



Strengthening Services **for Elders**

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Interdepartmental Tribal Justice, Safety
and Wellness Session II

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Rapid City, SD



Administration on Aging

- **Mission**

- **To help elderly individuals maintain their dignity and independence in their homes and communities through comprehensive, coordinated, and cost-effective systems on long-term care and livable communities across the United States.**



Administration on Aging

- **Title VI – Grants to Native Americans**
 - **Nutrition Services**
 - **Congregate Meals**
 - **Home Delivered Meals**
 - **Nutrition Screening and Referral**
 - **Nutrition Education**



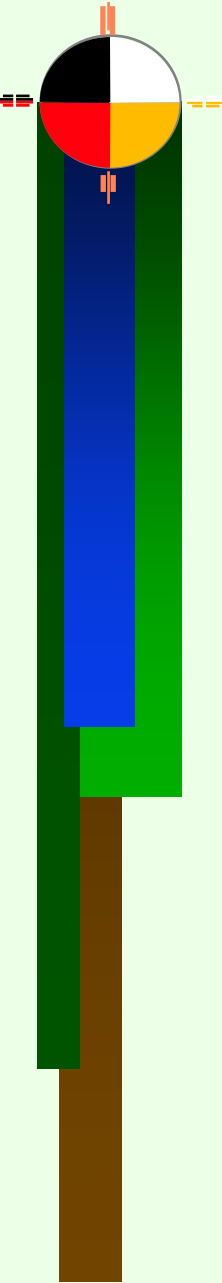
Administration on Aging

- **Title VI – Grants to Native Americans**
 - **Supportive Services**
 - Transportation
 - Information and Referral
 - Outreach
 - Case Management
 - Homemaker Services
 - Personal Care/Home Health Aid Service
 - Chore Service
 - Visiting/Telephoning
 - Health Promotion and Wellness
 - Interpreting/Translating
 - Elder Protection



Administration on Aging

- **Title VI – Grants to Native Americans**
 - **Family Caregiver Support**
 - Information
 - Assistance
 - Training
 - Counseling
 - Support Groups
 - Respite Care



National Resource Centers on Native American Aging

- **University of North Dakota**
<http://ruralhealth.und.edu/projects/nrcnaa/>
 - **Mission:**
 - To identify and increase awareness of evolving Native elder health and social issues and
 - To empower Native people to develop community based solutions.

National Resource Center on Native American Aging - Wind

http://ruralhealth.und.edu/projects/nrcnaa/wellbalanced.

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National Resource Center on Native American Aging

Project Description

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WELL- Balanced
 Falling is the most common and serious risk facing the elderly. A fall can lead to illness and disease, decreased body function, early admission to a nursing home, and sometimes death. Even the fear of falling can cause people to limit their activities, which can lead to a decrease in functional abilities.

WELL-Balanced (Wise Elders Living Longer) is a health promotion program designed to improve movement, encourage exercise, and help elders reduce their risk of falling. Focus areas were derived from *Identifying our Needs: A Survey of Elders*. The 18 session (8 week) course includes a home safety check, fall risk screening, and a home program for use after the course is completed.

WELL-Balanced was developed by the NRCNAA in conjunction with the University of North Dakota Wellness Center. The educational materials are based on experimental evidence for fall prevention and cognitive behavioral approaches to motivation and adherence to exercise programs. It includes evidence based education, health promotion activities, and group movement (with adaptation for individuals with diabetes, arthritis, and high blood pressure).

WELL-Balanced is designed to help Native elders:

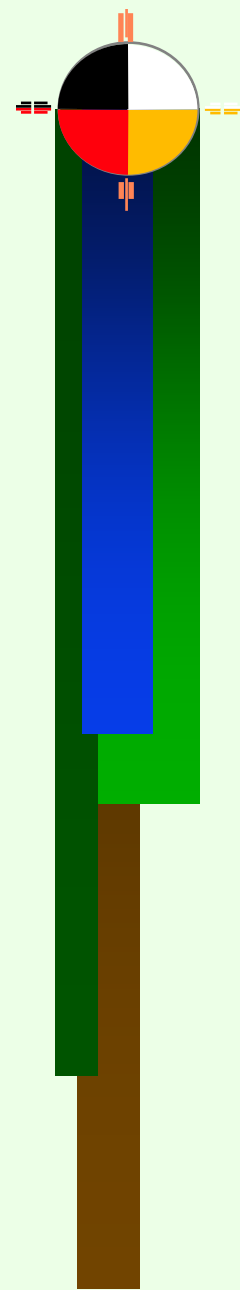
- Prevent falls
- Increase their level of regular exercise
- Engage in social activity
- Manage diabetes, arthritis, and high blood pressure
- Develop strategies for independent living
- And most important, have fun

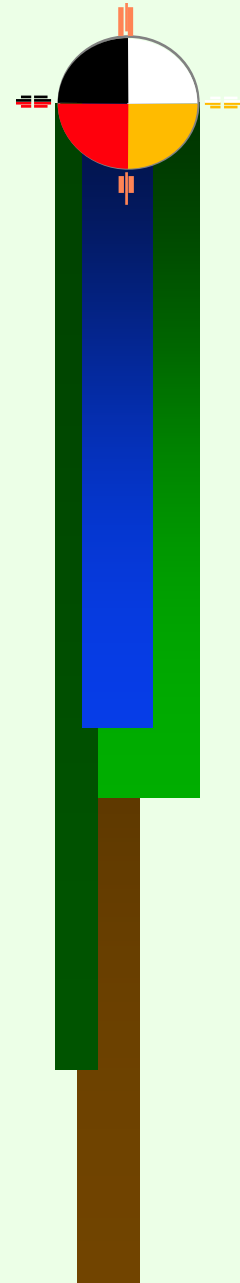
The program is being pilot tested during the summer of 2010 and will be ready for

Video

- Watch a video clip from the WELL-Balanced health promotion program.

Available Fall 2010

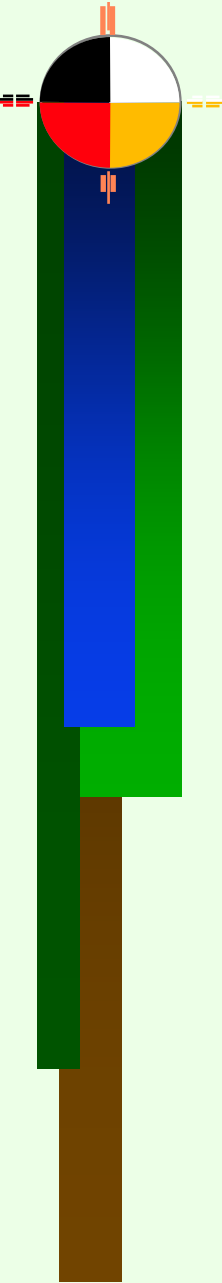




NATIVE ELDER
CAREGIVER
CURRICULUM
NECC



Caring for Our Elders: 1.1 Normal Changes



National Resource Centers on Native American Aging

- **University of Alaska**

<http://elders.uaa.alaska.edu/>

– **Goals:**

- **Develop an understanding of the cultural values that drive expectations and perceived need for care**
- **Identify community responses to elder abuse that are appropriate to Alaska Native cultures; and**
- **Provide education to medical providers.**



National Resource Center *for* American Indian, Alaska Native & Native Hawaiian Elders



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Listening to Our Elders <><><><><><><><><><>

In its first year, the Center held several regional Conferences of Elders. Listening to the voices of Alaska Native Elders in this way helped us:

- Define Alaska Native Elder values to understand appropriate Native Elder care standards;
- Define clinical, behavioral, and educational needs of Elders and caregivers;
- Identify "best, promising and emerging practices" of the current incorporation of culture-based Native Elder care programs; and
- Provide an arena for rural- and urban-based discussions relating to the increasing problem of Elder physical and financial abuse, exploitation, neglect, and violence as part of a process to assist Native communities in formulating their own plans to reduce occurrences of abuse.

The Conferences of Elders will be held in 18 key locations representing primary Alaska Native

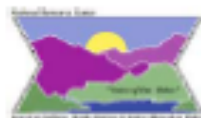
**National Resource Center
for American Indian, Alaska Native,
and Native Hawaiian Elders**

Elder Abuse Among Alaska Natives

Prepared by
Bernard Siegel, Ph.D.
Stacy L. Smith, MFA (Editor)

Cheryl Rasley, Ph.D.
Dean, College of Health and Social Welfare
University of Alaska Anchorage
LIAA

Kanayak (George P. Charles), Ph.D.
Center Director



September 2004

Funding for this project is provided by a grant, No. 80RM0102, from the Administration on Aging (AOA), Department of Health and Human Services, Washington, DC.

The information in this paper does not reflect the opinion of the Administration on Aging.

**National Resource Center
for American Indian, Alaska Native,
and Native Hawaiian Elders**

**How to Lead a Community to Wellness
from Boarding School Trauma**

Prepared by
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Center Director



December 2007

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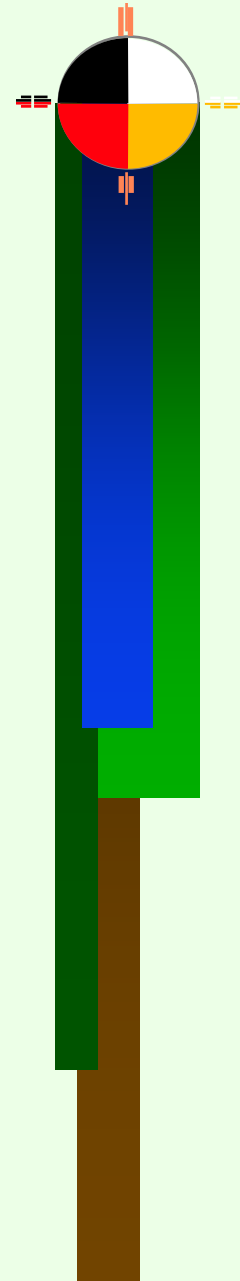
Other AoA Programs

- **Aging and Disability Resource Center Program (ADRC)**
- **Evidence-Based Disease Prevention Programs**
- **Alzheimer's Disease Supportive Services Program**

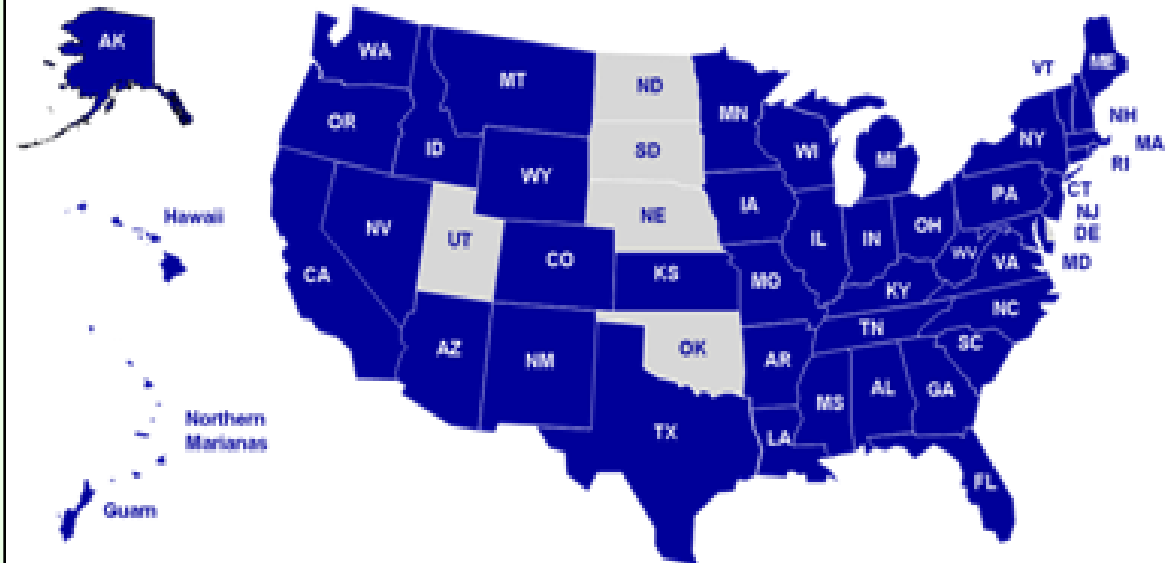


ADRC Program

- **Collaboration between AoA and CMS**
- **Goal**
 - “One Stop Shopping” for information on, and assistance in accessing, the full range of long-term care options



AGING AND DISABILITY RESOURCE CENTER AWARDEES





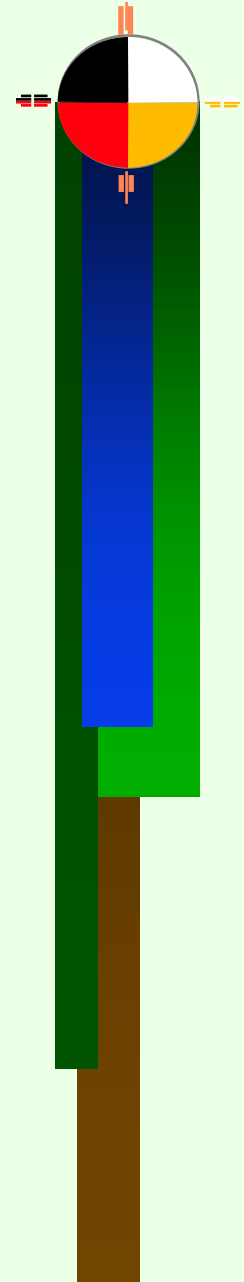
Evidence-Based Disease Prevention Programs

- **Goal**
 - To promote evidence-based prevention programs for reducing risks of disease, disability and injury



Alzheimer's Disease Supportive Services Program

- **Goal**
 - To expand the availability of community-level supportive services for persons with Alzheimer's disease and related disorders and their caregivers.



Thank you.

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