

# ABC's of Caregiving !

## Cultural Understandings of Dementia in Alaska !

### Lessons Learned for...

#### CAREGIVERS:

- Experiencing stress and fear while caring for a loved one with ADRD is common, but caregiving can also be a blessing
  - Education, social support, and spiritual practices decrease stress and create positive caregiving experiences
  - Seek opportunities to participate in research so your voice is heard
  - Feel isolated and alone and wish to have opportunities to come together and share experiences, best practices, resources, and tips
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#### HEALTH CARE PROVIDERS:

- ADRD is diagnosed late in disease process; more screening needed during patient's other medical appointments
  - Develop training and education on Alaska Native understandings of ADRD for health care providers by engaging Alaska Natives in the process (program and education development, research)
  - Caregivers should be directed to resources providing education, community, and spirituality
  - Patients and caregivers have other health issues and caregivers need more assistance in managing them that address all aspects of health and life
  - The AN explanatory model of ADRD is similar to other racial and ethnic minority groups
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#### COMMUNITY SUPPORT ORGANIZATIONS:

- Current education, training, and education services help those who know how to use them
  - Awareness of ADRD is low among AN people, leads to fear, stigma, lack of follow up care
  - Increase access and awareness of resources in rural Alaska
  - Partner with spiritual groups to spread awareness of ADRD and resources, and provide holistic support
  - Partner with local and regional tribal health organizations to develop programs and services
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