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**Just Released: Planning Guide for Indian Country**

American Indian/Alaska Native (AI/AN) communities — and public health professionals working with them — can use the new *Planning Guide for the Healthy Brain Initiative Road Map* to lead their responses to Alzheimer’s and other dementia. This resource is aimed at helping select which strategies from the Healthy Brain Initiative *Road Map for Indian Country* to pursue. Tools in the new planning guide include suggestions for implementing Road Map strategies, worksheets for action planning and stakeholder analysis, and a checklist for engaging partners and stakeholders.

As the number of AI/ANs living with Alzheimer’s grows, a broad response is needed by the community to reduce the impact of dementia that is felt across multiple generations. Tribal leaders can promote cognitive health across generations and build on strengths in their cultures and traditions. This can provide unique opportunities to improve the lives of individuals living with dementia, their families, and the entire community.

**Wisdom Keeper Campaign**

Videos, infographics, and other resources can be used as effective public health tools. The *National Council of Urban Indian Health*, in partnership with the Centers for Disease Control and Prevention, developed *Wisdom Keeper* — a campaign to raise awareness of Alzheimer’s and other dementias among AI/AN populations. The campaign is designed to encourage AI/ANs to visit their local Urban Indian Organization for health screenings and routine checkups to help reduce their risk for cognitive decline.
Talking Points for Brain Health Champions
To help educate community members about Alzheimer’s and dementia, the National Indian Health Board has prepared talking points to empower Brain Health Champions — individuals who are interested in providing information on cognitive impairment. These talking points can be used in conjunction with the Road Map for Indian Country and can help facilitate impactful conversations about cognitive health.

Long Term Services & Supports Locator
The National Indian Council on Aging’s (NICOA) Long Term Services & Supports (LTSS) Compass can help AI/AN elders retain their independence. The LTSS Compass provides options for locating LTSS services and community resources that address the broad expanse of a person’s existence, including a person’s physical, mental, social, and spiritual wellbeing. It also includes resources for Tribal Leaders to implement LTSS systems in their communities.

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