

Culturally Sensitive Dementia care

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The presentation

Provide information and support for:

- ◆ Professional care providers that provide services to individuals with dementia
- ◆ Professional care providers working with culturally and linguistically diverse population

Presentation Aims/Objectives

- ◆ Communicate in a more culturally effective manners to better help individuals with dementia and their family members
- ◆ Provide culturally sensitive dementia care to diverse population
- ◆ Knowledge of where and how to find further information and support services

Why Learn about Working with Older Adults Immigrant?

U.S. immigrant population ages 65 and older are two trends—

- ◆ The aging of the long-term foreign-born population and
- ◆ The recent migration of older adults as part of family reunification and refugee admissions.
- Older adults are the fastest growing segment of the population.
- Illness, cognitive decline, and mental health issues are not normal

manifestations of aging, however, the incidence of these conditions increases with age.

NASW, 2001.

Meade, Kara, 2004.

Why Learn about Working with Older Adults?

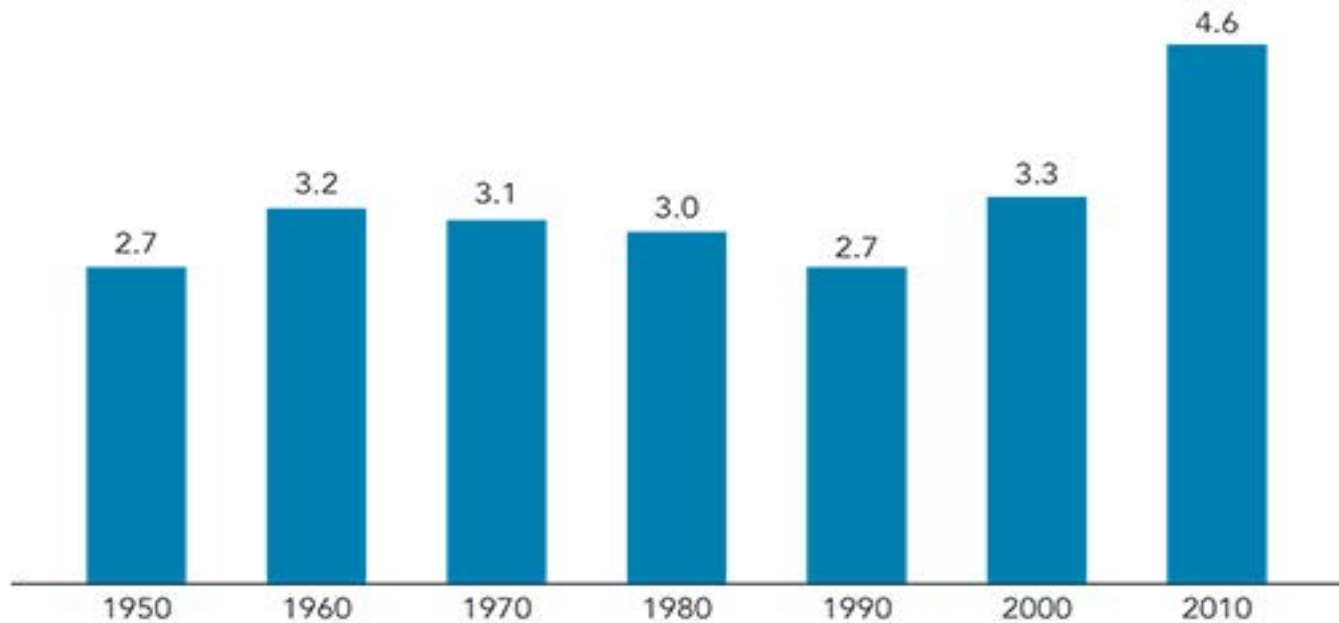
- As ethical and competent professionals, it is important to prepare ourselves for effective practice with client with diverse ethnicity and culture.

Alzheimer Disease and Associated Disorders, 2002

- These next slides illustrate the projected growth of the immigrant population over 65 in the U.S.

Statistics

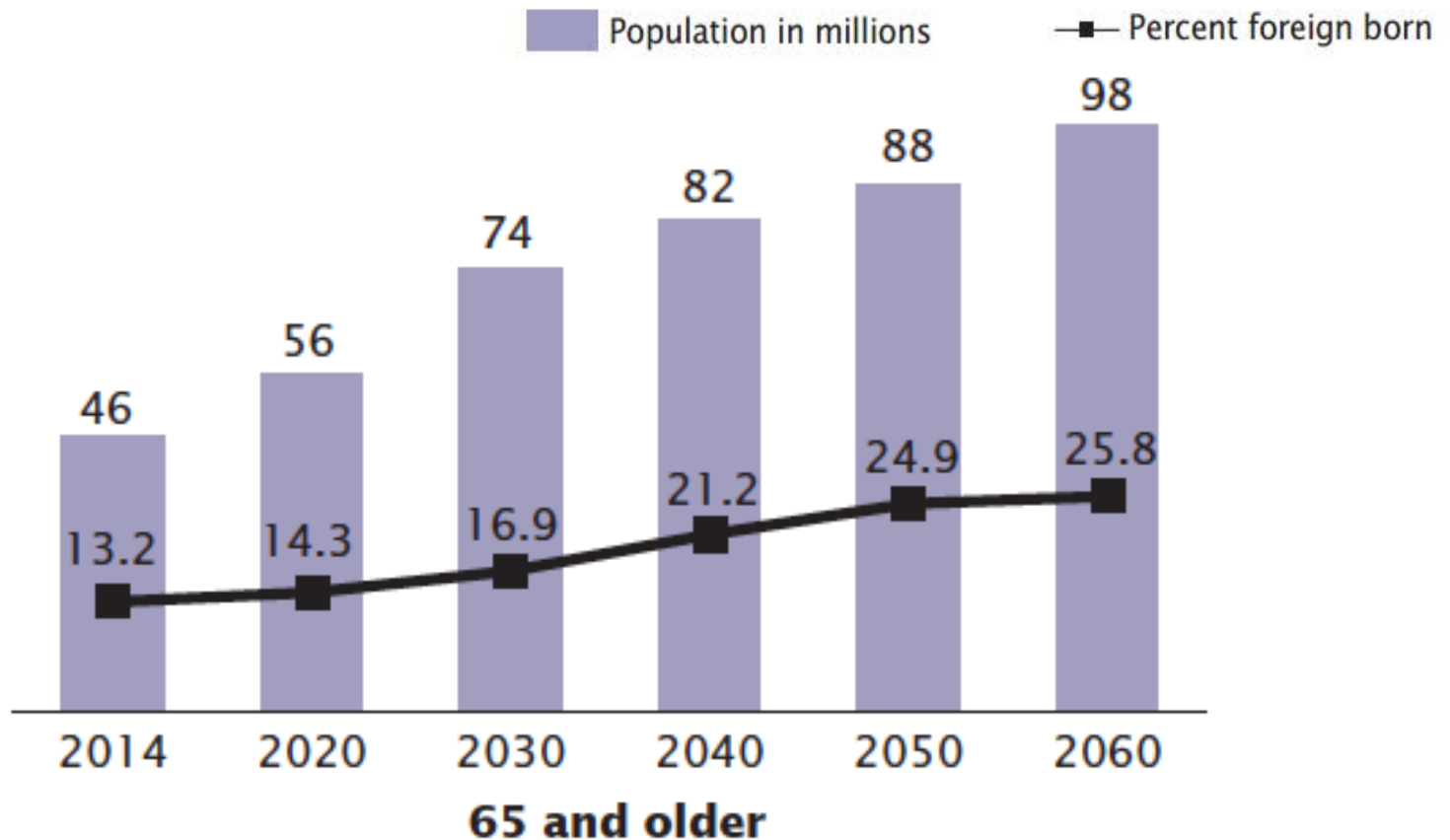
U.S. Foreign-Born Population Ages 65+ (in millions)



Source: U.S. Census Bureau, historical census data 1950-2000; and Current Population Survey, 2010.

Statistics (continued)

Population by Selected Age Group and Nativity: 2014 to 2060



Source: U.S. Census Bureau, 2014 National Projections.

Dementia: Definition

- **Dementia is not a specific disease.**
- **Dementia is a general term for a decline in mental ability severe enough to interfere with daily life.**

Memory loss is an example.

Dementia: Symptoms

- Include disturbances of multiple higher functions of the brain including:
 - Memory
 - Thinking
 - Orientation
 - Comprehension
 - Calculation
 - Learning capacity
 - Language and judgment.
- Symptoms frequently cause changes in mood, behavior, and personality.

Warning Signs of Dementia

- Memory loss
- Difficulty performing familiar tasks
- Problems with language
- Disorientation to time and place
- Poor or decreased judgment
- ◆ Misplacing things
- ◆ Problems with abstract thinking

Alzheimer Disease and Associated Disorders, 2002

Difference Between Dementia and Normal Memory Difficulties

- An example of forgetting part of an experience with normal memory challenges: *You forget where you put your car keys.*
- How this would present with Alzheimer's Dementia: *You forget what your car keys are for.*

Difference Between Alzheimer and Normal Memory Difficulties?

| <i>Activity</i> | <i>Alzheimer's Disease</i> | <i>Age-associated Memory Problems</i> |
|---|-----------------------------------|--|
| Forgets | Whole experiences | Parts of an experience |
| Remembers later | Rarely | Often |
| Can follow written or spoken directions | Gradually unable | Usually able |
| Can use notes | Gradually unable | Usually able |
| Can care for self | Gradually unable | Usually able |

Cultural Beliefs About Dementia

Stigma of a cognitive impairment:

- ◆ Odd behaviors will be viewed as a result of “bad blood.” (eg. Waali= Crazy in Somali)
- ◆ Family secrets become a mechanism to evade public shame and humiliation.
- ◆ Maintaining social appearance and respect in the community is important.
- ◆ Caregiving becomes primarily a family activity.

Cultural Beliefs About Dementia (continued)

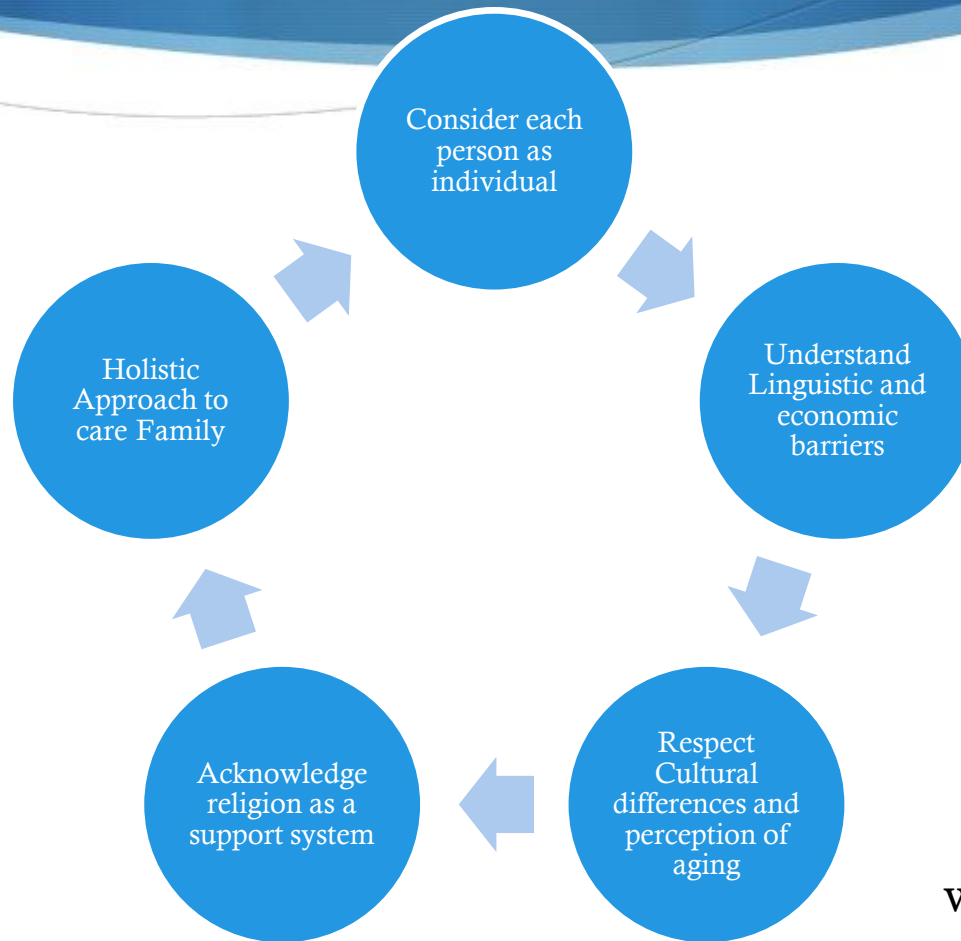
Some caregivers attribute cognitive impairments to:

- ◆ The will of God
- ◆ Punishment for past sins and the caregiver must bear this sin
- ◆ The evil eye
- ◆ Normal aging

Barriers to Care

- ◆ Limited knowledge of dementia.
- ◆ Limited knowledge of available support services.
- ◆ Relatively few bilingual or bi-cultural service providers.
- ◆ Limited culturally sensitive educational materials to address the needs of Immigrants caregivers.

Providing Culturally Sensitive Dementia Care



Elements of culturally sensitive care

- ◆ Self-Awareness
- ◆ Value Diversity/ Awareness and Acceptance of differences
- ◆ Knowledge of client's culture including their perception of aging, caring for family members and memory impairment
- ◆ Understand the linguistic, economic and social barriers individuals from diverse population face. Provide services in a family's native language.
- ◆ Adaptation of skills and Techniques

Dementia Assessment

- Assessment tools that help determine an individual's stage of Alzheimer's dementia:
 - Global Deterioration Scale
 - Brief Cognitive Rating Scale
 - Functional Assessment Staging Tool
- Mini Mental Status Exam (MMSE)
 - Cannot diagnose Alzheimer's & dementia, but it can help identify an individual's cognitive strengths and limitations.
 - Often used as a screening tool.

Dementia Assessment: Cultural Considerations

- Results of cognitive assessment are influenced by:
 - Education
 - Socioeconomic status
 - Ethnicity
 - Literacy
 - Acculturation
- Immigrant of Africa descends elders, Hispanic/Latino elders and Native American elders may have false positive scores for cognitive decline due to cultural bias inherent in common cognitive assessment tools.

References

- ◆ NASW Standards for Cultural Competence in Social Work Practice. 2001.
- ◆ Meade, Kara. Immigrants and Health. Greater Twin Cities United way. 2004
- ◆ Alzheimer Disease and Associated Disorders, 2002

Resources

University of Southern California USC Libraries Resource Guide to Diversity on Aging -

www.usc.edu/libraries/subjects/.../ResearchGuide_Diversity.pdf

Alzheimer's Association Cultural/ Ethnic Diversity -

www.alz.org/alzwa/in_my_community_13902.asp

The Rowland Universal Dementia Assessment -

<http://www.health.qld.gov.au/northside/documents/rudas2.pdf>

Concise Cognitive Screen -

<http://www.ncbi.nlm.nih.gov/pubmed/21045491>

Question and Answer



Thank you!

