



Identifying Our Needs: A Survey of Elders

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National Resource Center on Native American Aging

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Center *for* Rural Health

- ❖ Focuses on:
 - ❖ Education, Training, & Resource Awareness
 - ❖ Community Development & Technical Assistance
 - ❖ Native American Health
 - ❖ Rural Health Workforce
 - ❖ Rural Health Research
 - ❖ Rural Health Policy
- ❖ Web site: <http://ruralhealth.und.edu>
- ❖ Established in 1980, at the University of North Dakota School of Medicine and Health Sciences in Grand Forks, ND



National Resource Center on Native American Aging



- ❖ The NRCNAA is one of three centers that are funded through the Administration on Aging. 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)
- ❖ NRCNAA established in 1994, at the Center for Rural Health, University of North Dakota School of Medicine and Health Sciences

NRCNAA 2012 3



NRCNAA MISSION

“is to identify and increase awareness of evolving Native elder health and social needs”.

- ❖ Web site: www.nrcnaa.org



NRCNAA AIMS

- ❖ Empowerment of Native American leaders and service providers
- ❖ Honoring and maintaining cultural values while providing high-quality services



Objectives of Presentation

- ❖ What is the Survey of Elders needs assessment?
- ❖ What is the purpose of conducting a needs assessment?
- ❖ What is done with the needs assessment results?



Identifying Our Needs: A Survey of Elders

- ❖ AOA funded project
 - ❖ Assesses elders' social and health needs
 - ❖ 3 year cycles (I-IV concluded with current cycle V in progress).
 - ❖ Provides tribes with the opportunity to collect information for their communities.
 - ❖ Provides tribes with technical assistance and training to conduct a needs assessment



What is a needs assessment?

- ❖ A process where local interests or issues are defined.
- ❖ A method by which the nature and extent of needs can be both assessed and documented.
- ❖ A basis for planning that is evidence based.



Purpose of Needs Assessment

- ❖ Assists tribes in assessing options and developing an action plan to address local needs.
- ❖ Provides documentation required for planning and grant purposes including fulfilling requirements for tribes' Title VI elder nutrition program grant applications.
- ❖ Provides documentation (Family caregivers percentages) to apply for elder caregivers grant applications.



Tribal Diversity

- ❖ NRCNAA's model addresses diversity between and within tribes:
 - ❖ Measures local community needs which are then unique to that community and fit only that particular community.
 - ❖ Model utilizes a custom-fitting measure.

One Size Does Not Fit All

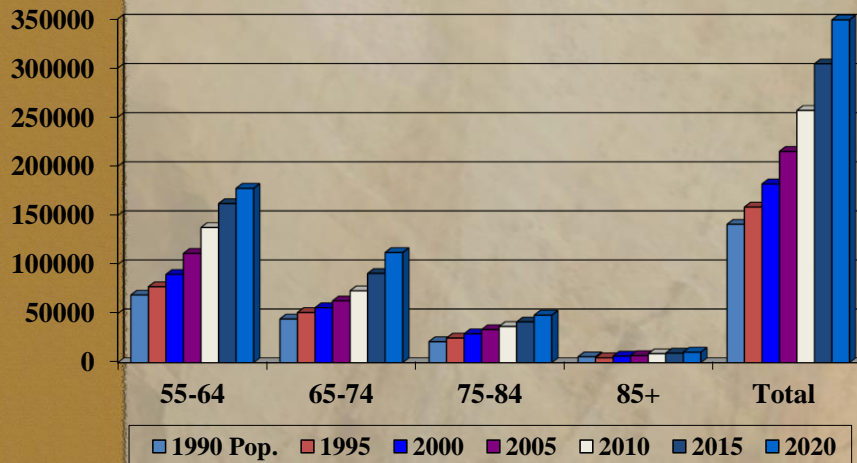


Population

- ❖ Native American elders residing primarily on reservations, Alaskan villages and Hawaiian homesteads.
- ❖ Individuals age 55 and over living on or around Indian areas.
 - ❖ Age 55 is considered comparable to 65 and over in the general population
 - ❖ Data is age adjusted



Native Elder Population Projections 1990-2020





The Needs Assessment Survey

- ❖ The primary method of data collection is the survey instrument (administered face-to-face with the elders).
- ❖ A standardized assessment instrument
 - ❖ Surveys provided to the tribes by NRCNAA at no cost.
 - ❖ Surveys processed (optical scanner) by NRCNAA at no cost.
 - ❖ A copy of the survey can be viewed at <http://ruralhealth.und.edu/projects/nrcnaa/pdf/cycleiv.survey.instrument.pdf>



Sampling and Interviewing

- ❖ If you use the NRCNAA
 - ❖ we will assist with determining sample size and how to draw tribal samples that best represent elderly populations.
 - ❖ Call toll free-1 800 896 7628
- ❖ NRCNAA interviewing suggestions:
 - ❖ Face-to-face surveying/interviewing
 - ❖ Trained staff or volunteers to ask the questions and fill out the survey for the elderly



Sample Needs Assessment Survey

Identifying Our Needs: A Survey of Elders IV

Funding for this project is provided by Cooperative Agreements: 90-AM-3079, 90-AM-3086, 90-AM-3081, and 90-AM-0025, from the Administration on Aging (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.

Correct: Incorrect:

GENERAL HEALTH STATUS

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

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)

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

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

8. Do you use eyeglasses or contact lenses?

9. Do you have trouble seeing with one or both eyes (even when wearing glasses or contact lenses)?

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

11. Do you now have total deafness in one or both ears?

12. Do you use a hearing aid?

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

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

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

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Survey Needs Data

- ❖ General health status of elders
- ❖ Indicators of chronic health
- ❖ Indicators of visual, hearing, and dental
- ❖ Tobacco and alcohol use patterns
- ❖ Diet, nutrition, and exercise
- ❖ Social support patterns, housing and work
- ❖ Health care access
- ❖ Unmet needs
- ❖ Use and acceptance of services



National Resource Center Provides:

- ❖ Survey instruments – a standardized tool
- ❖ Assistance with sampling
- ❖ Training on data collection
- ❖ Technical support
- ❖ Data entry
- ❖ Data analysis
- ❖ Statistical profiles of your elders
- ❖ Comparisons with national norms



Local Communities Provide:

- ❖ A resolution from their tribal councils
- ❖ A number or count of the elders in the community
- ❖ Data collection
- ❖ A repository for the findings and are responsible for getting them to the right people
- ❖ Local implementation and coordination



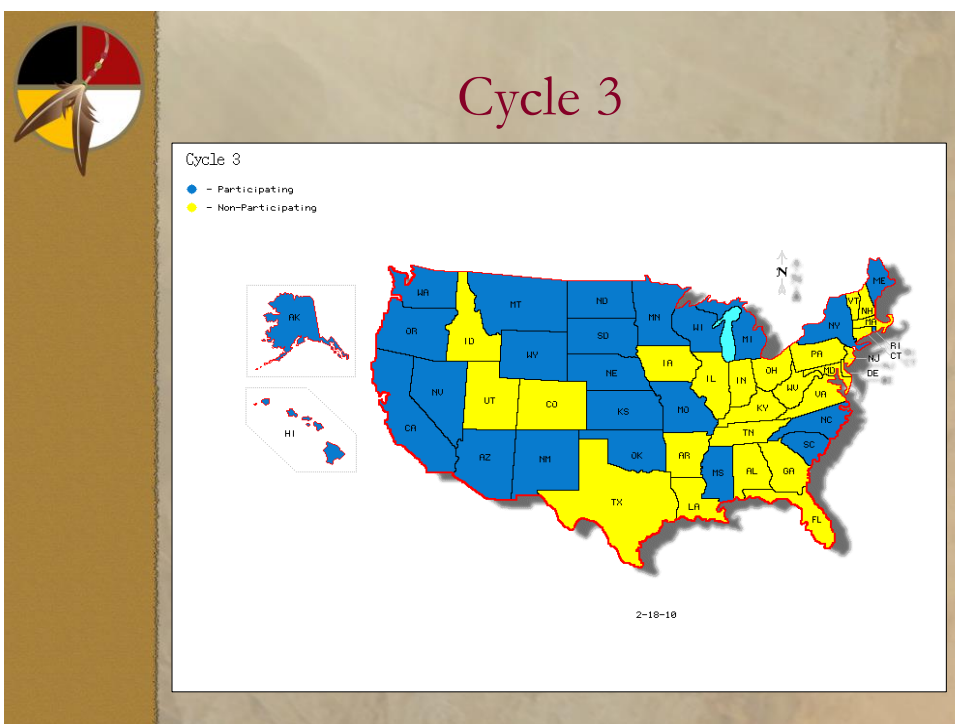
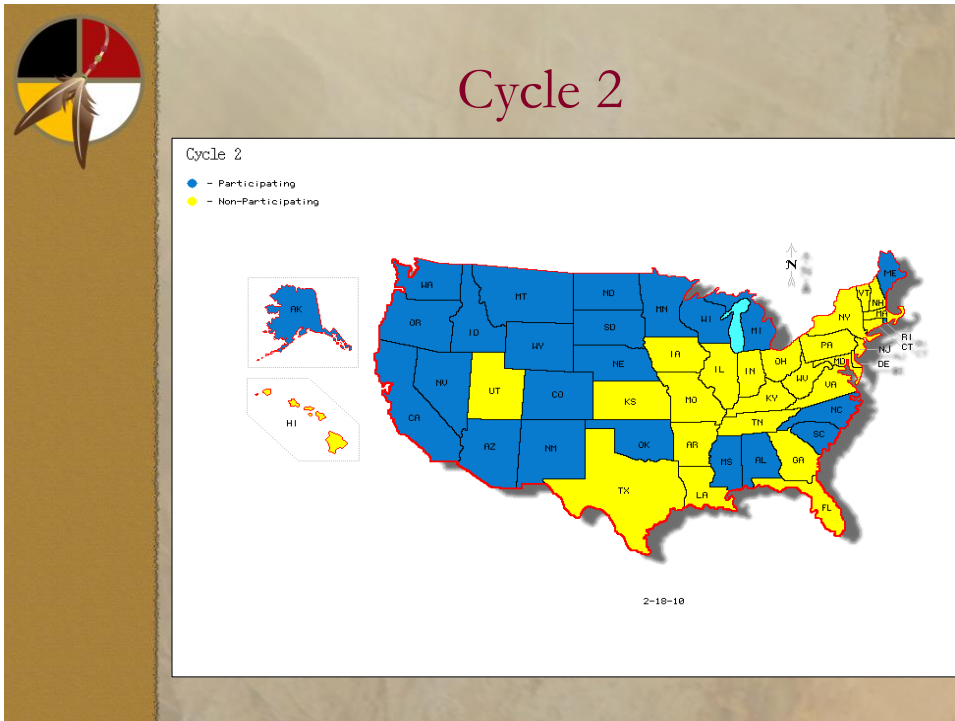
Post Data Collection

- ❖ NRCNAA receives completed surveys from participating tribes.
 - ❖ Surveys are scanned and coded for statistical analysis
 - ❖ A data file is created for each tribal participant
 - ❖ Standard measures are created (such as Body Mass Index, ADL and IADL limitations, chronic diseases and service uses).



Result Tabulations

- ❖ NRCNAA prepares comparison sheets for all participating tribes:
 - ❖ Includes each tribe's data, national data, and data for all Native American elders (tribal aggregate).
- ❖ Sample comparison sheet can be seen at:
 - <http://ruralhealth.und.edu/projects/nrcnaa/pdf/comparison.pdf>
- ❖ The comparison sheets allow a context for interpretation:
 - ❖ Helps to determine whether each tribe's elders are healthier or less healthy than the norm or whether they have more chronic disease.





Current Status of Needs Assessment

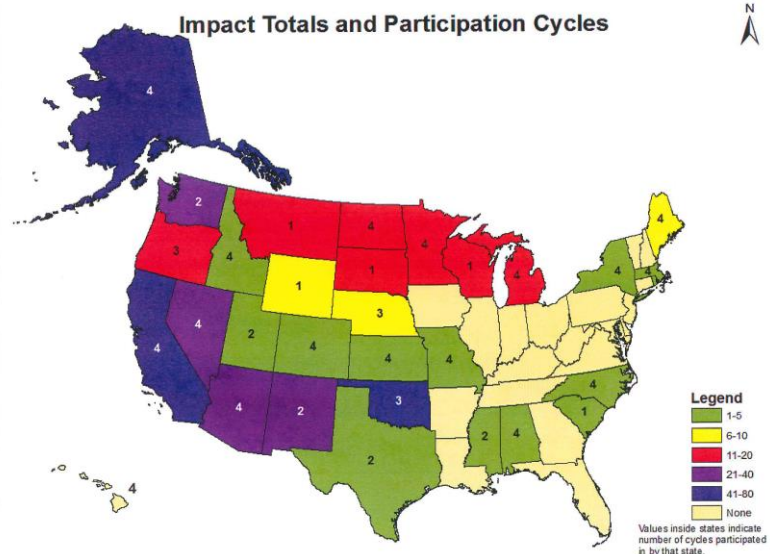
❖ Cycle IV (ended March 31, 2011)


- ❖ 303 Tribes/Alaska Native Villages/Hawaiian Homelands from 166 sites
- ❖ 18,089 Native elder participants have filled out the needs assessment survey
- ❖ All 12 I.H.S. Regional Areas are represented in the national file.

Cycle V runs from April, 2011 to December, 2013





Post Cycle IV Impact Map






NRCNAA Data Use General Templates

Center for
Rural Health
The University of North Dakota
School of Medicine & Health Sciences
ruralhealth.und.edu



NRCNAA Data Use Template

❖ Data Comparison

Comparisons between our tribe, regions and the U.S. general population provide documentation of disparities on specific diseases where American Indian people appeared to be at greater risk than others in the nation. This information assists in identifying diseases where health promotion efforts will assist in making significant improvements in health status for our elders. The table on the next slide presents these diseases.



NRCNAA Data Use Template

❖ Chronic Disease

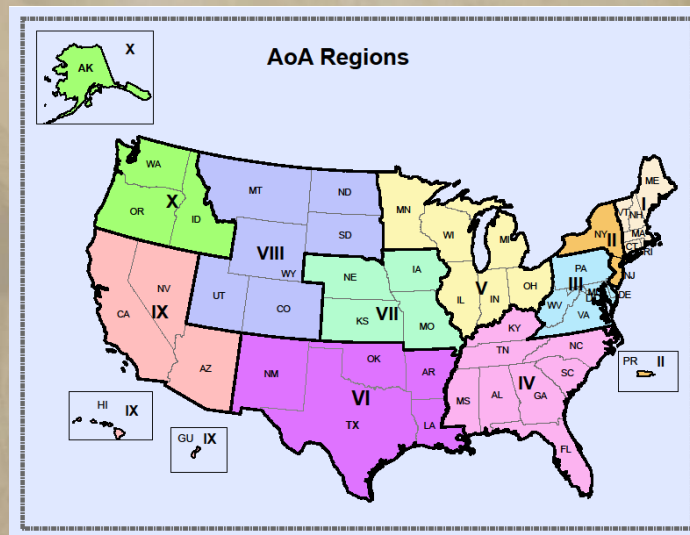
The top chronic diseases found among our elders were high blood pressure, arthritis, diabetes, depression and osteoporosis. Each of these lead to limitations on peoples' ability to take care of themselves. Nutritional care is particularly important for high blood pressure, diabetes and osteoporosis.


Five most common chronic diseases for Our Tribe (persons 55 and over)

	Region I	Tribal Agg.	Nation
High blood pressure	58.1%	57.3%	56.7%
Arthritis	55.3%	44.9%	48.2%
Diabetes	37.8%	39.4%	16.8%
Depression	21.6%	13.8%	16.2%
Osteoporosis	15.5%	11.2%	4.6%




AoA Regional Map





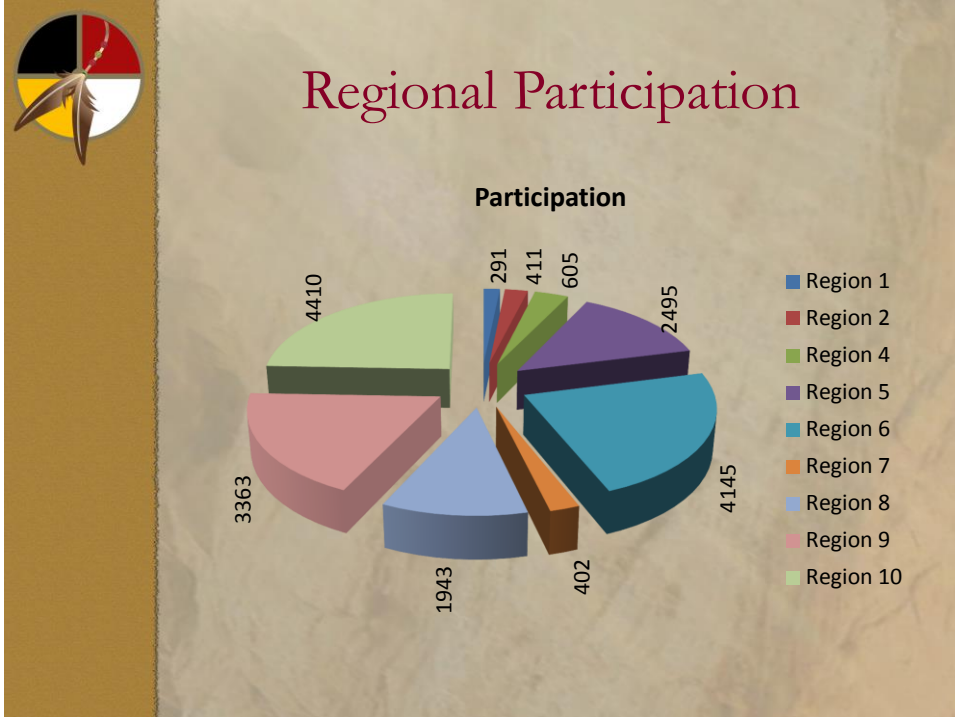
	High Blood Pressure	Arthritis	Diabetes	Depression	Osteoporosis
National	56.7%	48.2%	16.8%	16.2%	4.6%
Tribal Agg	57.3%	44.9%	39.4%	13.8%	11.2%
Region 2	53.3%	40.1%	40.9%	8.3%	12.9%
Region 4	59.3%	41.3%	49.6%	7.8%	7.9%
Region 5	58.1%	50.1%	43.9%	18.2%	12.7%
Region 6	57.8%	42.8%	41.8%	13.7%	9.4%
Region 7	58.5%	46%	42.5%	12.2%	9.7%
Region 8	56.9%	44.9%	41%	13.4%	12%
Region 9	61.5%	41%	48.1%	13.8%	11.7%
Region 10	53.3%	47%	25.4%	12.5%	11.4%



NRCNAA Data Use Template

❖ **Chronic diseases with higher rates than the nation**

	All Tribes	Nation
Congestive heart failure	11.2%	8.2%
Stroke	8.3%	6.6%
Asthma	12.7%	12.1%
High blood pressure	57.3%	56.7%
Diabetes	39.4%	16.8%
Cervical cancer	1.8%	0.3%
Osteoporosis	11.2%	4.6%



NRCNAA Data Use Template

- ❖ More on the Data Use Template is available at our website:
www.nrcnaa.org
- ❖ ADLs & IADLs
- ❖ Overweight and obesity
- ❖ Templates and boilerplates for using your findings
- ❖ We also encourage you to use your data *innovatively*.



Community Level Data Uses

- ❖ Renewal of Title VI Native Elder Nutrition and Caregiving Grants
- ❖ Strengthening of grant proposals
- ❖ Documentation of health disparities
- ❖ Documentation of need for health promotion, home and community based services, and assisted living



Regional and National Data Use

- ❖ **The applications for data at these levels are numerous and focus on:**
 - Training for increasing skills for Native elder service providers
 - Advocating for resources at the state, regional, and national level




Regional and National Data Use continued

- ❖ Developing policy for informing national Native elder organizations
- ❖ Filling the research gap for Native elder related publication
- ❖ Training Native researchers in the aging field



Examples of Application of Assessment Data


- ❖ Tribal support for service program justification
- ❖ Proposals
 - ❖ Health Care Center
 - ❖ New Gym
- ❖ Tracking
- ❖ Gain partnerships
- ❖ Information sharing with community & government
- ❖ Identifying needs and resources
- ❖ Assessing mental health needs
- ❖ Enhancing Tribal Leadership



Needs assessment summary


- A needs assessment should be conducted every three years to document changes.
- A needs assessment is required by the Administration on Aging for Title VI projects.
- AoA, the NRCNAA, and others can assist you with conducting a good needs assessment
- A needs assessment is a method to document local needs.
- Data from a needs assessment can be used for planning purposes.

Baker-Demaray 39




Title VI Needs Assessment Requirements

- ❖ http://www.aoa.gov/AoARoot/Grants/Reporting_Requirements/index.aspx



The Needs Assessment Team

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- ❖ Melissa Wheeler-Graduate Research Assistant
- ❖ Michael Mudgett-Student Research Assistant



Additional Resources

Where can I find my population number?

Census Data – (Data from the 2010 census can be located at

- http://factfinder.census.gov/home/aian/sf_aian.html - this site locates data for each of the 539 tribes online. It is a source for getting a demographic profile of your tribe.
- For larger groupings containing numerous tribes in a single organization data can be obtained from http://factfinder.census.gov/home/aian/sf2_sf4.html where findings are based on 39 tribal groupings.

Hawaiian sites should use the Hawaiian Data Center

B. Demaray

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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
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