



**Stanford**  
MEDICINE

Alzheimer's Disease  
Research Center  
[med.stanford.edu/adrc/html](http://med.stanford.edu/adrc/html)

# Dementia Awareness

# Background

**WHO:** The Stanford ADRC is part of a nationwide network of Alzheimer's Disease Centers supported by the National Institutes of Health.

**WHAT:** Our focus includes both Alzheimer's disease and Parkinson's disease. They are the first and second most common neurodegenerative disorders. We believe that research and patient care can be advanced by comparing and contrasting distinctive features of each.

**GOALS:** The ultimate goals are to cure Alzheimer's disease and, even more important, to prevent it from developing.

# What is Dementia?

- Dementia is a physical illness that affects the brain
- These changes can affect how
  - someone acts
  - their ability to make new memories or remember old memories
  - can change their personality, making them act in ways they never have before
- Dementia is a general term that covers many types of dementias
  - Each type has its own symptoms
- Currently there is no cure for any of the dementias
  - Treatments that are available are limited
  - Early diagnosis is very important!

# Dementia in the US

- 1 in 9 people age 65 and older has Alzheimer's Disease
- By mid-century, someone in the US will develop the disease every 33 seconds
- Among people age 70, 61 percent of those with Alzheimer's are expected to die before the age of 80 compared with 30 percent of people without Alzheimer's — a rate twice as high.
- In 2015, 15.9 million family and friends provided 18.1 billion hours of unpaid care to those with Alzheimer's and other dementias. That care had an estimated economic value of \$221.3 billion.

# American Indians & Dementia

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- Large longitudinal observational study done at Kaiser Permanente Northern California health care system (2000-2014) through medical chart review
  - N=274,283 of which, 4543 were American Indian
  - Ages 64+
  - No dementia diagnoses initially
  - Study lasted for 14 years
    - mean observation time = 9.1 years
- This is one of a very few studies that looked at dementia in the American Indian population
- It is the most current information we have on how often dementia occurs (incidence) in the American Indian population

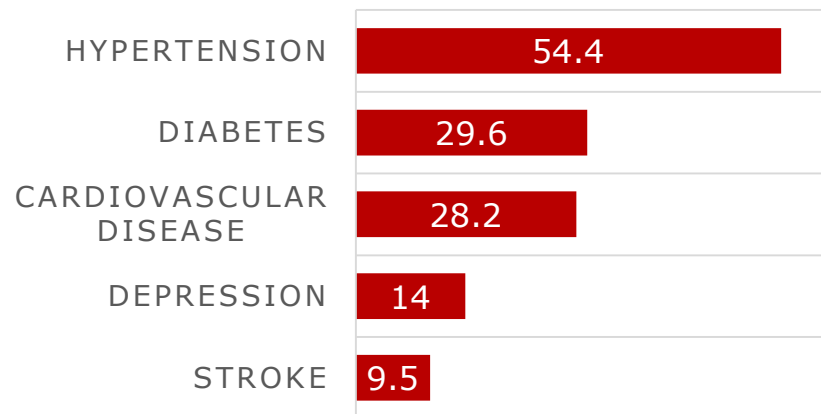
# American Indians & Dementia

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## ➤ Tracked dementia-related risk factors

- Diabetes
- Depression
- Hypertension
- Stroke
- Cardiovascular disease

### PERCENTAGE OF DEMENTIA RISK FACTORS IN AMERICAN INDIAN PATIENTS



## ➤ Why track these risk factors?

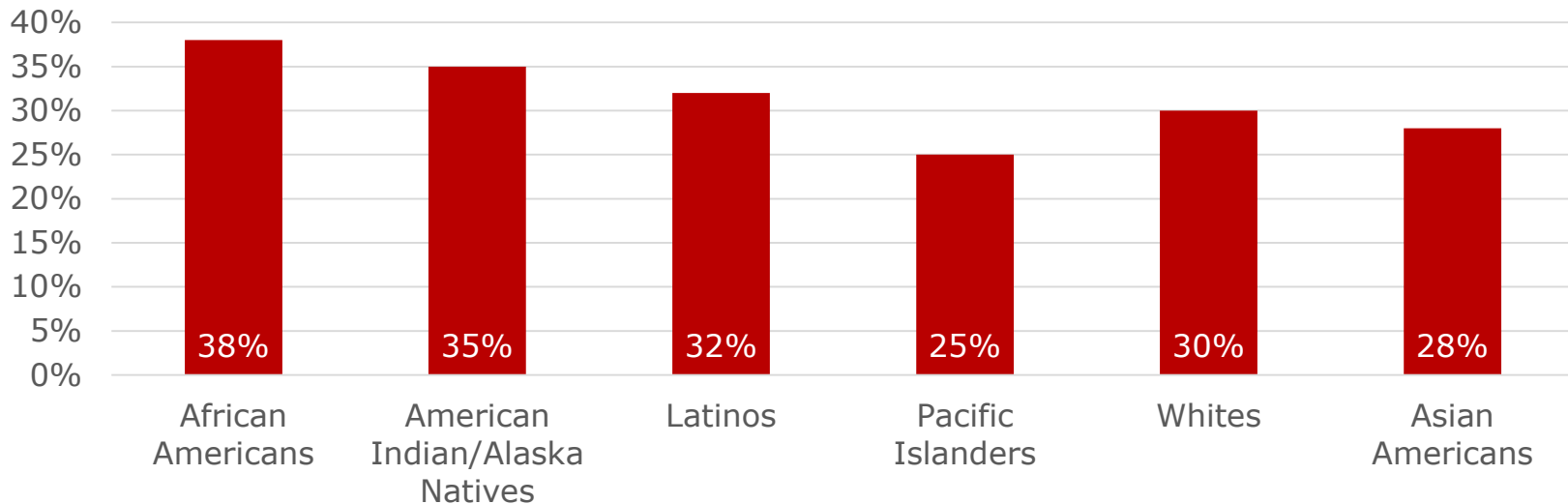
- Those with depression, stroke, & diabetes were more likely to develop dementia
  - depression = 42 % more likely
  - strokes = 32 % more likely
  - diabetes = 24 % more likely

# American Indians & Dementia

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## ➤ Large health disparity surrounding dementia

Of those that survive to age 65 without a diagnosis of dementia: Percentage who will be diagnosed with dementia over the next 25 years



# Why Talk about Research?

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- Advancements in treatments and cures are made through research
- Research informs health programs and policy makers where to place resources.
- Research depends on volunteers
- Right now, we lack diversity in dementia research and this affects our understanding of possible genetic or environmental factors that may lead to better prevention, treatment, or even a cure.

# Addressing the Issue

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There are two primary barriers to participation in dementia research.

- Lack of knowledge about dementia
  - Dementia Awareness Campaign
- Distrust of medical research
  - Partnerships with Community Organizations

# Partnering with the Community

Stanford ADRC has partnered with the Latino community to raise awareness about dementia.

## Stanford ADRC & Nuestra Casa

- Jan 2016: Met to discuss collaboration to create awareness of dementia within the Latino community of East Palo Alto
- Feb-May 2016: Together developed a culturally sensitive training/resource manual for Promotoras.
- June and July 2016: The trainings were presented twice, with the second meeting included Promotoras from Bay Area outside of EPA.
- Continuing to work together on our current project: Dementia Awareness Campaign

# Dementia Awareness Campaign

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- Many think of dementia as a normal part of aging, which it is not.
- Dementia Awareness Campaign has two primary goals.
  - Increase awareness about dementia by starting a community conversation about dementia, what it is and what it is not and what support is available for those families affected
  - Because early diagnosis is critical for treatment, encourage individuals concerned about their memory to consult with their physician
- The Dementia Awareness Campaign has been well received by the San Mateo County Health System

# DAC: Current progress

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➤ New materials were developed both in English and Spanish.

## Demencia en la Comunidad Latina



Demencia es una enfermedad física, no es un desorden mental

La demencia se manifiesta temprano en los Latinos

Esperan más tiempo para ir al doctor

Latinos que no padecen de demencia a la edad de 65 años tienen un 35% de riesgo de desarrollar demencia durante los siguientes 25 años

Hay 1.9 millones de personas latinas que cuidan un ser querido con demencia en su casa

**Factores de riesgo**

- diabetes
- enfermedades del corazón
- embolia cerebral
- insuficiencia renal
- alta presión

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Para más información envíe un correo a [aldr@stanford.edu](mailto:aldr@stanford.edu)

## Dementia in the Latino Community



Demencia is a physical ailment not a mental disorder

Latinos' dementia manifests at a younger age

Wait to go to the doctor longer

Latinos who are dementia-free at age 65 have a 35% likelihood of developing dementia within the next 25 years.

There are 1.9 million Latino caregivers caring for a loved one with dementia at home.

**Risk Factors**

- diabetes
- stroke
- limited education
- heart disease
- high blood pressure

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## Cuidado en la Comunidad Latina



La probabilidad en que los cuidadores sean mujeres es el 74% y que viven con hijos o nietos es el 48%

Los ancianos Latinos tienden a vivir con sus familiares

El 10% de ancianos necesitan ayuda y cuidados

40% de los cuidadores Latinos reportaron que necesitaron tomar un permiso de ausencia, cambiar de trabajo, trabajar menos horas o completamente dejar su trabajo para cuidar a su ser querido

Los latinos viven más tiempo que los Latinos pero su calidad de vida

**Buenas Noticias**

- El 88% de los cuidadores están satisfechos
- El 49% están muy satisfechos con su vida
- El 82% tienen familiares con quien pueden cuidar

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## Caregiving in the Latino Community



Latino caregivers are likely to be female (74%) and live with children or grandchildren (48%)

25% are caring for someone with dementia

Latino elders tend to live with relatives

Almost 10% needed help from other persons for personal care

40% of working Latino caregivers reported they needed to take a leave of absence, change jobs, cut back hours or stop work entirely to take care of their loved one.

Latinos live longer than non-Latino whites, but their health tends to be worse

**Good News**

- 88% feel fulfilled in their caregiving role
- 49% are very satisfied with their social life
- 82% have family who share the caregiving

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# DAC: Current progress

Trained Promotoras to promote dementia awareness and do basic screen for concerned individuals

**MINI-COG English**

1. Say: "I will tell you three words that I want you to remember now and later. The words are: **Apple, Dawn, Chair**. Please, say them for me now." The participant has three opportunities to repeat the words.

1 <sup>st</sup> attempt	<input type="checkbox"/>
If the participant didn't repeat the <b>Apple, Dawn, Chair</b> . Please, say it!	<input type="checkbox"/>
2 <sup>nd</sup> attempt	<input type="checkbox"/>
If the participant didn't repeat the <b>Apple, Dawn, Chair</b> . Please, say it!	<input type="checkbox"/>
3 <sup>rd</sup> attempt	<input type="checkbox"/>

2. Give the participant the second instructions and wait for him/her  
The participant has 3 minutes to do  
a. "Please draw a clock in 1  
b. "Draw all of the numbers  
c. "Now draw the clock's ha

Clock points =

Normal clock = 2 points (The clock once inside the circle. The clock has altered clock = 0 points (The clock person doesn't want to draw the c

3. Say: "What are the words I asked  
**Apple** **D**

<input type="checkbox"/>	<input type="checkbox"/>
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4. Total points =

Clock points

Possible cognitive impairment

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**MINI-COG Español**

1. Diga: "Le voy a decir tres palabras que quiero que usted recuerde ahora y más tarde. Las palabras son: **Manzana, Amanecer, Silla**. Por favor, diga las palabras para mí ahora." El participante tiene tres oportunidades para repetir las palabras.

1 <sup>er</sup> Intento	<input type="checkbox"/>	<input type="checkbox"/>
Si el participante no repitió las palabras la primera vez, las palabras son <b>Manzana, Amanecer, Silla</b> . Por favor, dígalas.	<input type="checkbox"/>	<input type="checkbox"/>
2 <sup>do</sup> Intento	<input type="checkbox"/>	<input type="checkbox"/>
Si el participante no repitió las palabras la segunda vez, las palabras son <b>Manzana, Amanecer, Silla</b> . Por favor, dígalas.	<input type="checkbox"/>	<input type="checkbox"/>
3 <sup>er</sup> Intento	<input type="checkbox"/>	<input type="checkbox"/>

2. Dile al participante la segunda página de esta evaluación instrucciones y espere a que termine cada paso para leer el participante tiene 3 minutos para hacer este ejercicio.  
a. "Por favor, dibuje un reloj en este espacio, grande."  
b. "Dibuje todos los números en el círculo."  
c. "Ahora dibuje las manecillas del reloj para que horas con 10 minutos."

Puntaje del reloj =

Reloj Normal = 2 puntos (El reloj tiene los números 1-12 y solo una vez dentro del círculo. El reloj tiene dos manecillas y 2).

Reloj alterado = 0 puntos (Al reloj le falta alguno de los elementos que se le pide dibujar el reloj).

3. Diga: "¿Cuáles fueron las tres palabras que le pedí que recordara?"

<b>Manzana</b>	<b>Amanecer</b>	<b>Silla</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Puntaje Total =

Puntaje del reloj + Puntaje de palabras

Possible trastorno cognitivo: 0, 1, o 2 No hay trastorno cognitivo

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Dementia Awareness  
in the Latino Community  
Trainer Manual  
2016



# DAC: Current progress

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The DAC launched in East Palo Alto with a series of talks called "Conversations about Memory" and continues to work with the Latino community to schedule additional community talks.

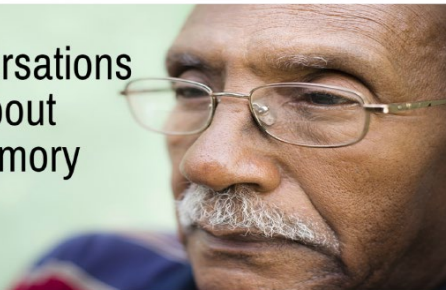


## Charlas Sobre La Memoria

<p><b>Envejecimiento Saludable y Su Memoria</b>  <small>Carolyn Fredricks, M.D.</small>                      Todo el mundo se hace mayor cada día ¿Alguna vez se preguntó como el envejecimiento cambia la memoria? ¿O si hay algo que puede hacer ahora que pueda ayudar a su memoria mantenerse fuerte?</p> <p><b>FECHA:</b> 10 / 11 / 2016 Martes</p> <p><b>HORARIO:</b> 6:00 - 8:00p</p> <p><b>DONDE:</b> Nuestra Casa 2396 University Ave. East Palo Alto</p>	<p><b>La Diabetes y La Pérdida de Memoria</b>  <small>Patricia Santana, M.D.</small>                      ¿La diabetes aumenta el riesgo de pérdida de la memoria? ¿Qué tiene que ver la azúcar en la sangre con el cerebro? Venga a descubrir qué es la conexión entre la pérdida de memoria y la diabetes.</p> <p><b>FECHA:</b> 10 / 12 / 2016 Miércoles</p> <p><b>HORARIO:</b> 6:00 - 8:00p</p> <p><b>DONDE:</b> Lewis &amp; Joan Platt EPA Family YMCA 550 Bell Street East Palo Alto</p>	<p><b>Los Impactos En La Familia</b>  <small>Celina Rodriguez, Dolores Gallagher-Thompson, PhD &amp; Iliana Garcia-Ruiz</small>                      La pérdida de memoria no nadamas impacta a una persona. Venga y escuche como la pérdida de memoria afecta a la familia y aprenda donde puede usted acudir a recursos y pedir ayuda.</p> <p><b>FECHA:</b> 10 / 13 / 2016 Jueves</p> <p><b>HORARIO:</b> 6:00 - 8:00p</p> <p><b>DONDE:</b> Nuestra Casa 2396 University Ave. East Palo Alto</p>
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Cena Includia

Llame para confirmar su asistencia al 831-319-3435



## Conversations About Memory

<p><b>Healthy Aging &amp; Your Memory</b>  <small>Carolyn Fredricks, M.D.</small>                      Everyone gets older every day. Have you ever wondered how getting older changes your memory? Or if there is anything you can do now that can help your memory stay sharp?</p> <p><b>DATE:</b> 10 / 11 / 2016</p> <p><b>TIME:</b> 6:00 - 8:00p</p> <p><b>WHERE:</b> Nuestra Casa 2396 University Ave. East Palo Alto</p>	<p><b>Diabetes &amp; Memory Loss</b>  <small>Patricia Santana, M.D.</small>                      Does diabetes increase the risk for memory loss? What does high blood sugar have to do with the brain? Come and find out what the link is between memory loss and diabetes.</p> <p><b>DATE:</b> 10 / 12 / 2016</p> <p><b>TIME:</b> 6:00 - 8:00p</p> <p><b>WHERE:</b> Lewis &amp; Joan Platt EPA Family YMCA 550 Bell Street East Palo Alto</p>	<p><b>Impacts on the Family</b>  <small>Celina Rodriguez, Dolores Gallagher-Thompson, PhD &amp; Iliana Garcia-Ruiz</small>                      Memory loss can impact more than just the person who has memory problems. Come and hear how memory loss can impact the family and learn where you can turn for help.</p> <p><b>DATE:</b> 10 / 13 / 2016</p> <p><b>TIME:</b> 6:00 - 8:00p</p> <p><b>WHERE:</b> Nuestra Casa 2396 University Ave. East Palo Alto</p>
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Dinner included

Please RSVP to 650-498-5903

# What We are Seeking

## **Partnership with the American Indian community**

- Raise awareness that dementia is not a “normal” aging
  - As part of raising awareness we would like to work with a community advisory board to:
    - Develop cultural sensitive materials
    - Offer training for lay and professional medical personnel in recognizing dementia
    - Start a community wide conversation concerning Healthy Brain Aging & Dementia
- Increase American Indian participation in dementia research

# Q&A

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## Questions?