Cultural Awareness in Dementia Care

CULTURAL AWARENESS IN DEMENTIA CARE

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Presentation – Minnesota Gerontological Association
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• Pakou Xiong, BSA– Cultural Consultant Hmong
Overview
Cultural Awareness In Dementia Care

Nancy E. Lee, MRP

Objectives

1. Cite 2 or more norms and values of West African and Hmong cultural groups regarding dementia.

2. Identify ways in which service providers can promote person-centered planning that incorporates cultural norms.

3. Describe how to use a cultural consultant to enhance service delivery.
Minnesota Demographics

Cultural Consultant Graduates (Cohort 3)
West African - Nigerian
Cultural Awareness In Dementia Care

Chinwendu Terrell
West Africa population

➢ In Western Africa - 379,688,338
➢ (based on the latest 2018 United Nations estimates)
➢ Population equivalent to 5% of the total world population.
➢ Ranks No. 2 in Africa among sub regions ranked by Population.
➢ Median age is 18 years.
➢ Nigeria  Population - 195,875,237

http://www.worldometers.info/world-population/western-africa-population/
West Africa - Universal Cultural Aspects

➢ Norms and Ethics - this has to do with gender role and respect for elders
➢ Religion
➢ Family values
➢ Community perception
➢ Responsibility of care
Specific Aspects – Igbo tribe, Nigeria

➢ Inaccurate Belief: Decrease in memory comes with old age
➢ Gender role and decision making
➢ Frequent visit – to avoid isolation
➢ Responsibility of care (Ada & Okpara - 1st daughter and 1st son)
➢ Storytelling

Issues Impacting Alzheimer/Dementia Services

➢ Unfamiliar / Unappealing words –
  • “Alzheimer’s, Dementia”
➢ Stigma
➢ Traditional medication/ “cure”
  • Herbs - Natural / Homeopathic Medicine Practice
  • Bitter Kola nut
  • Religion support
Herbal Examples – Natural / Homeopathic Medicine Practice

Social Issues Affecting Dementia Care/ Services

➢ Access to services
➢ Trust
➢ Food – Traditional foods are a big part of identity and family union
Medical Issues Affecting Dementia care for West African Community

➢ Preventive Intervention
➢ Quality health care
➢ Health Insurance
➢ Time
➢ Acceptance

Dementia Friends Nigeria

Volunteer as a Dementia Friends Champion
Champions are trained volunteers who encourage people to learn a little bit more about dementia. Champions run Information Sessions in their community and inspire others to help those living with dementia live well.

Become a Dementia Friend
Learn a little more about what it is like to live with dementia and turn that understanding into action. It’s really easy to do – watch our short video or attend a face-to-face Information Session in your local community.

Visit dementiafriends.org.uk to get involved
www.dementianigeria.com
Text to 07068633627
Political Issues Affecting Dementia care and the West African Community

➢ Immigration status
➢ Policy

Dementia Risk & Statistic

Growth in dementia cases by 2050

Source: Alzheimer’s Disease International
Contractual services I am able to provide.

➢ Outreach to and education for West African communities
➢ Bridge the gap between providers and patient
➢ Marketing and Advertising Review
➢ Community Engagement
➢ Education/ Trainings for Provider Staff

Cultural TIPS

➢ Stigma of Certain Words

➢ “Hello” in Several African Languages
  • https://www.tripsavvy.com/say-hello-in-several-african-languages-1454474
Cultural TIPs (continued)

- Right hand shake

Hmong
Cultural Awareness In Dementia Care

Pakou Xiong
Agenda

❖ Who are the Hmong?
❖ Hmong & The Vietnam War
❖ Hmong cultural norms
❖ Hmong health perceptions & practices
❖ Hmong & dementia
❖ Next steps & questions

Who are the Hmong?

➢ Ethnic minority
  • No country
  • Originated from China
  • Known as “Miao”
➢ 18 prominent clans
➢ 2 dialects
  • Green and White
➢ Written language
  • Romanized Popular Alphabet (RPA) [http://www.hmongrpa.org/aboutus.html]
The Hmong & The Vietnam War

➢ Hmong & the Vietnam War
  • (1955-1975)
➢ General Vang Pao
  • (1929-2011)
➢ Hmong in the US
  • Approx. 300K in US (2015)  
    (Pew Research Center)
➢ Hmong in MN
  • Top metro area, pop. 76,727
  • Approx. 6.6% over age 55  
    (2016 American Community Survey)
➢ Hmong around the world
  • Australia, Canada and France

Paj Ntaub (pah-taw)
Hmong story cloth
Hmong cultural norms (ages 55+)

➢ Gender roles

➢ Decision making
• Collectivism vs Individualism

➢ Religion
• Traditional: Shamanism & hand tie New tradition: Western faiths

➢ Education & titles

➢ Health – food & exercise

➢ Celebration – Hmong New Year

Hmong Health Perceptions & Practices (Traditional Hmong)

➢ Physical: Able to see, able to feel the pain and identify location
• Take meds (herbal: fresh or dried)
• Seek alternative healing (cupping, egg remedies)
• Expect immediate cure

➢ Non-physical: Not able to see, not able to locate the pain or cause (dementia, mental illness)
• Call for shaman to do ceremony - Two types:
  1. Hu plig = spirit calling
  2. Ua neeb (saib & kho) = diagnostic & healing ceremony

➢ Prevention & Rehab
• New concepts
The Hmong & Dementia

➢ Issues
  • No Hmong word for dementia
  • Viewed as a normal aspect of aging
  • Lack of culture appropriate assessment tools

➢ Elders
  • Family oriented care
  • Care facility stigma

➢ Pointers
  • Understanding religious belief and healing
  • Know the care structure of the family
  • Story telling as a tool to relate and build trust

➢ Resource
  • Stanford University – Stanford Geriatric Education Center: *The Treatment of Dementia in Hmong American Culture*

Provider:
Next steps & Communications

Continue the dialogue
Express your interest in learning more about Hmong elders

Make it ok
For you and for the Hmong elders to ask questions that you would not normally ask

Connect with Hmong consultant
Provide cultural education
Help develop appropriate tools
Help navigate and build trust
RESOURCES

• CulturalConsultants.org
• MinnesotaHelp.info®
• MNLiveWellatHome.org
• Senior LinkAge Line® <>1-800-333-2433
• Alzheimer’s Association <>1-800-272-3900
• http://www.echominnesota.org/library/caring-older-adults-part-our-culture

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