

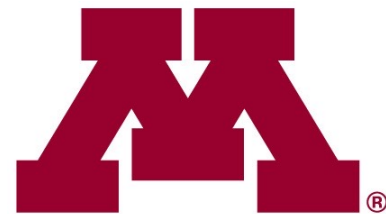
The 411 on Dementia in Black Communities

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

Land acknowledgment

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.



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ROBERT L. KANE ENDOWED CHAIR IN LONG-TERM CARE AND AGING

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>



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@UMNCHAI 

DeLon Canterbury

Geriatric
Pharmacist



Fayron Epps

Geriatric Nurse



Robbin Frazier

Cultural Expert



Dorothea Harris

Social Worker



**Kalisha Bonds
Johnson**

Psychiatric Nurse
Practitioner



Lauren Parker

Scientist



Kendra Ray

Creative Arts
Therapist



Joseph Gaulger

Host



The 411 on Dementia in Black Communities

Kalisha Bonds Johnson,
PhD, RN, PMHNP-BC

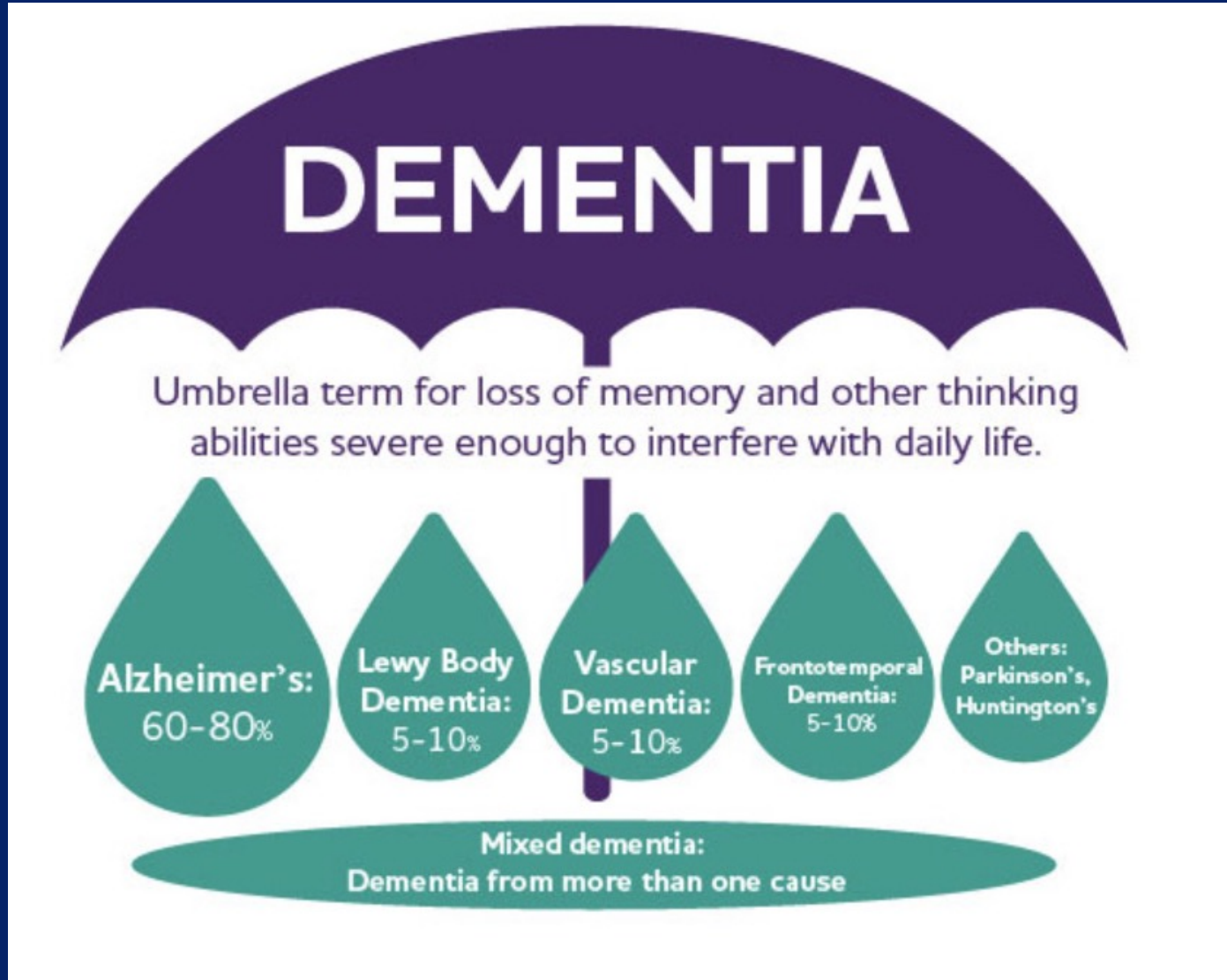


EMORY

NELL HODGSON
WOODRUFF
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NURSING



Dementia Alzheimer's Disease



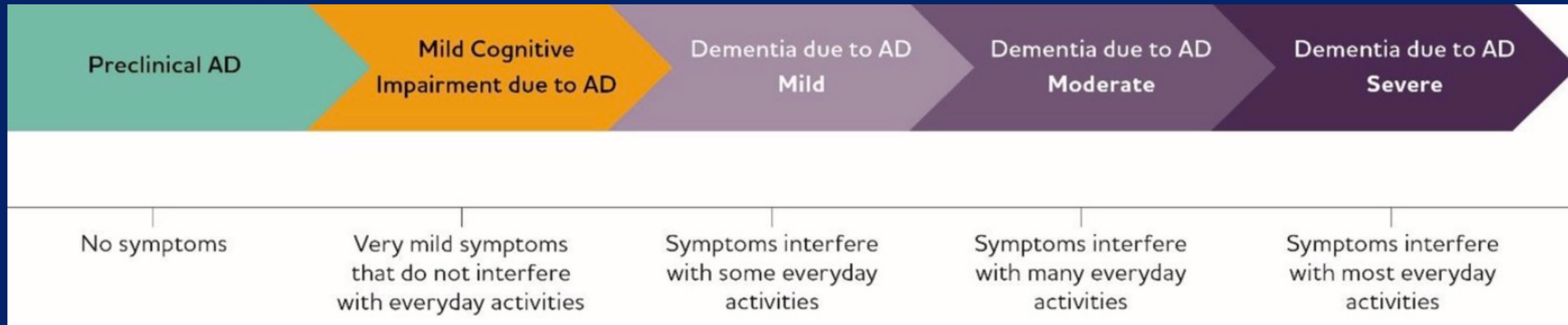
<https://www.alz.org/alzheimers-dementia/what-is-dementia>



EMORY

NELL HODGSON
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NURSING

Continuum of Alzheimer's Disease



<https://alz-journals.onlinelibrary.wiley.com/doi/10.1002/alz.12328>



EMORY

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Noticing signs & symptoms of dementia

- Discussion with the older adult experiencing symptoms
- Discussion with other family members



EMORY

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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



EMORY

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Seeking a formal diagnosis

- Primary Care Provider (PCP)
- Emergency Department or Hospitalization



EMORY

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Thank You

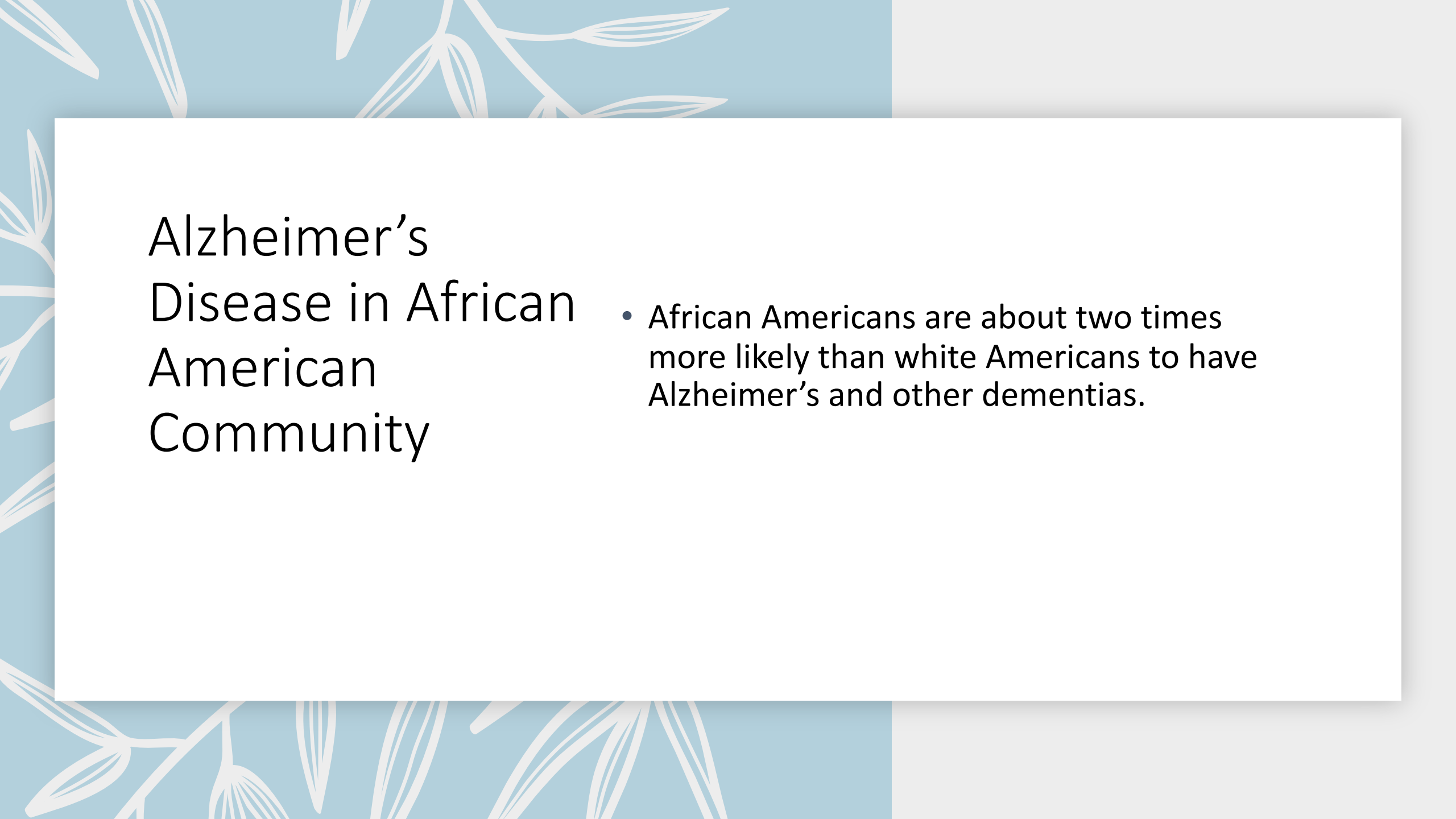




The 411 on Dementia in Black Communities:

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...
- lparker27@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



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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

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Twitter:@frazier4equity



Culturally Responsive

CAREGIVER SUPPORT+ DEMENTIA SERVICES

Dorothea Harris MSW, LICSW
Program Director



Volunteers
of America®


MINNESOTA AND WISCONSIN

A Generation of Family Caregiving



Transition to Facility Care



An elderly woman with white hair, wearing a pink long-sleeved shirt and a colorful patterned scarf, is smiling at the camera. She is wearing a straw hat decorated with colorful bunny cutouts. She is holding a white plate with several colorful Easter eggs and small treats. In the foreground, there is a basket of green grass with a small brown chick figurine and several colorful Easter eggs on sticks. A yellow banner with the text "HAPPY EASTER" is also visible. The background is a blurred indoor setting with framed pictures on the wall.

Music Therapy for People with Dementia

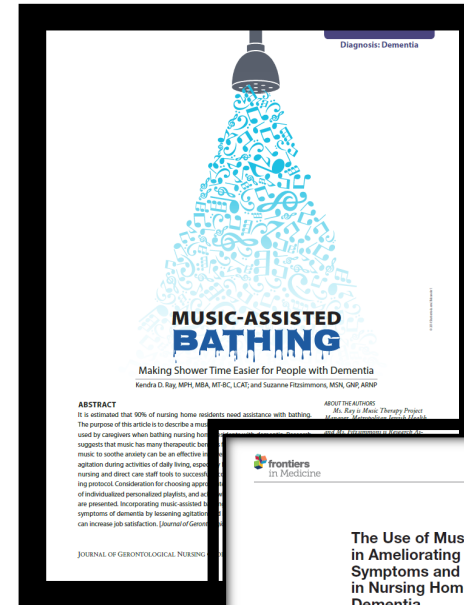
Kendra Ray, PhD, MPH, MT-BC, LCAT

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



Caring for Individuals with Dementia on a Continuum: An Interdisciplinary Approach Between Music Therapy and Nursing

Kendra Ray, Ayelet Dassa, Jan Maier, Renita Davis and Olayinka Ogunlade

Additional information is available at the end of the chapter

<http://dx.doi.org/10.5772/00000>

Abstract

Background: Music has long been used to ease symptoms of dementia. Several studies have shown the therapeutic benefits of music therapy to decrease symptoms of agitation in people with dementia (PWD). Other research has demonstrated that the use of music during caregiving can ease agitated behaviors. However, few studies have shown the clinical benefits of using translational research in practice between music therapists and certified nursing assistants.

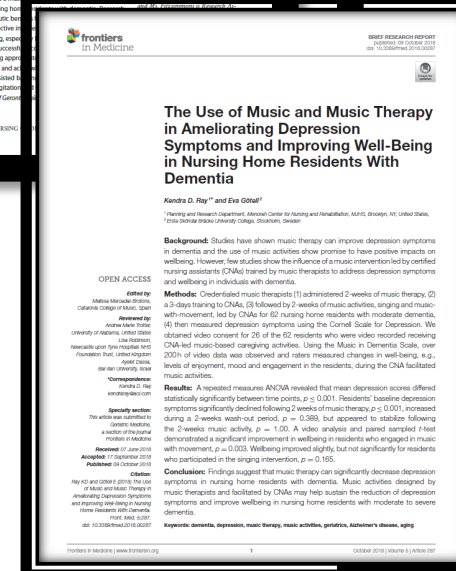
Introduction: We recruited 28 nursing home residents who were diagnosed with moderate to severe dementia to determine the effects of music therapy and music in aid of caregiving on symptoms of agitation.


Methods: Participants were evaluated for agitation, then baseline assessments were completed 2 weeks apart. After the 2-week music therapy intervention, participants were evaluated immediately, 2 weeks post music therapy, and immediately following music in aid of caregiving.

Results: A repeated measures analysis of variance (ANOVA) found that after 2 weeks of music therapy, agitation was significantly reduced and symptoms continued to decline following music in aid of caregiving.

Conclusion: Results suggest that consideration for interdisciplinary use of music therapy and music in aid of caregiving should be considered to reduce and sustain symptoms of agitation in nursing home residents with dementia.

Keywords: dementia, caregiving, Alzheimer's disease, nursing, nonpharmacological, music therapy, interdisciplinary, agitation, music, brain, neuroscience



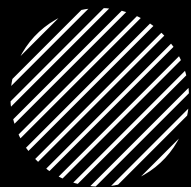
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Dementia Program continued...



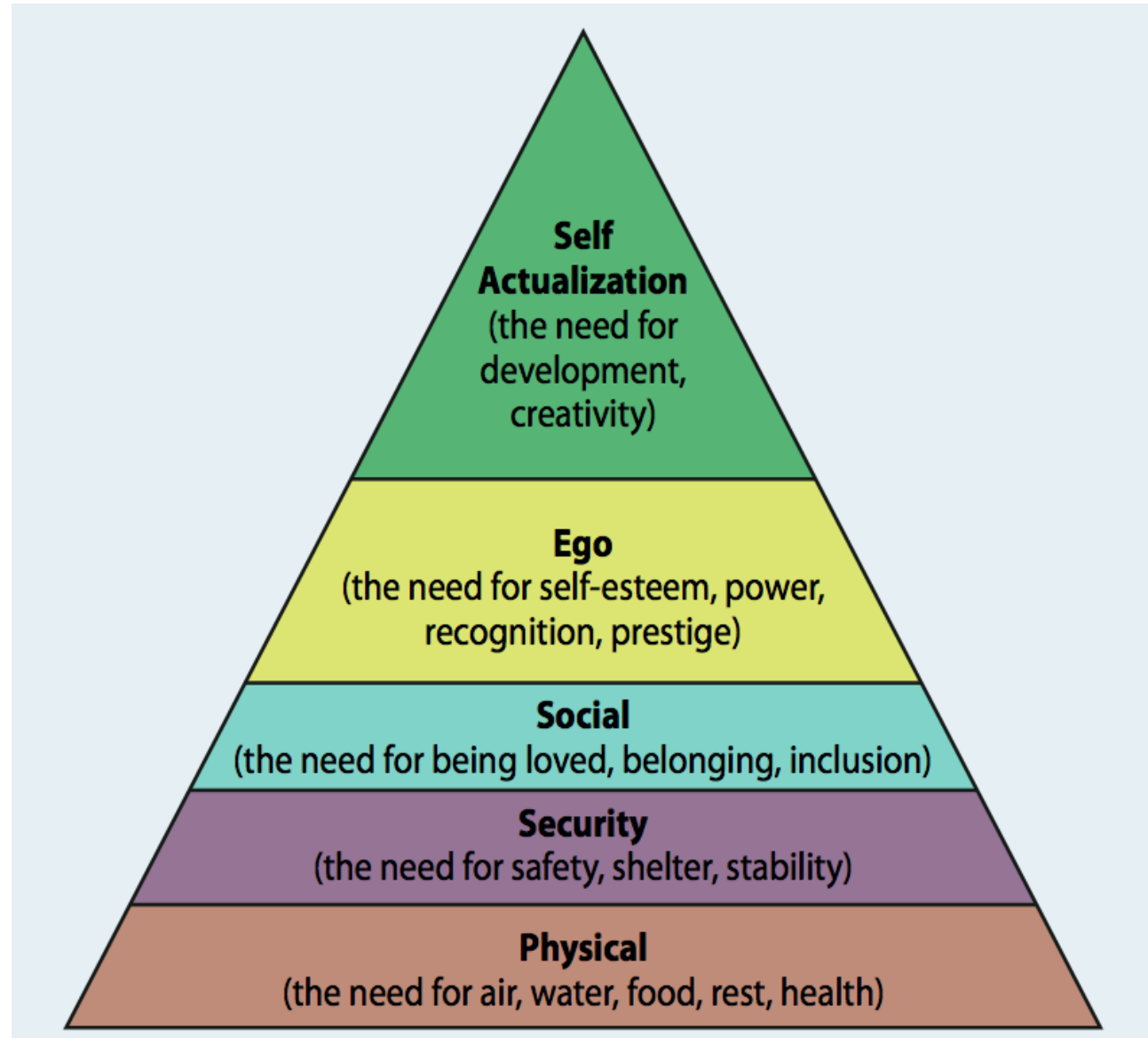
Luther and Natasha



- 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

Play music to Match resident's feelings

- Make a connection
- Feel heard and understood

Use music to change the mood

- Relaxing, familiar
- Create personalized experience to Promote participation

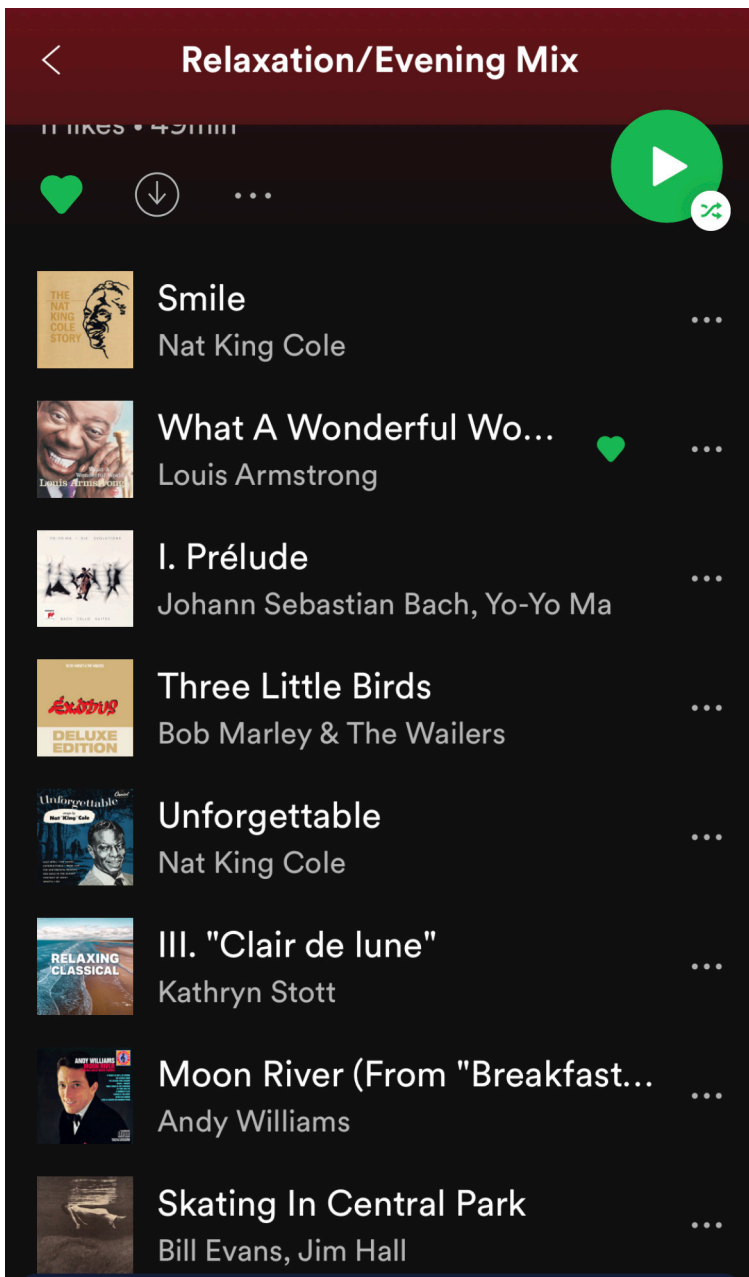
Benefits of Singing

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



Summertime by Gershwin

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!

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Minneapolis, MN 55455
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<https://www.sph.umn.edu/research/projects/rlk/>



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