

Crossing Brain Health Barriers: A Pilot Program for On-Site Cognitive Testing at a Bilingual Community Senior Center

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Background

Despite disparities in brain health aging between cultural, racial, socioeconomic, and linguistic groups, there is currently a lack of sufficient diversity in Memory and Aging Center (MAC) research cohorts. To combat barriers to participation, we sought out a collaboration with the 30th Street Senior Center, which serves a linguistically and culturally diverse group of Bay area seniors in the Mission neighborhood.

Barriers to Research Participation in MAC Cohorts

- Elderly participants: transportation cost and management, navigation, physical health limitations and mobility issues
- Scheduling and calendar management
- Lack of trust and transparency in research process

These barriers disproportionately affect more vulnerable research participants, even while these individuals may be most at-risk and important to empirically understand.

Collaboration Goals

- promote research participation in a diverse community sample
- foster a two-way dialogue and educational relationship to mutually grow understanding of brain health



Images taken from 30thstreetcenter.org depicting 30th Street Center



30th Street Mission Statement: To foster the well-being of older adults from home to community by connecting them with each other and with culturally sensitive programs to achieve their potential.

Methods

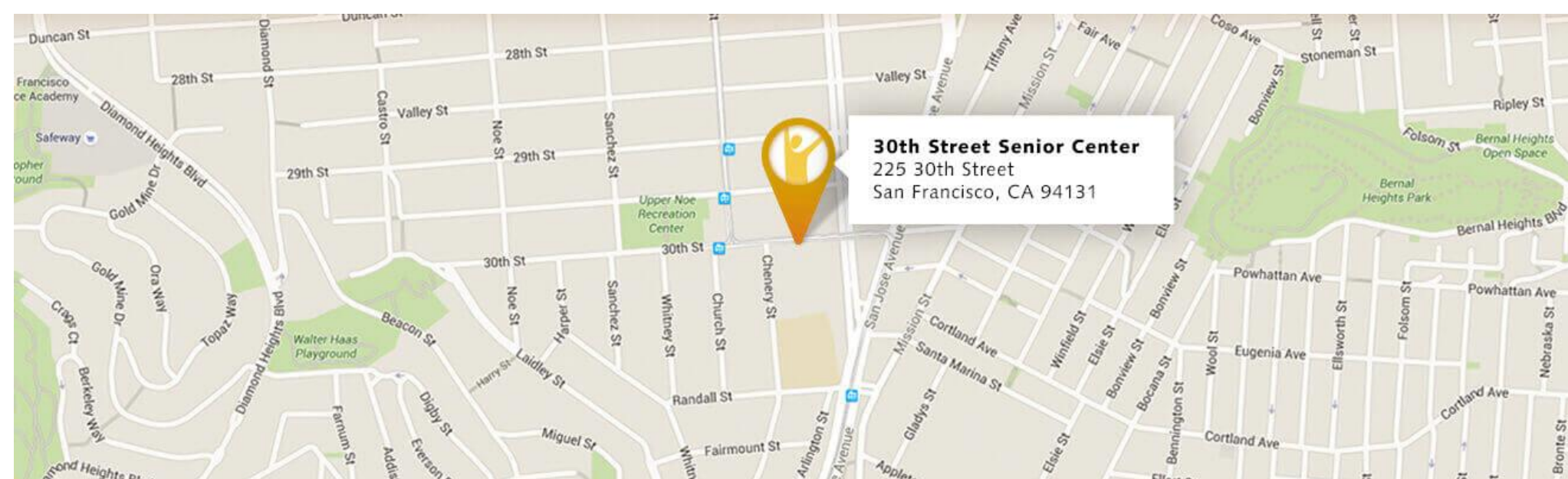
UCSF MAC Community Outreach Coordinators and volunteers offered bilingual educational brain health lectures at 30th Street for >1 year before presenting the idea of an on-site research collaboration.

We gave a lecture presenting basic brain health education, an overview of our research studies, and opportunities to participate. We asked interested individuals to sign up to be contacted by our team; those we were able to reach either filled out an online screening form or were screened over the phone by a research coordinator for eligibility.

Those eligible to participate were scheduled for an in-person research visit (45-60 min) at the 30th Street Senior Center

On-Site Research Visit Components

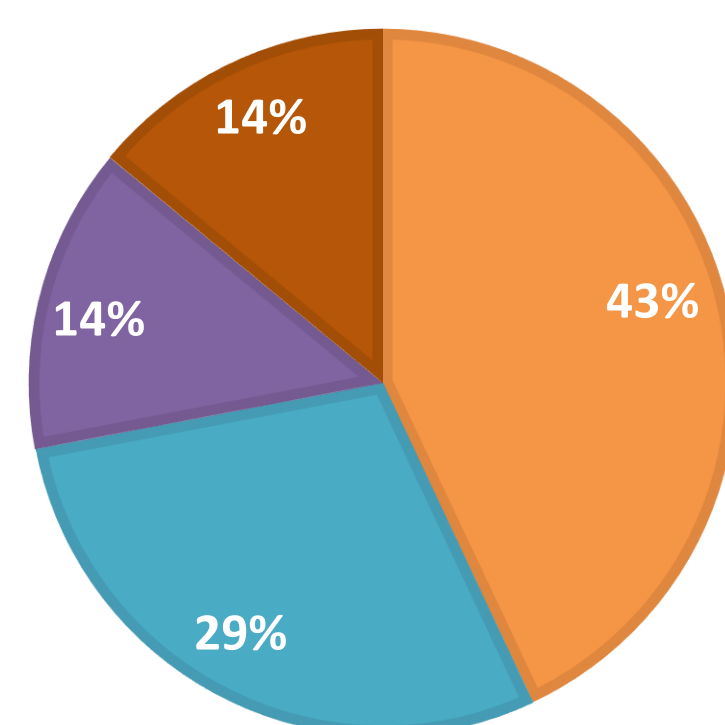
- informed consent (10-15min);
- cognitive testing (MoCA and UCSF Brain Health Assessment (BHA), 20-30min)
- discussion of empirically-based lifestyle factors that affect brain health (pictograph and flyers, 10min),
- questionnaires (CHAMPS Physical Activity Questionnaire for Older Adults, 10-15min)
- discussion of research opportunities (5min).



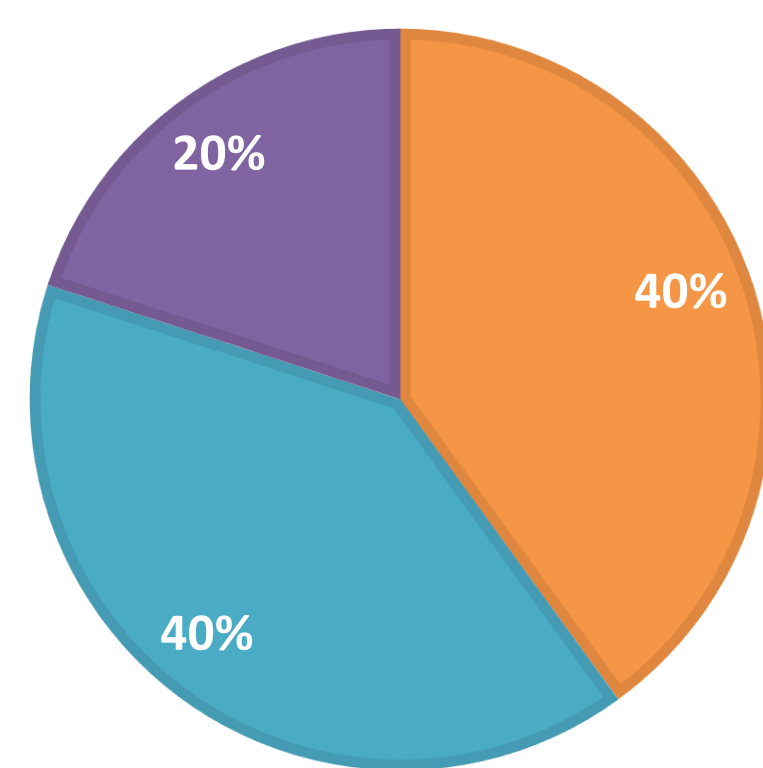
Results

Variable	Average, Percentage, Range
Expressed interest	N=34
Screened	N=16
Tested	N=13
Age	M=72 (R=60-92)
% Female	81%
% Hispanic	56%
Years of Education	M=14.3 (R=5-20)
Immigrated to US	62.5% (10/16)
Years Lived in US	M=44.1 (R=16-67)
% tested in Spanish	46%
# Medical Conditions	M=2.9 (R=1-7)
% Family Hx Dementia	38%
MoCA Score	M=21.5/30 (R=7-28)

White Filipino Black Asian Indian

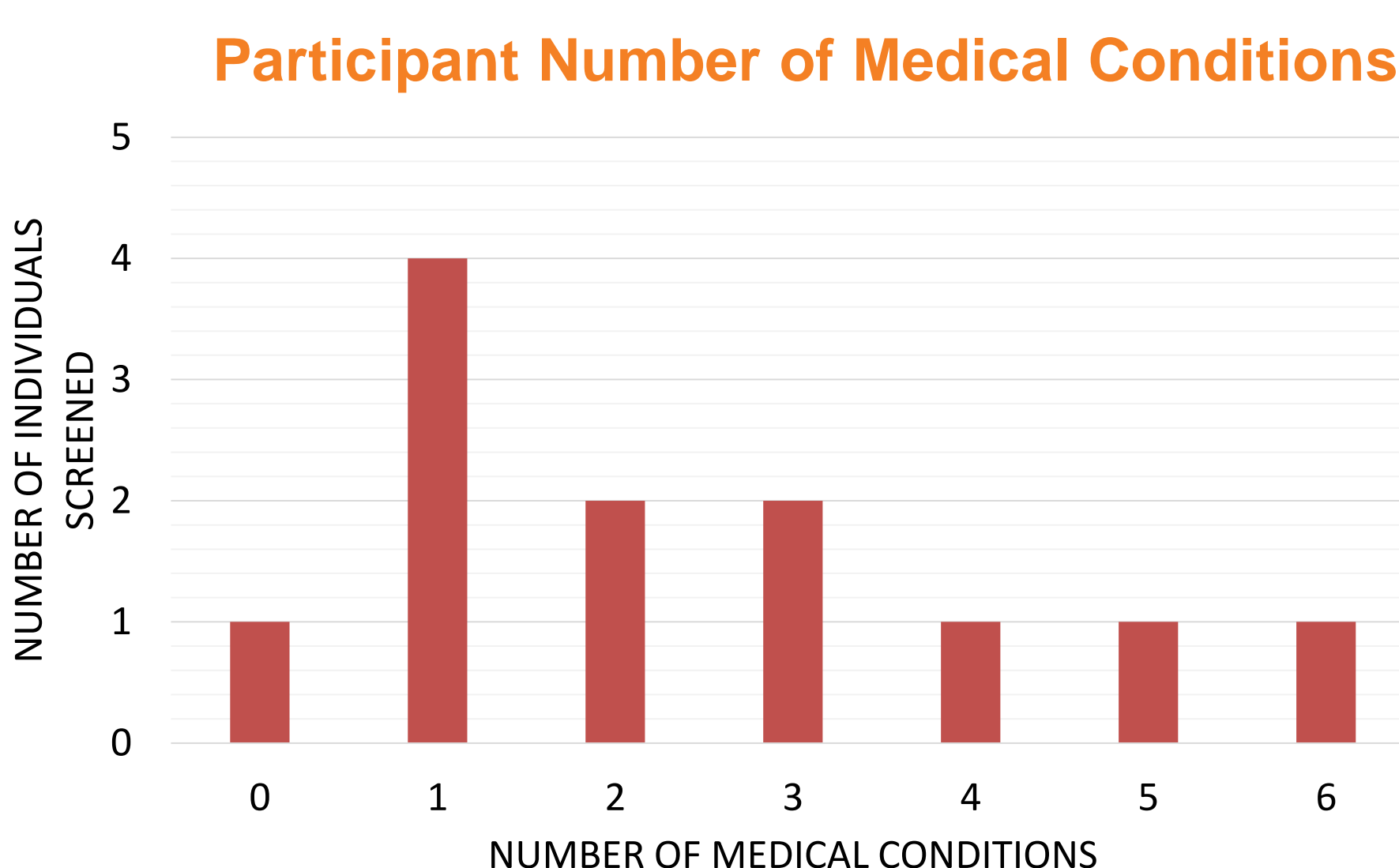
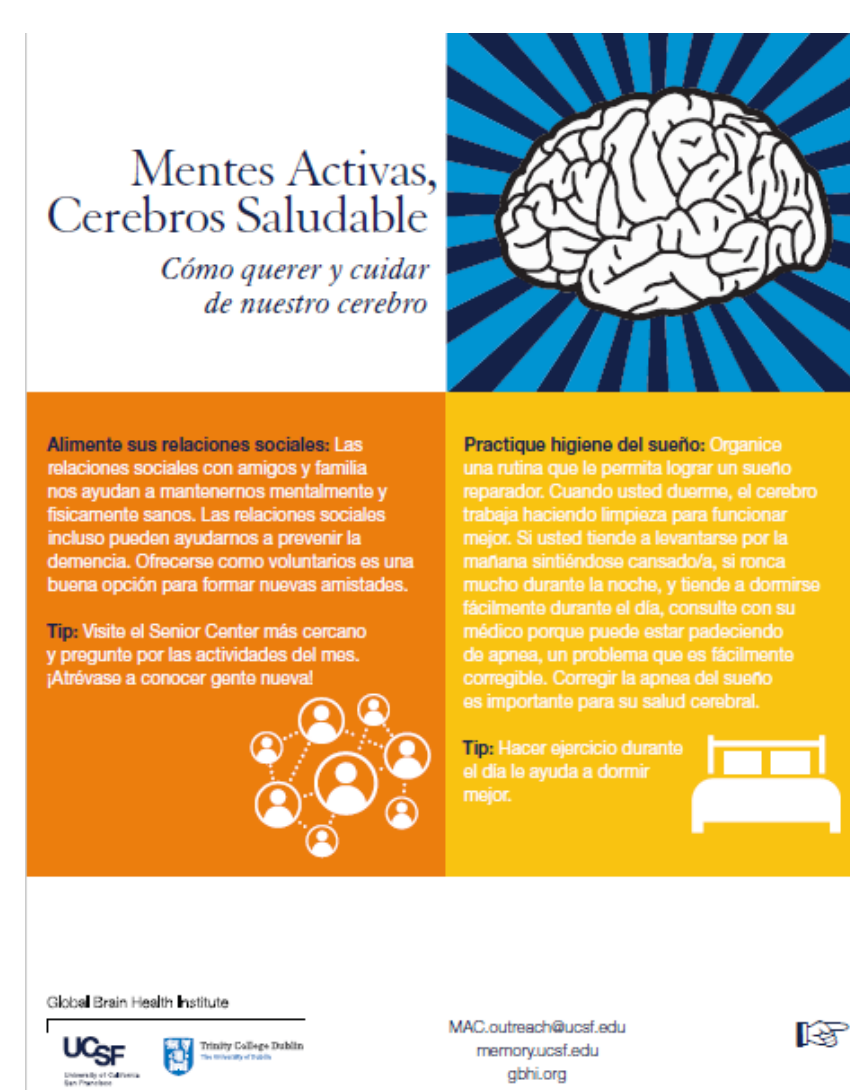
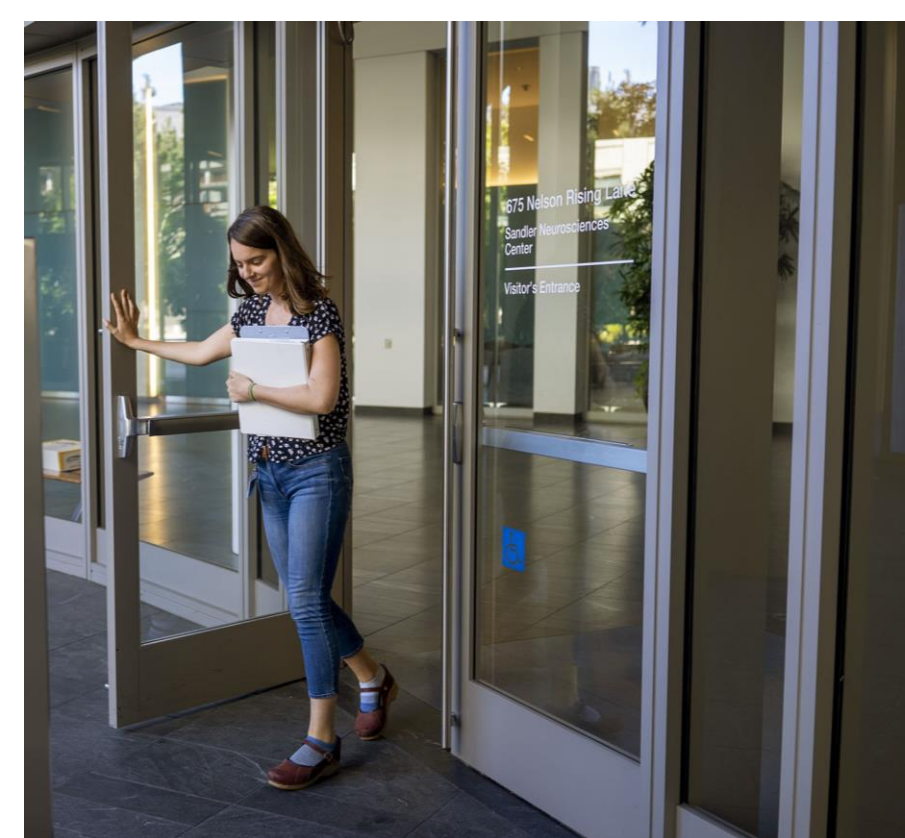
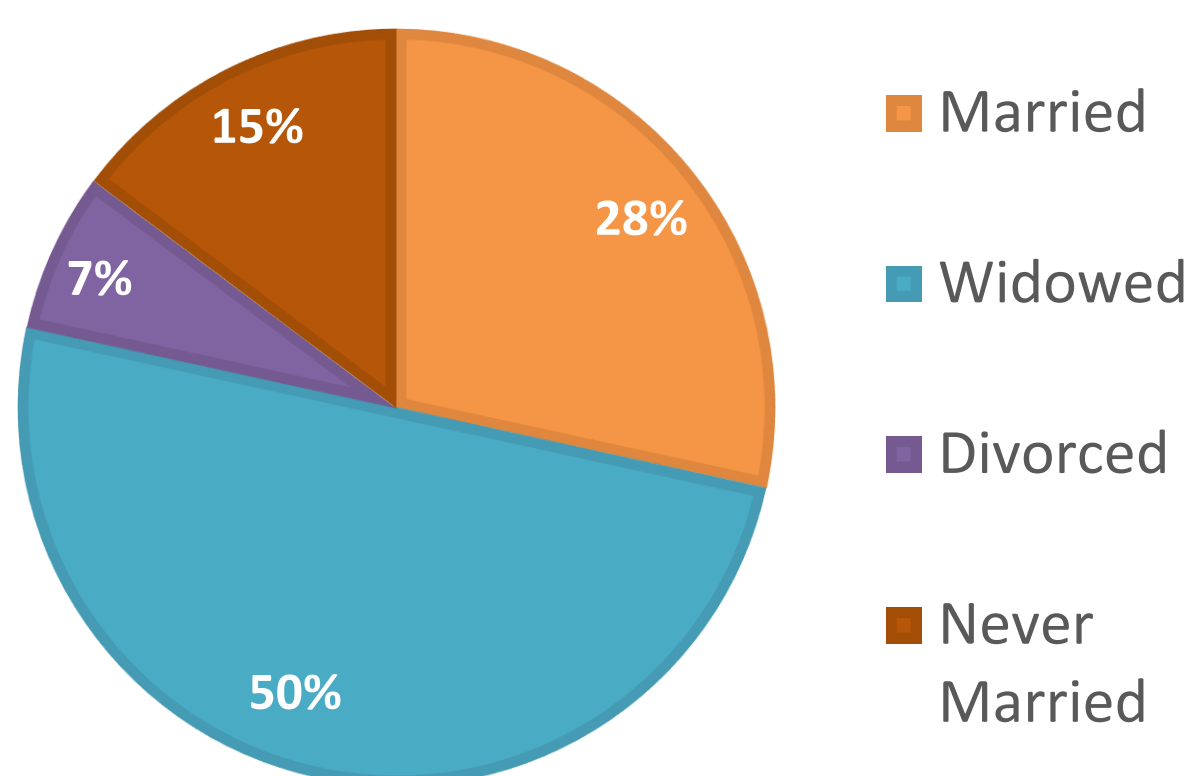


Participants by Race (Non-Hispanic)

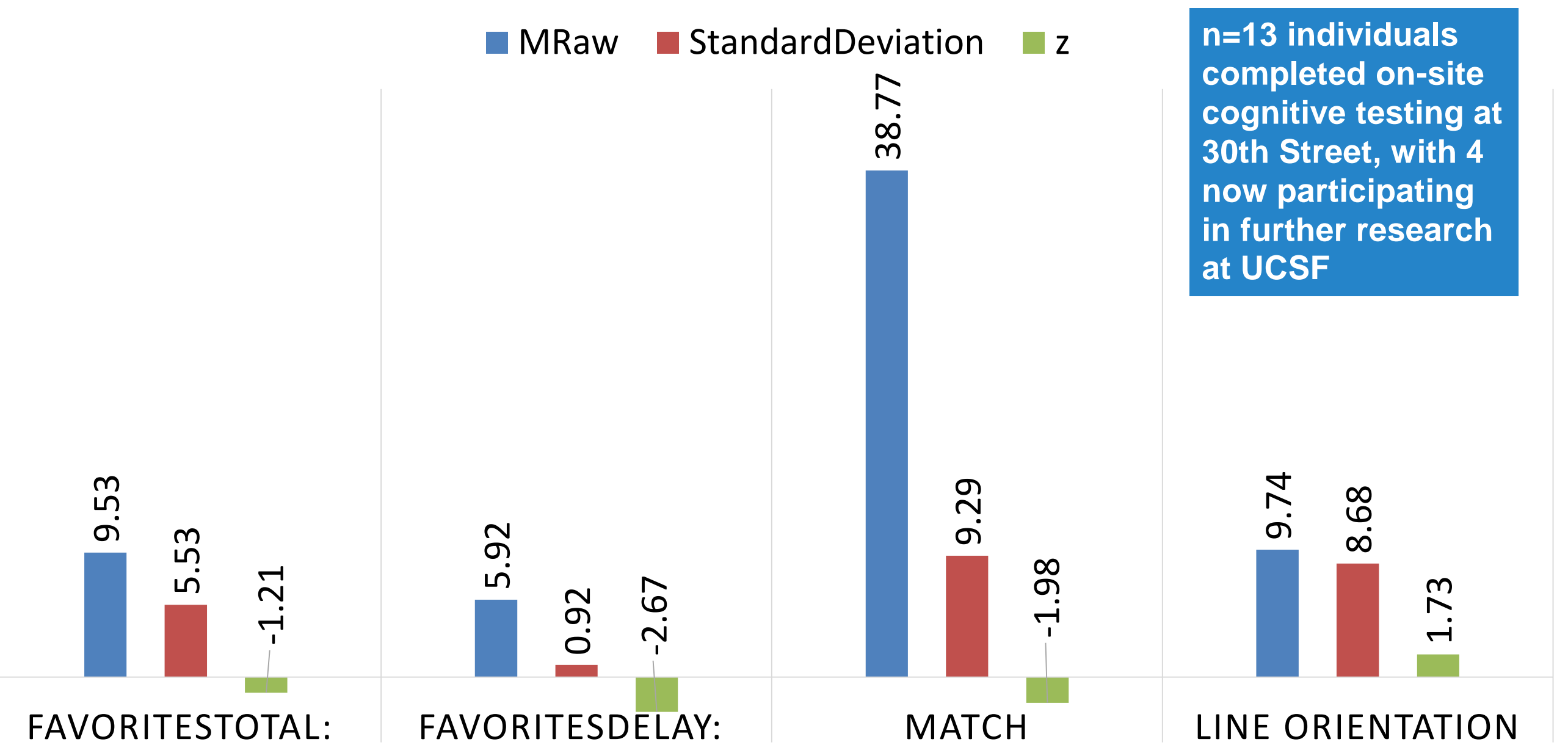


Participants by Race (Hispanic)

Participant Marital Status



30th Street Participant Performance on TabCAT Tasks



n=13 individuals completed on-site cognitive testing at 30th Street, with 4 now participating in further research at UCSF

Conclusions

- 30th Street Participants performed worse than average on tablet memory tasks and the MoCA
- Importantly, these norms are based on the participants in aging studies at UCSF, who differ demographically from the 30th Street cohort
- This further illustrates the need to include diverse individuals in Healthy Aging research cohorts
- Moving forward, we hope to refine our 30th Street research pipeline to make the research process transparent, efficient, and as easy for potential participants in the community to navigate as possible. This includes:



- Organizing and compensating transportation for individuals to come to our Mission Bay site
- Conducting additional research procedures on-site at 30th Street (neurological exams, cognitive testing)
- Extending this model to other community sites

Ultimately, we hope to use this pilot project to improve our efforts to increase diverse representation in research while maintaining a mutually beneficial community partnership with vulnerable aging populations.

