



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING

Tribal Law, State Alzheimer Plans and Policy Response to Dementia in Indian Country

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NIHB National Tribal Health Conference

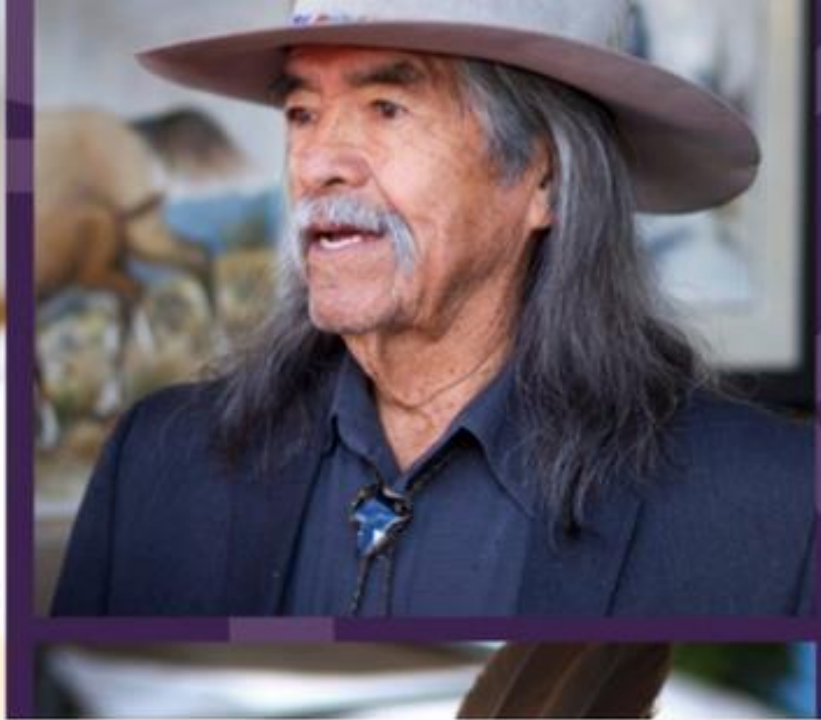
September 26, 2022

This project is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$348,711 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

None have
directed this
talk.

Current Clients Splaine Consulting

- Nevada Senior Services
- Alzheimer's Disease International
- Alzheimer's Association (National Public Health office)
- Great Lakes Intertribal Council
- International Association for Indigenous Aging (IA²)
- International Psychogeriatric Association
- Neighbor Network Northern Nevada (N4)
- Aging and In-Home Services of Northeast Indiana, Inc.
- Consumer Voice/National Ombudsman Resource Center
- UCSF, UMBC, Emory University, JHMI, UMASS, NWU, MSSM, Towson University
- Owner & Managing Partner, Recruitment Partners LLC, Owner, Splaine Consulting and Cognitive Solutions LLC



**HEALTHYBRAIN
INITIATIVE**

Road Map for Indian Country

alzheimer's 
association®



Facts Driving Public Health Action

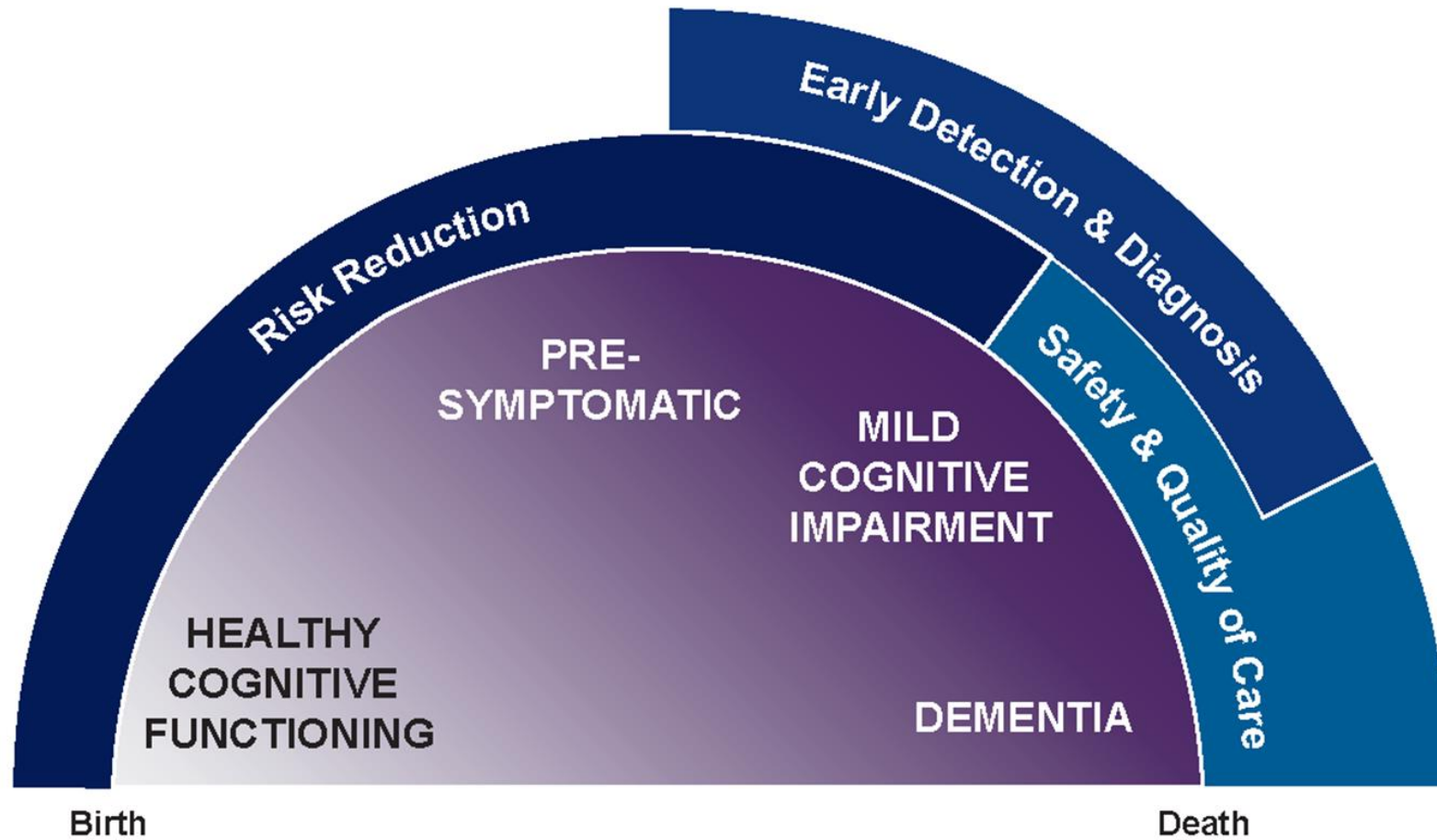
1 in 9 people in the US age 65+ has Alzheimer's disease or other dementias

1 in 6 American Indian and Alaska Native people age 45+ report difficulty in thinking or remembering

1 in 3 American Indians 65+ are projected to develop dementia

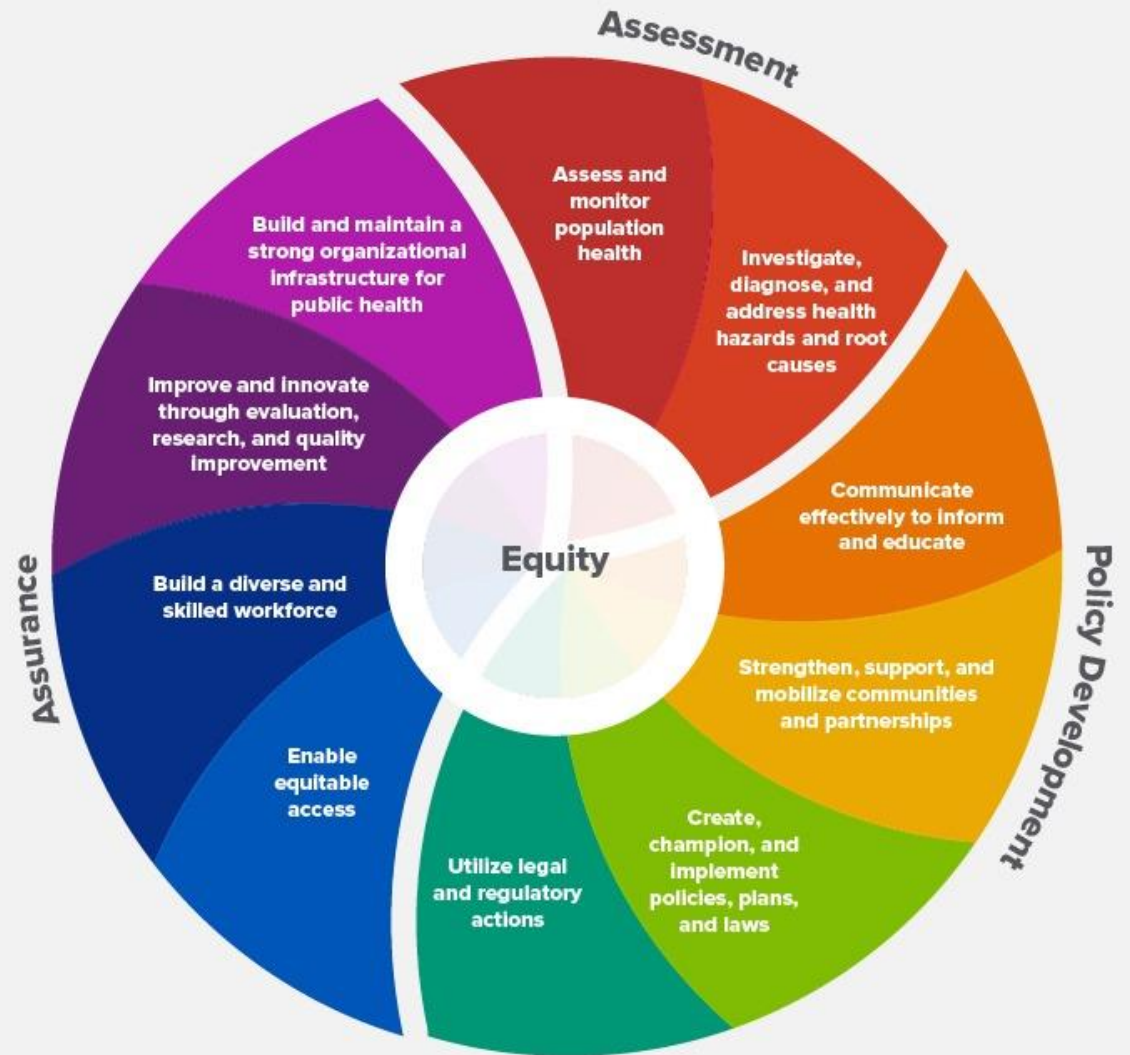
Elders with heart disease, high blood pressure, or diabetes have a much higher risk of developing dementia

There are steps leaders, communities, and families can take to help and protect their people



THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

To protect and promote the health of all people in all communities



The International Association for Indigenous Aging and Splaine Consulting have created a new policy report for American Indian and Alaska Native (AI/AN) populations. This report explores existing tribal laws and policies related Alzheimer's Disease and Related Dementia for Native communities.



TRIBAL LAW AND POLICY
**ALZHEIMER'S DISEASE
AND RELATED DEMENTIA ISSUES**

PREPARED BY SPLAINE CONSULTING
OCTOBER 27, 2021



www.iasquared.org



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Several primary sources

National Indian Law Library

Tribal Law Policy Institute

NCAI Policy Law Center

University Law Libraries Arizona,
Washington and Wisconsin

Key words

Alzheimer's

Dementia

Caregiver

Also
consulted

Uniform Law Commission

National Conference State Legislatures
(Native American Caucus)

CDC Tribal Law Portal

Alaska Bar Association, Alaska Native
Law Section

Findings

- Few references <10
- Related Policies
 - LTSS
 - Elder Justice
 - Adult Guardianship
- We then moved on to state AD plans analysis

References

- <https://iasquared.org/brain-health/roadmap-for-indian-country/>

<https://iasquared.org/new-report-tribal-law-policy-alzheimers-disease-and-related-dementia-issues/>

Contact

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- **Request item: Bibliography**

About International Association for Indigenous Aging (IA²)



- IA² works to identify and implement the most effective solutions to the most significant issues facing American Indian & Alaska Native people.
- IA² works collaboratively, drawing upon our network of people from all sectors and multiple professions, including researchers, academicians, media experts, and outreach and intervention specialists from around the country.
- We bring to bear their experience and expertise in our work to improve the lives of Indigenous people.

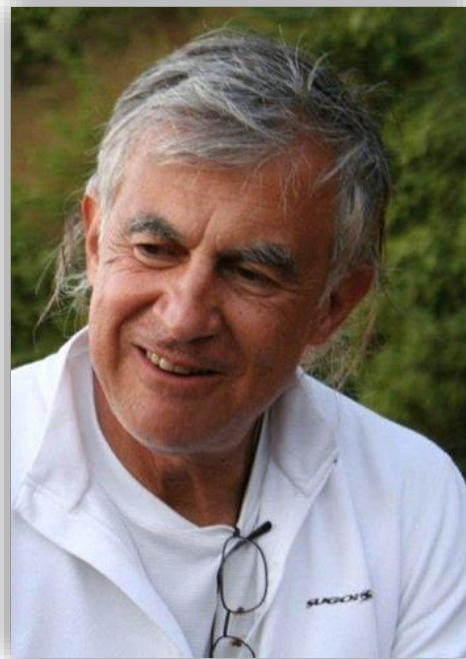
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IA² Board of Directors



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Douglas Shenson MD, MPH, MS, MA
Board Member

CDC National Healthy Brain Initiative



- Develop a national project that identifies & incorporates culturally tailored and relevant ADRD information resources among American Indian & Alaska Native (AI/AN) populations
- Advance community engagement & help build capacity among tribes & tribal member-serving organizations in serving elders living with dementia
- Promote healthy cognitive aging strategies across the lifespan
- Foster dementia-capable tribal communities
- Promote activities from the Road Map for Indian Country





National Advisory Committee



Current CDC NHBI Information Products

- Tribal Law and Policy Report: Alzheimer's Disease and Related Dementia Issues
- 10 Signs of Thinking or Memory Changes that Might be Dementia
- Healthy Food, Healthy Brain Rack Card

10 Signs of Thinking or Memory Changes that Might be Dementia

10 SIGNS of Thinking or Memory Changes that Might be DEMENTIA

Do you have any of these 10 signs? If so, talk to your doctor.

As we get older, we may slow down a bit. This is a normal part of aging. Changes in memory or thinking that make it harder to get through the day are not a normal part of aging. These may be early signs of dementia. American Indian and Alaska Native people have a high risk of dementia. So, it is important to know the warning signs.

- 1 Memory loss that affects your daily life.** You may:
 - Forget events or important dates
 - Repeat yourself
 - Rely more often on lists or sticky notes to remember things more often
- 2 Trouble planning or solving problems.** You may have a harder time:
 - Paying bills
 - Cooking recipes you have used for years
- 3 Get confused about the time, date, or where you are.**
- 4 Daily tasks are getting harder, including:**
 - Driving
 - Making a grocery list or going shopping
- 5 Trouble with how your eyesight and thinking work together that gets worse.** This includes:
 - Tripping, falls, or problems with your balance
 - Spilling or dropping things more
- 6 New trouble talking or writing.** You may have a harder finding the words you want to say. For example, you may say "that thing on your wrist that tells time" instead of "watch."
- 7 Lose and cannot find things.** For example, you:
 - Can't find the coffee pot that you use every day
 - Might put your car keys in the freezer
- 8 Notice changes in mood or personality, such as being:**
 - Easily mad or sad in everyday situations
 - More fearful (scared) or suspicious (not trusting)
- 9 Act different and make poor choices.** This may make you more likely to:
 - Spend money you do not have or be a scam victim
 - Stop washing up regularly or pay less attention to how you look
 - Forget to take care of your pet
- 10 Pull away from friends and family because it is harder to keep up.** You may not want to do things you used to enjoy, like sporting events, church, music, or sex.

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MAIN POINTS

American Indian and Alaska Native people have a high risk of dementia.

Big changes in memory or thinking that make it hard to get through the day are not a normal part of aging.

People with one or more of these 10 signs should talk to their doctor to find the cause. It is not always dementia.

Early dementia diagnosis gives you a chance to get care and plan your future.

To learn more, visit:

www.AIANBrainHealth.org

www.cdc.gov/aging



This healthy eating-focused message series includes practical advice and culturally relevant recipes.

Rack cards can be distributed through senior centers, inter-tribal organizations, healthcare facilities, administrative offices, tribal newspapers/radio stations, and as mailers to tribal members. Tribal meal delivery programs can incorporate weekly distribution for in-person and home-delivered meals. High-resolution files are available for download.



HEALTHY FOOD HEALTHY BRAIN

Everyone slows down as they get older, both in body and mind. Eating healthier food can help your overall health, including brain health. It may also reduce your risk for memory loss and problems thinking.

Healthier steps to protect your brain

- ✓ Eat more vegetables, fruits, whole grains, and lower-fat milk
- ✓ Use less salt and added sugar
- ✓ Eat more fish, chicken, turkey, beans, and nuts
- ✓ Cut down on bad saturated fats, trans fats, cholesterol, and red meat
- ✓ Buy fresh, not packaged food when you can
- ✓ Limit how much alcohol you drink
- ✓ Learn your daily calorie needs for your body size
- ✓ Take care of your mental and spiritual health to support your physical and brain health

Small changes can make a big difference for better brain health.

TALK TO YOUR DOCTOR ABOUT MORE STEPS TO HEALTHIER FOOD CHOICES

“Without the elk, salmon, huckleberries, shellfish, and cedar trees we are nobody”
Valerie Segrest (Muckleshoot)

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MAKE THIS AT HOME

Grilled Salmon and Veggie Foil Packets



- ✓ Salmon
- ✓ Asparagus
- ✓ Red or Green Peppers (Or any seasonal vegetable)
- ✓ Onion
- ✓ Lemon – sliced
- ✓ Basil
- ✓ Olive Oil
- ✓ Salt and Pepper
- ✓ Garlic Powder

Cut asparagus, peppers, and onion into bite-size pieces. Cut salmon into 4-6 oz pieces. Tear tin foil large enough to wrap around salmon & veggies (2 layers). Add veggies and salmon to foil. Drizzle with olive oil, season with salt, pepper, basil, garlic & top with a piece of sliced lemon. Wrap foil tightly around food. Grill at 400 degrees for about 20 minutes. **Careful opening!**



Food & drink are a source of strength and connection to community. A return to traditional food pathways and eating local, seasonal fresh foods make healthier eating easier.

For More Information

About Healthier Eating Choose MyPlate | USDA

www.choosemyplate.gov

About Brain Health

Resource Center for American Indian and Alaska Native Brain Health

www.AIANBrainHealth.org

CDC Alzheimer's Disease Program

www.cdc.gov/aging



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Healthy Heart, Healthy Brain

Healthy Heart, Healthy Brain...

Keep Your Heart and Body Healthy to
Protect Your Brain

Everyone slows down as they get older, both in body and mind. Big changes in memory or thinking that make it hard to get through the day are not a normal part of aging. These changes could be signs of early dementia or Alzheimer's disease.



1 in 9
People in the U.S. ages 65+
has Alzheimer's dementia



1 in 3
American Indian people ages
65+ develops dementia

You are more at risk of developing dementia if you have:

- high blood pressure,
- diabetes, or
- you smoke cigarettes

You can protect your body, heart, and mind

- ◆ Schedule a "wellness" visit and health screenings every year with your doctor, even if you feel ok.
- ◆ Keep a healthy blood pressure.
- ◆ Be active or walk every day.
- ◆ Maintain a healthy weight for your body size.
- ◆ Eat a healthier diet with more fresh vegetables, fruits, whole grains, and fish.
- ◆ Stop smoking cigarettes or chewing tobacco.
- ◆ Get help managing your high blood pressure, diabetes, or to lose extra weight.
- ◆ Talk to your doctor about how you feel because your mental health can affect your brain and physical health.
- ◆ If it is hard for you to get through the day because of forgetfulness or memory problems, see your doctor right away.

You can do these things today to protect your mind and reduce the risk of or slow down dementia.



Turn over for your checklist to keep your river of life flowing freely



Healthy Heart, Healthy Brain...

Keep Your Heart and Body Healthy to
Protect Your Brain

Everyone slows down as they get older, both in body and mind. Big changes in memory or thinking that



The River of Life Flows Through Your Heart to Protect Your Mind and Body

Your heart health plays a big part in the health of your brain. Your heart is like the start of a flowing river. Blood vessels that take blood to and from your heart are like connected streams that flow through your body. They feed your brain with oxygen and energy.

You can do things to keep the streams freely flowing through your body, so your heart and brain stay strong and healthy.

Working with Your Doctor

- ◆ Make an appointment for a "wellness" checkup with your doctor every year.
 - You will get tests and screenings to make sure you are healthy.
 - They are usually free with Medicare Part B or the Indian Health Service.
 - If you have concerns about your memory, talk to your doctor.
- ◆ Have your blood pressure checked and know your numbers.
 - Your blood pressure should be less than 120/80 mmHg (120 over 80)
 - If you do not know how to take your blood pressure, ask your doctor to show you.
- ◆ Have your weight checked regularly and know your number. If you need to lose extra weight, ask your doctor about:
 - The right number of calories for your body
 - Ideas for healthier food choices
 - Support for losing weight
- ◆ If you smoke cigarettes or chew tobacco, ask about medicine, counseling, or help to stop.
- ◆ If you do not have diabetes, have your blood sugar level checked during your visit. Your blood sugar should be less than 100 mg/dL when you have not eaten.
- ◆ If you do have diabetes, go to regular doctor visits. Have your blood sugar and "A1C" levels checked. Your doctor will tell you what your A1C level should be.
- ◆ Talk with your doctor about all the medicines and vitamins you take. Your doctor can make sure they do not cause any problems with your memory, sleep, or brain function.

Other Steps You Can Take

- ◆ Aim for 20 minutes of physical activity a day or 2 1/2 hours a week.
- ◆ Read food labels to see how much salt (sodium) or fat is in your food.
- ◆ Limit alcohol. No more than 1 drink per day for women and 2 for men.
- ◆ Get at least seven hours of sleep each night. Talk to your doctor if you have trouble sleeping.
- ◆ Eat less salt, sugar, red meat, and highly processed or packaged foods.
- ◆ Manage extra weight by making small changes. Losing a few pounds makes a difference.
- ◆ Take your medicine for blood pressure, diabetes, and other problems even if you feel good.
- ◆ Keep your mind active. Visit with people in your community, help plan tribal events, go to your senior center, teach your language, play cards, or start a new hobby.



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Upcoming CDC NHBI Information Products

- Healthy Food, Healthy Brain Rack Card Series (total of 6)
- ADRD State Plans: Resource Guide – AI/AN, & Culturally Inclusive Language
- Sample Tribal Resolution Addressing ADRD
- Social Media Toolkit Culturally Tailored to AI/AN Communities
- Risk Reduction Graphic

ADRD State Plans: Resource Guide – AI/AN, & Culturally Inclusive Language

- This guide is a resource to aid in Alzheimer’s disease and related dementias (ADRD) policy and planning for American Indian and Alaska Native (AI/AN) tribal communities, leaders, and state and local public health entities.
- Language about ADRD and engagement practices referencing American Indian and Alaska Native populations and communities were identified in 18 existing states’ Alzheimer’s plans.
- Word-for-word excerpts from current state Alzheimer’s and dementia plans inclusive of “American Indian” and/or “Alaska Native” and other culturally relevant terms.

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