The 411 on Dementia in Black Communities

Joseph E. Gaugler, PhD
Robert L. Kane Endowed Chair in Long-Term Care & Aging Director, Center for Healthy Aging and Innovation Director, BOLD Public Health Center of Excellence on Dementia Caregiving
The University of Minnesota Twin Cities is located on traditional, ancestral, and contemporary lands of Indigenous people. I acknowledge with gratitude the Land itself and the People. I take to heart and commit through action to learn and honor the traditional cultural Dakota Values: Courage, Wisdom, Respect and Generosity.
The 411 on Dementia in Black Communities:
An interactive expert panel to answer your questions.

April 18, 2022 | 9:00-10:30am CST | Zoom

Join an interdisciplinary panel in discussing and answering questions related to living with and caring for dementia, and the key issues that often come up.

Register and submit questions at: https://bit.ly/DementiaQandA2
The 411 on Dementia in Black Communities

Kalisha Bonds Johnson, PhD, RN, PMHNP-BC
Dementia Alzheimer’s Disease

https://www.alz.org/alzheimers-dementia/what-is-dementia
Continuum of Alzheimer’s Disease

- Preclinical AD
  - No symptoms

- Mild Cognitive Impairment due to AD
  - Very mild symptoms that do not interfere with everyday activities

- Dementia due to AD Mild
  - Symptoms interfere with some everyday activities

- Dementia due to AD Moderate
  - Symptoms interfere with many everyday activities

- Dementia due to AD Severe
  - Symptoms interfere with most everyday activities

Noticing signs & symptoms of dementia

- Discussion with the older adult experiencing symptoms
- Discussion with other family members
Navigating conversations about dementia

**Agreement**
- Schedule an appointment with PCP
- Come prepared to describe signs and symptoms
- Anticipate multiple tests

**Disagreement**
- Involve the “favorite” family member
- Continue to notice signs and symptoms
- Consider involving the PCP or health care team
Seeking a formal diagnosis

- Primary Care Provider (PCP)
- Emergency Department or Hospitalization
Thank You
The 411 on Dementia in Black Communities:

Lauren J. Parker, PhD, MPH
April 18, 2022
Alzheimer’s Disease in African American Community

- African Americans are about two times more likely than white Americans to have Alzheimer’s and other dementias.
RISK FACTORS

• Traumatic Brain/Head injury
• Advancing age
• Genetics
• Depression
• Family history
  • Those who have a parent, sibling, child with Alzheimer’s are more likely to get Alzheimer’s
• Cardiovascular Disease Risk Factors
  • Smoking
  • Obesity
  • Diabetes
  • Hypertension
Alzheimer’s Disease Prevention Steps

- Exercise
- Healthy Eating
- Sleep
- Stress management
Questions and Answers

• Let’s Stay Connected...

• lparke27@jhmi.edu (email)
• Dr_LJParker (twitter)
The 411 on Dementia in Black Communities:

*Lived experiences, cultural values and beliefs implications for addressing dementia*

Robbin Frazier, Associate Director of Equity and Community Engagement, UMN, School of Public Health
How Black Dementia Care is Different?

- Historical trauma impact beliefs
- Lack of trust in doctors
- Lack of consensus and discomfort and with disease terminology
- Concerns about being viewed through the lens of the disease contribute to stigma and shame
- Cultural legacy of silence - keep information within the family
How Black Dementia Care is Different?

- Lack of cure makes talking about it unnecessary
- Often action will likely not be taken before a crisis
- Delayed diagnosis results in missed opportunities to see people living with disease and contributing
- Desire to remain in community with family caregivers
- Spirituality plays a large role - successful models for faith-based outreach and support programs
How to overcome barriers to care?

- Understand African American cultural values and beliefs and their implications for addressing dementia
- Be aware of historical legacies and current trauma
- Active listening and two-way conversations build trust
- Identify and address myths and misunderstandings
- Identify and provide culturally responsive community resources
How to address unmet needs build stronger relationships?

- Engage community in developing age-culturally-relevant messaging to break the stigma, shame, and silence
- Educate community members and healthcare providers about the multiple benefits of early diagnosis
- Deliver community-based, culturally-sensitive education
- Identify and use the existing community assets and structures to disseminate information
- Focus on Caregiver/partner self-care and resources
Thank you

frazi248@umn.edu
Twitter:@frazier4equity
Culturally Responsive

CAREGIVER SUPPORT +
DEMENTIA SERVICES

Dorothea Harris MSW, LICSW
Program Director
A Generation of Family Caregiving
Transition to Facility Care

- Various Compound Health Problems
- Recent and Multiple Falls
- New and Worsening Mobility
- Difficulty Managing Medications
- Difficulty Completing Activities of Daily Living
- Poor Eating Habits

Seeking a Higher Level of Care
Music Therapy for People with Dementia

Kendra Ray, PhD, MPH, MT-BC, LCAT
Dementia Program Director, Menorah Center
Research Assistant Professor, NYU School of Medicine
Dementia Program at Menorah

• Informed by Research
• Music therapy for agitation and depressive symptoms
• Music therapy for well-being
• Music-assisted care activities performed by certified nursing assistants
Dementia Program continued...

- Music Therapy (Music therapists)
  &
- Music-assisted care (CNAs)
Maslow’s Hierarchy of Needs in music

• Seek to **Motivate** to engage and participate by providing
  • Sense of security, comfort (2)
  • Inclusion belonging and community (3)
  • Self actualization requires sense of safety (5)
Music therapy techniques to Motivate

<table>
<thead>
<tr>
<th>Play music to Match resident’s feelings</th>
<th>Use music to change the mood</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Make a connection</td>
<td>• Relaxing, familiar</td>
</tr>
<tr>
<td>• Feel heard and understood</td>
<td>• Create personalized experience to <strong>Promote</strong> participation</td>
</tr>
</tbody>
</table>

Benefits of Singing

1. Stimulates language
2. Stimulates memories
3. Releases endorphins and it is a natural stress reliever
4. Offers a way to express feelings
5. Facilitates a sense of social connection
Music-based tips to motivate at home or in facility

• Singing
  • Add singing during care procedures
    • Bath/shower time
    • Before lunch
    • Getting dressed
  • Host karaoke night with family

• Music Listening
  • Make a playlist
    • songs that are familiar,
    • soothing,
    • even-paced,
    • or have a spiritual background
  • Use music listening before bed
    • songs without words,
    • slow paced
What a Wonderful World by Louis Armstrong
Useful Links

Scan to view Menorah resident’s virtual gallery
Contact me: kray@mjhs.org
Dementia workbook: *Music Therapy: Keys to Dementia Care*
LinkedIn: Kendra Ray
ResearchGate: Kendra Ray
Please complete the webinar evaluation

Thank you for attending!

Joe Gaugler, PhD
School of Public Health
Minneapolis, MN 55455
Phone: 612-626-2485
https://www.sph.umn.edu/research/projects/rlk/

This webinar is part of Minnesota Northstar GWEP, supported by the Health Resources and Services Administration (HRSA) Geriatrics Workforce Enhancement Program of the U.S. Department of Health and Human Services, Award No. U1QHP33076, and the University of Minnesota Office of Academic Clinical Affairs and the Otto Bremer Trust.