

“Caregivers are the Medicine”

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Northwest Tribal Elders Project (NTEP)
Building Our Largest Dementia (BOLD) Infrastructure



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Beyond Traditional Caregiving



- Dynamic Web of Dementia Caregiving
- Cultural Assessment Tools
- Voices of the Caregiver



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Emotional Side of Caregiving

- Emotional Contagion
- Impact of our “state of being” on quality care
- Caregiver’s Emotional Self-Care



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Emotional Side of Caregiving

➤ Emotional Contagion



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Emotional Side of Caregiving

➤ Caregiver Self-Care



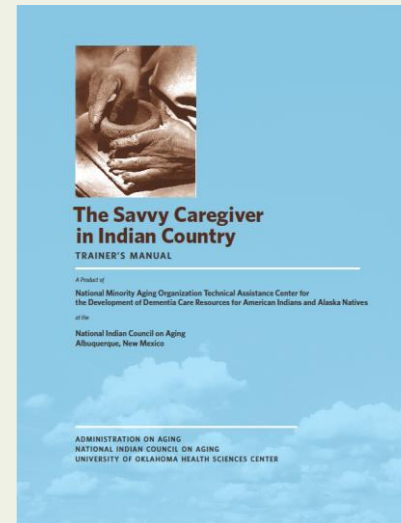
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Resources, Training and Support Tools

- Extension for Community Healthcare Outcomes (ECHO)
- Healthy Heart, Healthy Brain (astho.org)
- International Association on Indigenous Aging (IA2)
- National Council Urban Indian Health Wisdom Keepers Healthy Brain Videos
- National Indian Council On Aging (NICOA)
- National Resource Center on Native American Aging (NRCNAA)
- Savvy Caregiver In Indian Country



Healthy Heart, Healthy Brain...

The River of Life Flows Through the Heart, Protecting the Mind and Body

Everyone slows down as they get older, both in body and mind. But big changes with forgetfulness, thinking, or how you solve problems that make it hard to get through the day don't happen to everyone. These changes could be a sign of early dementia or Alzheimer's disease.

5.7 Million
Americans have Alzheimer's disease

1 in 10
People age 65 and older has Alzheimer's

1 in 3
American Indians over 65 develops dementia, including Alzheimer's

Elders with heart disease, high blood pressure, or diabetes have a much higher risk of developing Alzheimer's or other dementias.

Key steps you can take for a healthy mind, heart, and body:

- ◆ Call your doctor today for an appointment to talk about how to keep your mind and heart healthy.
- ◆ Schedule "wellness" checkups and health screenings every year. Blood pressure and diabetes screenings are usually free with Medicare Part B or through the Indian Health Service.
- ◆ Get a little exercise every day.
- ◆ Eat more fresh fruits and vegetables and foods low in salt and sugar.
- ◆ Stop smoking and chewing tobacco.
- ◆ Get help managing high blood pressure, diabetes, high blood cholesterol, and depression or anxiety.
- ◆ Protect your head. Falls are the number one cause of head injury in older adults.
- ◆ If you have trouble with memory or forgetfulness that makes it hard to get through the day, see your doctor right away.

You can do things today to protect your mind and help try to prevent or slow dementia and Alzheimer's disease.

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

Indian Country Dementia ECHO - For Health Care Workers & Caregivers

Let's do More for Our Patients and System

PATIENT
- Right Care
- Right Place
- Right Time

PROVIDER
- Increase Knowledge
- Meet Alaska Patients
- Build Community of Practice

TRIBE
- Reduce Disparities
- Reduce Knowledge
- Keep Patients Local
- Reduce Costs

INDIAN HEALTHCARE SYSTEM
- Increase Quality
- Increase Capacity
- Reduce Costs

Benefits

- Break continuing education credits
- Case consultation with your peers
- Learn best practices on their own terms
- Meet at a time that fits in your day
- No need to give or give faculty
- Together, we will manage patients so that every patient gets the care they need and deserve

Join Online Clinics

- The virtual ECHO clinic will place the 2nd Thursday of every month at 11am PT
- To join, contact echo@ncai.org at the time of ECHO to connect via zoom
- Please request to fully integrate dementia care and request to the specific needs of your community (Native from CO)

Moving Knowledge - Not Patients
Through telemonitoring, ECHO builds capacity and creates access to high-quality specialty care serving local tribes.

Hub and spoke knowledge-sharing networks create a learning loop:
ITJU clinicians learn from specialists, ITJU clinicians learn from each other, Specialists learn from ITJU clinicians as best practices emerge.



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References

- <https://www.caregiver.org/resource/emotional-side-caregiving/#>
- <https://www.alz.org/help-support/caregiving>
- <https://www.nicoa.org/?s=caregiving>



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Thank you

Questions?

To learn more about the NTEP-BOLD program or to let us know how we can support your programs, you can reach me at

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