

Appendix B:

Supplementary Information on the
Development of the CICA with Nakoda
Communities at Carry the Kettle First
Nation, Saskatchewan

Introduction & Background

Following the work to develop the CICA with Anishinaabe communities on Manitoulin Island, Ontario, the idea to adapt the CICA for Nakoda people in Saskatchewan was approved as a priority by the Community Research Advisory Committee (CRAC) at File Hills Qu'Appelle Tribal Council, Saskatchewan. The goal was to adapt the CICA into Nakoda through a process of reflecting on the importance of language and culture to develop a cognitive assessment tool. Under the guidance of the CRAC, a Nakoda Advisory Group (NAG) was established to guide the research project. The NAG is compiled of a group of Elders from Carry the Kettle Nakoda Nation, a Nakoda-speaking community.

Both CRAC and NAG members shared perceptions of dementia that differed from biomedical understandings of aging and cognitive decline. Participants viewed signs of dementia as a natural part of aging, and associated symptoms with reaching the end of one's life cycle. Elders, Knowledge Keepers and Healing Practitioners can all be called on to support healing journeys in First Nations communities.

The intention of the CICA Tool is not to replace Nakoda approaches to healing, but instead to work alongside them. Older adults and Elders hold a sacred place in Nakoda communities and utilizing CICA for early detection of dementia is one way that communities can care for their aging members.

Development of the CICA

Guidance by the Nakoda Advisory Group on Developing the CICA for Nakoda Communities

The process undertaken to translate the CICA into Nakoda was organic, dynamic, and iterative. It allowed for open dialogue and communication, in which the perspectives of the NAG members were prioritized. During the adaptation process, it was suggested by the NAG to recruit another Nakoda-speaking individual who was more fluent in the language to help with the direct translation. The Nakoda speaker highlighted that the translation from English to Nakoda was not feasible, the CICA contained too much "English thinking" in the assessment to be properly translated. The Nakoda language speaker made note that as there are few Nakoda speakers left it might not be worthwhile to proceed with the translation. Additionally, through consultation with the NAG, the team learned of many variations of the Nakoda language, posing a challenge to create one definitive Nakoda translation of the tool.

Using the CICA with Nakoda People

After consultation with the NAG, it was decided that the original CICA Tool can be safely offered in English in Nakoda communities with only one content change: In Chapter 4, the individual being assessed is asked to "*Pick up a tea towel, fold it once, and give it back to me*" instead of being asked to fold a piece of paper.

Additionally, the NAG identified several key phrases that may be translated, if the client is a

Nakoda language speaker.

The question “What time are we in right now; is it spring, summer, fall or winter?” can be translated to “Naḡáhą tadé’ųye dágu he; Wedu, mnogedu, ptayedu, or wani yedu?”

And the questions “Do you know where you are right now? What is this place?” are translated to “Dóki ya’ú né snokyáya he? dóken éjiyabi?”

Implications for Future Adaptations

Translating the original CICA Tool into the Nakoda language required a great deal of effort from NAG members as well as the Nakoda language speaker; Nakoda is a complex and rich language with several dialects and gendered expressions. The Nakoda language is steeped in and reflects the culture of its people, in written form Nakoda is relatively new.

The original CICA Tool was developed with a foundation in Western biomedical approaches to assessing cognition and ways of conceptualizing health that made translation difficult. Despite only being offered in English, the CICA utilizes accessible language and was accepted by the NAG members, as many Nakoda speakers are also fluent in English. The content change allowed the experience of taking the CICA to be more culturally relevant while keeping the assessment intact, making re-verification unnecessary. Future CICA Tool adaptations by First Nations may, similarly, only require minimal changes to become culturally relevant.

COVID-19 Limitations

The process of adapting the CICA Tool alongside NAG members began with in-person meetings and became virtual after COVID-19 restrictions were established. Although meetings were able to continue, holding them virtually may have shifted the dynamics of the group and hindered open communication. The NAG members also emphasized the value of gathering in-person. When possible, it is recommended to hold adaptation meetings in-person to encourage conversation.