



# Native American Elder Care?

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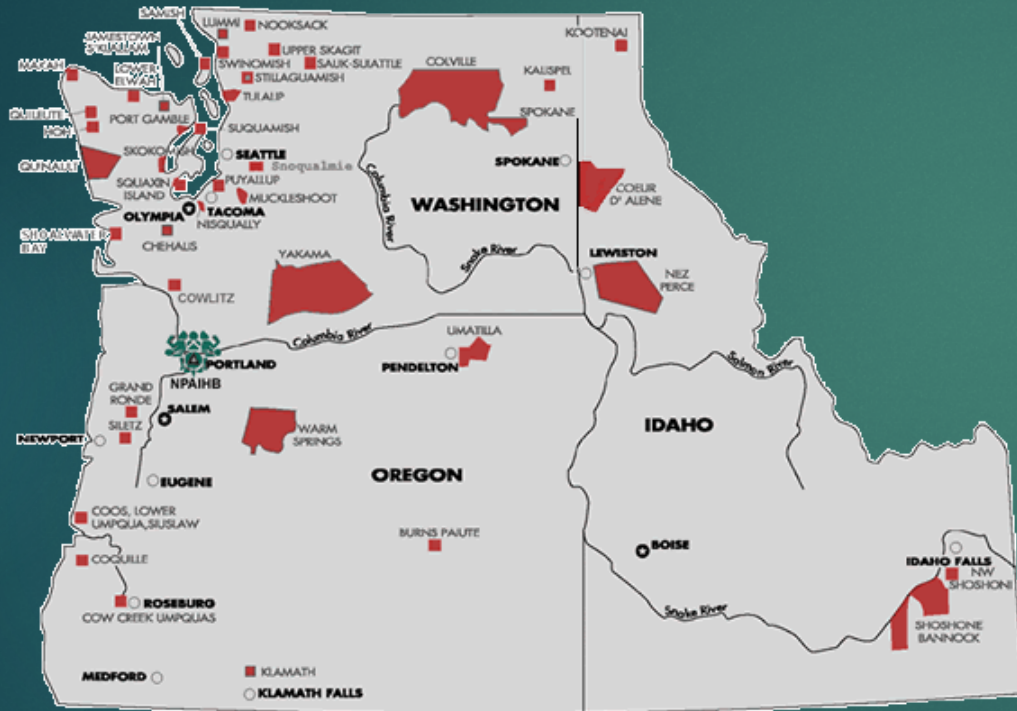
# Objective

1. The Indian Health Care Service
2. Native American Elder care
3. The Role of the Elder



# 1855 Treaty Tribes of PNW

## Yakama, Warm Springs, CTUIR, Nez Perce



# Treaty Of 1855

## Article Two

...under the direction of the President of the United States, who may from time to time at his discretion, determine what proportion thereof shall be expended for such objects as in his judgment will promote their well-being, and advance them in civilization, for their moral improvement and education, for buildings, opening and fencing farms, breaking, land, purchasing teams, wagons, agricultural implements and seeds, for clothing, provision and tools, for medical purposes...



# Treaty of 1855

## Article Three

...the United States agree to expend the sum of fifty thousand dollars during the first and second years after its ratification, for the erection of buildings on the reservation, fencing and opening farms, for the purchase of teams, farming implements, clothing, and provisions, for medicines ...

# Treaty of 1855

## Article Four

...the United States agree to erect, at suitable points on the reservation, one saw-mill, and one flouring- mill, a building suitable for a hospital ... To purchase and keep in repair for the term of twenty years all necessary mill fixtures and mechanical tools, medicines and hospital stores, books and stationery for schools, and furniture for employees. The United States further engage to secure and pay for the services and subsistence, for the term of twenty years, (of) one superintendent of farming operations, one farmer, one blacksmith, one wagon and plough maker, one carpenter and joiner, one physician, and two school-teachers.



# Indian Health System

1. Snyder act early 1900
2. IHS (1955)
  - ▶ Headquarters Washington DC
  - ▶ 12 Divisions
    - ▶ Portland Area Office
      - ▶ 30 tribes and 150,000 eligible clients
3. Indian Health care improvement act
4. 1975 Title 638 Indian Self-Determination and Education Assistance Act (ISDEAA), Titles I and V (1994)
5. Compact

# Don't make assumptions

- ▶ Not all are traditional
- ▶ Mix of religions
- ▶ Not all are from that tribe
- ▶ Respect body parts



# Yellowhawk Tribal Health Center





# Yellowhawk Tribal Health Center

- ▶ Compacted 1996
- ▶ Health Commission
- ▶ Board of Tribal Directors
- ▶ Essentially owned and operated by the tribes
- ▶ Serves 3500 patients
  - ▶ 800 patients over 60



# A medical home with integrative services

- ▶ Medical
- ▶ Pharmacy
- ▶ Community Wellness and preventative services
- ▶ Behavioral Health
- ▶ Dental
- ▶ Business Office

# Integrative services

- ▶ Medical
  - ▶ Podiatry
  - ▶ OB/Gyn
  - ▶ MD and three PAC
- ▶ Pharmacy
  - ▶ Coagulation Clinic
  - ▶ Medication reconciliation
- ▶ Behavioral Health
  - ▶ A and D
  - ▶ Crisis Support
  - ▶ LCSW
  - ▶ Accudetox



# Integrative services (cont.)

- ▶ Community wellness
  - ▶ Home Health nurses
  - ▶ Community Health representatives
  - ▶ Exercise Specialist
  - ▶ Wisdom warriors
- ▶ Dental
  - ▶ Lab to make dentures

# Home Health and Community Health Representative





# Elder Services

- Transportation
- Meals on wheels
- Home Health visiting nurse
  - Risk assessment for falls
  - Durable goods
  - Medication reconciliation
- CHR
  - Transportation
  - Medication delivery
  - VS monitoring



# Elders Center and housing





# Areas of improvement



- ▶ Long term care
- ▶ Advance Directives
- ▶ Dementia/Alzheimer

# The role of the Elder

- ▶ Name giving
- ▶ First kill
- ▶ Root Feast
- ▶ Members of commissions
- ▶ Language
- ▶ Funerals



# The Language





# The Longhouse





# Teachings



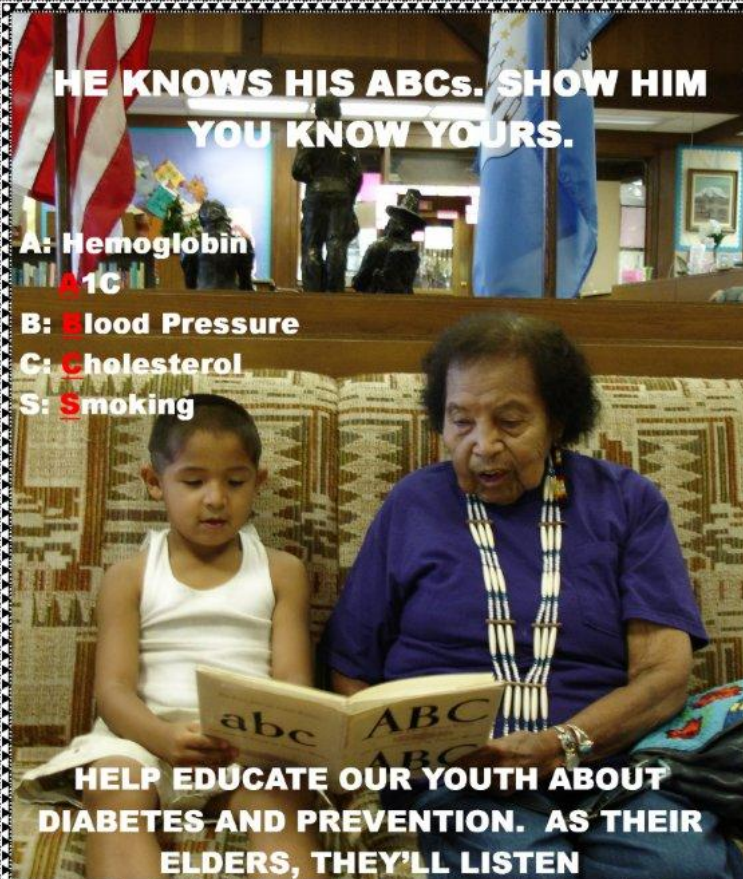


# Listen to your elders





# Listen to your Elders



**HE KNOWS HIS ABCs. SHOW HIM  
YOU KNOW YOURS.**

**A: Hemoglobin  
A1C**  
**B: Blood Pressure**  
**C: Cholesterol**  
**S: Smoking**

**HELP EDUCATE OUR YOUTH ABOUT  
DIABETES AND PREVENTION. AS THEIR  
ELDERS, THEY'LL LISTEN**

Ruth Howard, or "Grandma Ruth" as she is known throughout the Yakama community for her work through Head Start, and also as a respected elder, is photographed here with her grandson Lucas. Ruth has been living with diabetes for many years and has been able to control her diabetes through medication, eating right, and staying active.

**Target levels are:**  
A1C < 7%  
Blood Pressure < 130/80  
Cholesterol: LDL < 100; HDL > 40; Total Triglycerides < 200  
For more information please call the Yakama Nation Health center  
Smoking: It is recommended that you refrain from or stop smoking. 1-800-555-5555 or 509-865-2102



**Tünàwi-Wak'ishwi**  
*Be Traditional, Be Healthy*

**Marian Dick Squeoch**  
*"Lowtut"*

Blending traditional activities with medical guidance, Marian has controlled her diabetes, blood pressure, and cholesterol. Marian stays active following traditions taught by her family. She still picks huckleberries, digs roots and dances at the longhouse. With the help of her mother and aunts teachings, she is passing on the traditions to her daughter, Bette Benson, who shares her Indian name.




# First Foods





# First Foods

**Mother Earth Provides Us  
with the  
Natural Foods to Sustain Life**




Root diggers  
preparing for  
Spring Feast  
on the hills by  
White Swan,  
WA

Spring Feast  
thanks  
The Creator  
for our  
natural foods.

**Camassia quamash**

**Learn from our Elders**

Gather the Natural  
Foods and Stay  
Physically Active





# First Foods







THE MEDICINE HORSE

PETER QUINN-MORRIS - JULY 1962