Identifying Needs to Empower Native Elders
Legacy of the NRCNAA

1994-1995
Dr. Leigh Jeanotte

1995-2007
The late Dr. Alan Allery

2007-2009
Dr. Leander “Russ” McDonald

2009-2013
Dr. Twyla Baker

2013-2017
Dr. Paula Morin-Carter

2017-Current
Dr. Collette Adamsen
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 & Native Aging in Place Project (NAPP) Team

- Native American Caregiver Curriculum
- Native Elder Services Locator
- Native Urban Elder Needs Assessment Survey
- Identifying Our Needs: A Survey of Elders
- Well-Balanced Program

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Identifying Our Needs: A Survey of Elders

- Meets the Title VI Grant Application requirements
- No Cost for Participation
- Culturally relevant
- Data is owned by the Tribe
- Nutrition, Support, & Caregiving services
Identifying Our Needs: A Survey of Elders

• How to Get Started

Step 1: Obtain permission to participate from Tribal Government

Step 2: Provide Tribal Elder count

Step 3: Surveys are mailed and interviews with Elders begin

Step 4: Send completed surveys back with Tribal Resolution

Step 5: Data Analysis
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 Grant Application

Title VI Program & Tribal Government receives report via a “Comparison Sheet”

- Tribal Data
- Aggregated Tribal Data
- National Data

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#### Tribe Name (N=) Comparison Data to Aggregate Tribal Data and National Data

<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>General Health Status</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>1. Would you say your health in general is excellent, very good, good, fair, or poor?</td>
<td>Excellent</td>
<td>%</td>
<td>13.9%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Very good</td>
<td>%</td>
<td>27.8%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Good</td>
<td>%</td>
<td>31.9%</td>
<td></td>
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<tr>
<td></td>
<td>Fair</td>
<td>%</td>
<td>17.3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Poor</td>
<td>%</td>
<td>8.9%</td>
<td></td>
</tr>
<tr>
<td>2. During the past 12 months, how many different times did you stay in the hospital overnight or longer?</td>
<td>None</td>
<td>%</td>
<td>81.5%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 time</td>
<td>%</td>
<td>11.8%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 times</td>
<td>%</td>
<td>3.9%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 or more times</td>
<td>%</td>
<td>2.7%</td>
<td></td>
</tr>
<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?</td>
<td>%</td>
<td>48.2%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>B. Congestive heart failure?</td>
<td>%</td>
<td>8.2%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>C. Stroke?</td>
<td>%</td>
<td>6.0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>D. Asthma?</td>
<td>%</td>
<td>12.3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>E. Cataracts?</td>
<td>%</td>
<td>40.2%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>F. High blood pressure?</td>
<td>%</td>
<td>56.7%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>G. Osteoporosis?</td>
<td>%</td>
<td>4.6%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>H. Depression?</td>
<td>%</td>
<td>16.2%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I. Diabetes?</td>
<td>%</td>
<td>16.9%</td>
<td></td>
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<tr>
<td></td>
<td>- 11. Do you take oral medication?</td>
<td>%</td>
<td>74.1%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 12. Do you take insulin?</td>
<td>%</td>
<td>25.6%</td>
<td></td>
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<tr>
<td></td>
<td>- 13. Are you on dialysis?</td>
<td>%</td>
<td>Not Available</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 14. (For women) Was this only during pregnancy?</td>
<td>%</td>
<td>0.4%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>J. Prostate cancer?</td>
<td>%</td>
<td>7.9%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>K. Colon/Rectal cancer?</td>
<td>%</td>
<td>1.9%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>L. Lung cancer?</td>
<td>%</td>
<td>0.7%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M. Breast cancer?</td>
<td>%</td>
<td>2.7%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>N. Cervical cancer?</td>
<td>%</td>
<td>0.3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>O. Other cancer?</td>
<td>%</td>
<td>8.6%</td>
<td></td>
</tr>
<tr>
<td>4. How many falls, if any, have you had in the past year?</td>
<td>None</td>
<td>%</td>
<td>82.0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 - 4</td>
<td>%</td>
<td>10.6%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5 - 8</td>
<td>%</td>
<td>3.4%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 - 12</td>
<td>%</td>
<td>1.4%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>More than 12</td>
<td>%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activities of Daily Living</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<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?</td>
<td>%</td>
<td>36.9%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>B. Dressing?</td>
<td>%</td>
<td>15.8%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>C. Eating?</td>
<td>%</td>
<td>8.1%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>D. Getting in or out of bed?</td>
<td>%</td>
<td>22.1%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>E. Walking?</td>
<td>%</td>
<td>33.3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>F. Using the toilet, including getting to the toilet?</td>
<td>%</td>
<td>22.8%</td>
<td></td>
</tr>
</tbody>
</table>
Needs Assessment Deliverables

NRCNAA can produce infographics with the tribal and aggregated data.
Identify Our Needs: A Survey of Elders Participation in Cycles I - VII

Total Number = 112,863 surveys
21,153
Native Elders over the age of 55 completed the Cycle VII “Identifying Our Needs: A Survey of Elders” assessment

61.8% Female
38.2% Male

Ethnicity
- 85.1% American Indian
- 7.5% Alaska Native
- 1.3% Descendant
- 2.2% Native Hawaiian
- 3.9% Other

The majority of Native 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-$29,999
- 13.6% $30,000-$39,999
- 13.3% $40,000-$49,999
- 10.4% $50,000-$59,999

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


2021 Data Book
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.

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%).

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.

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.
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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