



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

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Identifying Needs to Empower Native Elders

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# Funder & Sister Sites

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## **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

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## 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

Funding for this project is provided by Cooperative Agreement 9001RC0003 from the Administration For Community Living, AOA - 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.

### GENERAL HEALTH STATUS

- Would you say your health in general is excellent, very good, good, fair, or poor?  
☐ Excellent  
☐ Very Good  
☐ Good  
☐ Fair  
☐ Poor
- During the past 12 months, how many different times did you stay in the hospital overnight or longer?  

NUMBER OF OVERNIGHT STAYS	HOW LONG WAS EACH STAY?
<input type="text"/>	<input type="text"/> DAYS
- Has a doctor ever told you that you had any of the following diseases . . . (Please mark all that apply)  
☐ Arthritis  
☐ Congestive Heart Failure  
☐ Stroke  
☐ Asthma  
☐ Cataracts  
☐ High Blood Pressure  
☐ Osteoporosis  
☐ Depression  
☐ Diabetes (If so, please mark all that apply)  
☐ Do you take oral medication?  
☐ Do you take insulin?  
☐ Are you on dialysis?  
☐ Was this only during a pregnancy? (For women only)  
☐ Are you a diabetic amputee?  
☐ Prostate Cancer (For men only)  
☐ Colon/Rectal Cancer  
☐ Lung Cancer  
☐ Breast Cancer  
☐ Cervical Cancer (For women only)  
☐ Other:  
☐ None
- If you have diabetes, how old were you when you were diagnosed?  

AGE IN YEARS
<input type="text"/>
- In the last month, did you worry about falling down?  
☐ Yes ☐ No

- How many falls, if any, have you had in the past year? (If 0, please skip to question 8)  

NUMBER OF FALLS
<input type="text"/>
- In any of these falls, did you injure yourself seriously enough to need medical treatment?  
☐ Yes ☐ No

### ACTIVITIES OF DAILY LIVING

- Because of a health or physical problem that lasted more than 3 months, did you have any difficulty... (Please mark all that apply)  
☐ Bathing or showering?  
☐ Dressing?  
☐ Eating?  
☐ Getting in or out of bed?  
☐ Walking?  
☐ Using the toilet, including getting to the toilet?
- 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 personal items (such as toilet items or medicines)?  
☐ 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?  
☐ Managing your money (such as keeping track of expenses or paying bills)?

### SCREENING

- 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  
☐ Within the past 5 years  
☐ 5 or more years ago
- (FOR WOMEN ONLY) How long has it been since you had your last mammogram?  
☐ Never had a checkup  
☐ Within the past year  
☐ Within the past 2 years  
☐ Within the past 3 years  
☐ Within the past 5 years  
☐ 5 or more years ago

# 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 Service 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 concerns the health, safety, and wellbeing 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**

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 <sup>A</sup> Data (55 and over)
<b>General Health Status</b>				
1. Would you say your health in general is excellent, very good, good, fair, or poor?	Excellent	%		13.9% <sup>1</sup>
	Very good	%		27.8% <sup>1</sup>
	Good	%		31.9% <sup>1</sup>
	Fair	%		17.3% <sup>1</sup>
	Poor	%		8.5% <sup>1</sup>
2. During the past 12 months, how many different times did you stay in the hospital overnight or longer?	None	%		81.5% <sup>2</sup>
	1 time	%		11.8% <sup>2</sup>
	2 times	%		3.9% <sup>2</sup>
	3 or more times	%		2.7% <sup>2</sup>
3. Has the doctor ever told you that you had any of the following diseases? (Please mark all that apply)	A. Arthritis?	%		48.2% <sup>2</sup>
	B. Congestive heart failure?	%		8.2% <sup>2</sup>
	C. Stroke?	%		6.6% <sup>1</sup>
	D. Asthma?	%		12.1% <sup>1</sup>
	E. Cataracts?	%		40.2% <sup>1</sup>
	F. High blood pressure?	%		56.7% <sup>2</sup>
	G. Osteoporosis?	%		4.6% <sup>4</sup>
	H. Depression?	%		16.2% <sup>1</sup>
	I. Diabetes?	%		16.8% <sup>1</sup>
	- I1. Do you take oral medication?	%		74.1% <sup>1</sup>
	- I2. Do you take insulin?	%		25.6% <sup>1</sup>
	- I3. Are you on dialysis?	%		Not Available
	- I4. (For women) Was this only during pregnancy?	%		0.4% <sup>1</sup>
	J. Prostate cancer?	%		7.9% <sup>1</sup>
	K. Colon/Rectal cancer?	%		1.9% <sup>2</sup>
	L. Lung cancer?	%		0.7% <sup>2</sup>
	M. Breast cancer?	%		2.7% <sup>2</sup>
	N. Cervical cancer?	%		0.3% <sup>2</sup>
	O. Other cancer?	%		8.6% <sup>2</sup>
4. How many falls, if any, have you had in the past year?	None	%		82.9% <sup>1B</sup>
	1 – 4	%		10.6% <sup>1B</sup>
	5 – 8	%		3.4% <sup>1B</sup>
	9 – 12	%		1.2% <sup>1B</sup>
	More than 12	%		1.4% <sup>1B</sup>
<b>Activities of Daily Living</b>				
5. Because of a health or physical problem that lasted more than 3 months, did you have any difficulty . . .	A. Bathing or showering?	%		36.8% <sup>5</sup>
	B. Dressing?	%		15.8% <sup>3</sup>
	C. Eating?	%		8.1% <sup>5</sup>
	D. Getting in or out of bed?	%		22.1% <sup>5</sup>
	E. Walking?	%		33.7% <sup>5</sup>
	F. Using the toilet, including getting to the toilet?	%		22.8% <sup>5</sup>

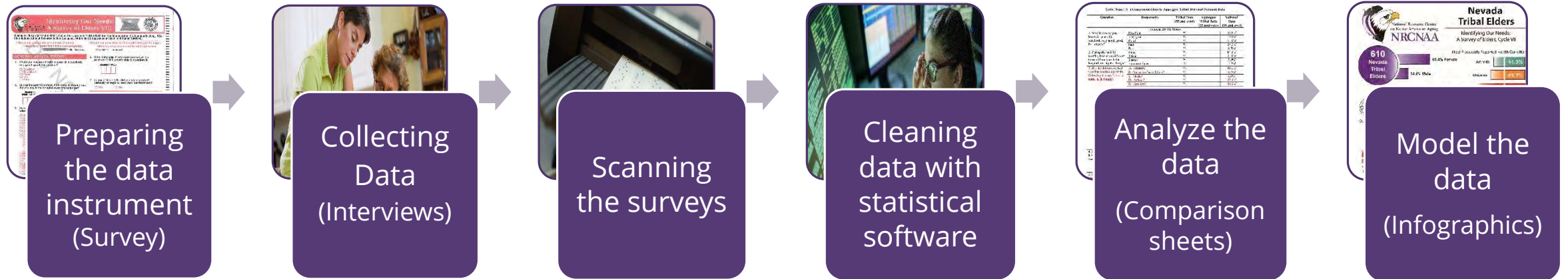
## Title VI Needs Assessment Survey Process

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

- Tribal Data
- Aggregated Tribal Data
- National Data



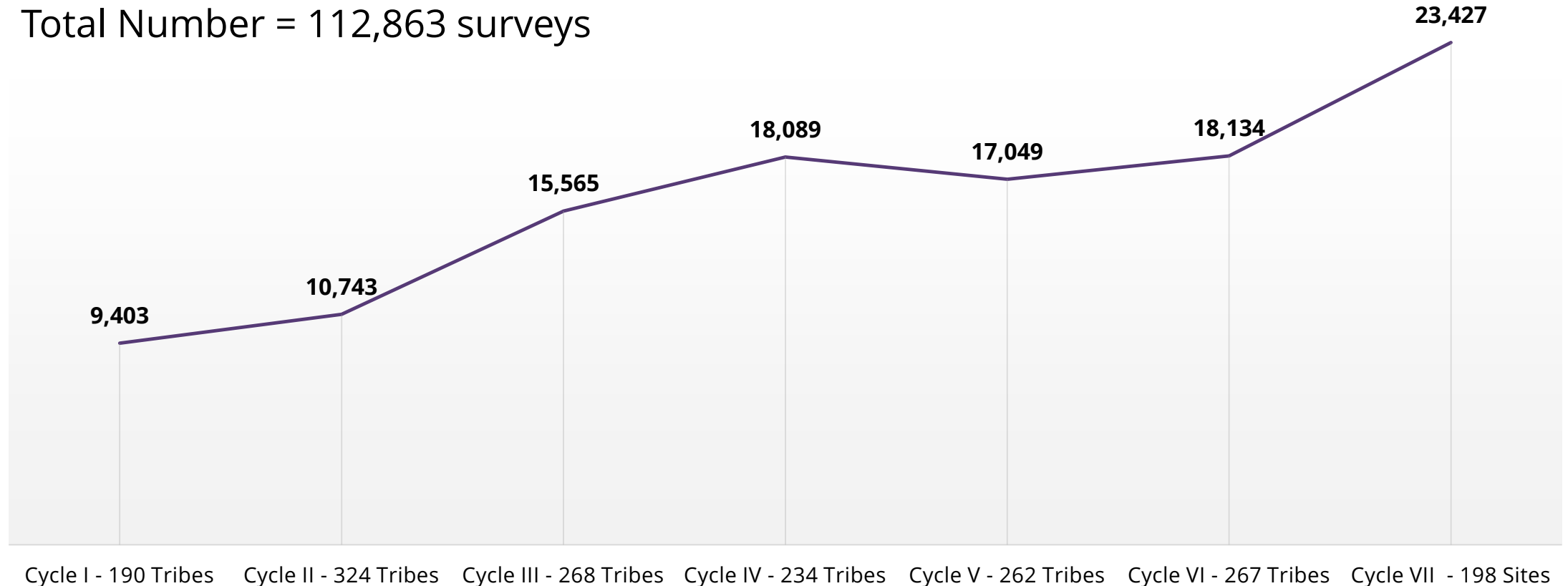
# What goes into the Data Analysis?



# Title VI Needs Assessment Participation: Cycles I - VII

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Total Number = 112,863 surveys







National Resource Center  
on Native American Aging

**NRCNAA**

Title VI Needs Assessment Survey:  
Identifying Our Needs:  
A Survey of Elders Cycle VII  
(2017-2020)

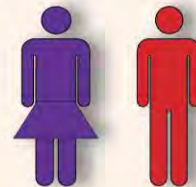
*2021 Data Book*

## DEMOGRAPHICS OVERVIEW

**21,153**

Native Elders over the age of  
55 completed the Cycle VII  
"Identifying Our Needs: A Survey  
of Elders" assessment

### Gender



61.8% Female  
38.2% Male

### Ethnicity



American Indian



Alaska Native



Descendant



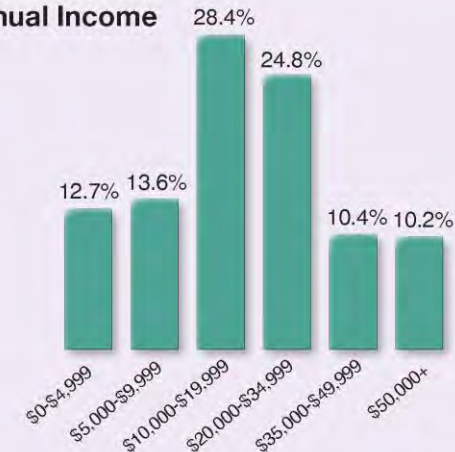
Native Hawaiian



Other

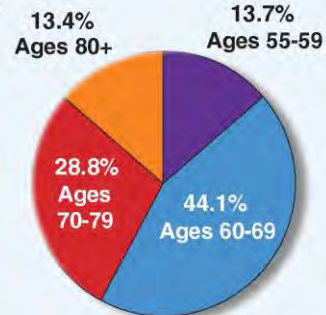
The majority of Elders reported being American Indian (85.1%). The next largest group was Alaska Native (7.5%).

### Annual Income

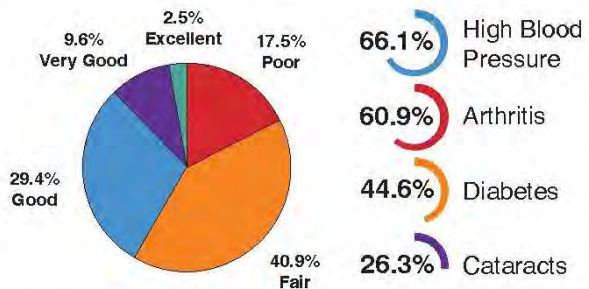


Most Native Elders reported an annual income of  
\$10,000-\$19,999 (28.4%) or \$20,000-\$34,999 (24.8%).

### Age

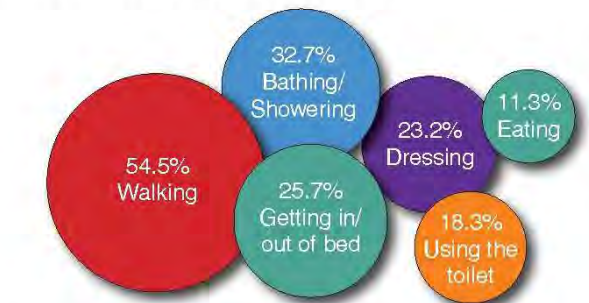


General Health



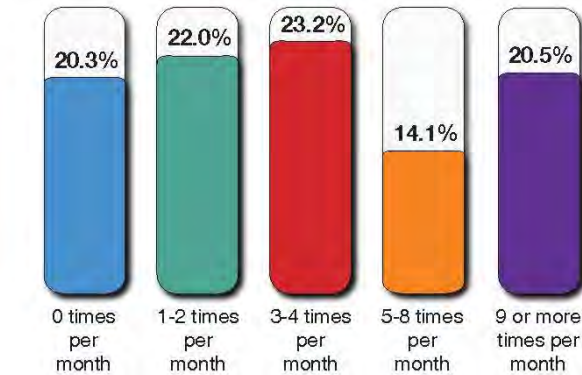
Most disabled Native Elders were in fair health (40.9%), and were most likely to report having high blood pressure (66.1%). Approximately 77.4% reported having between 1 and 4 chronic health conditions.

Activities of Daily Living



Most disabled Native Elders reported issues with 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%).

Socialization



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

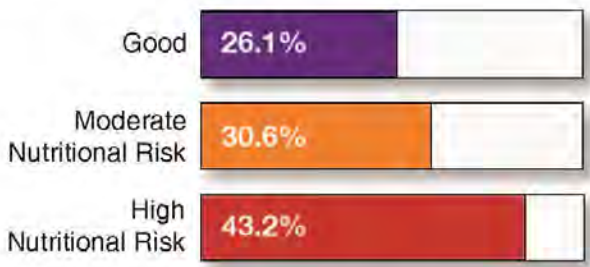
Demographics

- 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.

Senior Service Programs

Top 5 Services - Now Using	Top 5 Services - Would Use if Offered
17.1% - Congregate Meals	40.2% - Home Repair/Modification
15.0% - Home-Delivered Meals	37.5% - Home-Delivered Meals
14.3% - Senior Center Programs	35.5% - Transportation
9.5% - Transportation	35.4% - Home Health Services
6.2% - Information & Referral Assistance	33.9% - Caregiver Programs

Nutrition Status



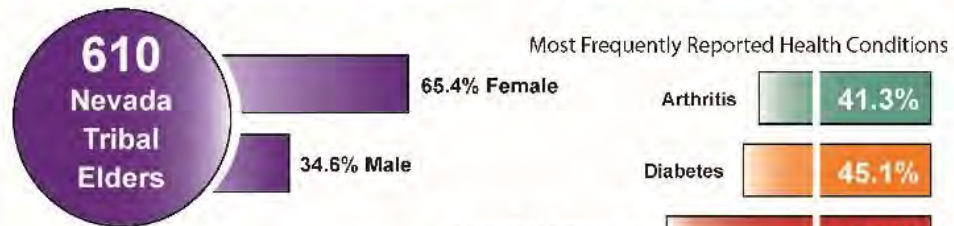
Based on the Nutrition Screening Initiative, only 26.1% of Native Elders with chronic conditions had a good nutritional status. Approximately 30.6% had a moderate nutritional risk and 43.2% were at high nutritional risk.



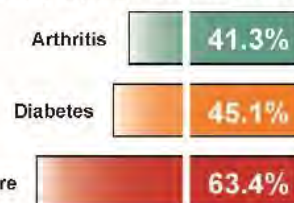


# Nevada Tribal Elders

Identifying Our Needs:  
A Survey of Elders, Cycle VII



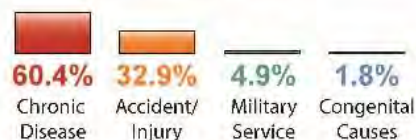
Most Frequently Reported Health Conditions



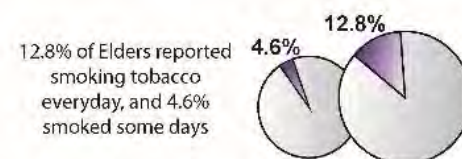
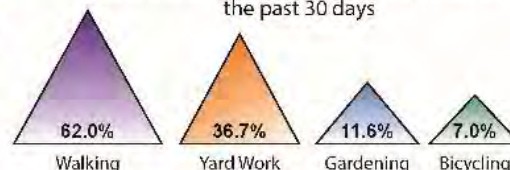
Percent Screened in Past Year



Of the 31.7% of Elders who are disabled, causes include:



Most common type of exercise reported in the past 30 days



July 2021

<https://www.nrcnaa.org/>



# 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 55 and 110 who live in Minnesota.

## FINDINGS

### Demographics

Approximately 38.6% of Elders surveyed were male, compared to 61.4% who were female. Most Elders indicated that they were American Indian (95.6%), followed by descendant (0.8%), or Alaska Native (0.2%); 3.4% reported "Other." Approximately 89.8% lived on a reservation, trust land, Alaska village, or Hawaiian homestead; 94.8% reported that they were a member of a federally recognized tribe.

Figure 1. Age Distribution of Elders



Figure 1 shows the age distribution of Elders. Approximately 46.9% were between the ages of 55 and 64; 36.5% were between the ages of 65 and 74; and 16.5% were age 75 and older. The mean age of respondents was 66.47 years.

Several Elders were currently married or living with a partner (29.2%), although 29.4% reported being divorced or separated. There was 22.6% who were single or had never married, and 18.8% who were widowed.



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

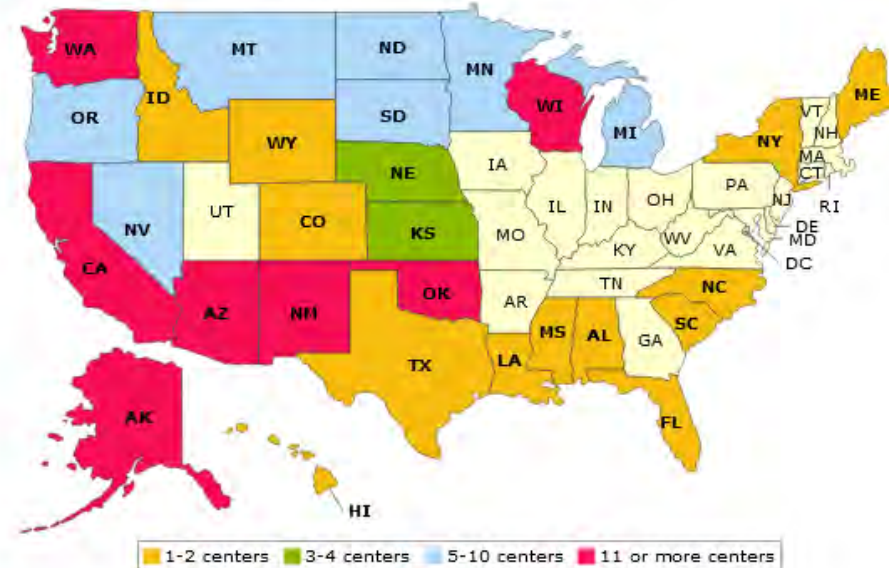
## Native Elder Service Locator

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

### What service you are looking for?

All Services

States with Native American Elderly Service Centers



### Select Your State

- |                                     |                                     |  |  |
|-------------------------------------|-------------------------------------|--|--|
| • <a href="#">Alabama</a> - (1)     | • Illinois                          | • <a href="#">Montana</a> - (7)        | • Rhode Island                         |
| • <a href="#">Alaska</a> - (20)     | • Indiana                           | • <a href="#">Nebraska</a> - (3)       | • <a href="#">South Carolina</a> - (1) |
| • <a href="#">Arizona</a> - (14)    | • Iowa                              | • <a href="#">Nevada</a> - (9)         | • <a href="#">South Dakota</a> - (6)   |
| • Arkansas                          | • <a href="#">Kansas</a> - (3)      | • New Hampshire                        | • Tennessee                            |
| • <a href="#">California</a> - (15) | • Kentucky                          | • New Jersey                           | • <a href="#">Texas</a> - (2)          |
| • <a href="#">Colorado</a> - (2)    | • <a href="#">Louisiana</a> - (1)   | • <a href="#">New Mexico</a> - (15)    | • Utah                                 |
| • Connecticut                       | • <a href="#">Maine</a> - (2)       | • <a href="#">New York</a> - (2)       | • Vermont                              |
| • Delaware                          | • Maryland                          | • <a href="#">North Carolina</a> - (1) | • Virginia                             |
| • District of Columbia              | • Massachusetts                     | • <a href="#">North Dakota</a> - (5)   | • <a href="#">Washington</a> - (14)    |
| • <a href="#">Florida</a> - (1)     | • <a href="#">Michigan</a> - (7)    | • Ohio                                 | • West Virginia                        |
| • Georgia                           | • <a href="#">Minnesota</a> - (6)   | • <a href="#">Oklahoma</a> - (25)      | • <a href="#">Wisconsin</a> - (11)     |
| • <a href="#">Hawaii</a> - (1)      | • <a href="#">Mississippi</a> - (1) | • <a href="#">Oregon</a> - (6)         | • <a href="#">Wyoming</a> - (1)        |
| • <a href="#">Idaho</a> - (1)       | • Missouri                          | • Pennsylvania                         |  |

View a list of all [service centers](#) by state.

### Types of Services

Learn more about the [services](#) tracked by the interactive tribal elderly services locator.

### Add Your Tribal Elderly Service Center

To add or update your tribal Elder service center, [complete our survey](#).

# Title VI Needs Assessment

## Primary Contacts



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