

The Use of Culturally Competent Community Health Education to Engage Older Latinos in Research

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**Rush
Alzheimer's
Disease
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The RADC is committed to discovering better ways to diagnose, treat and prevent Alzheimer's disease and other dementias.

Overview

- I. Latino Older Adults
- II. Rush Alzheimer's Disease Center: NGAGE Model
- III. Community Level Activities
- IV. Individual Level Activities
- V. Lessons Learned & Next Steps

Latino Older Adults

Socioeconomic status

Language

Health literacy level

Immigration

Acculturation level



Latino Older Adults: Health Profile

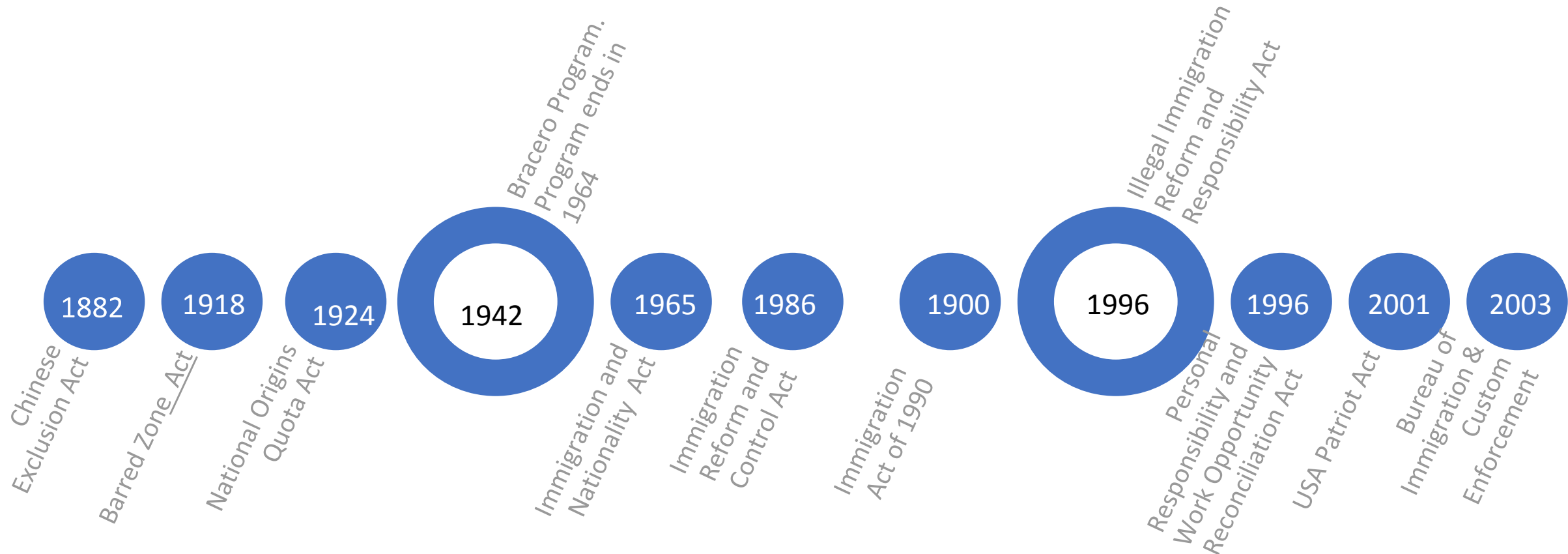
- Over **26%** of Latino older adults lack health insurance vs. 10.5% of non-Latinos, making it difficult for Hispanics to access quality healthcare
- **1.5** times more likely to develop Alzheimer's disease (AD) than non-Latino whites

The number of Latinos AD is expected to increase 832%

379,000	→	1.1 million	→	3.5 million
(2012)		(2030)		(2060)

Latino Older Adults, Immigration and Dementia

- Dementia cases in Mexico will increase **306%**
- 1 in 5 Mexicans aged >50 years have at least one adult child living in the US



NGAGE Model: Community Level Activities

1. Network

Ex., One on one meetings
with community leaders

2. Give First

Ex., Partnering in community
aging events

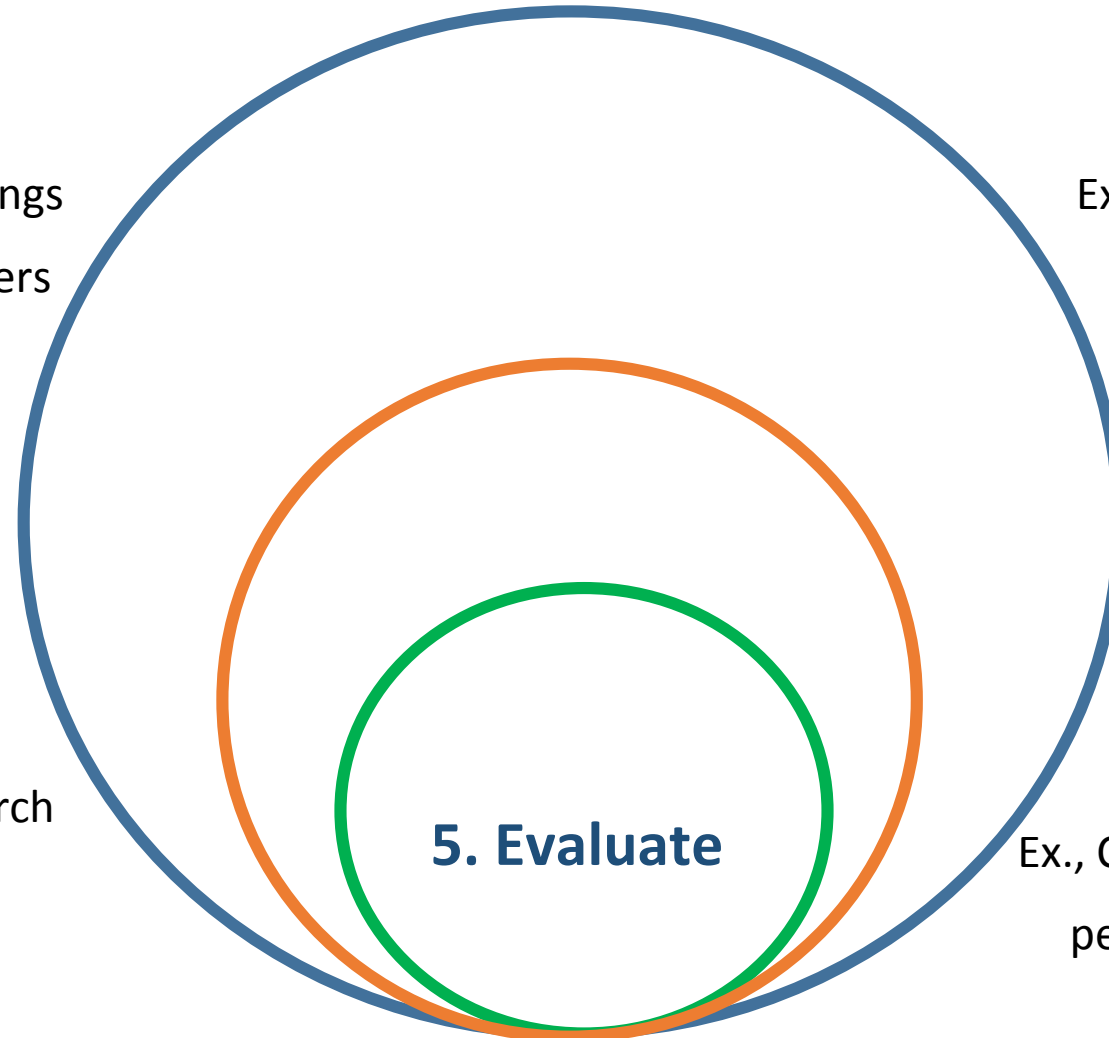
3. Advocate for Research

Ex., Community presentations and In-
person and telephone follow-up

4. Give Back

Ex., Community research
updates

5. Evaluate



NGAGE Model: Activities in the Latino Community

Step	Example of Activity
Network	Network with Latino serving organizations that may not have a aging focus
Give First	Develop and execute community aging events in Spanish
Advocate for Research	Offer ongoing presentations for older adults, caregivers and professionals Follow-up involves family and friends
Give Back	Provide education and awareness about the role of research. Develop and translate materials in Spanish explaining research (process, role in health care, and importance)
Evaluate	Evaluate events and activities with community partners Solicit feedback from them and participants

Engaging Older Latino Adults in Healthy Aging Research

Challenges

- Little or no knowledge about research or dementia
- Stigma
- Distrust
- Political climate

Strategies

- Appropriate literacy level
- Culturally appealing and relevant
- Long term community engagement



RADC Latino cohorts

Latino Core (LATC)

Year study stated: 2015

LATC is a long term, voluntary observational study examining changes in aging and the specific risk factors for AD in older Latino adults.

Participants:

- Are Latino/Hispanic
- Are 65 years or older
- Have no known dementia diagnosis

Participants :

- Have annual home visits including memory exams, a blood draw, and answer questions about your health and lifestyle, at no cost. Receive testing results
- Are asked to consider organ donation



Memory & Aging Project (MAP)

Year Study started: 2006

MAP s a long term, voluntary observational study examining changes in aging and the specific risk factors for AD in older adults.

Participants:

- Are 65 years or older
- Have no known dementia diagnosis

Participants :

- Have annual home visits including memory exams, a blood draw, and answer questions about your health and lifestyle, at no cost. Receive testing results
- Agree to organ donation at the time of enrollment

Socioeconomic, cultural, and immigration factors & RADC research

Where is home for Latino Core participants?

- Changing retirement plans
- Transitional living arrangements
- Living alone vs. living with family

How does our cohort plan for the future?

- Funeral planning
- Family involvement in care
- Access to information

Who is involved in our study?

- Active engagement with participants
- Open communication with family
- Emphasis on family involvement



Challenges to research

- Recruitment approaches
- Retention efforts
- Community health knowledge
- Individual vs collective decision making process
- Education
- Responsible journalism
- Research-related stigma

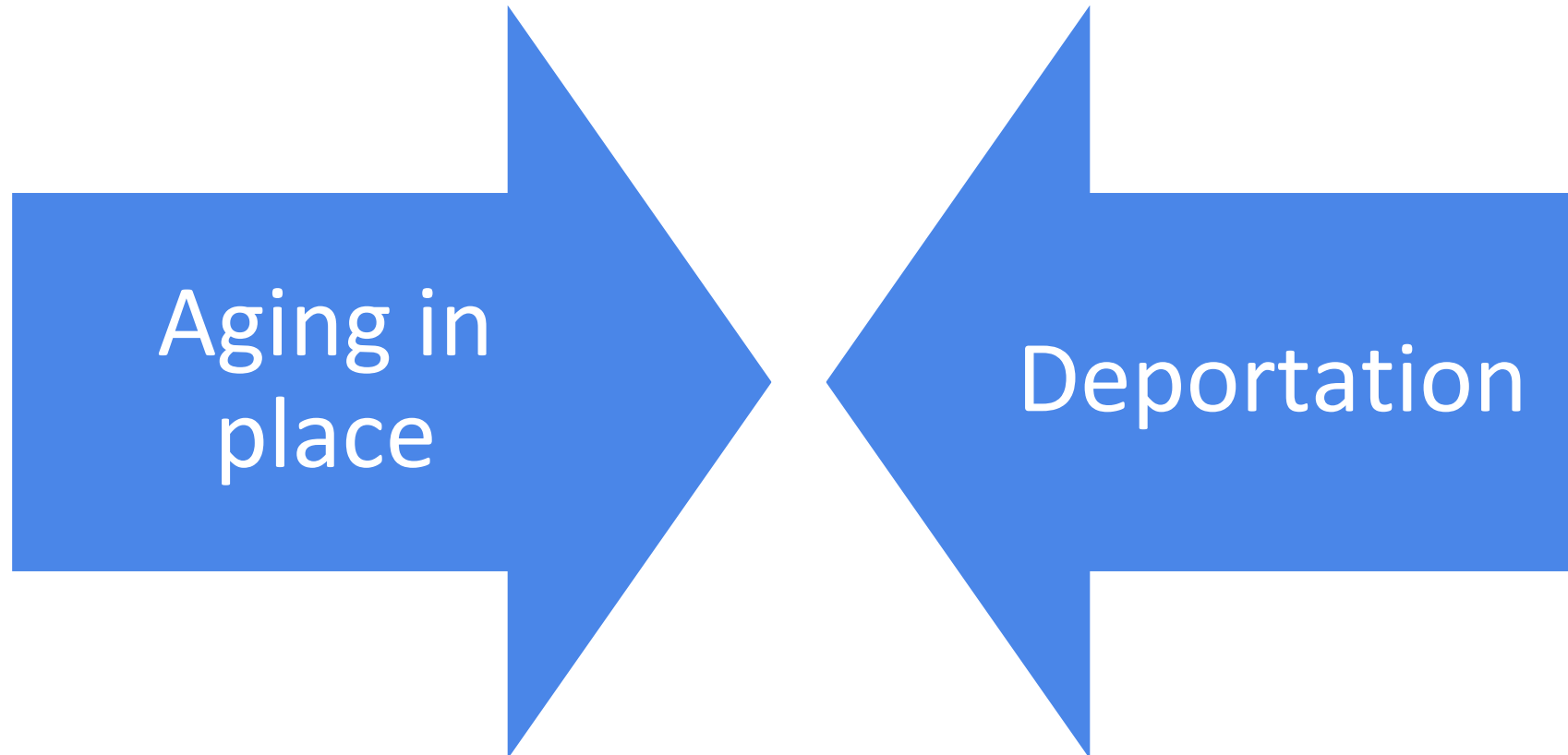


Chicago Lawn Community Cafecito,
June 2017

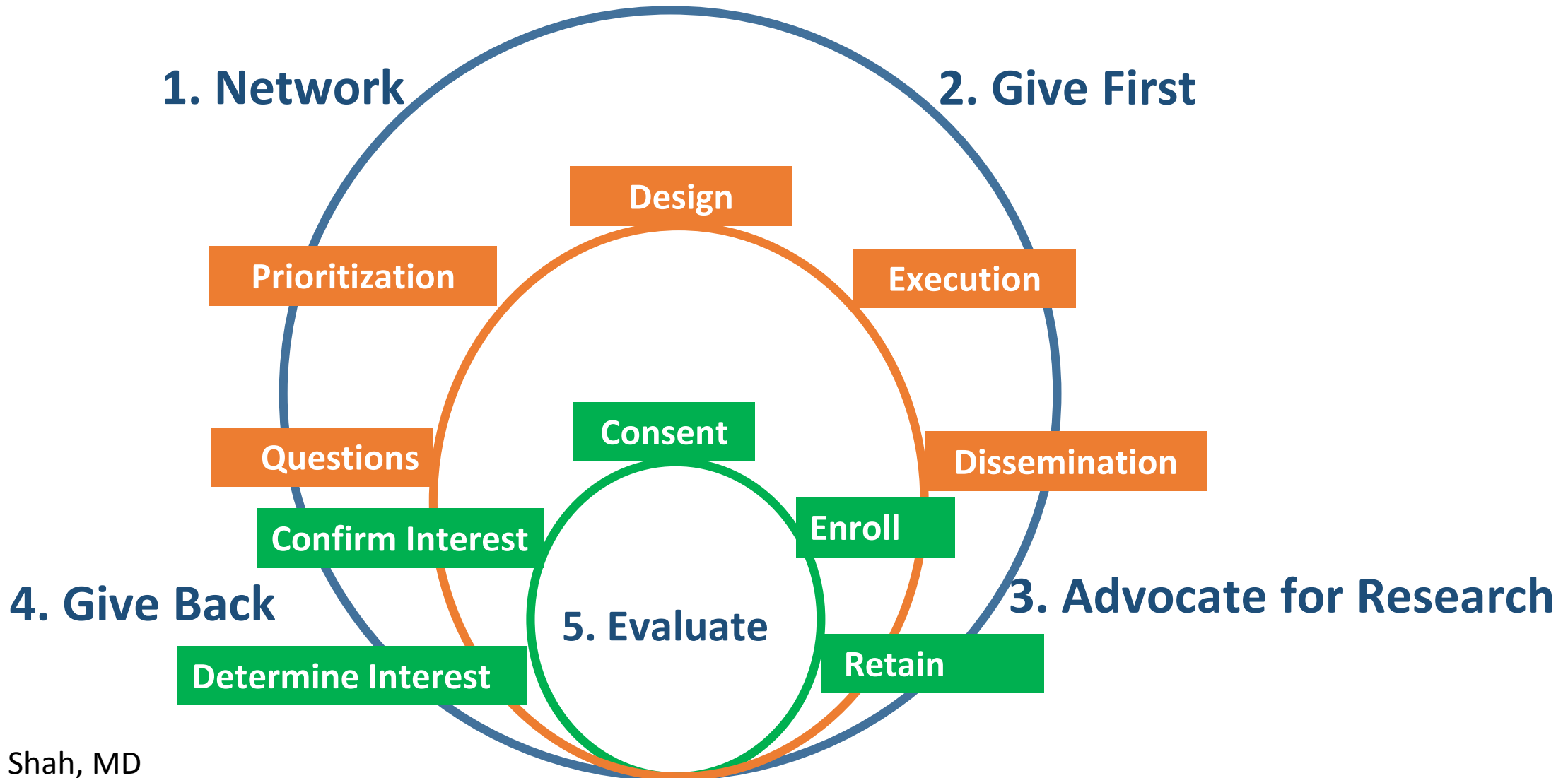


Little Village Community Cafecito,
May 2017

Impact of immigration on aging research



NGAGE Model – the future



Resources

Join

- Latino Alzheimer's Coalition for Advocacy, Research and Education (LA CARE), email LaCareChicago@gmail.com for more information.

Read

- National Hispanic Council on Aging 2013 Report: [Attitudes, Level of Stigma, and Level of Knowledge About Alzheimer's Disease Among Hispanic Elderly Adults and Caregivers, and Alzheimer's-Related Challenges for Caregivers](#)

Share

- [National Institute on Aging Caregiving Manual](#)
 - Available online/Order print copies for free
- [Family Caregiver Alliance](#)
 - Over 25 factsheets in Spanish
- [National Alliance for Hispanic Health](#)
 - Let's talk about Alzheimer's Disease Booklet
 - Let's talk about caring for a person with Alzheimer's Disease Booklet
- [FAMA Bilingual Center for Family Caregivers](#)
 - Caregiver Blog



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