



National Resource Center
on Native American Aging

NRCNAA

Identifying Needs to Empower Native Elders

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of Chippewa Indians

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Professor, UND School
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Funder & Sister Sites



Administration for Community Living

330 C St SW
Washington, DC 20201
(202) 401-4634



National Resource Center for Alaska Native Elders

University of Alaska Anchorage College of Health & Social Welfare
3211 Providence Drive Suite 205
Anchorage, Alaska 99508
(907) 786-4329



Hā Kūpuna - National Resource Center for Native Hawaiian Elders

University of Hawaii School of Social Work
1800 East-West Road
Honolulu, HI 96822
(808) 956-7009



Celebrating over 30 years!

From Left: Cynthia LaCounte; Shawn Egeland (representing Dr. Leigh Jeanotte); Kathy Allery & Gina Allery (representing the late Dr. Allery); Dr. Richard Ludtke; Brad Hawk (representing Dr. Russ McDonald); Dr. Twyla Baker; Dr. Paula Morin-Carter; and Dr. Collette Adamsen.

NRCNAA Team



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Title VI Needs Assessment Survey



Benefits:

- ✓ Meets the Title VI Grant Application requirements
- ✓ No Cost for Participation or Analysis
- ✓ Data is owned by the Tribe
- ✓ Comprehensive data for additional Nutrition, Support, & Caregiving services grant



Identifying Our Needs: A Survey of Elders IX



Funding for this project is provided by Cooperative Agreement 9001RC0003 from the Administration For Community Living, AOA - Older Indians National Resource Centers (an agency within the US Department of Health and Human Services).

- Use black or blue pen or a number 2 pencil.
- Make dark marks that fill the oval completely.
- Do not use pens with ink that soaks through the paper.
- Make no stray marks and do not bend survey.



GENERAL HEALTH STATUS

1. Would you say your health in general is excellent, very good, good, fair, or poor?
 Excellent Fair
 Very Good Poor
 Good
2. During the past 12 months, how many different times did you stay in the hospital overnight or longer?
 NUMBER OF OVERNIGHT STAYS
3. Has a doctor ever told you that you had any of the following diseases . . . (Please mark all that apply)
 Arthritis Prostate Cancer (For men only)
 Congestive Heart Failure Colon/Rectal Cancer
 Cardiovascular Disease Lung Cancer
 COPD Breast Cancer
 Kidney Disease Cervical Cancer (For women only)
 Stroke
 Asthma
 Cataracts
 High Blood Pressure
 Osteoporosis
 Depression
 Diabetes (If so, please mark all that apply)
 Do you take oral medication?
 Do you take insulin?
 Are you on dialysis?
 Was this only during a pregnancy? (For women only)
 Are you a diabetic amputee?
 Other:
 No diagnosed diseases
4. If you have diabetes, how old were you when you were diagnosed?
 AGE IN YEARS
5. In the last month, did you worry about falling down?
 Yes No
6. How many falls, if any, have you had in the past year? (If 0, please skip to question 8)
 NUMBER OF FALLS
7. In any of these falls, did you injure yourself seriously enough to need medical treatment?
 Yes No

ACTIVITIES OF DAILY LIVING

8. Because of a health or physical problem that lasted more than 3 months, did you have any difficulty . . . (Please mark all that apply)
 Bathing or showering?
 Dressing?
 Eating?
 Getting in or out of bed?
 Walking?
 Using the toilet, including getting to the toilet?
9. Because of a health or physical problem that lasted longer than 3 months, did you have any difficulty . . . (Please mark all that apply)
 Preparing your own meals?
 Shopping for personal items (such as toilet items or medicine)?
 Doing heavy housework (such as scrubbing floors, or washing windows)?
 Doing light housework (such as doing dishes, straightening up, or light clean up)?
 Getting outside?
 Managing your money (such as keeping track of expenses or paying bills)?
 Medication management
 Using technology to communicate (including email, phone, and internet)

SCREENING

10. About how long ago has it been since you last visited a doctor/healthcare provider for a routine check-up?
 Never Within the past 3 years
 Within the past year Within the past 5 years
 Within the past 2 years 5 or more years ago
11. (FOR WOMEN ONLY) How long has it been since you had your last mammogram?
 Never Within the past 3 years
 Within the past year Within the past 5 years
 Within the past 2 years 5 or more years ago
12. (FOR WOMEN ONLY) How long has it been since you had your last pap smear?
 Never Within the past 3 years
 Within the past year Within the past 5 years
 Within the past 2 years 5 or more years ago
13. (FOR MEN ONLY) How long has it been since you had your last PSA, prostate-specific antigen test, a blood test used to check for prostate cancer?
 Never Within the past 3 years
 Within the past year Within the past 5 years
 Within the past 2 years 5 or more years ago

DO NOT WRITE IN THIS AREA

SERIAL #

Categories

- General health status
- Indicators of chronic health conditions
- Activities of daily living (ADLs)
- Screenings
- Indicators of visual, hearing, and dental
- Memory and disability
- Healthcare access
- Tobacco and alcohol use patterns
- Diet, nutrition, and exercise
- Social support and housing
- Social functioning
- Use and acceptance of services
- Demographics

RESOLUTION NO. _____

Authorization of Application for Elder Services Funding from the Administration For Community Living/Administration On Aging Older Americans Act Title VI Nutrition, Supportive Service and Caregiver Grants (Parts A/B and C) and Participation in Cycle IX of the National Resource Center on Native American Aging Needs Assessment "Identifying Our Needs: A Survey Of Elders"

WHEREAS, _____ is a federally recognized Tribe existing and acting pursuant to its inherent and retained sovereignty; and,

WHEREAS, the Tribal Governing Body is empowered to act in all matters that concerns the health, safety, and wellbeing of the Tribe and its tribal members; and,

WHEREAS, The National Resource Center on Native American Aging is supported by a cooperative agreement with the Administration for Community Living (ACL) of the U.S. Department of Health and Human Services (HHS) to identify the needs of American Indian, Alaska Native, and Native Hawaiian Elders nationwide via the needs assessment, in which the NRCNAA and the Tribe/Consortium assume the following responsibilities;

The NRCNAA will provide:

Needs assessment instruments, assistance in sampling, training of interviewers, technical assistance with interviewers via email or telephone, data entry and analysis, data storage on a secure server, production of tables and comparisons with national statistics; and,

The Tribe/Consortium/Organization will provide:

A Tribal Resolution documenting participation in the needs assessment, a count of Elders, interviewers or volunteers to conduct the survey, interpretation of the results with local input, development of recommendations for actions, dissemination of the results to tribal leaders and health officials; and,

WHEREAS, Summary information from needs assessment along with a national comparison report will be returned to the governing council and to the local contact person; and,

WHEREAS, Data sovereignty, confidentiality, and safeguarding is of utmost importance; therefore, the information is collected anonymously, data is stored on a secure server for the life of the NRCNAA, and physical copies of the needs assessments will be stored within a locked storage cabinet at the University of North Dakota (UND) School of Medicine & Health Sciences for a period of ten years as outlined in the UND's Records and Retention Schedule.

NOW, THEREFORE, BE IT RESOLVED, that the _____ respectfully requests funding for the Administration for Community Living/Administration on Aging Older Americans Act Title VI grants (Parts A/B and C) for the grant period of April 1, 2026 to March 31, 2029. Additionally, the Tribal Governing Body authorizes participation in the "Identifying Our Needs: A Survey of Elders" needs assessment and grants permission to the National Resource Center on Native American Aging to use all collected needs assessment information in an aggregate format for disseminating state, regional, and national results from analyses of the data.

FURTHER, BE IT RESOLVED, that specific information collected within the boundaries of _____ belongs to _____ and may not be released in any form to individuals, agencies, or organizations without additional tribal authorization.

We, the undersigned, respectfully as _____ certify that the foregoing resolution was adopted at a duly called meeting of the _____ on this _____ with a quorum present.

CERTIFICATION

Authorized Signature Date

Authorized Signature Date

Title VI Needs Assessment Survey Process

Step 1: Get Permission to Participate via Tribal Resolution

Update: Only need to obtain 1 (ONE) resolution for ACL & NRCNAA to participate!



Title VI Needs Assessment Survey Process

Step 2: Count Your Elders

- We do not need the names of any elders
- We will mail an appropriate number of surveys at no cost



Title VI Needs Assessment Survey Process

Step 3: Begin the Process of Interviewing Elders

The survey is **confidential**

The survey is completely **voluntary**



Important: New surveys are created each cycle and each survey has its own unique scanning code.

Please:

- **Do not use surveys from former cycles**
- **Do not make photocopies of surveys**
- **Do not bend or fold surveys**

If you are in need of additional surveys, please contact us.

Title VI Needs Assessment Survey Process



**Step 4: Mail Completed Surveys & Tribal Resolution
For Processing**

**UND School of Medicine & Health Sciences
NRCNAA, Program Office E170
1301 North Columbia Road Suite E161
Grand Forks, ND 58202-9037**

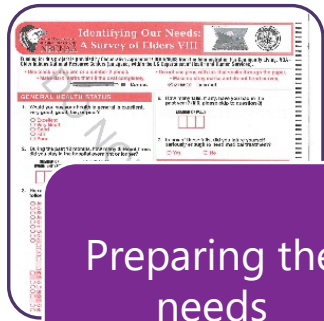
Question	Response(s)	Tribal Data (55 and over)	Aggregate Tribal Data (55 and over)	National ^A Data (55 and over)
General Health Status				
1. Would you say your health in general is excellent, very good, good, fair, or poor?	Excellent	%		13.9% ¹
	Very good	%		27.8% ¹
	Good	%		31.9% ¹
	Fair	%		17.3% ¹
	Poor	%		8.5% ¹
2. During the past 12 months, how many different times did you stay in the hospital overnight or longer?	None	%		81.5% ²
	1 time	%		11.8% ²
	2 times	%		3.9% ²
	3 or more times	%		2.7% ²
3. Has the doctor ever told you that you had any of the following diseases? (Please mark all that apply)	A. Arthritis?	%		48.2% ²
	B. Congestive heart failure?	%		8.2% ²
	C. Stroke?	%		6.6% ¹
	D. Asthma?	%		12.1% ¹
	E. Cataracts?	%		40.2% ¹
	F. High blood pressure?	%		56.7% ²
	G. Osteoporosis?	%		4.6% ⁴
	H. Depression?	%		16.2% ¹
	I. Diabetes?	%		16.8% ¹
	- 11. Do you take oral medication?	%		74.1% ¹
	- 12. Do you take insulin?	%		25.6% ¹
	- 13. Are you on dialysis?	%		Not Available
	- 14. (For women) Was this only during pregnancy?	%		0.4% ¹
	J. Prostate cancer?	%		7.9% ¹
	K. Colon/Rectal cancer?	%		1.9% ²
	L. Lung cancer?	%		0.7% ²
M. Breast cancer?	%		2.7% ²	
N. Cervical cancer?	%		0.3% ²	
O. Other cancer?	%		8.6% ²	
4. How many falls, if any, have you had in the past year?	None	%		82.9% ^{1B}
	1 – 4	%		10.6% ^{1B}
	5 – 8	%		3.4% ^{1B}
	9 – 12	%		1.2% ^{1B}
	More than 12	%		1.4% ^{1B}
Activities of Daily Living				
5. Because of a health or physical problem that lasted more than 3 months, did you have any difficulty . . .	A. Bathing or showering?	%		36.8% ⁵
	B. Dressing?	%		15.8% ⁵
	C. Eating?	%		8.1% ⁵
	D. Getting in or out of bed?	%		22.1% ⁵
	E. Walking?	%		33.7% ⁵
	F. Using the toilet, including getting to the toilet?	%		22.8% ⁵

Title VI Needs Assessment Survey Process

Step 5: Receive Report via a “Comparison Sheet”

- Tribal Data
- Aggregated Tribal Data
- National Data

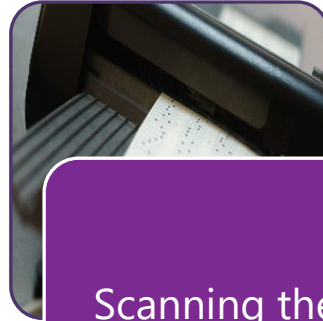
What goes into the Data Analysis?



Preparing the needs assessment survey



Collecting Data (Interviews)

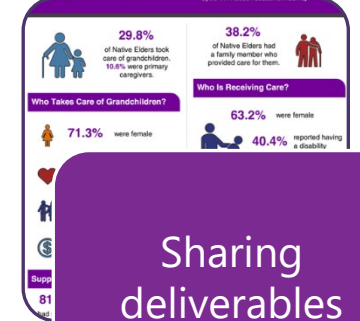


Scanning the surveys

A screenshot of a data analysis table with columns for "Question", "Response", "Total Responses", "Original Total Responses", and "Percent of Total Responses".

Question	Response	Total Responses	Original Total Responses	Percent of Total Responses
1. What is your gender?	Female	112	112	100%
2. How often do you use a computer?	Never	112	112	100%
3. How often do you use a computer?	Often	112	112	100%
4. How often do you use a computer?	Sometimes	112	112	100%
5. How often do you use a computer?	Rarely	112	112	100%
6. How often do you use a computer?	Never	112	112	100%
7. How often do you use a computer?	Often	112	112	100%
8. How often do you use a computer?	Sometimes	112	112	100%
9. How often do you use a computer?	Rarely	112	112	100%
10. How often do you use a computer?	Never	112	112	100%

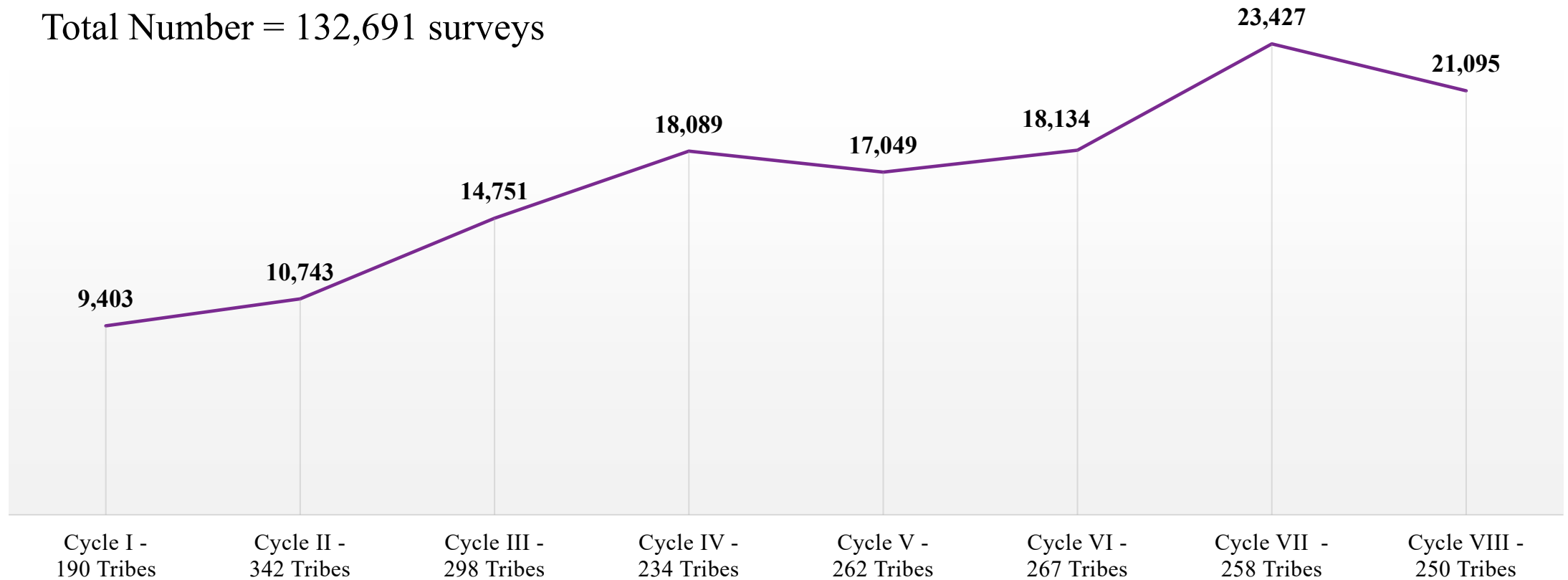
Analyzing the data



Sharing deliverables showcasing results

Title VI Needs Assessment Participation: Cycles I - VIII

Total Number = 132,691 surveys





Identifying Our Needs: A Survey of Elders

Cycle VIII
(2020 - 2023)

2024 Data Book

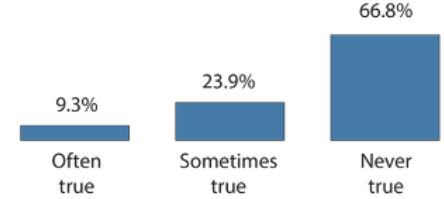


Weight and Nutrition

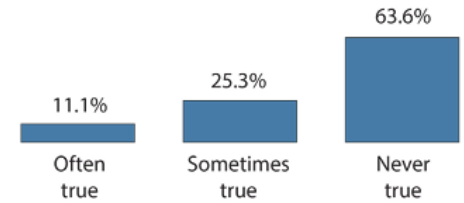
Food Insecurity in the Last 12 Months:

- 15.8%** Cut the size of or skipped meals because there wasn't enough money for food
- 15.3%** Ate less than they felt they should because there wasn't enough money for food
- 11.4%** Were hungry but didn't eat because there wasn't enough money for food

"The food I bought didn't last, and I didn't have money to get more"



"I couldn't afford to eat balanced meals"



33.7%

took 3 or more over-the-counter drugs a day



26.5%

ate few fruits or vegetables or milk products



24.9%

ate alone most of the time



22.8%

had a illness or condition that changed the kind and/or amount of food they ate



16.1%

ate fewer than 2 meals per day

Weight and Nutrition

Traditional Foods



Native Elders were asked to describe what traditional foods they regularly consumed. Responses were subsequently incorporated into a word cloud, in which the most frequently listed foods appear larger. Based on this, Native Elders commonly reported eating foods such as vegetables, corn, beans, bread/frybread, fish, meat, wild rice/rice, salmon, tortillas, potatoes, seaweed, and chicken.



National Resource Center
on Native American Aging
NRCNA

Native Elders in the United States

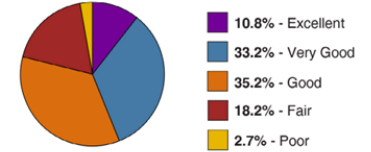
Cycle VIII Needs Assessment Survey

Among the 19,744 Native Elders 55 years and older from across the United States:

Gender



Self-Rated Quality of Life



Socialization in Past Month



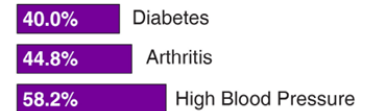
Percent Screened in Past Year



Cultural Practices and Traditions



Top 3 Health Conditions



0.7%	of Elders had been diagnosed with Alzheimer's Disease. Another 1.9% had dementia, and 8.0% reported other problems with memory or thinking.	8.7%	of Elders reported that too long of a wait for an appointment was their largest barrier to medical care in the past year.
82.7%	of Elders had visited a doctor or healthcare provider for a routine checkup in the past year.	44.0%	of Elders were between the ages of 60 - 69 years. Another 30.5% were between 70 - 79 years, 13.9% were 80+ years, and 11.6% were between 55-59 years.
45.7%	of Elders were obese. Another 32.9% were overweight, and 21.4% were at a normal weight.	15.9%	of Elders smoked everyday; 5.1% smoked some days and 79.0% did not smoke. With regard to alcohol, 42.0% reported that their last drink was over 3 years ago.



Caregiving and Socialization Among Native Elders

Cycle VIII Needs Assessment Survey



29.8%

of Native Elders took care of grandchildren. **10.6%** were primary caregivers.

Who Takes Care of Grandchildren?



71.3%

were female



67.6%

reported having an excellent, very good, or good health status



51.6%

were between the ages of 60-69 years



12.8%

had an annual income of less than \$5,000

Support Among Native Elders

81.8%

had someone they felt like they could depend on to provide social support.



75.9%

had someone they felt like they could depend on to provide physical support.

38.2%

of Native Elders had a family member who provided care for them.



Who Is Receiving Care?

63.2%

were female



40.4%

reported having a disability

49.9%

had between 1 and 4 falls

The average number of chronic conditions was

2.68

Socialization Among Native Elders

22.4%

socialized 1-2 times per month



62.7%

lived with family members

0.6

average number of children under 18 years in household

(among households with children)

2.7

average number of people in household

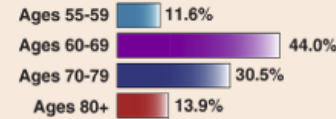


National Resource Center on Native American Aging
NRCNA

Frailty and Physical Functioning Among Native Elders

Cycle VIII Needs Assessment

Age

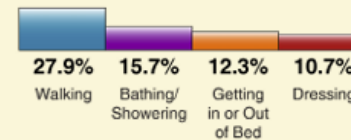


Falls

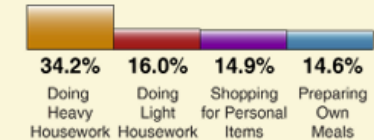
52.6% of Elders had one or more falls. **33.3%** reported that they had injured themselves seriously enough to need medical treatment in at least one of their falls.

Difficulties With:

Activities of Daily Living



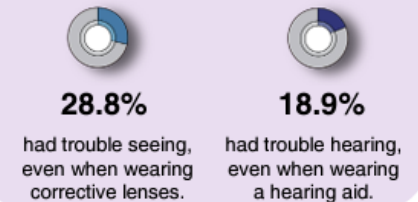
Instrumental Activities of Daily Living



Most Commonly Reported Exercises



Vision and Hearing



Special Equipment

31.0% of Elders reported having a health problem that required an assistive device such as a cane, wheelchair, special bed, or special phone.

Disability

29.0% of Elders reported being disabled. Among them, 36.4% were disabled due to a chronic disease; 28.8% due to accident/injury; 7.3% military service; and 4.4% congenital.

Does your tribe offer the following services?

- Adult day care
- Caregiver programs
- Case management
- Elder abuse prevention programs
- Emergency response systems
- Employment services
- Financial assistance
- Home health services
- Home repair
- Home modification
- Information & referral assistance
- Legal assistance
- Home delivered meals
- Congregate meals
- Personal care
- Respite care
- Assisted living
- Retirement communities
- Nursing facilities
- Government assisted housing
- Shared housing
- Senior Center programs
- Telephone reassurance
- Transportation
- Volunteer services

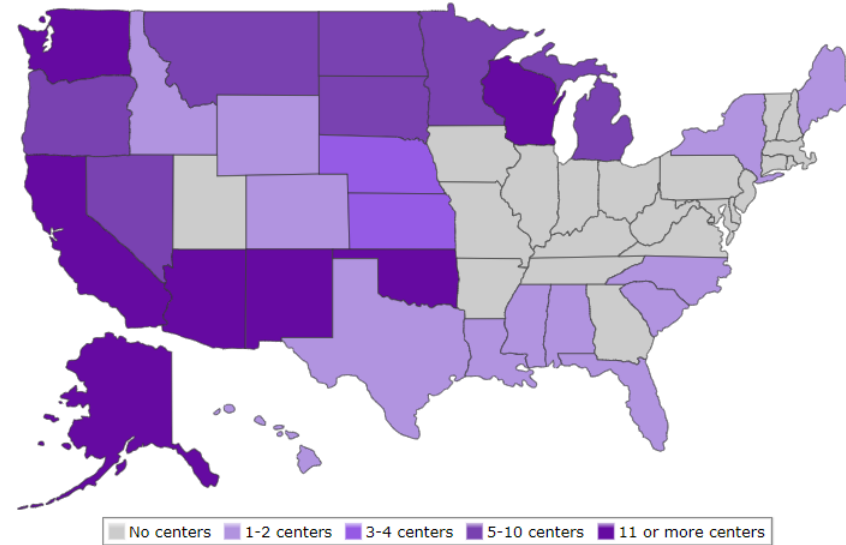
Native Elder Service Locator

Use the interactive map to locate tribal elderly services in your state.

What service you are looking for?

All Services ▼

States with Native American Elderly Service Centers



Select Your State

- [Alabama](#) - (1)
- [Alaska](#) - (21)
- [Arizona](#) - (14)
- Arkansas
- [California](#) - (15)
- [Colorado](#) - (2)
- Connecticut
- Delaware
- District of Columbia
- [Florida](#) - (1)
- Georgia
- [Hawaii](#) - (1)
- [Idaho](#) - (1)
- Illinois
- Indiana
- Iowa
- [Kansas](#) - (3)
- Kentucky
- [Louisiana](#) - (1)
- [Maine](#) - (2)
- Maryland
- Massachusetts
- [Michigan](#) - (7)
- [Minnesota](#) - (6)
- [Mississippi](#) - (1)
- Missouri
- [Montana](#) - (7)
- [Nebraska](#) - (3)
- [Nevada](#) - (9)
- New Hampshire
- New Jersey
- [New Mexico](#) - (16)
- [New York](#) - (2)
- [North Carolina](#) - (1)
- [North Dakota](#) - (5)
- Ohio
- [Oklahoma](#) - (25)
- [Oregon](#) - (6)
- Pennsylvania
- Rhode Island
- [South Carolina](#) - (1)
- [South Dakota](#) - (6)
- Tennessee
- [Texas](#) - (2)
- Utah
- Vermont
- Virginia
- [Washington](#) - (14)
- West Virginia
- [Wisconsin](#) - (11)
- [Wyoming](#) - (1)

View a list of all [service centers](#) by state.

Types of Services

Learn more about the [types of services](#) tracked by the interactive tribal elderly services locator.

Add Your Tribal Elderly Service Center

To add or update your tribal Elder service center, [complete our survey](#).

Title VI Needs Assessment Primary Contacts



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on Native American Aging

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