Identifying Our Needs: A Survey of Elders

Paula Morin-Carter, Ph.D.
Turtle Mountain Band of Chippewa

Jacque Gray, Ph.D.
Choctaw/Cherokee

Jacob Davis, B.A.
Turtle Mountain Band of Chippewa

National Resource Center on Native American Aging

Funded by Administration On Aging
Grant Number 90IO003/02

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
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 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

![Chart showing population projections for different age groups from 1990 to 2020.](chart.png)
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

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](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.
Past Cycles I, II, III

Cycle 1
- 190 tribes/villages from 87 sites
- 9,403 Native elders

Cycle 2
- 342 tribes/villages from 145 sites
- 10,743 Native elders

Cycle 3
- 298 tribes/villages from 127 sites
- 14,791 Native elders

Cycle 1

![Map showing cycle 1 participation](Image)
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
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.
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)

<table>
<thead>
<tr>
<th>Region I</th>
<th>Tribal Agg.</th>
<th>Nation</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure</td>
<td>58.1%</td>
<td>57.3%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>55.3%</td>
<td>44.9%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>37.8%</td>
<td>39.4%</td>
</tr>
<tr>
<td>Depression</td>
<td>21.6%</td>
<td>13.8%</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>15.5%</td>
<td>11.2%</td>
</tr>
</tbody>
</table>
### Chronic diseases with higher rates than the nation

<table>
<thead>
<tr>
<th>Chronic Disease</th>
<th>All Tribes</th>
<th>Nation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Congestive heart failure</td>
<td>11.2%</td>
<td>8.2%</td>
</tr>
<tr>
<td>Stroke</td>
<td>8.3%</td>
<td>6.6%</td>
</tr>
<tr>
<td>Asthma</td>
<td>12.7%</td>
<td>12.1%</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>57.3%</td>
<td>56.7%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>39.4%</td>
<td>16.8%</td>
</tr>
<tr>
<td>Cervical cancer</td>
<td>1.8%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>11.2%</td>
<td>4.6%</td>
</tr>
</tbody>
</table>
Regional Participation

<table>
<thead>
<tr>
<th>Region 1</th>
<th>Region 2</th>
<th>Region 4</th>
<th>Region 5</th>
<th>Region 6</th>
<th>Region 7</th>
<th>Region 8</th>
<th>Region 9</th>
<th>Region 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>3363</td>
<td>1943</td>
<td>402</td>
<td>291</td>
<td>411</td>
<td>605</td>
<td>2495</td>
<td>4145</td>
<td>402</td>
</tr>
</tbody>
</table>

NRCNAA Data Use Template

- More on the Data Use Template is available at our website: [www.nrcnaa.org](http://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
A needs assessment should be conducted every three years to document changes.

A needs assessment is a method to document local needs.

Data from a needs assessment can be used for planning purposes.

AoA, the NRCNAA, and others can assist you with conducting a good needs assessment.

Title VI Needs Assessment Requirements

The Needs Assessment Team

- Twyla Baker Demaray, M.S.- NCRNAA Director
- Jacob Davis, B.A.-Project Coordinator
- Jacque Gray, Ph.D., Associate Professor
- Paula Carter, Ph.D., Assistant Professor
- Marilyn Klug, Ph.D., Biostatistician
- Ann Miller-Project Assistant
- Patty Lambert, B.A., Research Specialist
- 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_arian.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.
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
- Tel: 800-896-7628
- Fax: (701) 777-6779
- http://www.nrcnaa.org