

Inepata ke Ñe Komaroñ Ememej?



'Iememej raan
ne joñan ekanooj
alikkar aõ keememeje,
bötap elukkuun pen
aõ ememejtok ta ko iaar
kõmmani ke ej jibboñ..'



EXECUTIVE OFFICE ON AGING
Department of Health

Marshallese

KING STUDIO
1700 KALANIANA'OLA HWY
HONOLULU, HI



Bok jidikdik in ej ñan armej ro rej inepata kōn ñe remaroñ ememej, ak kōn ñe juon eo epaake er emaroñ keememej. Enaaj jibañ eok mejele etke armej rej etal im wōr aer būraablōm in keememej im unin an aorōk bwe kwōn kōnnaan ippān taktō eo am kōn jabdewōt men ko kwōj abḡōḡō ak inepata kaki.

Ta ej kōmman bwe en wōr būraablōm in ememej?

Ekkā an wōr būraablōm in ememej. Elōñ iaad jej kile bwe jelak rūttoḡok ejino ḡōjḡōḡok ad maroñ keememej. Eddodo kōn inepata an mour in, būromōj, im jet kain nañinmej rej jet wōt iaan men ko remaroñ kōmman bwe ad maroñ ememej en lukkuun nana, emaroñ bar waḡok ñan ro redik. Im ḡool, jet iaad elapḡok ad emmālele jen ro jet. Ak jet iien ad jab maroñ keememej emaroñ juon kein kalikkar bwe ewōr jorrāñ in dementia ak eppaḡ.

Ta in dementia?

Dementia ej naan ak eat eo ekkā kōjerbale ñe ej ḡōjḡōḡok an kōmālij jermal im joñan an dḡel eljelōt mour eo an armej eo. Nañinmej eo etan Alzheimer ej kain jorrāñ in dementia ak eppaḡ eo im elap an ekkā an jelōt armej.

Dementia ejjab juon nañinmej emakeḡok iaan. Ej juon naan ak eat kōjerbale ñan kain jorrāñ ko rej ḡōttanḡok wōt ḡōjḡō in maroñ ememej ak jelā kilen lōmnak ak kalmenḡokjen ko im joñan aer dḡel ekōmman bwe en dikḡok an juon armej maroñ kōmmani jermal im ḡakūtḡūt an mour kajojo raan. Tarrin 60 lok ñan 80 pōjjeen in case ko rej jen *nañinmej in Alzheimer. Vascular dementia*, eo ej waḡok ālikin an juon armej stroke ak mej rejetan ānbwinin, ej kain jorrāñ in dementia eo kein karuo ekkā an waḡok.

Rūttoḡok vs. būraablōm in maroñ ememej

Ej waḡok ñan kōj aolep jen iien ñan iien. Kwōjjab ememej etan juon armej. Komeḡokḡok ia eo kwar likūti ki ko am ie. Kwōjjab keememej ia eo kwar paak e wa eo.

Rūttoḡok vs. būraablōm in maroñ ememej ainwōt Alzheimer

Rūttoḡok

Kōmmani pepe ko rejjab emman jen iien ñan iien

Jab kōmmane juon iaan kōllā ko an allōñ eo

Meḡokḡok raan eo bōtap keememeje tokālik

Meḡokḡok jet iien naan ta eo ñan kōjerbale

Meḡokḡok jen iien ñan iien ia eo kar likūt men ko ie im aikuj roḡol im etal ñan ijoko kar pād ie im bukōt ie.

Būraablōm in maroñ ememej

Kōmman karōk im pepe ko rejjab emman enañin aolep iien

būraablōm in kōllāik bill ko kajojo allōñ

Meḡokḡoke raan eo ak awa eo ilo iiō eo

Epen am konono ak kōnnaan ippān armej

Jaje kolikūti ia men ko im jaje ia ko kwar etal ie moktaḡok.

Enañin aolep iien, likjap kein ejja mõttan wõt ad rüttołok im ejjab mejejein ke ewör men eo im elab an nana. Ak ełaññe kwōj inebata bwe am maroñ ememej ak an eo epaake eok maroñ keememej elukkuun alikkar an nanałok, ak ełaññe am emmālele ejino jelõt am mour aolep raan, elap an aorök kiiō ñan kappok jibañ.

Ta ej kōmman dementia

Dementia ej wałok jen elōñ kain nañinmej in kōmālij ko rooktak jen doon (*lale peij 3*), Alzheimer ej nañinmej eo ekkātata an wałok. Jorrāān in dementia ko jet ekoba vascular dementia (wałok jen ñe juon ej stroke ak mej rejōtin armej); Lewy body dementia (wałok jen juon kain kūj elukkuun dik etan Lewy bodies im ej kakkure cell ko ilo kōmālij); im Fronto-temporal dementia (wałok jen an etal im rüttołok im jorrāān tumaan im tuanmiiñ im anmoon in kōmālij (progressive degeneration of the frontal and temporal lobes in the brain).

Kōkałle ko kwōj aikuj lale ñe rewalałok

Kwōj aikuj lołok taktō ilo iien eo emōkajjata bwe en kwałok ta kwaikuj kōmmane ełaññe am ak eo ejitenbōro ippam emmālele ejelõt mour im małokkūt ko kajojo raan, en kab baj ñe kwōj loe men kein:¹

1. Emmālele ñan joñan en me ekōkkure mour im małokkūt ko kajojo raan.
2. Elukkuun pen kōmman karök ak buköt mejlan būraablōm ko.
3. Jaje kilen kadedełok jerbal ko ekkā am kōmmani ilo imōñ jokwe eo, ilo jikin jerbal, ak ilo iien kakije bajjōk.
4. Pok kōn awa ak jikin eo.
5. Jab mejeje pija in ta ko ak annañ in ta ko loi ak jaje ia eo ak pełok jen ta ko ej loi ak ia eo ej bed ie.
6. Ekāāl an wör būraablōm kōn naan ko konono kaki ak jei.

7. Jaje ia eo kar likūti men ko ie im meloklok kilen roł likłok ñan ijoko kar bed ie ak etal ie moktałok.
8. Jajełok kōmman pepe ak karök.
9. Makoko in jerbal ak kobałok im małokkūt ippān ro jet.
10. Oktak mantin ak kadkadin.

¹ Ñan melele ko jet ikijeen kōmmejeje ko an Alzheimer' Association "Kōkkalle ko 10 Jinointata im Nañinmej ko Jej Eñjaaki Ñe Ewör am Nañinmej in Alzheimer" etal ñan www.alz.org/10signs.

Ta in kōmmane ełaññe ij inebata kōn aō maroñ ememej?

Elañe kwōj inebata kōn am maroñ ememej, kōnnaan ippān taktō eo am ak rijerbal in jikin taktō eo im enaaj roñjake men ko kwōj abñōñō kaki im emaroñ lolorjake bwe en wör teej ak kakōlkōl ko ren kōmman. Remaroñ lełok bwe kwōn etal in lo juon specialist āinwõt kain en an taktō an rütto ak geriatrician, Taktō in kōmālij ak neurologist, ak taktō in jorrāān in kōmālij ak mental ak psychiatrist bwe en lale im kwałok lukkuun nañinmej rot eo.

Ełaññe kwōj inebata kōn an juon eo epaake eok maroñ keememej, rejañ er bwe ren lołok taktō eo aer. Komaroñ jino amiro bwebwenato ilo am kajjitōk ippān armej eo ilo jouj elañe ewör iien ej eñjake an oktak an pād im mour jen kar mokta ak ełaññe ewör men en ej kiō kate kōmmane kōnke epen an kōmmane.

Eaurök ñan jelā bwe ewör elōñ wun ko wunin ad eppał ijellokun jorrāān in dementia. Wun kein emaroñ koba nañinmej ko ewör unokaer āinwõt depression ak buromōj, infection ak kūnej ak jorrāān ko ilo ānbwinin armej, ñe juon ej kadōki uno ko ej bōki ak idaak, im jabwe òn ak jorrāān in thyroid.



DEMENTIA AK EPPAL

Juon naan ak tōōm im elōñ mweñan ak men ko rej ekkājellōk ippān (umbrella term) im ej kōmeleleik ta ko jej eñjaki ak kōkaļle ko ñan elōñļok jen 100 kain nañinmej ko im rej kakkure ak kōmōjñōik ad ememej, mantid, im ad ļōmņak. Ijin ilal ej kōmmelele ko kōn jorrāān in dementia ko ekkā an wōr.

Alzheimer's Disease

Juon nañinmej eo im iumin iien ej etal im cell ko ilo kōmālij rejorrāān im mej, im kakkure an kōmālij jerbal. Tarrin 50 - 70% in jorrāān in dementia rej jen nañinmej in.

Vascular Dementia

Ej waļok jen an dik an etal bōtōktōk ñan kōmālij, ekkā jen nañinmej in stroke ak mej rājōtin armej. Tarrin 20% in jorrāān in dementia rej jen nañinmej in.

Lewy Body Dementia

Ej waļok jen juon kain kūj ak protein im rej eddōk ilo cell ko ilo nerve ak eōke ko ilo kōmālij im ijoko peļaaakin kōmālij eo im ej jelōt ad ememej, ļōmņak, im makūtkūt. Tarrin 15% in jorrāān in dementia rej jen nañinmej in.

Frontotemporal Dementia

Juon group in nañinmej ko rej waļok jen an dikļok ak nokļok jet iaan paat in kōmālij eo im ekkā an jelōt kadkadin ak men ko bōnjān armej eo, mantin, im an kōnono. Tarrin 5% in jorrāān in dementia rej jen nañinmej in.

Parkinson's Disease

Juon nañinmej im iumin iien ej etal im kakkure kōmālij eo im spinal cord eo im ej jelōt ad makūtkūt. Tarrin 5% in jorrāān in dementia rej jen nañinmej in.



Ñe emōkaj am kappok jibañ enaj lapļok an emņman ñan kwe, kōnke emaroñ naj wōr jibañ ak kilen kōmadmōd ko ñan jibañ eok.

Etke eaorōk bwe alikkar in kain nañinmej rot eo en aikuj kōmņman ilo mōkaj?

Jekdoon ewi wāween ājmoor eo am, eaorōk bwe kwōn bwebwenato ippān baamle eo am im kab taktō eo am kōn an maroñ wōr am nañinmej in eppaļ. Meļeļein bwe aikuj jino pepe ak plan ļok imaan kōn kilen naj kejbarok im onake eok, āinwōt bwe en wōr am advance directive ak juon am pepa in kalimur ak karoñ im kwōj kōmņmane ļok imaan kōn kōnaan ko am im kab jokālōt ko am raurōk ikijjeen taktō im rilale im kejbarok eok eļañņe enaaj wōr jabdewōt men ewaļok ñan kwe. Ilo wāween in, eļañņe enaj waļok juon men im enaj kōmņman bwe kwōn jab maroñ kōmņman pepe ak karōk, naaj kile im kauteej kōnaan im jokālōt ko am. Konono ippān doon ej ki eo. Taktō eo am emaroñ jibañ.

Men kein rej elaaļrak ijin ilal rej jet iaan men ko kwōnaaj bōk tokjen jeni ilo am naaj loļok taktō eo am ilo mōkaj:

- Alikkar in kain nañinmej rot eo enaj kalikkar meļeļe eo ejimwe kōn ta eo emaroñ kōmņman bwe juon armej en eppaļ.
- Ro im ej alikkar kain nañinmej eo aer bwe ej nañinmej in eppaļ ak ejjab lukkun lab (mild cognitive impairment (MCI) itok wōt jen nañinmej in Alzheimer remaroñ jino bōk kōmadmōd ko jen taktō ñan jibañ debij joñan eo rebed ie bwe en jab nanaļok towan wōt aer maroñ. Men in ekitbuuj control e nañinmej in high blood im tōñal, kabōļrak kōbatat, exercise in aerobic, mākūtķūt ko ñan kōmņman bwe kōmālij en jermal wōt, im iien iiaio im kobaļok im bwebwenato ippān armej ro jet.
- Ñe emōkaj loe bwe nañinmej eo ej Alzheimer epidodo im mōkajļok am naj

pād ilo jikin taktō ak clinic ko rej ekkatak kōn nañinmej ko.

- Ñe emōkaj loe kain nañinmej rot eo enaj wōr iien ñan an armej eo kappok taktō im rilale rūtto ñan aer naj jibañ.
- Ñe emōkaj loe kain nañinmej rot eo enaj wōr iien loloorjake bwe en ejelļok menin kakkure ko ak en inemman wōt im jokane, juon waanjoñak ej kōn kattōr.
- Ñe emōkaj loe kain nañinmej rot eo enaj kōkmanman lōmnak im letok kaenemman, enaj kadikļok inepata im wōr jubōro kōnke jejelā kiō ta ak etan nañinmej eo.
- Ñe emōkaj loe kain nañinmej rot eo enaj wōr iien an armej eo kōmņman plan ñan ilju im jekļaj ilo iien in ej emman wōt kalmenlokjen eo im emaroñ kōmņman pepe im meļeļe kōn ta jokālōt ko. Plan kein ekitbuuj men ko ikijjeen kien, jāān, im karōk ko kōn jemlok-in-mour an juon armej.

Alzheimer's Association Special Report: Benefits of Early Diagnosis, 2018 Alzheimer's Disease Facts and Figures Report, Spring/Summer 2018.

Ewōr ke jibañ ak jikin jibañ?

Alzheimer's Association, Aloha Chapter

Alzheimer's Association ej letok meļeļe ko, rilale im kejbarok, im letok jibañ ñan armej ro ewōr aer jorrāān in dementia ak eppaļ im kab ro rej lale er.

Jibañ kein ejelok wōnaer:

- Talpoon ak Helpline im ej pellok 24/7 im ro rej jermal ie rej jet ro retijemļok kōn dementia im kilen lale im kejbarok im rej letok meļeļe im jibañ. Jibañ ikijjeen ukok ilo elōñļok jen 170 kajin ko. Call 1-800-272-3900 (TDD: 1-866-403-3073)

- meʻeʻe ko ikijjeen town eo am im ʻnān leʻoʻok eok ak etam ʻnān bar juon jikin eppōk jibaʻnī, ekoba meʻeʻe ko kōn kajin ko jet im jikin eppōk jibaʻnī ko
- Jibaʻnī ikijjeen counseling ʻnān kajojo armej im baamle ko
- Jikuul ʻnān rilale ak caregiver ro, jukjukinpād eo, im rijerbal ak professional ro
- Group ko rej jibaʻnī im rejetaʻk rilale ro ak caregiver ro
- Birokraam in kejbarok bwe en wōr wōt inemman im jokane (Safety programs), kain en an MedicAlert® + Alzheimer's Association Safe Return®
- TrialMatch,® juon jikin kappok clinic ak jikin taktō ko rej kōmman ekkatak kōn juon ak elōn kain naʻnimej ko
- Elōn kain jibaʻnī ko online (suite of e-services), ekoba training ko online im certification ikijjeen dementia

Phone: (800) 272-3900

Web: www.alz.org/hawaii

Public Health Nurses (PHN)

PHN rej Registered Nurses (RN) ro rej pād ilo aolep jukjukinpād ko ipelakin Amerika. Jerbal in jibaʻnī ko ikijjeen case management, jen PHN ro rej jibaʻnī rūtto ro lale im kejbarok er bwe en ejelʻoʻok jorrān ʻnān er ilo mōko imweer towan wōt aer maroʻn.

- Memory Care Navigator rej rijerbal ro retijemʻoʻok im emōj aer kar jikuul ikijjeen jermal eo aer im rej jibaʻnī kōmman teej ko ʻnān lale joʻnān an juon maroʻn keememej im karōkʻoʻok armej eo ewōr an jorrān in dementia im ro rej lale er ʻnān jikin eppōk jibaʻnī ko

Kūrlok ak kepaak PHN section eo ijo kwōj jokwe ie:

O'AHU

East Honolulu: (808) 733-9220

West Honolulu: (808) 832-5757

Central O'ahu: (808) 453-6190

Leeward O'ahu: (808) 675-0080

Windward O'ahu: (808) 233-5450

NEIGHBOR ISLANDS

Kaua'i: (808) 241-3387

Maui: (808) 984-8260

Moloka'i: (808) 553-7880

Lana'i: (808) 565-7114

East Hawai'i Island: (808) 974-6025

West Hawai'i Island: (808) 322-1500

Hawai'i Aging im Disability Resource Center (ADRC)

ADRC ej ijo in ej make wōt iaan im jinointata ilo kajojo county im aolep armej dik ʻnān rutto, ro elōn ak ejjelok aer jeen, im ro ewōr aer utamwe in ānbwin ak kalmenlokjen remaroʻn bōk meʻeʻe ko, jibaʻnī, im ʻnān leʻoʻok er ak etaer ʻnān jikin eppōk jibaʻnī ko wōj jet im rej jibaʻnī armej, kōn jibaʻnī ko im kein jibaʻnī ko renaj ʻnān juon tōre aetok.

Phone: (808) 643-ADRC

Web: www.hawaiiadrc.org

Elderly Affairs Division (O'ahu):

Phone: (808) 768-7700



Hawai'i County Office an Rutto (HCOA)
Phone: (808) 961-8600

Kaua'i Agency an Rutto (Elderly Affairs)
(KAEA)
Phone: (808) 241-4470

Maui County Office an Rutto (MCOA)
Phone: (808) 270-7774

Hawai'i Alzheimer's Disease Initiative (HADI), UH Center an Rutto (Center on Aging)

Hawai'i Alzheimer's Disease Initiative ej juon project im ej jibañ kalapłok kapeel in jermal ko an ro retimjełok ilo jermal ko aer ak professional ro im dolul ko ñan jibañ rūtto ro remmālele ak rejorrān in dementia ak eppał im kab ro rej lale er.

- Savvy Caregiver Program workshop ko rej birokraam in jikuul ak ekkatak kapeel ko an ro rej rilale armej ro ewōr aer nañinmej in emmälele iumin jilljino-wiik
- Positive Approach to Care™ (Teepa Snow approach)

Phone: (808) 956-5001

Web: www.hawaii.edu/aging/hadi

Mediation Center of the Pacific – Kupuna Pono Program

Jibañ kōn counseling ñan Baamle im jibañ ko ñan bukōt mejlan pok ko (mediation) rejelōt kilen im wāween lale (caregiving) im kajittōk ko ikijjeen rūtto ro, ekoba jorrāān in dementia ak eppa. (O’ahu wōt)

Phone: (808) 521-6767

Web:

www.mediatehawaii.org/kupuna-pono/

Kokua Mau: Juon Emmakūt ñan Kōkmanmanlōk Kilen Lale im Kejbarok

Mejele ko an state ikijjeen hospice ko, ro rilale im jibañ ko ñan kadiklōk metak ñan ro rej dolel kōn nañinmej ko aer rellap (pain and palliative care), im jikuul ak ekkatak ko kōn kōmman plan lōk imaan kōn kilen lale im kejbarok im pepa ak form ko (advance directive ko im POLST)

Phone: (808) 585-9977

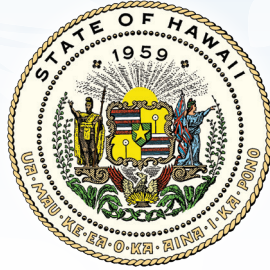
Web: www.kokuamau.org

Ijoko jet online im ebar wōr mejele ie im jikin kappok jibañ ko ñan aolepen Amerika (useful links and national resources)

- National website: www.alzheimers.gov
- Alzheimer’s Disease International: www.alz.co.uk
- National Alzheimer’s and Dementia Resource Center: <http://nadrc.acl.gov>
- Alzheimer’s Association Facts & Figures: www.alz.org/alzheimers_disease_facts_and_figures.asp
- Living Well: A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia: <https://www.actonalz.org/pdf/Living-Well.pdf>
- Brain Health as You Age: <https://www.nia.nih.gov/health/brain-health-resource>
- National Institute on Aging: Alzheimer’s Disease & Related Dementias: <https://www.nia.nih.gov/health/alzheimers>
- Dementia Friends USA: <https://dementiafriendsusa.org>
- ACT on Alzheimer’s (Minnesota): <http://www.actonalz.org>
- Pomai and Her Papa- A children’s book on growing up with memory Loss: <http://manoa.hawaii.edu/hakupuna/pomai-and-her-papa/>



Elañe kwōj inebata, call e taktō eo am.
Ñe emōkaj am kappok jibañ, enaj mōkajlōk am bōk meļeļe
ko, naan in kōkapilōklōk ko, im jibañ ko.



EXECUTIVE OFFICE ON AGING Department of Health

Ejjeļok Kalijekļok ilo Jerbal in Jibañ ko: Kōmij kōpellok maķūtkūt in jermal ko amem ilo ejjeļok kalijekļok ikijjeen aelōñ, color in kūl, lal eo kwōj itok jene, kajin, dettam, kōrā ke ak emmaan (ekoba kālōt eo am ak lōmnak eo am kōn kōrā ak emmaan (gender identity or expression)), wōn eo ak ro kwōj kōnaan pālele ippān (sexual orientation), kabuñ, ak utamwe in ānbwin ak kalmenlokjen. Kūrlok ak kepaak Executive Office on Aging ilo 250 South Hotel Street, Suite 406, Honolulu, Hawai'i 96813, ak ilo (808) 586-0100; ak kūrlok ak kepaak Affirmative Action Office eo amem ilo P.O. Box 3378, Honolulu, Hawai'i 96801 ak ilo (808) 586- 4614 ilowaan 180 raan in an waļok būraablōm eo.

Ewōr meļeļe im naan in kōkapillōk ko ilo bok in. Jab kōjerbale ñan binej jenkwān naan in kōkapilōk ko liwaj ñan kwe jen juon rijermal eo etijemļok im ekapeel ilo jermal eo an. Alzheimer's Association im Hawai'i Executive Office on Aging, Hawai'i Department of Health, eban aer eddo eļaññe enaj wōr jorrāān ewaļok jen kōjermal bok in. Kimij kate joñan wōt am maroñ ñan lale bwe meļeļe ko kobban bok in rejimwe im kāāl, bōtap meļeļe ko remaroñ ukoktak ilowaan wōt jidik iien.

Bok jidikdik in kar kōmmane bwe en kwōn im ekkar jen mālim eo jen © Alzheimer's Society, 2015. Kobaaik meļeļe ko rekāāl im bar print, 2019.

Ear wōr jibañ tok ñan bok in jen Cooperative Agreement Nōmba (No. 90ADSG0003-01-02) jen Administration on Aging (AoA), Administration for Community Living (ACL), U.S. Department of Health and Human Services (DHHS). Naan in rejañ ñan ro rej eppōk jeen in jibañ ak grant ko ñan kōmmani project ko im kien ej sponsori bwe ren kwaļok ilo ejellōk uata kōn ta tōprak ko rar loi im kab jemļok ko aer. Kōn menin, meļeļe ko kwaļoki ak lōmnak ko rej waļok rejjab aolep iien meļeļe ko an office kein AoA, ACL, ak DHHS policy.