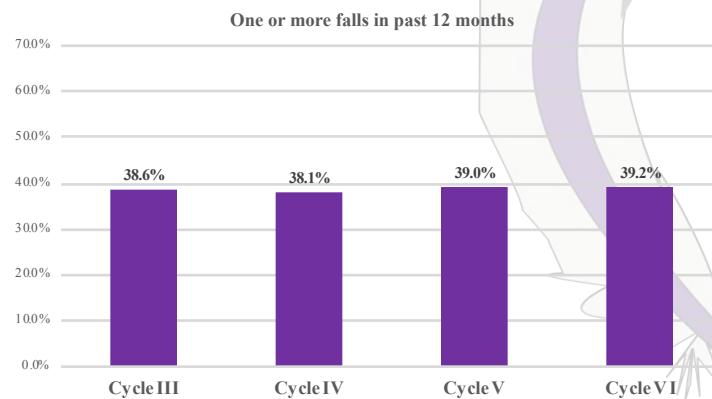
	Diabetes	High Blood Pressure	Arthritis	Cataracts	Depression	Asthma
National	18%	55.2%	47.4%	40.2%	17.2%	12%
Tribal Aggregate	**48.7%	*56.5%	***45.3%	19.4%	13.3%	12.6%
Region 1	***47.9%	*55.2%	**49.3%	12.7%	15%	13.8%
Region 2	***45.7%	*56%	**51.4%	18.4%	14.7%	16%
Region 4	**57.8%	*64.3%	***41.7%	23.5%	12.2%	12.1%
Region 5	**52.4%	*57.2%	***48.7%	21.6%	17.6%	14.6%
Region 6	*52.5%	**43.1%	***43%	17.8%	12.5%	10.3%
Region 7	*61.7%	**60.6%	***58.2%	20.9%	12.6%	12.3%
Region 8	**48.3%	*55.1%	*45.4%	15.8%	10%	12.8%
Region 9	***53%	*57.1%	**56.7%	19.6%	10.7%	12.6%
Region 10	***33.8%	*54%	**47.2%	22.2%	15.1%	13.9%

nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

Falls Trending Data: 12 year time period



nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

WELL Balanced Benefits

- An exercise wellness program for Native elders which promotes:
 - Falls prevention
 - Strengthening and Balance
 - Engaging in social activity
 - Managing diabetes, arthritis, and high blood pressure
 - Developing strategies for independent living while having FUN!

<https://www.nrcnaa.org/well-balanced>

nrcnaa.org

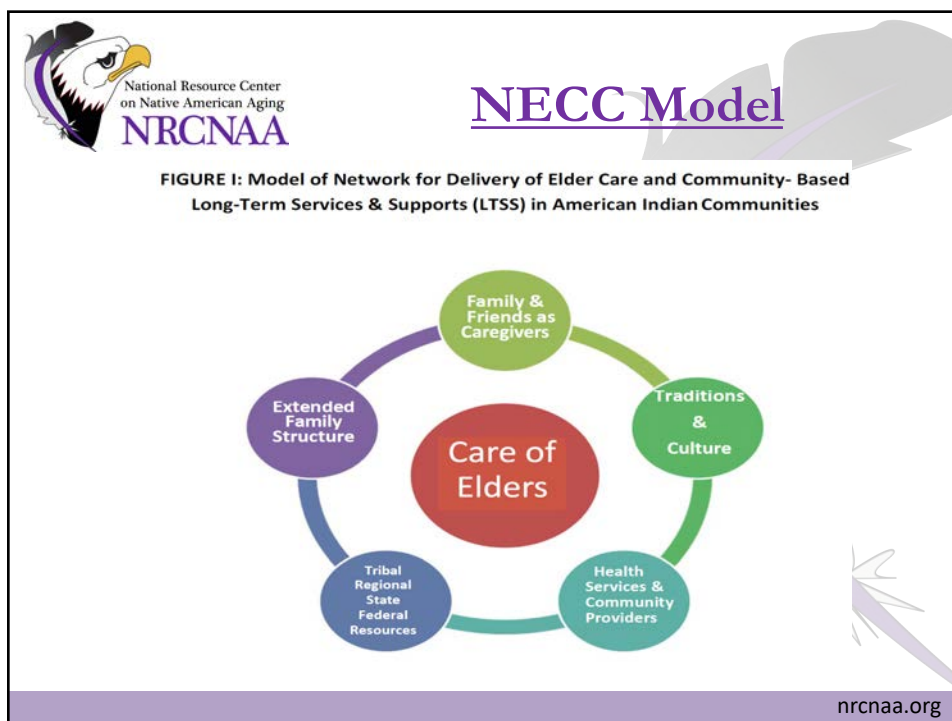


FIGURE I: Model of Network for Delivery of Elder Care and Community- Based Long-Term Services & Supports (LTSS) in American Indian Communities



NECC Objectives

- Age in Place
 - Home and tribal community
- Tool to assist Native elder caregivers
 - Community Health Workers (CHWs) or Community Health Representatives (CHRs)
- NECC development guided by awareness of the modern context of rural Tribal communities and the historically rich traditions and strengths of American Indian Nations.
 - This is embedded in the framework of the NECC curriculum

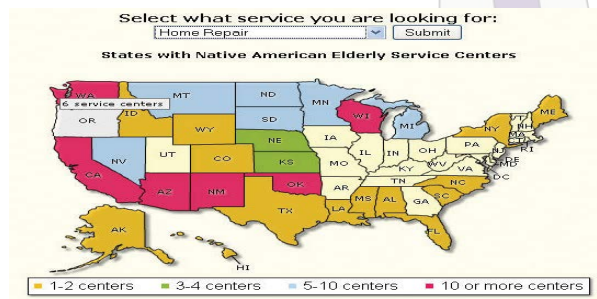
Caring for our Native elders

nrcnaa.org



Service Locator for Native American Elders

The NRCNAA maintains a web-base service locator for Native elders. Services vary by location, but some examples include help with chores, personal care, home-delivered meals, financial assistance, senior citizens programs and assisted living. You can search by service or by area or both.



<https://www.nrcnaa.org/service-locator>

nrcnaa.org



NRCNAA Heroes

- The Heroes Project honors individuals who have dedicated their time, talent, and energy to help Native elders. These are your neighbors whose efforts often go unrecognized.
- Heroes who help build stronger communities by supporting and nurturing their elders.
- Submissions are currently being accepted for 2018



nrcnaa.org



Native Aging Visions Newsletter

Winter 2017

Native Aging Visions A Resource for Native Elders

In this Issue

Director's Column	1
Heroes	2
WELL - Balanced Training	2
2017 National Title VI Conference	3
Merry Christmas	4

A publication of the
National Resource Center
on Native American Aging
located at the Center
for Rural Health of the
University of North Dakota
School of Medicine &
Health Sciences



Boozhoo!

My name is Collette Adamsen, MPA, and I'm excited to have been appointed as interim director for the National Resource Center on Native American Aging (NRCNAA). Both of my parents are enrolled members of the Turtle Mountain Band of Chippewa Indians in Belcourt, North Dakota.

For the last three and a half years, I served as the NRCNAA project coordinator. I enjoy being a part of such an inspiring center. I feel blessed to be able to serve our elders in this capacity.

With the holiday seasons approaching so quickly, I'm reminded of the traditions back home—all of the big feasts that are served and being able to gather with our families. In my family, there always seems to be that one person who tells so many humorous stories your stomach hurts from laughing. I always enjoy listening to my elder family members tell funny and interesting stories about their younger days. It's always nice to hear about the adventures and life lessons that our elders have to share with us.

**Mino Niibaa
Amani'e Giizbigad
-Chippewa**

They are our wisdom keepers, and they are important to our lives.

At our holiday meals, I feel so much pride when we show respect for our elders by allowing them to eat first. This is a strong symbol of how much we honor them. When we have holiday meals with our families back home, we always follow the tradition of allowing our elders to be the first to the table.

This holiday season, I hope you all enjoy spending time with your families and elders. Holidays are about gathering with your loved ones and making new memories to pass down to future generations. They will continue our traditions and keep our culture going strong.

Many Blessings! Miigwech,
-Collette Adamsen



Collette Adamsen

**Ya'at'ebh
Keshmish
-Dine/Navajo**

Native Aging Visions is supported by a cooperative agreement, No. 90C10005/01 from the Administration on Aging, Department of Health and Human Services.

nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

The NRCNAA Team



Collette Adamsen, MPA, Program Director



Erica Gunville, M.S., Project Coordinator



Cole Ward, M.A., Research Specialist

Cody Ward, Student Researcher

nrcnaa.org



National Resource Center
on Native American Aging
NRCNAA

Contact Information

For more information contact:

***National Resource Center on
Native American Aging***

Center for Rural Health
School of Medicine and Health Sciences

Grand Forks, ND 58202-9037

Tel: 800-896-7628

Fax: (701) 777-6779

<http://www.nrcnaa.org>

nrcnaa.org