

WyCOA Adaptation Guide: 10 Early Signs of Abnormal Memory Changes

These educational materials were created in collaboration with Eastern Shoshone and Northern Arapaho tribal members. They are intended to be used with these tribal members. The following adaptations and edits are for consideration when using these materials with other tribes and Nations. This resource was adapted from the Alzheimer's Association "10 Signs and Symptoms of Alzheimer's."

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Dementia is not a specific disease. It describes a wide range of symptoms associated with a decline in memory or other thinking skills. Alzheimer's disease is the most common type of dementia.

10: Not feeling like yourself

Verbal description of sign and image adapted based on focus group feedback. Additional adaption suggestions: animals/situations chosen.



SAMPLE



1: Memory in a fog

Verbal description of sign and image adapted based on focus group feedback.

9: Feel like pulling away from others

Verbal description of sign and image adapted based on focus group feedback. Additional adaption suggestions: housing chosen, hair styles chosen, landscapes.



This guide shows adaptation steps taken to create this educational material.

- Community feedback was the pillar of the adaptation process.
- Examined the need for an adaption of the 10 Signs and Symptoms for residents of the Wind River Reservation.
- Conducted an initial focus group and gathered information to inform visuals and wording of the 10 signs.
- Solicited initial artwork from native artists.
- Conducted additional focus groups to gather feedback on images and wording, then incorporated edits into artwork.
- Additional adaptations considerations: appropriateness of term abnormal, and colors used.



2: Challenges in planning or solving problems

Image includes focus group feedback.

8: May have slips in judgement

Verbal description of sign and image adapted based on focus group feedback. Additional adaption suggestions: animals & situations chosen.



3: Struggle with familiar tasks

Verbal description of sign and image adapted based on focus group feedback. Additional adaption suggestion: hairstyles chosen.

7: Misplacing things and losing ability to retrace steps

Image includes focus group feedback. Additional adaption suggestions: hairstyles chosen.



4: Confusion with time or place

Image includes focus group feedback. Additional adaption suggestions: weather specific to the region.

6: Words or thoughts get confused

Verbal description of sign and image adapted based on focus group feedback. Additional adaption suggestions: hairstyles chosen.



Artwork is a collaboration of artists: Elk Sage, Hayley Nikkel and Danya Aletebi.



5: Images and places seem less familiar

Verbal description of sign and image adapted based on focus group feedback. Additional adaption suggestions: pattern on the shawl, woods or environment.



For guidance on adapting these materials for your area, reference the WyCOA "Adaptation Guide for Culturally Relevant Dementia Education Materials for Tribal Nations" PDF [on the website](#).



UNIVERSITY
OF WYOMING

Wyoming Center
on Aging

wycoa@uwyo.edu | www.uwyo.edu/wycoa | (307) 766-2829