



National Resource Center
on Native American Aging
NRCNAA

Identifying Needs to Empower Native Elders



Center for Rural Health
UND School of Medicine & Health Sciences
<https://ruralhealth.und.edu/>



Administration for Community Living
<https://acl.gov/>



Office for American Indians, Alaskan Natives
and Native Hawaiian Programs
Administration on Aging & ACL
<https://olderindians.acl.gov/>



Dr. Leigh Jeanotte

1994-1995



The late Dr. Alan Allery

1995-2007



Dr. Leander "Russ" McDonald

2007-2009



Dr. Twyla Baker

2009-2013



Dr. Paula Morin-Carter

2013-2017



Dr. Collette Adamsen

2017-Current

Legacy of the NRCNAA



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

Identifying Our Needs: A Survey of Elders VIII

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.

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?

NUMBER OF OVERNIGHT STAYS:
HOW LONG WAS EACH STAY? DAYS

3. 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

4. If you have diabetes, how old were you when you were diagnosed?

AGE IN YEARS:

5. In the last month, did you worry about falling down?

☐ Yes ☐ No

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

NUMBER OF FALLS:

7. In any of these falls, did you injure yourself seriously enough to need medical treatment?

☐ Yes ☐ No

ACTIVITIES OF DAILY LIVING

8. 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?

9. 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

10. 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

11. (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

DO NOT WRITE IN THIS AREA

057140

- ✓ 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

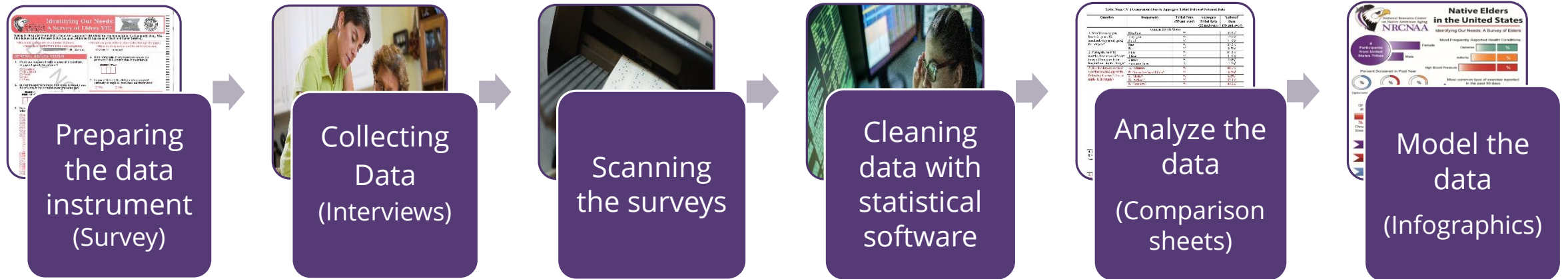
Step 2: Provide Tribal Elder count

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?



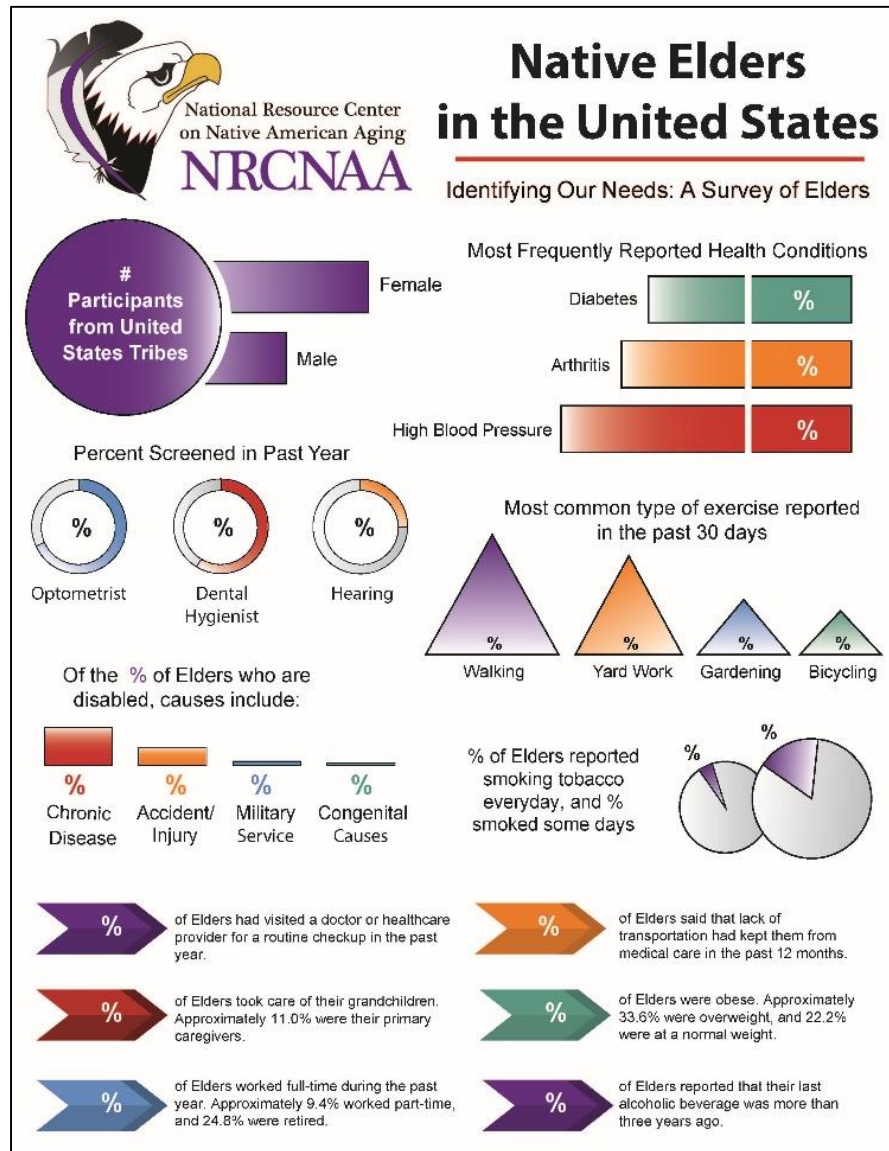
Tribe Name (N=) Comparison Data to Aggregate Tribal Data and National Data

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

Title VI Grant Application

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

- Tribal Data
- Aggregated Tribal Data
- National Data

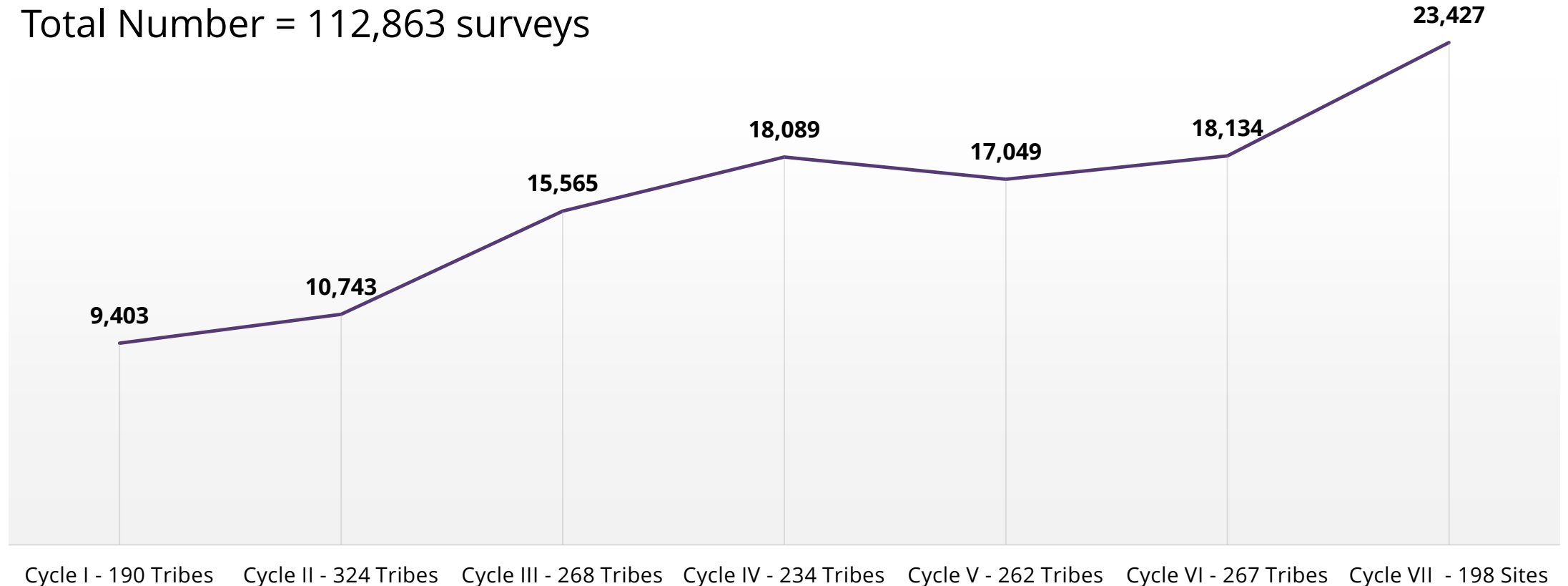


Needs Assessment Deliverables

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





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

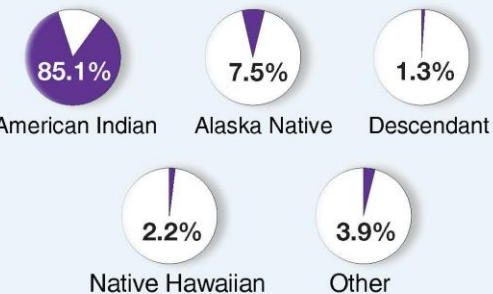
2021 Data Book

DEMOGRAPHICS OVERVIEW

21,153

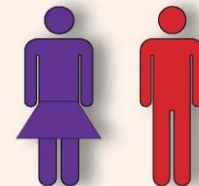
Native Elders over the age of
55 completed the Cycle VII
“Identifying Our Needs: A Survey
of Elders” assessment

Ethnicity



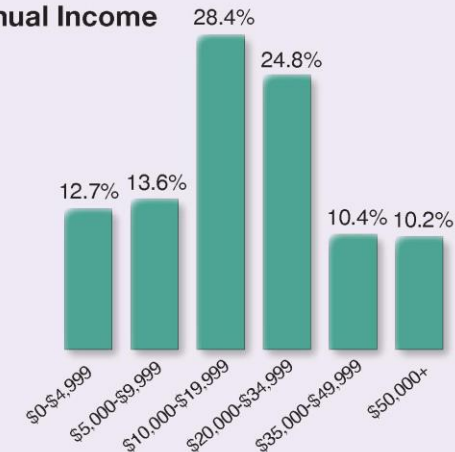
The majority of Elders reported being American Indian (85.1%). The next largest group was Alaska Native (7.5%).

Gender



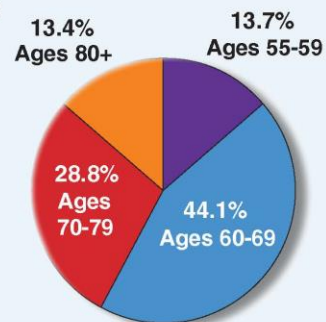
61.8% Female
38.2% Male

Annual Income

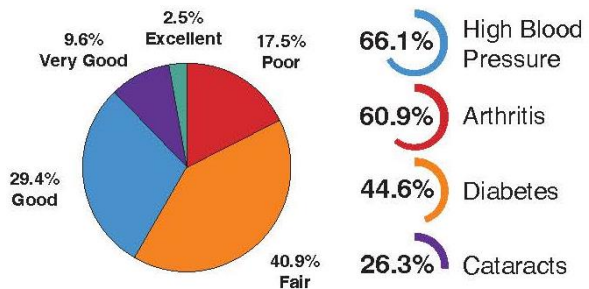


Most Native Elders reported an annual income of
\$10,000-\$19,999 (28.4%) or \$20,000-\$34,999 (24.8%).

Age

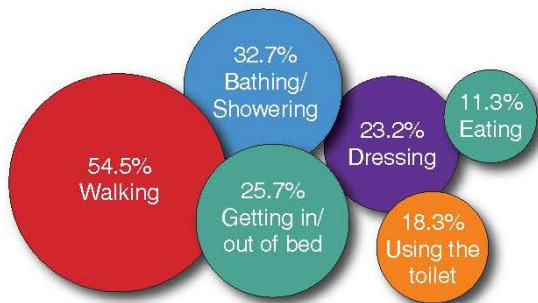


General Health



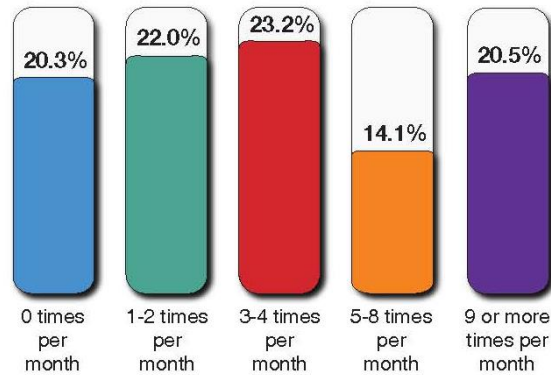
Most disabled Native Elders were in fair health (40.9%), and were most likely to report having high blood pressure (66.1%). Approximately 77.4% reported having between 1 and 4 chronic health conditions.

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.

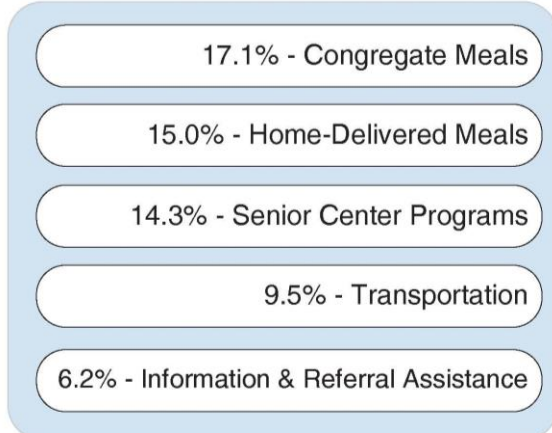
Demographics

Among Native Elders who had disabilities:

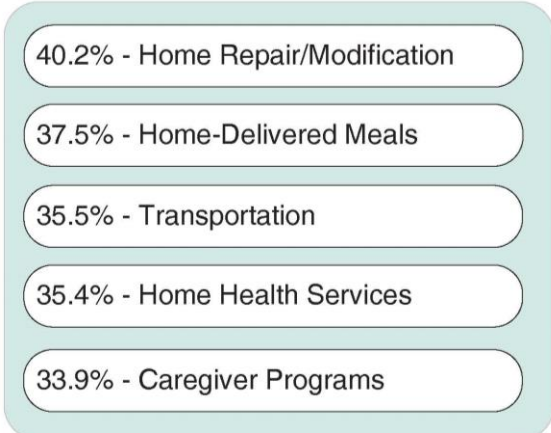
- > 67.8% lived in a single family residence.
- > 33.3% had attended college.
- > 33.0% were married/living with a partner.
- > 25.8% were retired.
- > 23.2% had an income of \$10,000-\$14,999.

Senior Service Programs

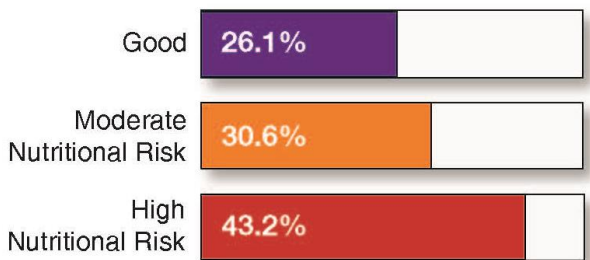
Top 5 Services - Now Using



Top 5 Services - Would Use if Offered




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

**NRCNAA**

Services · Resources · Data · About Us ·

Identifying Needs to Empower Native Elders

(800) 896-7628

[Native Aging > Services](#)

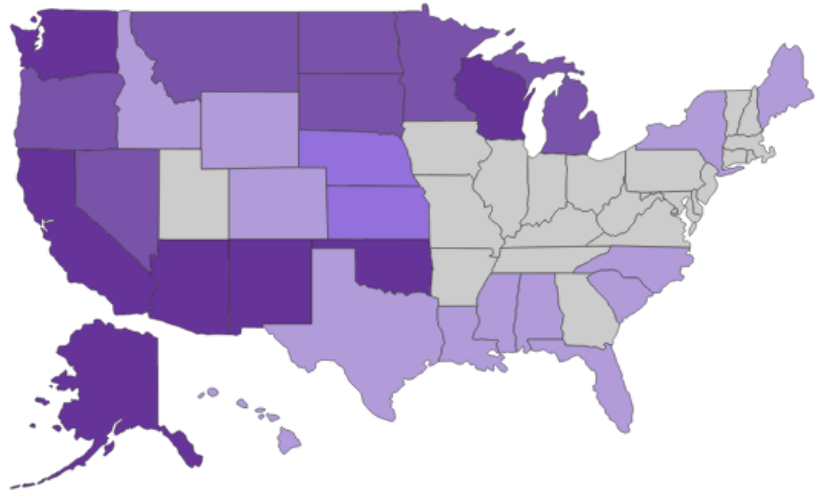
Native Elder Service Locator

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



No centers

1-2 centers

3-4 centers

5-10 centers

11 or more centers

Select Your State

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

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

Types of Services

Learn more about the [types of 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](#).

Primary Contacts for Identifying Our Needs: A Survey of Elders



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