

Alzheimer's Disease and Related Dementias (AD/ADRD) Experience from a Rural Community Based Research Perspective



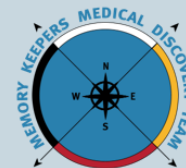
Rural Community Health Workers Conference
November 6th, 2025

Presenters: Kirsten Cruikshank MSW & Kelsie Larson RDN, MPH

PI: Dr. Kristen Jacklin

University of Minnesota Academic Investment Research Program 2020-2023 (PI: Warry);

NIH R21AG072566-01 (PI: Warry)





“Our community health workers are really important... I like to say they are like the air traffic controllers. They are the ones who know where the patient needs to go...They then help facilitate the services that they need. They are the ones who organize. Because there are so many different needs for people with cognitive impairment: food, stable housing, appointments... and then any kind of financial help they might need with heating or snow shoveling.”



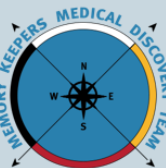
Memory Keepers Medical Discovery Team

MISSION

Our MISSION is to engage Indigenous and rural communities in culturally meaningful research to improve dementia and brain health outcomes for all.

VISION

Our VISION is transformative research for brain health equity.



Memory Keepers Medical Discovery Team

Values and Approach

Two-Eyed Seeing

An explicit Two-Eyed Seeing approach involves addressing the power imbalance between the two knowledge systems and placing Indigenous knowledge on equal ground with Western knowledge.

Team Science

A collaborative effort that brings together professionals trained in different fields to solve complex problems.

Community-Based Participatory Research

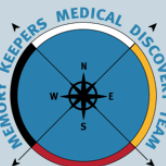
Researchers engage with communities throughout the research process in a way that is equitable. Researchers give back to the partnering communities and organizations, build local capacity for research and contribute to empowerment and self-determination.

Strength-Based Lens

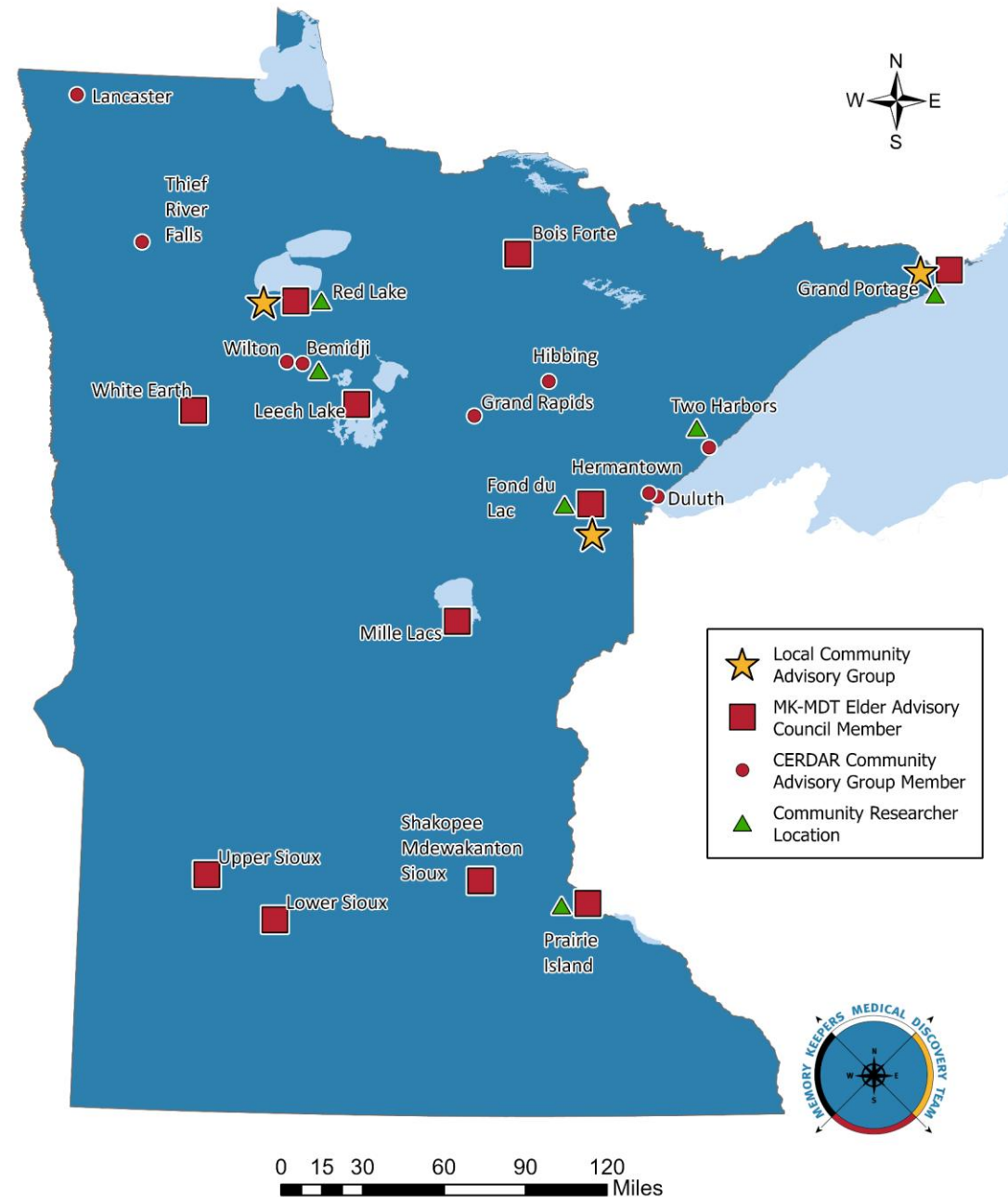
Resist deficit-based narratives and instead promote positive attributes and capacities within individuals and communities to foster a strengths-based pathway toward health equity.

The 6 R's of Research

Respect Relevance Reciprocity Responsibility
Relationship Representation



Geographic Reach of MK-MDT in Minnesota



Rural Context

- Higher risk in rural areas for Alzheimer's Disease and Alzheimer's Disease Related Dementia (AD/ADRD)
- Underdiagnosed in rural areas
- Difficult to get a diagnosis
- **Rural areas have worse outcomes with health and ADRD care**

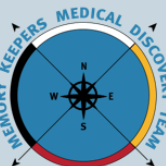


Photo from Beltrami County, MN –
Taken by Community Advisory Group Member



What is CERDAR?

- Community Engaged Rural Dementia and Alzheimer's Research
- Goal: To improve the quality of life for rural Minnesotans impacted by dementia
- Focus on Northern Minnesota
- 5 Rural Dementia Research Projects
- Join the Research Community (Ruralmemory.com)



CERDAR PROJECTS

Project 1:

Socio-Cultural Factors in Rural
ADRD Care and Experiences

PIs: Drs. Kristen Jacklin and Wayne Warry

Project 2:

Minnesota Rehabilitation
Intervention for Dementia
Prevention with Exercise (MN
RIDE)

PI: Dr. Dereck Salisbury

Project 3:

Rural Life-Space Assessment

PI: Dr. Wayne Warry

Project 4:

Dementia-specific Epidemiological and
Health Service Utilization Profiles in
Rural Minnesota

PI: Dr. Stephen Waring

Project 5:

Understanding Rural and Indigenous
Participation in Clinical Research with
Alzheimer's Disease Research
Centers

PI: Dr. Kristen Jacklin

Memory Keepers Research – CBPR Process

5. Publication and Further Research

Brain Health Policy Event, St. Paul, MN



4. Data Analysis

CAG meeting, Silver Bay, MN



1. Identify Research Topics

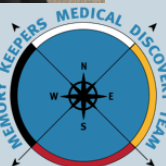
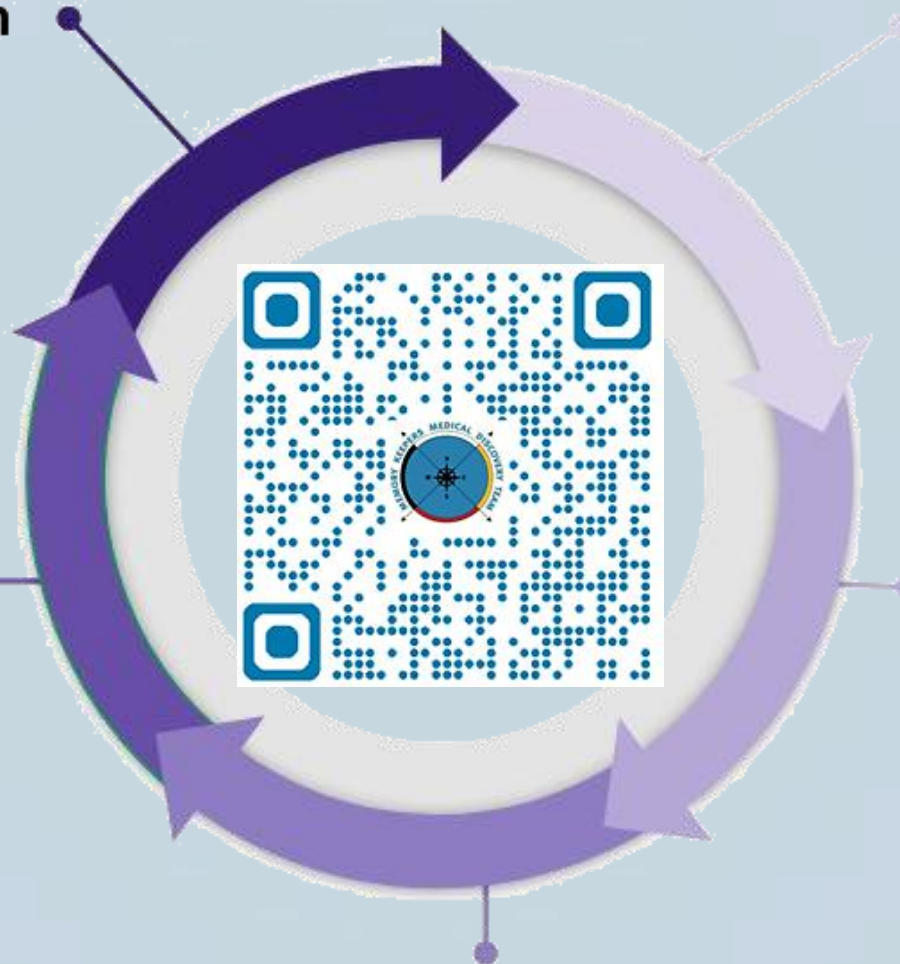
Community Advisory Group
Rural Research Advisory Group
Rural Advisor
Memory Keepers team

2. Research Planning

CAG meeting, Park Rapids, MN



3. Implementation



CERDAR: Community Engaged Rural Dementia and Alzheimer's Research

Project 1: Socio-Cultural Factors in Rural ADRD Care and Experiences

Leads: Drs. Kristen Jacklin and Wayne Warry

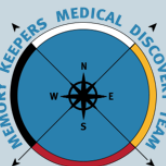
Ethnographic Interviews

- Avg 1 hr – 1.5 hrs
- **43** of **85** interviews paid care providers
- Mix of in-person and virtual interviews
- Conducted by community-based researchers

***Aim:** To understand rural peoples' knowledge of, and experience with, dementia and the social, cultural, and structural barriers that prevent access to dementia care and services*



Community Advisory Group meeting, Silver Bay, MN 2025



CERDAR: Community Engaged Rural Dementia and Alzheimer's Research



Project 2:

Minnesota Rehabilitation Intervention
for Dementia Prevention with Exercise
(MN RIDE)

Lead: Dr. Dereck Salisbury

Aim: Evaluate the community-based MN RIDE intervention on change in cognition and known modifiable ADRD risk factors in rural-dwelling, middle age and older adults

Be part of a virtually-delivered exercise training research study

Do you want to see if exercise can improve your memory?

Are you 45 years of age or older?

You may qualify to participate in a virtually-delivered exercise training study. Participants involved in this 3-month study

will:

- work with exercise and/or cognition specialists
- have their physical fitness, memory, and thinking assessed 2 times
- be awarded a cycle ergometer
- exercise with a friend or meet new people

To learn more about the study or to enroll:

Use this QR code or

Email: cerdar@d.umn.edu



SCHOOL OF NURSING
UNIVERSITY OF MINNESOTA

celebrating
110
YEARS
The first nursing
program established
within a university
Effective on 5/2/2022
IRB Study Number: STUDY00012097



CERDAR: Community Engaged Rural Dementia and Alzheimer's Research



Project 3:

Rural Life-Space Assessment

Leads: Drs. Kristen Jacklin and Wayne Warry

Aim: Understand how people living and aging in rural communities use their environment, or life-space, and how this impacts care for people living with dementia



HELP IMPROVE ALZHEIMER'S DISEASE & DEMENTIA CARE IN RURAL MINNESOTA

www.RuralMemory.com

You may be eligible to participate in a dementia research study if:

- ▶ You are a caregiver for a family member or loved one who has dementia
- ▶ The person you care for still lives in their home within a rural area of Minnesota

The Center for Community Engaged Rural Dementia and Alzheimer's Research (CERDAR) is conducting a study to understand how people living and aging in rural communities use their environment, or life-space, and how this impacts care for people living with dementia (memory loss). Life-space is a term used to describe the physical and social environment of where a person lives and does day to day activities.

For this study, you will be asked to fill out a brief, daily questionnaire. The questionnaire will share useful information about your loved one's behavior and location as they move about their day. Your participation will help improve our ability to detect memory loss and provide innovative solutions with technology to support aging in place.

- this is a **4-week study**
- you will receive **\$10 USD per day** to compensate for your time

If you are a caregiver interested in participating, please contact us for more information:

Looking Forward

- Continued Publications
- Brain Trains and Round Tables
- Collaboration with partners



Special Issue: P

Building
Participatory
Alzheimer's
Dementia

Kristen Jacklin
Kelsie Lar

MEMORY KEEPERS MEDICAL DISCOVERY TEAM

Our mission is to engage Indigenous and rural communities in culturally meaningful research to improve dementia and brain health outcomes for all

WHAT IS A BRAIN TRAIN?

Abstract

Community-based research with underrepresented populations (CBPR) offers a model that requires multiple components of health systems. regional CBPR builds unique organizations, and effective, components applied across model is applied and Alzheimer's multiple communities each other to

Keywords

rural health, research approach

- A Brain Train event involves creating a welcoming event space with **interactive stations** staffed by Alzheimer's disease and related dementias researchers, local organizations, and healthcare professionals
- These events are organized in collaboration with, and feature, Tribal agencies and service providers (e.g., Health Services, Legal Services, Elder Services)
- The information and activities included in the Brain Train will be developed in partnership with the community. These can include:
 - Risk factors including diabetes, heart health, and lifestyle factors
 - Prevention & healthy brain aging
 - What to do after a diagnosis
 - Local services & programs
 - Social activity suggestions
 - Information and results on local dementia research
 - Opportunities to participate in local dementia research
 - Where to sign up for our mailing list, and to participate in future studies

¹Memory Keeper
²Family Medicine
³Lakeview Behavioral Health
⁴University of Minnesota

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Open Access page

THANK YOU!



Please visit us online at:
<https://memorykeepersmdt.com>
Ruralmemory.com



Please reach out if you're interested in
working together and learning more!

Email us: cerdar@d.umn.edu

QR code for Ruralmemory.com

