Identifying Needs to Empower Native Elders
Collette Adamsen, PhD

Turtle Mountain Band of Chippewa Indians

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Director, NRCNAA

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Funder & Sister Sites

Administration for Community Living
330 C St SW
Washington, DC 20201
(202) 401-4634

National Resource Center for Alaska Native Elders
University of Alaska Anchorage College of Health & Social Welfare
3211 Providence Drive Suite 205
Anchorage, Alaska 99508
(907) 786-4329

Hā Kūpuna - National Resource Center for Native Hawaiian Elders
University of Hawaii School of Social Work
1800 East-West Road
Honolulu, HI 96822
(808) 956-7009
Celebrating over 27 years!

From Left: Cynthia LaCounte; Shawn Egeland (representing Dr. Leigh Jeanotte); Kathy Allery & Gina Allery (representing the late Dr. Allery); Dr. Richard Ludtke; Brad Hawk (representing Dr. Russ McDonald); Dr. Twyla Baker; Dr. Paula Morin-Carter; and Dr. Collette Adamsen.
NRCNAA Team

From left: Hailee Short, Dr. Robin Besse, Jordan Dionne, Dr. Collette Adamsen, Heather Skadsem, Michelle Meyer, and Courtney Davis Souvannasacd
Title VI Needs Assessment
Primary Contacts

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Title VI Needs Assessment Survey

Benefits:

✓ Meets the Title VI Grant Application requirements
✓ No Cost for Participation or Analysis
✓ Data is owned by the Tribe
✓ Comprehensive data for additional Nutrition, Support, & Caregiving services grant
Categories

- General health status
- Indicators of chronic health conditions
- Activities of Daily Living (ADLs)
- Screenings
- Indicators of visual, hearing, & dental
- Memory & Disability
- Health Care Access
- Tobacco & alcohol use patterns
- Diet, nutrition, & exercise
- Social support pattern & housing
- Social Functioning
- Use & acceptance of services
- Demographics
TRIBAL COUNCIL RESOLUTION NO. [insert RESOLUTION NUMBER]

Authorization of Application for Elder Services Funding from the Administration For Community Living/Administration On Aging Older Americans Act Title VI Nutrition, Supportive Services and Caregiver Grants (Parts A/B and C) and Participation in Cycle VIII of the National Resource Center on Native American Aging Needs Assessment - “Identifying Our Needs: A Survey Of Elders”

WHEREAS, [insert NAME OF TRIBAL GOVERNMENT] is a federally recognized Tribe existing and acting pursuant to its inherent and retained sovereignty; and,

WHEREAS, the Tribal Council is empowered to act in all matters that concern the health, safety, and well-being of the Tribe and its tribal members; and,

WHEREAS, The Administration for Community Living endorses the National Resource Center on Native American Aging (NRCNAA) and its partnership with Tribal Nations to identify the needs of American Indian and Alaska Native elders nationwide via the needs assessment, in which the NRCNAA and the Tribe/Consortium assume the following responsibilities;

The NRCNAA will provide:
- Needs assessment instruments;
- Assistance in sampling;
- Training of interviewers;
- Consultation with interviewers via email or telephone;
- Data entry and analysis;
- Data storage on a secure server;
- Production of tables and comparisons with national statistics; and,

The Tribe/Consortium will provide:
- A Tribal Resolution documenting participation in the needs assessment; A count of elders, Interviewers or volunteers to conduct the survey; Interpretation of the results with local input; Development of recommendations for actions, Dissemination of the results to tribal leaders and health officials; and,

WHEREAS, Summary information from needs assessment along with a national comparison report will be returned to the governing council and to the local contact person; and,

WHEREAS, Data sovereignty, confidentiality, and safeguarding is of utmost importance; therefore, the information is collected anonymously, data is stored on a secure server for the life of the NRCNAA, and physical copies of the needs assessments will be stored within a locked storage cabinet at the University of North Dakota (UND) School of Medicine & Health Sciences for a period of ten years as outlined in the UND’s Records and Retention Schedule.

NOW, THEREFORE, BE IT RESOLVED, that the [insert NAME OF TRIBAL GOVERNMENT] respectfully requests funding for the Administration for Community Living/Administration on Aging Older Americans Act Title VI grants (Parts A/B and C) for the grant period of April 1, 2023 to March 31, 2026. Additionally, the Tribal Council authorizes participation in the “Identifying Our Needs: A Survey Of Elders” needs assessment and grants permission to the National Resource Center on Native American Aging to use all collected needs assessment information in an aggregate format for disseminating state, regional, and national results from analyses of the data.

FURTHER, BE IT RESOLVED, that specific information collected within the boundaries of [insert NAME OF TRIBE] belongs to [insert NAME OF TRIBE] and may not be released in any form to individuals, agencies, or organizations without additional tribal authorization.

We the undersigned, respectfully as [insert TITLE OF OFFICIAL], certify that the foregoing resolution was adopted at a duly called meeting of the [insert TRIBE NAME] Tribal Council on this [insert DAY, MONTH, YEAR] with a quorum present.

CERTIFICATION

Authorized Signature: ___________________________ Date: __________

Authorized Signature: ___________________________ Date: __________

Title VI Needs Assessment Survey Process

Step 1: Get Permission to Participate via Tribal Resolution

Update: Only need to obtain 1 (ONE) resolution for ACL & NRCNAA to participate!
Title VI Needs Assessment
Survey Process

Step 2: Count Your Elders

• We do not need the names of any elders

• We will mail an appropriate number of surveys at no cost
Title VI Needs Assessment Survey Process

Step 3: Begin the Process of Interviewing Elders

The survey is confidential
The survey is completely voluntary
Important: New surveys are created each cycle and each survey has its own unique scanning code.

Please:
Do not use surveys from former cycles
Do not make photocopies of surveys
Do not bend or fold surveys

If you are in need of additional surveys, please contact us.
Title VI Needs Assessment Survey Process

**Step 4:** Mail Completed Surveys & Tribal Resolution For Processing

National Resource Center on Native American Aging
UND Center for Rural Health
1301 North Columbia Road Suite E231
Grand Forks, ND 58202-9037
<table>
<thead>
<tr>
<th>Question</th>
<th>Response(s)</th>
<th>Tribal Data (55 and over)</th>
<th>Aggregate Tribal Data (55 and over)</th>
<th>National Data (55 and over)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Would you say your health in general is excellent, very good, good, fair, or poor?</td>
<td>Excellent % 13.9%</td>
<td></td>
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<td></td>
<td>Very good % 27.8%</td>
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<td></td>
<td>Good % 31.9%</td>
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<td></td>
<td>Fair % 17.3%</td>
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<td></td>
<td>Poor % 8.9%</td>
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<tr>
<td>2. During the past 12 months, how many different times did you stay in the hospital overnight or longer?</td>
<td>None % 81.5%</td>
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<td></td>
<td>1 time % 11.8%</td>
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<td></td>
<td>2 times % 3.9%</td>
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<td></td>
<td>3 or more times % 2.7%</td>
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<tr>
<td>3. Has the doctor ever told you that you had any of the following diseases? (Please mark all that apply)</td>
<td>A. Arthritis? % 48.2%</td>
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<td></td>
<td>B. Congestive heart failure? % 8.2%</td>
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<td></td>
<td>C. Stroke? % 6.6%</td>
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<td></td>
<td>D. Asthma? % 12.3%</td>
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<td>E. Cataracts? % 40.2%</td>
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<td></td>
<td></td>
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<td></td>
<td>F. High blood pressure? % 56.7%</td>
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<td></td>
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<td></td>
<td>G. Osteoporosis? % 4.0%</td>
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<td></td>
<td>H. Depression? % 16.2%</td>
<td></td>
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<td></td>
<td>I. Diabetes? % 16.8%</td>
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<td></td>
<td>J. Do you take oral medication? % 25.6%</td>
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<td></td>
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<td></td>
<td>K. Are you on dialysis? % Not Available</td>
<td></td>
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<tr>
<td>4. How many falls, if any, have you had in the past year?</td>
<td>None % 82.9%</td>
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<td></td>
<td>1 - 4 % 16.0%</td>
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<td></td>
<td>5 - 8 % 3.4%</td>
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<td></td>
<td>9 - 12 % 1.4%</td>
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<td></td>
<td></td>
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<td></td>
<td>More than 12 % 0.6%</td>
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<tr>
<td>5. Because of a health or physical problem that lasted more than 3 months, did you have any difficulty . . .</td>
<td>A. Bathing or showering? % 36.9%</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>B. Dressing? % 15.8%</td>
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<td></td>
<td>C. Eating? % 8.1%</td>
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<td></td>
<td>D. Getting in or out of bed? % 22.8%</td>
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<td></td>
<td>E. Walking? % 22.8%</td>
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</tbody>
</table>

**Title VI Needs Assessment Survey Process**

**Step 5:** Receive Report via a “Comparison Sheet”

- Tribal Data
- Aggregated Tribal Data
- National Data
What goes into the Data Analysis?

- Preparing the data instrument (Survey)
- Collecting Data (Interviews)
- Scanning the surveys
- Cleaning data with statistical software
- Analyze the data (Comparison sheets)
- Model the data (Infographics)
Title VI Needs Assessment Participation: Cycles I - VII

Total Number = 112,863 surveys

Cycle I - 190 Tribes  Cycle II - 324 Tribes  Cycle III - 268 Tribes  Cycle IV - 234 Tribes  Cycle V - 262 Tribes  Cycle VI - 267 Tribes  Cycle VII - 198 Sites
OVERVIEW


Gender

61.8% Female
38.2% Male

Age

13.4% Ages 80+
13.7% Ages 55-59
28.6% Ages 70-79
44.1% Ages 60-69

Ethnicity

- 85.1% American Indian
- 7.5% Alaska Native
- 1.3% Native Hawaiian
- 2.2% Other

The majority of Elders reported being American Indian (85.1%). The next largest group was Alaska Native (7.5%).

Annual Income

- 28.4% $10,000-$19,999
- 24.8% $20,000-$34,999
- 13.6% $25,000-$39,999
- 13.6% $40,000-$54,999
- 10.4% $55,000-$74,999
- 10.2% $75,000+

Most Native Elders reported an annual income of $10,000-$19,999 (28.4%) or $20,000-$34,999 (24.8%).
Most disabled Native Elders were in fair health (40.9%), and were most likely to report having high blood pressure (66.1%). Approximately 77.4% reported having between 1 and 4 chronic health conditions.

Most disabled Native Elders reported socializing 3-4 times per month, although there were many (20.3%) who reported never socializing.

Nutrition Status

Based on the Nutrition Screening Initiative, only 26.1% of Native Elders with chronic conditions had a good nutritional status. Approximately 30.6% had a moderate nutritional risk and 43.2% were at high nutritional risk.

Demographics

Among Native Elders who had disabilities:

- 67.8% lived in a single family residence.
- 33.3% had attended college.
- 33.0% were married/living with a partner.
- 25.8% were retired.
- 23.2% had an income of $10,000-$14,999.

Most disabled Native Elders reported walking (54.5%). When looking at independent activities of daily living, most Elders reported issues with heavy housework (63.6%), preparing meals (33.1%) and light housework (32.1%).
Minnesota Tribal Elders Report Cycle VII

Identifying Our Needs: Characteristics of Native Elders in Minnesota

INTRODUCTION

Every three years, the National Resource Center on Native American Aging (NRCNAA) conducts a needs assessment among Elders across the United States. This survey aids in helping to create a record of the health and social needs of Elders in tribes, villages, and homesteads. In addition, it can help with tribal planning, long-term care discussions, and grants. As seen in this report, it also provides an opportunity to examine specific populations such as Elders, or to make comparisons across groups, in order to better identify needs and serve Elders.

More research is needed for Elders in order to fill the significant research gaps that currently exist among this population. Because data drives many policy and funding decisions as well as allocation of resources, it is important to have an accurate and comprehensive understanding of Elder needs. This can not only help to empower tribes and organizations to recognize and address health needs of Elders, but additionally provides a platform upon which to base policy, training, and resource decisions.

METHODS

As part of the 2017-2020 Cycle VII on identifying Elder needs, over 23,000 Elders were surveyed across the United States regarding various aspects of health. These included factors such as general health, frequency of health screening procedures, memory and disability, alcohol and tobacco use, health care access, and other social and physical facets of health and well-being.

The current topic brief focuses only on results from 520 Elders between the ages of 50 and 110 who live in Minnesota.

FINDINGS

Demographics

Approximately 38% of Elders surveyed were male, compared to 61% who were female. Most Elders indicated that they were American Indian (65%), followed by descendant (9.6%), or Alaska Native (0.2%); 4.9% reported “Other.” Approximately 39.8% lived on a reservation, trust land, Alaska village, or Hawaiian homestead.

Figure 1 shows the age distribution of Elders. Approximately 40% of Elders were between the ages of 55 and 69; 26% were between the ages of 70 and 74; and 15% were age 75 and older. The mean age of respondents was 60.4 years.

Several Elders were currently married or living with a partner (29.2%), although 29.4% reported being divorced or separated. There was 22% who were single or had never married, and 18% who were widowed.
Native Elder Service Locator

Use the interactive map to locate tribal elder services in your state.

What service are you looking for?

- All Services
- Local Services

Select Your State

- Alabama
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- District of Columbia
- Florida
- Georgia
- Hawaii
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maine
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Hampshire
- New Jersey
- New Mexico
- New York
- North Carolina
- North Dakota
- Ohio
- Oklahoma
- Oregon
- Pennsylvania
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- Vermont
- Virginia
- Washington
- West Virginia
- Wisconsin
- Wyoming
- American Samoa
- Guam
- Northern Mariana Islands
- Puerto Rico
- Virgin Islands

Select Your State

- 1-2 centers
- 3-4 centers
- 5-10 centers
- 11 or more centers

Add Your Tribal Elder Service Center

To add or update your tribal elder service center, complete our form.

Does your tribe offer the following services?

- Adult day care
- Caregiver programs
- Case management
- Elder abuse prevention programs
- Emergency response systems
- Employment services
- Financial assistance
- Home health services
- Home repair
- Home modification
- Information & referral assistance
- Legal assistance
- Home delivered meals
- Congregate meals
- Personal care
- Respite care
- Assisted living
- Retirement communities
- Nursing facilities
- Government assisted housing
- Shared housing
- Senior Center programs
- Telephone reassurance
- Transportation
- Volunteer services
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