Assuring Culturally Relevant Respite Services for the Asian American and Pacific Islander (AAPI) Aging Population and their Family Caregivers

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Director of Technical Assistance

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National Resource Center on AAPI Aging
The National Resource Center on AAPI Aging is the first and only technical assistance resource center with a goal of improving both access to, and the quality of long-term services and supports for Asian American and Pacific Islander (AAPI) older adults.
National Resource Center on AAPI Aging

Through technical assistance, training, and educational resources, the National Resource Center on AAPI Aging works with aging organizations to accomplish this goal, thereby improving the quality of life of AAPI older adults nationwide.

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Section 1
AAPI Older Adult Demographics
AAPIs are the fastest growing minority group in the US\textsuperscript{1}...
Polling Question – raise hands/ yes/ no
Have populations of Asian American and Pacific Islander (AAPI) older adults increased in your community?
# Geographic Distribution of AAPI 60+ Growth Rate

<table>
<thead>
<tr>
<th>Top States (# Persons)</th>
<th>Top States (Percent)</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>328k</td>
</tr>
<tr>
<td>New York</td>
<td>83k</td>
</tr>
<tr>
<td>Texas</td>
<td>63k</td>
</tr>
<tr>
<td>New Jersey</td>
<td>44k</td>
</tr>
<tr>
<td>Florida</td>
<td>40k</td>
</tr>
<tr>
<td>Illinois</td>
<td>37k</td>
</tr>
<tr>
<td>Washington</td>
<td>33k</td>
</tr>
<tr>
<td>Hawaii</td>
<td>29k</td>
</tr>
<tr>
<td>Virginia</td>
<td>27k</td>
</tr>
<tr>
<td>Maryland</td>
<td>20k</td>
</tr>
<tr>
<td>Georgia</td>
<td>20k</td>
</tr>
<tr>
<td>North Dakota</td>
<td>116%</td>
</tr>
<tr>
<td>Montana</td>
<td>102%</td>
</tr>
<tr>
<td>South Dakota</td>
<td>90%</td>
</tr>
<tr>
<td>Vermont</td>
<td>88%</td>
</tr>
<tr>
<td>North Carolina</td>
<td>87%</td>
</tr>
<tr>
<td>Tennessee</td>
<td>86%</td>
</tr>
<tr>
<td>Georgia</td>
<td>83%</td>
</tr>
<tr>
<td>Florida</td>
<td>82%</td>
</tr>
<tr>
<td>Wyoming</td>
<td>81%</td>
</tr>
<tr>
<td>Indiana</td>
<td>80%</td>
</tr>
<tr>
<td>Texas</td>
<td>80%</td>
</tr>
</tbody>
</table>
Between 2010 and 2030, the AAPI older adult population is projected to increase by 145%\(^1\)...
Section 2
AAPI Culture, Caregiving, and Respite Utilization
Disclaimer

- Using cultural-based **generalizations**
- We are **not** asking you to profile or stereotype
- Each AAPI subgroup **differs** in socio-cultural traits
- Individuals **will** deviate from these cultural norms.
AAPI Cultural Diversity

- Diversity among AAPIs
- Acculturation
42% of AAPIs provide care to an older adult, compared to 22% of the general population.²
Despite high rates of caregiving, in 2014, 3% of caregivers served by the Older American’s Act were AAPI.³
One study\(^4\) of Taiwanese caregivers (n=100) found that:

- 65% of the caregivers had not heard of respite
- 11% had used respite services
- > 60% reported that they would never use respite
- 39% were willing to use respite in the future
Section 3
Barriers to Accessing Respite Services
Limited English Proficiency (LEP)

- Individuals who do not speak English as their primary language and who have a limited ability to read, write, speak or understand English, may be limited English proficient.

- LEP is also defined as a person’s self-assessed ability to speak English less than “Very Well”.
In 2010, only 15% of AAPI older adults spoke English at home¹...
More than 2 out of every 3 Chinese, Korean, Vietnamese, Laotian, Hmong, Fijian, Marshallese, Nepalese, Taiwanese, Bangladeshi, and Burmese older adults are LEP\(^1\)
LEP Rates Among Ethnic Groups

- NHPI: 24.76%
- Asian American: 59.58%
- American Indian: 15.44%
- Hispanic: 57.75%
- African American: 2.94%
- White: 2.45%
- Total Population: 8.07%
Limited English Proficiency (LEP) of Older Adults (65+)

<table>
<thead>
<tr>
<th>Population</th>
<th>White</th>
<th>African American</th>
<th>Hispanic</th>
<th>American Indian</th>
<th>Asian American</th>
<th>NHPI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Population</td>
<td>8.07%</td>
<td>2.45%</td>
<td>15.44%</td>
<td>24.76%</td>
<td>59.58%</td>
<td></td>
</tr>
</tbody>
</table>

- Asian Indian
- Bangladeshi
- Bhutanese
- Burmese
- Cambodian
- Chinese
- Fijian
- Filipino
- Guamanian
- Hmong
- Indonesian
- Japanese
- Korean
- Laotian
- Malaysian
- Marshallese
- Micronesian
- Mongolian
- Native Hawaiian
- Nepalese
- Okinawan
- Pakistani
- Samoan
- Sri Lankan
- Taiwanese
- Thai
- Tongan
- Vietnamese
Polling Question – yes/ no

Do Asian American and Pacific Islander (AAPI) families have access to in-language respite in your community?
28% of AAPI older adults live in poverty
More than 1 out of 5 Korean, Bangladeshi, Burmese, Cambodian, Micronesian, and Nepalese older adults are in poverty\textsuperscript{1}
Immigration Status

- Not recognized as a vulnerability factor for Title III services

- 80% of AAPI elders are immigrants\(^1\)
More than 2 out of 3 Chinese, Filipino, Korean, Vietnamese, Asian Indian, Bangladeshi, Burmese, Indonesian, Nepalese, Pakistani, Taiwanese, and Thai older adults are immigrants\(^1\)
Barriers to Accessing Services

• Cultural beliefs

• Historical or immigration trauma

• Lack of accessible and available information
Section 4
Increasing Access to Respite Services
Best Practice Strategies for Lifespan Respite Programs
How Culture Impacts AAPI Communication and Engagement

- AAPI older adults may:
  - Be reluctant to complain or ask for clarification
  - Value group consensus more so than other ethnically-diverse families
  - Prioritize family harmony, and fear “family shame”
  - Vary in level of acculturation
  - Be impacted by historical trauma
Building Trust for Successful Engagement

- Build trust by:
  - Prioritizing culture
  - Family-centered approach
  - Building a relationship
  - Establishing the professional’s role, authority, authenticity, and intentions
Discussion Question – what engagement strategies have you found successful with AAPIs in your community?
5 Best Practices for AAPI Inclusion in Lifespan Respite Programs
1 Develop language access to respite programs
<table>
<thead>
<tr>
<th>Xin viết in</th>
<th>Thân Nhân Chăm Sóc Không Được Trả Lương (gia đình, bạn bè hoặc hàng xóm)</th>
<th>Cá Nhân Có Nhu Cầu Chăm Sóc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tên Nhân Viên Chăm Sóc:</td>
<td>☐ Nam ☐ Nữ ☐ Khác</td>
<td>Họ Tên:</td>
</tr>
<tr>
<td>Mới Quan Hệ:</td>
<td>☐ Nam ☐ Nữ ☐ Khác</td>
<td>☐ Nam ☐ Nữ ☐ Khác</td>
</tr>
<tr>
<td>Giới Tính:</td>
<td>☐ Nam ☐ Nữ ☐ Khác</td>
<td>Ngày Sinh:</td>
</tr>
<tr>
<td>Ngày Sinh:</td>
<td></td>
<td>Tuổi:</td>
</tr>
<tr>
<td>Địa Chỉ:</td>
<td></td>
<td>☐ Giới như nhân viên chăm sóc. Nếu khác, chú thích dưới đây:</td>
</tr>
<tr>
<td>Thành Phố/Thị Trấn:</td>
<td></td>
<td>☐ Giới như nhân viên chăm sóc. Nếu khác, chú thích dưới đây:</td>
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<tr>
<td>MÃ VƯNG:</td>
<td>☐ Thương Dùng</td>
<td>☐ Giới như nhân viên chăm sóc. Nếu khác, chú thích dưới đây:</td>
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<tr>
<td>Hạt Nhà:</td>
<td>☐ Thương Dùng</td>
<td>☐ Giới như nhân viên chăm sóc. Nếu khác, chú thích dưới đây:</td>
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<tr>
<td>Số Điện Thoại:</td>
<td>☐ Thương Dùng</td>
<td>☐ Giới như nhân viên chăm sóc. Nếu khác, chú thích dưới đây:</td>
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<tr>
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<td>☐ Giới như nhân viên chăm sóc. Nếu khác, chú thích dưới đây:</td>
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<tr>
<td>Email:</td>
<td>☐ Thương Dùng</td>
<td>☐ Giới như nhân viên chăm sóc. Nếu khác, chú thích dưới đây:</td>
</tr>
</tbody>
</table>

**THÔNG TIN BỔ SUNG VỀ TÌNH TRẠNG CHĂM SÓC CỦA TÔI:**

1. Tội không có khả năng chỉ tra cho dịch vụ chăm sóc tam thể mà không có chứng tin cấp phát phiếu này (hoặc chỉ tra dịch vụ chăm sóc tam thể một mình). ☐ Đóng Đậy ☐ Không Đóng Đậy

2. Tội cung cấp dịch vụ chăm sóc, giám sát, và/hoặc kiểm tra từ 40 giờ trở lên cho mỗi tuần. ☐ Không ☐ Có

**CÁ NHÂN CẦN CHĂM SÓC BỊ:**

(dành để tật cá mục đích hợp)

☐ Khuyết tật thể chất (phẫu thuật hỏng, đội quy, TBI, v.v.)
☐ Tinh trạng cảm xúc / hành vi
☐ Tinh trạng sức khỏe tâm thần
☐ Nhu cầu hỗ trợ y tế (thiệt bi, nhạch nhở dùng thuốc điều trị, v.v.)
☐ Tình trạng trí nhớ (bệnh Alzheimer, chứng mất trí, v.v.)
☐ Thiếu năng trí tuệ/chăm sóc phát triển
☐ Triệu chứng khác (Rối loạn Phổ
Provide respite services through professionals that represent the AAPI communities you’re serving.
ACC’s Friendly Visitor/In-home Respite Service is part of Legacy Corps, an AmeriCorps program. Through this program, at ACC since 2010, trained Legacy Corps members offer family caregivers an opportunity to take a break (respite) from their caregiving duties. Members go into the family home to serve as friendly visiting companions to older adults or family members with disabilities. Priority is given to veterans and veteran families.
Home Health Care Services

Home health care delivery is achieved when clients and their caregivers can effectively communicate with each other.

To fill this critical need, PASSi delivers services in thirteen languages including Cantonese, Khmer, English, Korean, Mandarin, Vietnamese, Indonesian, Tagalog, Hindi, and Gujarati. Our Home Health Aides share a cultural and linguistic background with the clients they care for, further enhancing their quality of life.

Services Offered to our Clients:

- Regularly scheduled home visits
- Asian meal preparation & feeding assistance
- Medication reminders
- Assistance with bathing
- Grooming & dressing
- Light housekeeping
- Laundry & linen washing
- Companionship & conversation
- Assistance with hygiene
- Shopping for groceries or clothing
- Respite care for family caregivers
- Hospice care
Conduct a community needs assessment with representative samples of the ethnic groups in your community
SUMMARY OF NEEDS ASSESSMENT FINDINGS 2013
CAREGIVER SUPPORT

This report provides context for implementing caregiver support programming in San Francisco. It

The 2006 DAAS Community Needs Assessment focus group participants stressed eroding familism as a significant family caregiving concern. Ethnic minorities are often perceived as having tight-knit families with strong supportive networks. Although many children of immigrants continue to honor family caregiving traditions, Latino and API focus group participants noted that as successive generations of immigrant families have become more educated, affluent, and acculturated, they are less likely to hold to their culture’s traditional family values and expected roles. They are also more likely to be geographically dispersed, often moving away from their families because of advanced schooling or jobs or affordable housing. In a roundtable discussion with Asian and Pacific Islander service providers (July 19, 2006), many participants noted shifting attitudes about traditional Asian perceptions of family obligations and caregiving for elders, citing evictions of Chinese elders in Chinatown by younger family members. As one participant stated: “What are the traditions of Asian Americans? Are we supposed to take care of our parents? I don’t know anymore.”
Provide respite services in accessible locations for AAPI families
5 Prioritize cultural competency
Resources for Implementation

- AAPI- serving community based organizations
- National Resource Center on AAPI Aging
  [www.napca.org/technical-assistance](http://www.napca.org/technical-assistance)
Section 5
Key Takeaways and Next Steps
Key Takeaways

• Remember that cultural identity impacts communication and engagement
• Utilize person- and family-centered approaches
• Build trust by prioritizing culture
• Invest in community needs assessments to learn about the AAPI subpopulations in your community
• Integrate best practices, such as in-language information, to ensure AAPIs have access to respite services
• Leverage resources, such as partnerships with AAPI- serving CBOs, to aid implementation
Planning your next steps...

Questions to consider...
Do your intake assessments disaggregate AAPI ethnicities and languages?
Have you conducted a demographic analysis of AAPIs in your service area?

Has this impacted how you target respite services?
Are you offering in-language respite services for AAPIs in your community?
Do you know of, or have relationships with AAPI-serving community-based organizations in your community?
Do you know how to access training opportunities to learn about AAPI older adults in your community?
Thank You!
References

Contact Us For Technical Assistance

National Resource Center on AAPI Aging
A Technical Assistance Resource Center Partially Funded by the U.S. Administration on Community Living

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