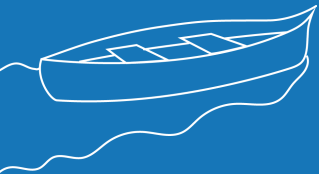


Minnesota + Tribal Partners

Building tailored caregiver education together

HCBS, December 2021



Presenters

Jonathan Davis

Founder & CEO, Tualta Inc.

Leonard Geshick, (Ojibwe/Diné)

Indian Elders Coordinator | Minnesota Board on Aging

Clancy Ferris

Family Caregiver Program Coordinator | Aging and Adult Services
Minnesota Department of Human Services and Minnesota Board on Aging

Kristi Kane

Director, Arrowhead Regional Development Commission (ARDC)
Arrowhead Area Agency on Aging



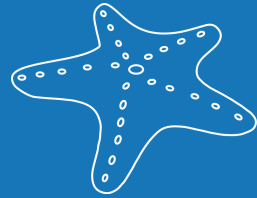


Project Partnership

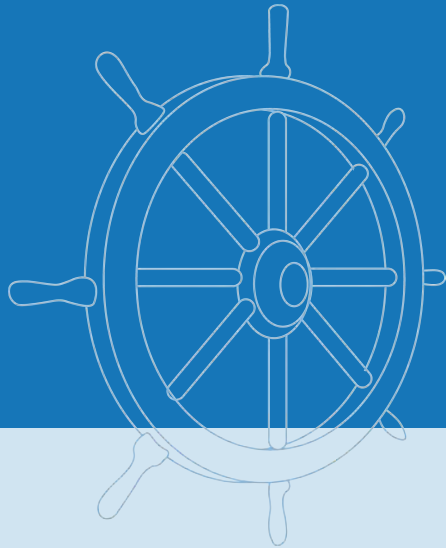
Process & Collaboration

Content & Modalities

Demo



Project Partnership



What is Trualta?

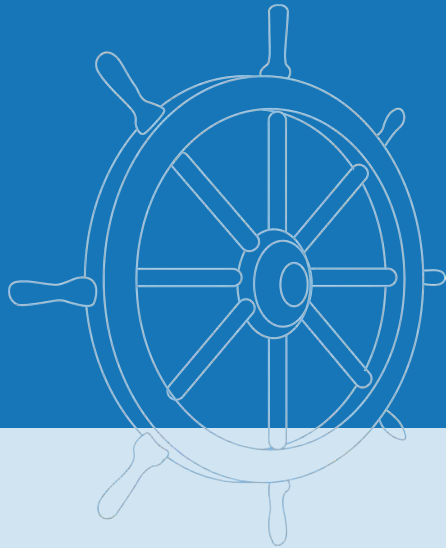
Trualta is a web-based training platform built for family and self-directed caregivers.

Professional-level training adapted for the untrained audience + social features

On-demand, personalized educational intervention

~5-min learnings delivered via eLearning, **audio, video and print**

Proven outcomes for caregivers and care recipients



Minnesota Board on Aging

The Minnesota State Unit on Aging

The Minnesota Board on Aging is a 25 member, governor-appointed board tasked with allocating Older Americans Act funds.

As the COVID-19 pandemic began, the Minnesota Board on Aging saw the need for at home, on-demand caregiver education.

Watching the COVID-19 pandemic and its isolation hit our Tribal Nations the hardest, MBA realized a need for culturally responsive caregiver education.



https://www.url



Minnesota
Caregiving Portal
Powered by Trualta

Provided in Partnership With:
**Local Area Agencies on Aging &
Aging Network Service Providers**

How do I provide the best care?

You're tired of general information. Our learning platform addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from a care manager.

Log in

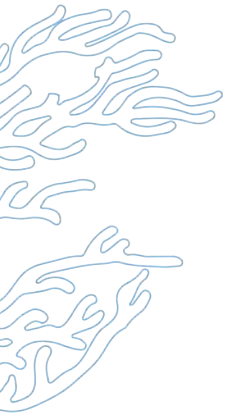
[Forgot your password?](#)

Log in

Don't have an account?

Sign up



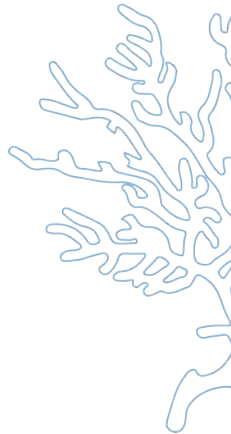


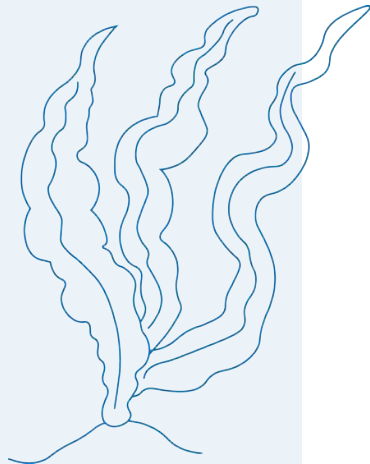
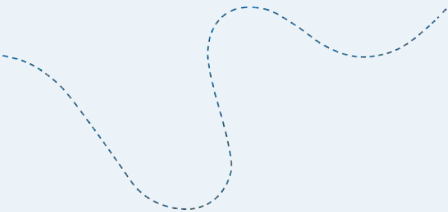
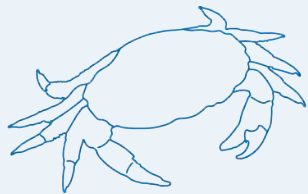
Project: **Building tailored caregiver education together**

Addressing the unique experiences of Indigenous caregivers with new culturally tailored content.

Made available to Indigenous caregivers in MN in partnership with:

- Tribal Nations
- The local Area Agencies on Aging
- Aging Network Service Providers

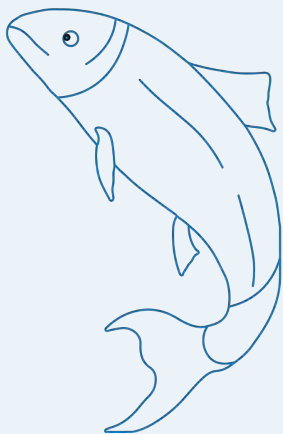
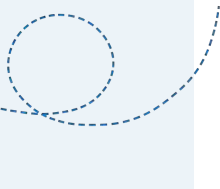
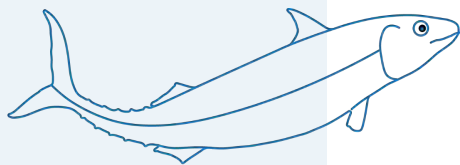




Funding

An Opportunity to Address Inclusion

- AAA's in MN collectively interested in Tualta
- CARES Act Funding Available
- MBA agreed to launch a statewide tool for Caregiver support
- Funding earmarked for caregivers/civil unrest
- State recognizes a need for a DEI lens
- Tualta flexible and willing to produce custom content

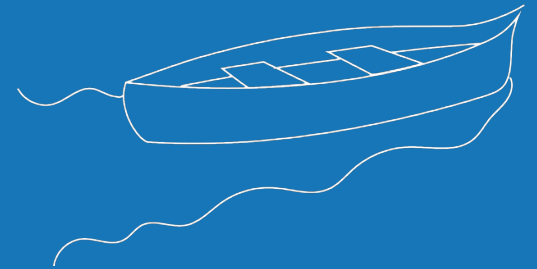


Project Champions

Internal state level & throughout aging network

- Indigenous content must be created in collaboration with the community
- Held various working sessions with project champions
- Hired several community members as subject matter experts to help develop cultural content

Process & Collaboration



We're Looking for Your Input!

Minnesota's new Caregiving Portal is designed with your community, for your community. This online resource supports those providing care to learn skills, reduce stress, find local resources, and provide better care.

A Tribal/Indigenous badge on the portal will feature content specially curated for Indigenous caregivers featuring content by Indigenous experts.

We invite you to submit your preference for the badge icon!
This icon will be featured on the portal.

Your Badge Icon Here



Collaboration - starting with the name





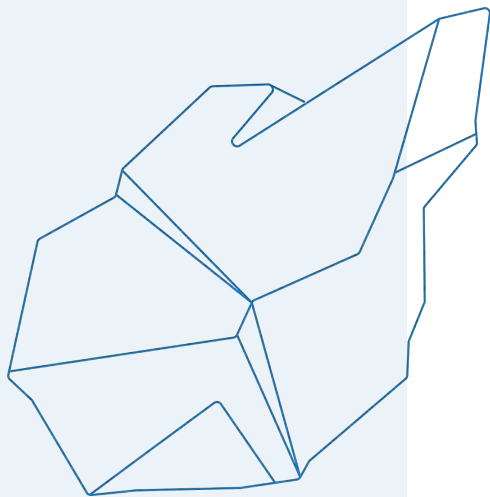
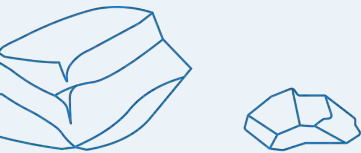
Working Groups

Tualta, MBA, AAA

Working groups were held to discuss which topics were important to develop educational materials on.

Examples of potential topics that were discussed:

- Introduction to dementia
- Using Indigenous values to cope with hard times
- Storytelling
- Artistic activities



Indigenous SMEs (Subject Matter Experts)

Artists, Educators, Social Workers, Storytellers

We leveraged our networks to find Indigenous SMEs in order to create educational content with, by, and for the Indigenous community in MN.

We collaborated with:

- Indigenous social workers (*Social Work Lead for Mille Lacs Band*)
- Indigenous researchers (*Directors of Memory Keepers Medical Discovery Team*)
- Indigenous artists (*Highly experienced artists local to MN*)
- Indigenous caregivers (*Located throughout MN*)

Indigenous Subject Matter Experts



Tammy Moreland

Band member of Grand Traverse Band of Ottawa and Chippewa Indians.

Tammy is the social work lead for Mille Lacs Band. She has a degree in gerontology and currently works to address homelessness in the Indigenous community.



Dr. Jordan. P. Lewis

Unangax

Dr. Lewis is the Associate Director of the Memory Keepers Medical Discovery Team at the University of Minnesota. His expertise is in Indigenous successful aging, rural community health, generativity and healthy aging, cultural constructions of Alzheimer's Disease and related dementias.



Lucie Skjefte

Citizen of the Red Lake Band of Chippewa Indians

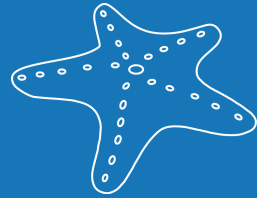
Lucie is an experienced designer, mentor, and educator. Driven by creating space and design with an Indigenous lens, she takes pride in providing design that generates impact, invokes change and brings awareness.



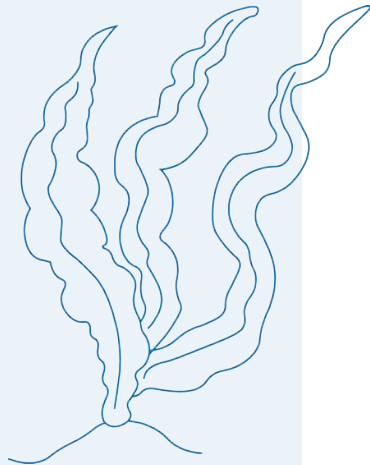
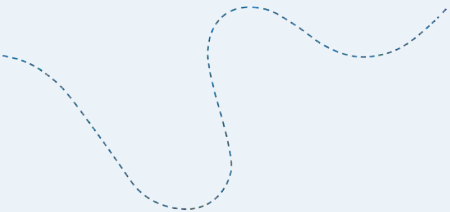
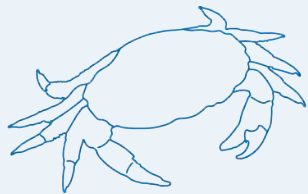
Melissa Olson

Tribal citizen of the Minnesota Chippewa Tribe, Leech Lake Band of Ojibwe.

Melissa works as co-managing editor of the MinneCulture program at KFAI Fresh Air Community Radio producing short stories, audio documentaries, a podcast, and in-studio concerts.



Content & Modalities



Course #1:

Taking the first steps towards accessing supports

Focuses on the actions that caregivers need to take to access support and services:

- Identify when something is not right
- Get an assessment from a healthcare provider
- Normalize the experience



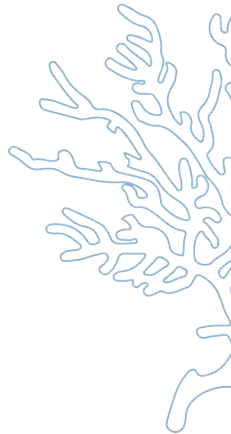
Course #1: Taking the first steps towards accessing supports

New Modules

1. Cultural Strengths in Understanding Dementia
2. Warning Signs of Dementia
3. Benefits of Seeing a Healthcare Provider
4. What Should You Ask Your Healthcare Provider?
5. Common Caregiver Fears & What You Can Do About Them

Resources

- YouTube Video: *Dementia Friends: The River (a Story about Dementia)*
- Tool: *PIECES of my RELATIONSHIPS Family Supplement Tool*





Course #2:

Use reminiscing to meaningfully engage an Elder

Focuses on the actions that caregivers need to take to use reminiscing to meaningfully engage an Elder:

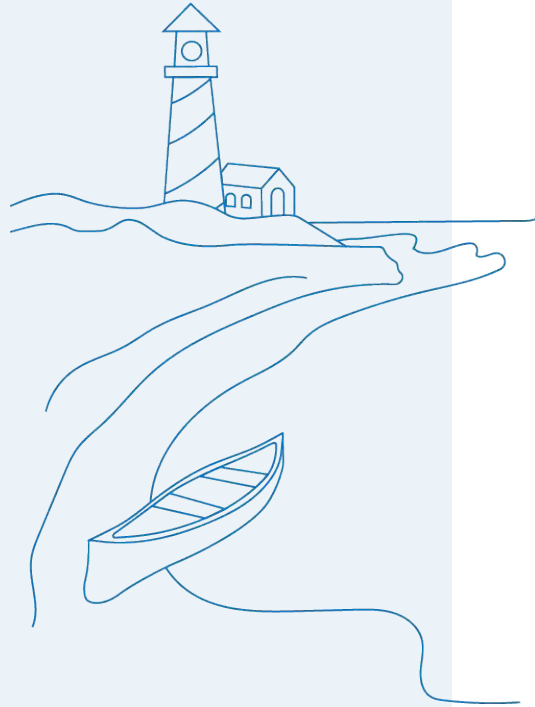
- Pick a good reminiscing topic
- Use meaningful prompts
- Use active listening techniques

Course #2: Use reminiscing to meaningfully engage an Elder

New Modules

1. Use Reminiscing Techniques to Promote Storytelling and Connection
2. Pick a Good Topic
3. Use Common Household Items
4. Example Prompts for Different Topics
5. Dealing with Challenging Memories or New Information
6. Set Up The Environment
7. Active Listening Tips





Course #3

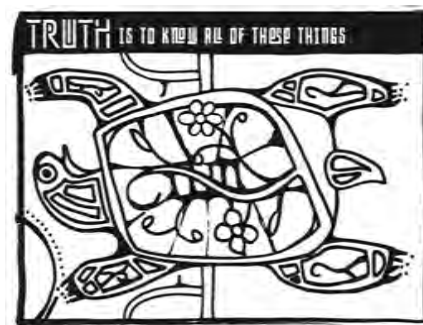
Caregiving & The 7 Grandfather Teachings

A Subject Matter Expert recommended the inclusion of the 7 Grandfather Teachings in any Indigenous curriculum to serve as a reminder for readers.

This course includes:

- Caregiver stories relating to the Grandfather Teachings
- 7 printable coloring sheets featuring the animals associated with each of the Grandfather Teachings

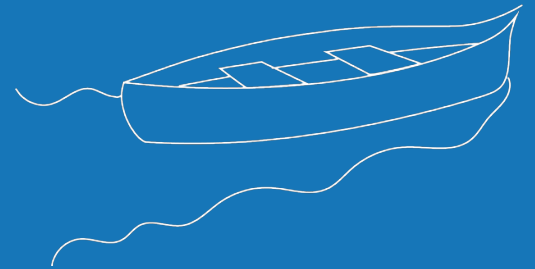
Illustrated by Indigenous Artist Lucie Skjefte





HONOR ALL OF CREATION **RESPECT**

Demo





https://www.url



Search

Home Learning Events

MA

Contact your staff member:

Jonathan Davis

jonathan@trualta.com

646-599-5972

Welcome, Maryam!



Brain Health

This badge will help you understand and manage changes that can affect memory, behavior, and cognition of your loved one.



8 modules / 46 min. total / Self-Paced

Continue Course

[Course Outline >](#)

Local Resources

Access information about resources and support in your area. You can get help with **nutrition, in-home care, legal advice, respite care, transportation, counseling and more.** This section is curated and updated by case managers and staff members.

Learn More





https://www.url



Courses

Modules

- Anxiety & Depression
- Family Dynamics
- Work & Caregiving
- Care Planning
- Daily Care Tasks
- Injury & Fall Prevention
- Medication Management
- Nutrition
- Communication
- Mealtime

Courses



Featured Content

Looking for a place to start? Find our newest content here!



8 modules / 2 hrs 39 min. total / Self-Paced

[Start Course](#)

[Course Outline >](#)



Minnesota State & Local Resources

Information about resources and support services in the state of Minnesota and your local region.



10 modules / 10 min. total / Self-Paced

[Start Course](#)

[Course Outline >](#)

What we've learned about engaging hard-to-reach caregivers

- Our process and understanding of how to make culturally relevant content can be replicated for other populations
- Working with credible representatives and experts from these populations to create custom cultural content can help our partners reach hard-to-reach caregivers





If you have any questions or additional resources you would like to share, please contact:

Jonathan Davis

Founder & CEO

Trualta Inc.

jonathan@trualta.com



Thanks

www.trualta.com