

Adapting a Green Activity Program with Black Americans Living with Dementia

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OBJECTIVES:

- 1) Adapt the Green Activity Program (GAP) research design (recruitment strategies, referral pathways) and the intervention (local nature activities, delivery mode).
- 2) Black Americans will vote on a consumer activity tracker (e.g., Fitbit, Polar watch) to pilot in a future feasibility study.



DESIGN, SETTING, AND PARTICIPANTS:

- 5-step participatory co-design
- Eskenazi Health, greater Indianapolis, IN
- Black Americans living with Mild Cognitive Impairment and early Alzheimer's disease and related dementias (called memory challenges) and their study partners
- Local outdoor professionals
- Healthcare providers (e.g., geriatrician, OT, PT)



RELEVANCE: This study will 1) adapt GAP to be culturally congruent for Black Americans living with memory challenges and their study partners who have limited inclusion in research, 2) GAP holds the potential to improve well-being and decrease sedentary behavior, a risk factor for cognitive decline; 3) is one of the first to identify preferences for an activity tracker for remote therapeutic monitoring during GAP and other interventions for people living with dementia.

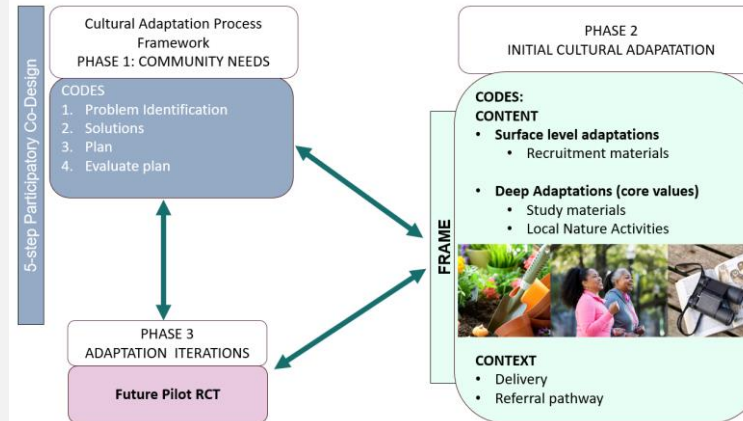


Figure 1. Study Conceptualization using the Cultural Adaptation Process Framework and FRAME

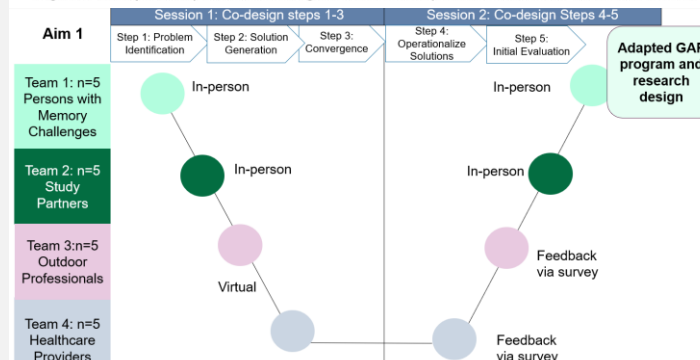


Figure 2. 5-Step Participatory Design Process and Sequence of Sessions



INTERVENTION AND IMPLEMENTATION:

- 6 co-design sessions (90 minutes each) over 5 months
- 4 design teams (n=20 total, n=5 each).
- Design sessions will be audio recorded.
- Data analysis: Rapid Identification of Themes from Audio recordings method using pre-established codes



STUDY PROGRESS:

- IRB final approval pending
- Developed semi-structured design scripts
- Facilitators Identified
- Eskenazi Health recruitment list and community partnerships in place