



# Alzheimer's **LOS ANGELES**

## Alzheimer's in Diverse Communities: Insights and Tools for Healthcare Professionals

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Director, Education & Outreach, Latino Community

June 10, 2023 LA Care Geriatric Care Conference In Collaboration with  
Alzheimer's Los Angeles, Hilton San Gabriel, CA 91776

# Disclosures

The following CME Planners and CME Faculty do not have any financial relationships with ineligible companies in the past 24 months:

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# Learning Objectives:

Summarize

Summarize three ethnically and culturally-specific beliefs within communities that relate to Alzheimer's.

Specify

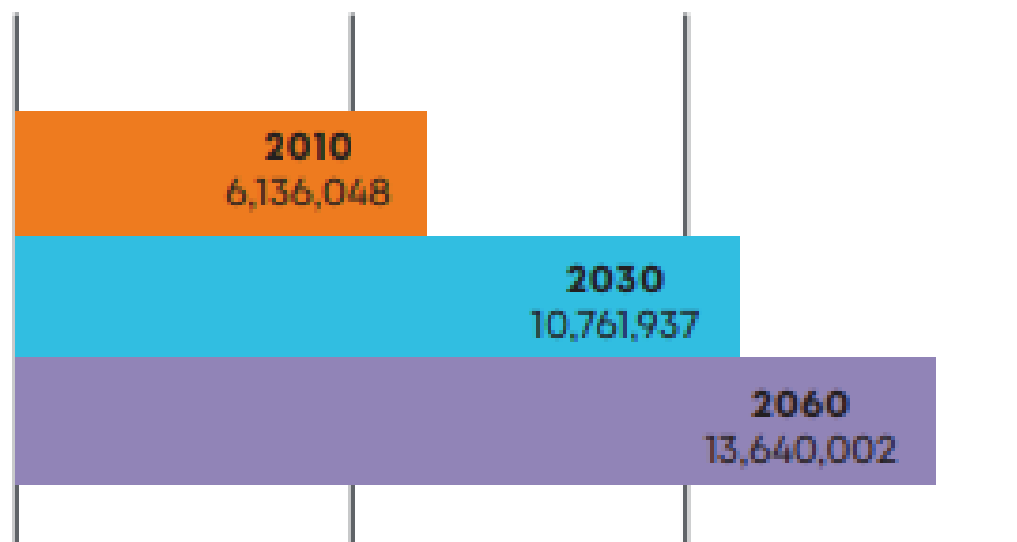
Specify three culturally appropriate ways to communicate with patients who have Alzheimer's and their families.

Identify

Identify and list three Alzheimer's tools available for ethnically and linguistically diverse communities.

# Demographics & Prevalence

## NUMBER OF CALIFORNIANS AGE 60+ BY YEAR



## BY 2040 IN CALIFORNIA THE NUMBER OF:

- Women will **increase 11%**
- Latinos will **more than triple**
- Black/African Americans **will nearly triple**
- AAPI will **more than double**

California Department of Aging. Facts about California's Elderly. [https://aging.ca.gov/Data\\_and\\_Reports/Facts\\_About\\_California's\\_Elderly/](https://aging.ca.gov/Data_and_Reports/Facts_About_California's_Elderly/)

California Department of Aging. Master Plan for Aging. January 2021. <https://mpa.aging.ca.gov/>

California Department of Finance (2017). Press Release. Retrieved from Population Projections (Baseline 2016): <http://www.dof.ca.gov/Forecasting/Demographics/Projections>

Ross, L, Beld, M, and Yeh, J. (2021). Alzheimer's Disease and Related Dementias Facts and Figures in California: Current Status and Future Projections. Report prepared for the California Department of Public Health, Sacramento, CA at the Institute for Health and Aging, University of California, San Francisco, CA. (156, 147), 22

# Inequities

## African American/Blacks:

- 2X more likely to have Alzheimer's/dementia

## Hispanics/Latinos:

- 1.5X more likely to have Alzheimer's/dementia

More likely to get diagnosed in the late stage of the disease

- 34% Asian Americans report discrimination when seeking health care

Alzheimer's Association. 2021 Alzheimer's Disease Facts and Figures. *Alzheimers Dement* 2021;17(3).

# Inequities

## Caregivers report:

- Access fewer formal supports
- Experience higher rates of depression



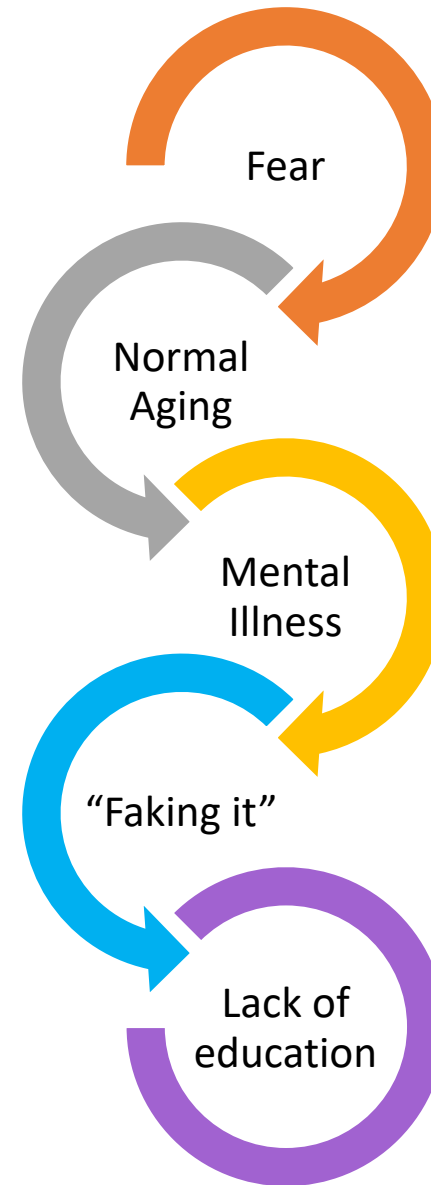
Alzheimer's Association. 2021 Alzheimer's Disease Facts and Figures. *Alzheimers Dement* 2021;17(3).



# Experiences from the Latino Community

# Beliefs

## Complex Beliefs



Alzheimer's Association. 2021 Alzheimer's Disease Facts and Figures. Alzheimers Dement 2021;



# Beliefs

## Perceive Discrimination

Latinos report:

- **18% believe** discrimination is a barrier
- **34% experience** discrimination
- **28% of caregivers** experience discrimination

Alzheimer's Association. 2021 Alzheimer's Disease Facts and Figures. Alzheimers Dement 2021;



Primary Concern for Latinos  
Receive Quality Care

# Practices

**Almost 9 out of 10 Hispanics (85%)** say it is important for Alzheimer's and dementia care providers to understand their ethnic or racial background and experiences.

Alzheimer's Association. 2021 Alzheimer's Disease Facts and Figures. Alzheimers Dement 2021;

# Practices

## Culturally Competent/Culturally Sensitive Care:

- Time
- Respect
- Acknowledge

Alzheimer's Association. 2021 Alzheimer's Disease Facts and Figures. Alzheimers Dement 2021;

# Practices

## Culturally Competent/Culturally Sensitive Care

### Examples:

- Encourage patient to prepare for appointment
- Language
- Engage family in decision-making
  - challenging conversations

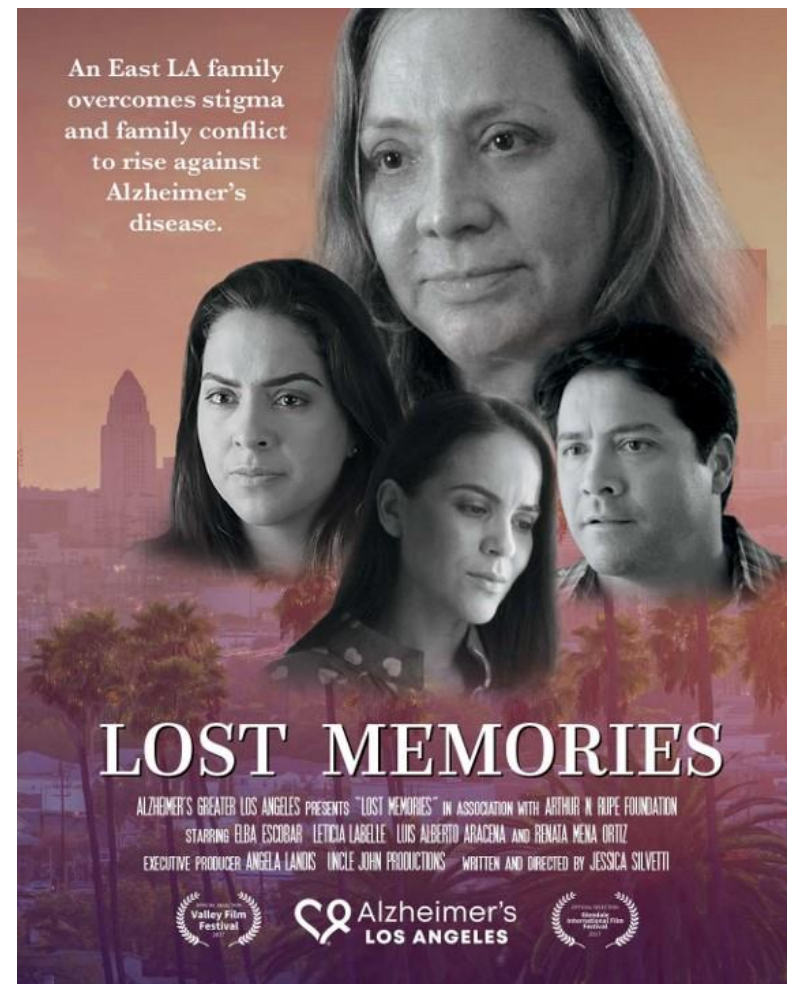


# Tools/Resources

## What is a telenovela?

### Recuerdos Perdidos

- Season 1 (2017)
- Season 2 (2022)
  - 4-episode telenovela
    - Total Run Time: 30 minutes
  - Bilingual: English and Spanish



Tools can be downloaded at: [www.alzheimersla.org/videos/telenovela/](http://www.alzheimersla.org/videos/telenovela/)

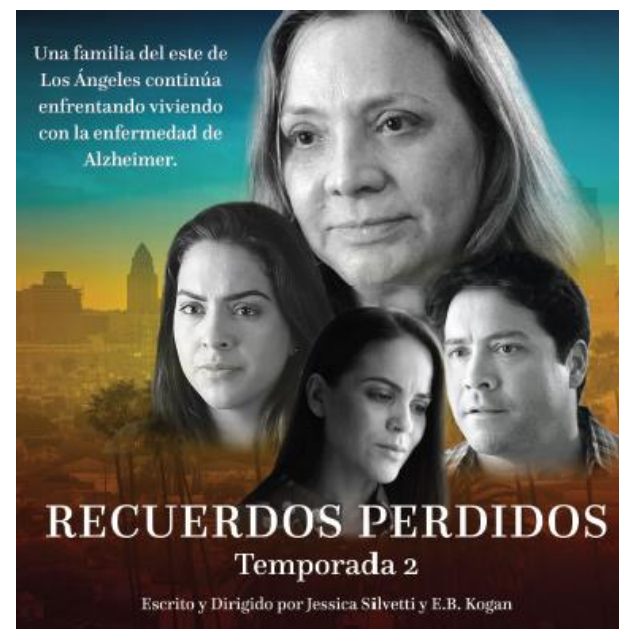
# Tools/Resources

## Meet the Ramirez Family



# Tools/Resources

How can I use this resource?



Tools can be downloaded at: [www.alzheimersla.org/videos/telenovela/](http://www.alzheimersla.org/videos/telenovela/)



# Tools/Resources



## ALZ DIRECT CONNECT<sup>®</sup> REFERRAL PROGRAM



# Tools/Resources

## Caregiver Workshops

Develops:

- Basic knowledge
- Skills
- Attitudes
- 3-week program
- **Caregiver Corner**

## Unidos en el cuidado

Programa de entrenamiento **GRATUITO**



# References

Alzheimer's Association. 2021 Alzheimer's Disease Facts and Figures. *Alzheimers Dement* 2021;17(3).

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[https://aging.ca.gov/Data\\_and\\_Reports/Facts\\_About\\_California's\\_Elderly/](https://aging.ca.gov/Data_and_Reports/Facts_About_California's_Elderly/)

California Department of Aging. Master Plan for Aging. January 2021. <https://mpa.aging.ca.gov/>

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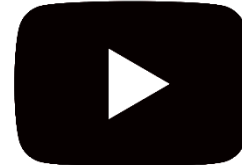
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**Thank You**



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LOS ANGELES**

**Alzheimer's in Diverse  
Communities: Insights and Tools for  
Professionals**

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# Alzheimer's in Diverse Communities: Insights and Tools for Professionals

## African American Community



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# Race, Racism, Discrimination

In compliance with Article 1, Section 2, and Paragraph 3 of the Constitution of the United States, the very first Census in 1790 cited blacks as three-fifths of a person,

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4194634/>

# Historical Context that still applies

Race was and is a social category that captures differential access to power and desirable resources in society ([Williams, 1997](#)). Throughout the history of the United States, non-dominant racial groups have, either by law or custom, received inferior treatment in major societal institutions. Medical care is no exception.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4194634/>

## QUOTE : Maya Angelou

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”



# Did you know?

31% of Black adults say they would prefer to see a Black health care provider; a majority have no Preference

<https://www.pewresearch.org/science/2022/04/07>



## Ethnically and culturally-specific beliefs within the African American Community that relate to Alzheimer's

### Consider:

- Alzheimer's disease is viewed as a normal part of aging.



# Ethnically and culturally-specific beliefs within the African American Community that relate to Alzheimer's

## Consider:

- Present Time Orientation



## Ethnically and culturally-specific beliefs within the African American Community that relate to Alzheimer's

### Consider:

- Alzheimer's disease is considered a punishment from God.



# Describe culturally appropriate Alzheimer's practice focused on African Americans for healthcare professionals

## Consider:

- The spiritual wellbeing of patient.





# Describe culturally appropriate Alzheimer's practice focused on African Americans for healthcare professionals

## Consider:

- Ability to recognize cultural difference while being aware of your own identity and how that may be perceived.

# Describe culturally appropriate Alzheimer's practice focused on African Americans for healthcare professionals

## Consider:

- Addressing older African Americans properly.



Identify Alzheimer's tools ( resources ) available for ethnically and linguistically African American community.

**Consider:**

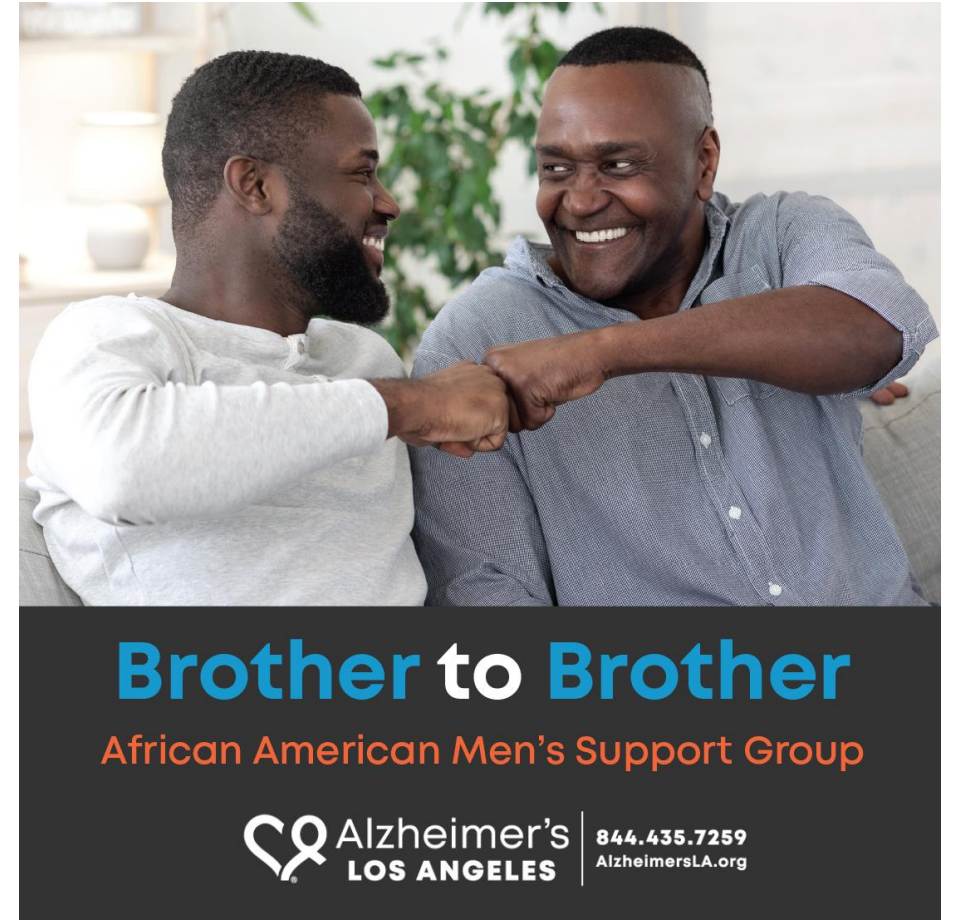
- Educational videos – story telling



Identify Alzheimer's tools ( resources ) available for ethnically and linguistically African American community.

**Consider:**

- African American Men's Group



# Identify Alzheimer's tools ( resources ) available for ethnically and linguistically African American community.

## Consider:

- Ethnically tailored collateral

## Faith & Health Luncheon



Learn how organizations are working together to inform African American churches about Alzheimer's disease and available community resources

**THURSDAY, MAY 18 • 11AM – 1:30 PM**

Trinity Baptist Church • 2040 W Jefferson Blvd, Los Angeles, CA 90018

**RSVP required by April 27 • (323) 930-6219**

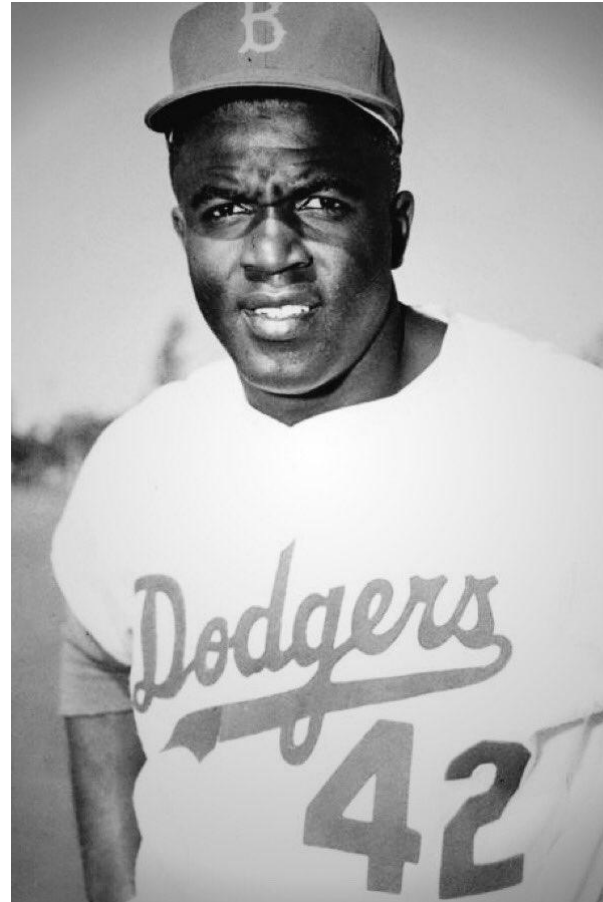
Made possible by Alzheimer's Los Angeles & Mary S. Easton Center for Alzheimer's Research and Care at UCLA



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# Quote



**“I’m not concerned  
with your liking or  
disliking me...**

**all I ask is that you  
respect me as a human  
being.”**

*– Jackie Robinson*



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**Alzheimer's in Diverse Communities:  
Insights and Tools for Healthcare Professionals**

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June 10, 2023 LA Care Geriatric Care Conference In Collaboration with  
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# Experiences from the Asian & Asian American Community



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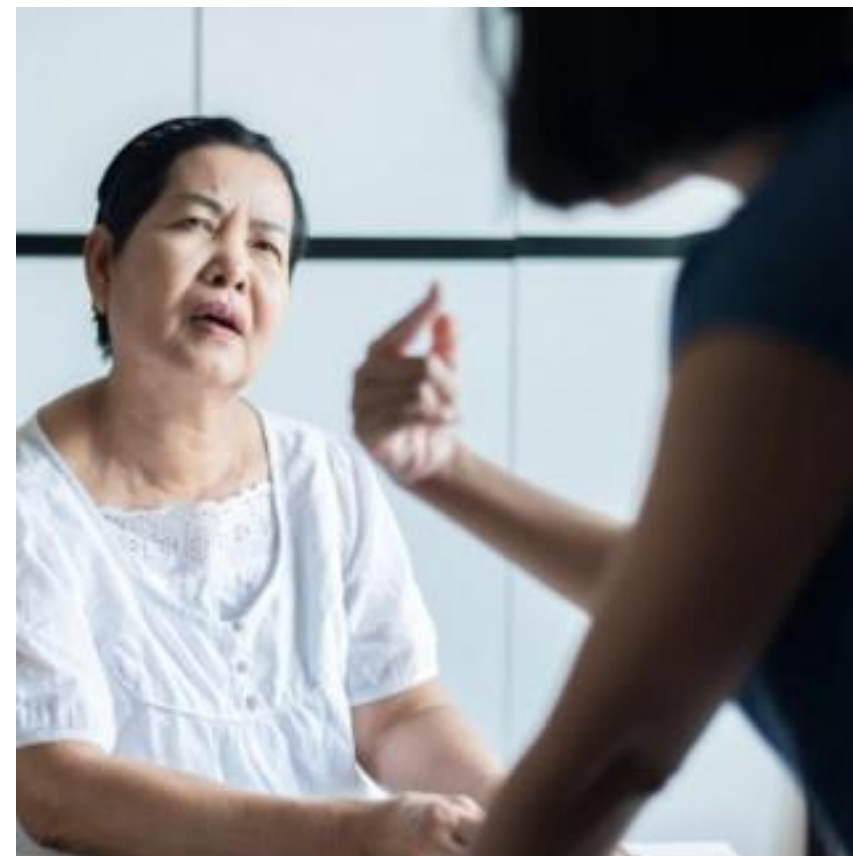
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# Beliefs

- **Stigma**
  - Derogatory terms
  - Mental illness, embarrassment & personal weakness
  - Delay in seeking help/diagnosis

Lim et al., 2020 & Alzheimer's Association 2023



# Beliefs

- **Collectivistic culture**
  - Group goals > individual goals
  - Indebtedness
  - Better at absorbing additional caregiving
  - Less willing to ask for help



Pyke & Bengtson 1996 & Alzheimer's Association 2023

# Beliefs

- **Filial Piety**
  - Rooted in various Asian cultures
  - Obligation to aging parents
  - Informal caregiving
  - 孝 (elder) + 子 (son)

Choi et al., 2021, Wang et al., 2023



# Practices

- **Cultural sensitivity - No one size fits all**
  - Recognize cultural background; the diversity of Asian American
  - Include cultural beliefs when making decisions/suggestions

# Practices

- **Address language barriers**
  - Comprehensive explanation
  - Provide written materials
  - Allow time for questions



Cox, 2007, Alzheimer's Association, 2021

# Practices



- **Family-centered service**
  - Understand family relationships/structure
  - Collaborative decision-making
  - A care plan that aligns with the family's values and goals

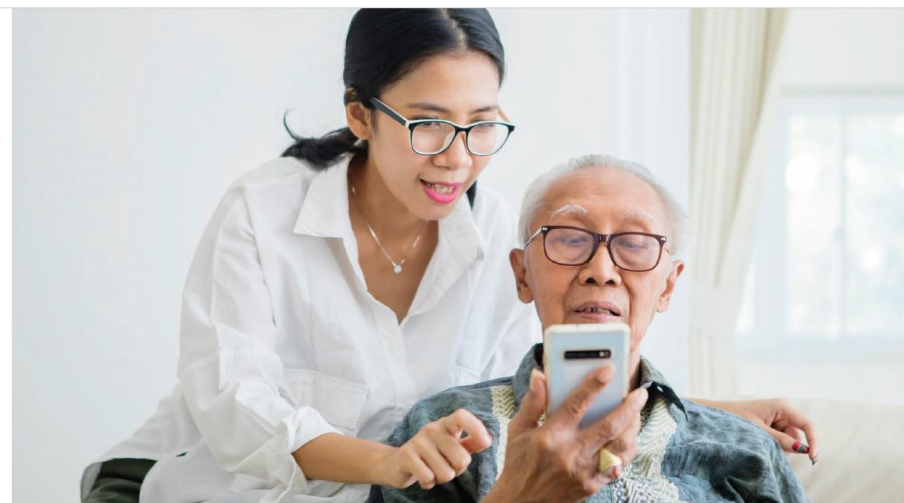
Chan, 2010

# Tools/Resources

- **Support groups**

- More than 50 groups with various background
- 6 different languages
- Virtual & In-person meetings

Choi et al., 2021





# Tools/Resources



- **Dementia Care Networks**
  - Culturally specific meetings
  - Address current issues & unmet needs
  - Local resource updates

# Tools/Resources

## • Multilingual dementia caregiver tip sheets

- English, Spanish, Chinese, Japanese, Korean & Tagalog

Tools can be downloaded at:

[www.alzheimersla.org](http://www.alzheimersla.org)

For hard copy inquiry, please email [permission@alzla.org](mailto:permission@alzla.org)



### 為什麼會發生這種情況?

患有阿茲海默症或失智症的人因為大腦變化可能會:

- 難以找到正確的用詞或使用錯誤的用詞
- 思維混亂
- 對話時難以承接
- 不能理解你在說什麼
- 只能用他們的母語或第一語言說話

患有阿茲海默症 (疾病) 或失智症 (癱瘓) 的人可能會喪失清楚說話及理解你在說什麼的能力。這可能令患有阿茲海默症的人和您都感到沮喪挫折。

### 您可以做些什麼?

#### 使用短句和簡單字句

- 用簡短的回答方式 (簡短詞句)
- 給予逐步指示
- 如患者未能即時聽明白, 請慢慢重複您的指示或話語
- 即使對方需要很長時間來回答, 也請盡量保持耐心和正面的態度
- 盡量不要提醒他們忘記了, 或某事他們已跟您說過了
- 以簡單的方式來提問和回答, 如「晚飯你想吃什麼? 魚還是雞?」
- 以對方可用「是」或「否」來回答的方式提問
- 盡量不要使用對待兒童的方式來對待他們 (尊重對方), 盡量避免使用負面的用語, 避免說「不要從這門出去!」, 嘗試說「我們走這邊!」, 並輕輕地引導對方離開那 道門

#### 讓他們把注意力集中在您身上

- 與他們平視
- 喚對方的名字
- 拿開令人分心的東西, 比如關掉電視機, 帶他們到安靜的房間
- 注意您的語氣, 說話的音量及身體語言 — 這些非言語的溝通方式往往比言語「說」得更大聲
- 做一個積極的傾聽者 — 有眼神接觸, 點頭

#### 其他可嘗試的方法

- 把文字或圖片貼在門上, 以說明房間或櫃子裏面有什麼
- 為對方進行聽力測試, 以確保他們可以聽到您的聲音
- 使用粉筆或白板寫下一天的日程表或常見問題的答案
- 回應對方的感受或情緒, 不僅僅是言語. 與對方交談, 而不是和別人談論他
- 如果對話困難, 但您想跟他一起做些事, 嘗試聽音樂或看舊家庭照片



# Tools/Resources

- **Caregiver video series**
  - Champions of Caregiving
  - Faces of Caregiving

<https://www.alzheimersla.org/videos/>

FACES OF  
CAREGIVING  
介護の顔



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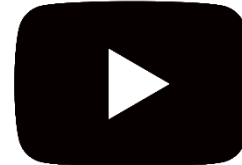
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# Panel Discussion