

# RECOMMENDATIONS TO IMPROVE DEMENTIA CARE IN FOUR DIVERSE INDIGENOUS COMMUNITIES IN CANADA AND THE UNITED STATES: KEY FINDINGS FROM THE INDIGENOUS CULTURAL UNDERSTANDINGS OF ALZHEIMER'S DISEASE AND RELATED DEMENTIAS - RESEARCH AND ENGAGEMENT (ICARE) PROJECT

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### BACKGROUND

- Indigenous populations are disproportionately impacted by Alzheimer's disease and related dementias (ADRD) yet underrepresented in research.
- The ICARE project explores understandings of ADRD across four diverse Indigenous communities.
- This work highlights phase I participant recommendations to improve dementia care.

### METHOD

- Community-based participatory research and Two-Eyed Seeing Framework.
- Interviews conducted with traditional knowledge keepers, dementia-care administrators, and providers (n=54) and sequential focus groups with participants having professional experience caring for Indigenous Elders (n=17).

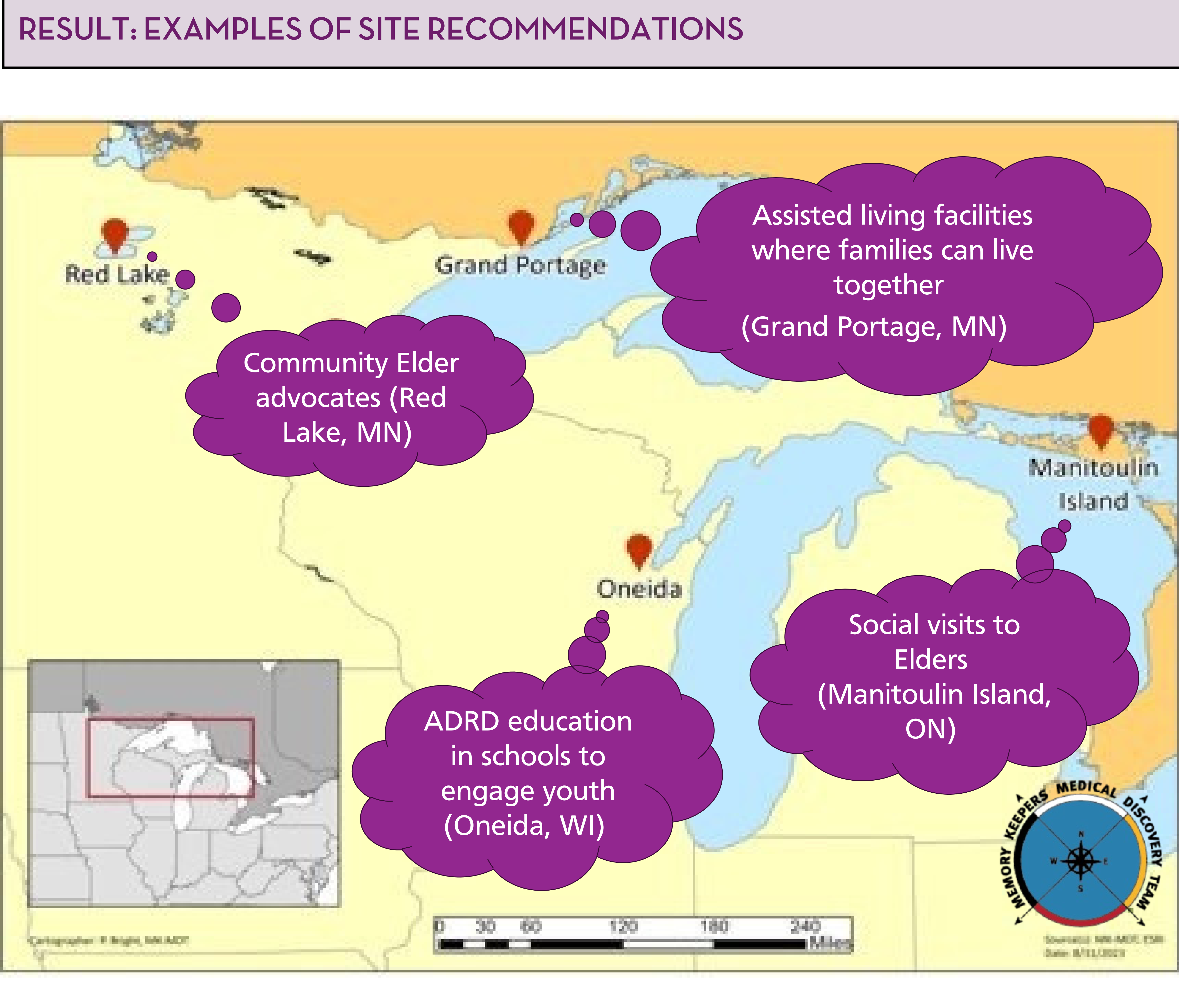
### CONCLUSION

ICARE phase I identified key recommendations to support the development of culturally safe and appropriate ADRD resources. We acknowledge Indigenous communities have diverse cultures, histories, varied resources, and political-economic environments, resulting in the need for more specific community-based ADRD interventions. Phase II of the ICARE project will work with community partners to further explore culturally safe resources, services, and dissemination strategies.

### RESULT: KEY RECOMMENDATIONS

- Increased ADRD-related education
- Awareness of existing resources
- Adding community-level resources
- Culturally tailored services
- Services supporting Elders in homes

"I think one of the biggest needs that I would like to see if we had a magic wand, is the education. If we could get [community] to have everybody understand there's something called Alzheimer's and this is how it affects a family, and this is how it affects caregivers. And this is how we, as a culture can take care of our elders and take care of the people taking care of our elders..." (GP\_SFG).



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Scan to learn more about the ICARE Project!