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Established in 1976, NICOA has become the nation's foremost advocate for American Indian and Alaska Native Elders. Our mission is to advocate for improved comprehensive health, social services and economic well-being for American Indian and Alaska Native Elders.



National Indian Council on Aging

NICOA's objectives are to:

- Enhance communications and cooperation with community service providers and other aging organizations that represent and advocate for American Indian and Alaska Native Elders.
- Provide information and technical assistance for Native American communities to improve health care for American Indian and Alaska Native Elders.
- Network with appropriate agencies to maximize resources, and increase the efficiency and effectiveness of the service delivery systems for Elders.
- Provide information, reports and expert testimony requested by Tribal Nations and the US Congress.
- Provide a clearinghouse for information on issues affecting American Indian and Alaska Native Elders.

NICOA provides service to our American Indian and Alaska Native community through several grants from agencies within the U.S. Department of Health and Human Services. One of these very important federal programs is **SCSEP**. NICOA operates as a National Sponsor of the [Senior Community Service Employment Program \(SCSEP\)](#) in 14 states through a grant from the Department of Labor.



National Indian Council on Aging

NO AGE LIMIT: PAID JOB TRAINING! by Dorinda Fox, SCSEP Director (dfox@nicoa.org)

The NICOA Senior Community Service Employment Program offers part-time paid work experience training in community agencies for older individuals who have limited incomes. Eligibility is based on age (must be at least 55), total family income, and most-in-need characteristics. There is no upper age limit!

Employability, community service and economic self-sufficiency are our goals. [SCSEP](#), which is funded through a grant from the U.S. Department of Labor, has helped thousands of elders learn new skills and improve already existing ones, as well as, to find jobs outside of the program. NICOA targets those most-in-need and hardest to serve among low-income American Indian and Alaska Native Elders and other eligible persons in communities served.

NICOA SCSEP has been awarded additional funds in a competitive grant process and with the support of our partners, including American Indian tribes, state and local aging agencies and WIA one-stop partners, has expanded from seven to 14 states.

We would like to give special thanks to the Poarch Band of the Creek Indians in the Southeast, the Sisseton-Wahpeton Oyate Tribe in the Dakotas, and the Quinault Tribe in the Northwest. These partners helped make the recent NICOA SCSEP expansion possible.

The states NICOA now serves are Alabama, Arizona, California, Colorado, Florida, Minnesota, New Mexico, North Carolina, North Dakota, Oklahoma, South Dakota, Utah, Washington, and Wisconsin.

SCSEP contact information for each state can be found on our web site at www.NICOA.org

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CAREGIVER PATHWAY by Emily Freede, Project Specialist

It is no secret that America is aging. Throughout the United States, people are living longer. Over the next forty years, the number of people age 65 and older is expected to double. In Indian Country, the number is expected to quadruple! Elders are a blessing to our families, but advanced age brings with it an increased risk for Alzheimer's disease and other dementias.

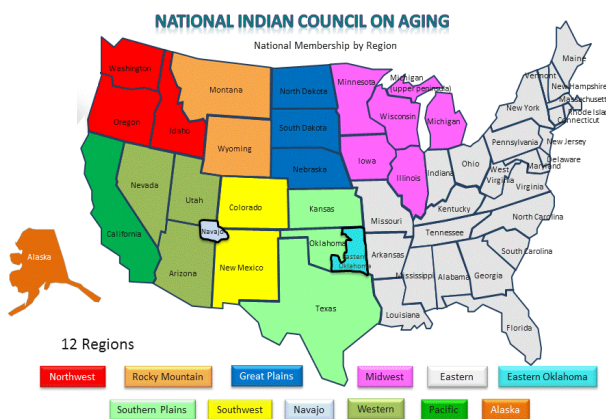
Dementia is a group of illnesses that affect memory, behavior, learning and communication. It is a degenerative condition that typically begins with simple memory loss or forgetfulness. As the disease progresses, the brain's functional capacity deteriorates and increasingly disrupts the person's ability to think clearly and manage the activities of daily life. Alzheimer's disease is the most common type of dementia, but there are many different causes of dementia.

When someone has dementia and lives at home, family members often become *caregivers* who step in to help. A caregiver could be the person's spouse, their adult child, or a close friend. Caregiving might be a loving choice or an obligation, but regardless the role will most certainly expand as the dementia progresses. The role of caregiving can become stressful and overwhelming, especially for caregivers who do not understand their loved one's behaviors. But in Indian Country, where can a caregiver turn for help?

To meet this need, NICOA implemented a project to develop dementia caregiver training materials specifically for American Indian / Alaska Native (AI/AN) populations. Funded by the Administration on Aging (now the Administration for Community Living) and scheduled for completion by June 2013, the project was conducted as a collaborative agreement under the co-leadership of NICOA and Oklahoma University Health Sciences Center.

The project selected an existing, evidence-based caregiver training program entitled *The Savvy Caregiver*. The original program was reviewed by professionals in the field of dementia, health education, and tribal community outreach. Using input from our panel of experts, cultural guidelines were developed and added to the original program materials. The resulting product is a training manual that incorporates these guidelines to help AI/AN trainers adapt the program to the cultural characteristics of their specific tribal community. Look to NICOA's website this summer for announcements and availability of *The Savvy Caregiver in Indian Country* training program.

NICOA Regions



NICOA is a 501(c)(3) non-profit organization founded in 1976 by members of the National Tribal Chairmen's Association. Members included the late Wendell Chino (Mescalero Apache), the late Joe DeLaCruz (Quinault) and other tribal leaders.

These leaders saw the need for a national organization whose sole purpose is to advocate for improved comprehensive health, social services and economic well-being of American Indian and Alaska Native Elders.

NICOA is governed by a 13-member board of directors elected from 12 Regions across the Continental United States and Alaska plus one representative of the National Title VI Association.

NICOA 19th Biennial Conference

Aging in Indian Country: Embracing the Past and Facing the Future

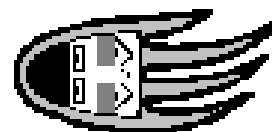
Held at the Albuquerque Convention Center September 15-18, 2012

The 19th Biennial National Indian Council on Aging Conference was held September 15-18, 2012 at the Albuquerque Convention Center.

Over 1,200 members from across the Continental United States and Alaska enjoyed three and a half days of presentations, exhibits, caucuses and fun.

Keynote Speakers included:

Robert B. Blancato, President of Matz, Blancato, & Associates
Hubert Humphrey III, Consumer Financial Protection Bureau
Nancy Altman, Co-director of Social Security Works
Barry W. Ramo, MD, FACC, Cardiologist, New Mexico Heart Institute
Dr. Yvette Roubideaux, Director, Indian Health Services



Our Special Conference Events included:

Dinner with an evening of cultural song and dance from the southwest
Spiritual Breakfast
Traditional Fashion Show
Honoring Lunch for Tribal Elder Veterans
Remember When — a walk through history and class reunion

New Board Members were elected. Exhibits provided exciting items for sale, and 40 experts presented over 70 breakout sessions full of important information. See conference program in web site side bar for specifics.

We extend a very special “Thank You” to:

- Mary Ann Jones of the Albuquerque Hispano Chamber of Commerce
- Toby Rose Brown of T Brown Consulting for her overall assistance
- Staff at the Albuquerque Convention Center
- Hyatt & DoubleTree Hotels
- Sara La Bounty, Helms Briscoe
- We also wish to thank the wonderful sponsors who helped make our Conference possible:

Amerigroup
Envision IT Solutions
Fort McDowell Yavapai Nation
Navajo Pride
North American Indian Women’s Association
Pueblo of Sandia
San Pasqual Band of Mission Indians
United Health Care of New Mexico
Yavapai-Prescott Indian Tribe

ConocoPhillips
First Nations Community Health Source
Jamestown S’Klallam Tribe
New Mexico Heart Institute
Poarch Creek Indians
Quinault Indian Nation
Southwest Airlines
US Bank

**Check our web site for information on our
RFP for the 2014 Conference.**

