Outreach to Spanish-Speaking Populations

ARCH Learning Collaborative
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A Ripple Effect...
2020-2022 ICA Strategic Plan

Strategic Plan Report

2020-2022 Goals and Accomplishments

Our Vision: To serve as the voice, convener, and catalyst for support of unpaid family caregivers across the lifespan.

Our Mission: To advance the well-being of caregivers by promoting collaboration that improves access to quality supports and resources including respite for family caregivers across the lifespan.

Our Values: Collaboration, communication, inclusiveness and capacity building for family caregivers

#3 Ensure accessible and culturally appropriate information and resources are available to caregivers across the lifespan.
Connected to Community

Hispanic Advisory Committee

Healthcare Organizations

Area Agencies on Aging

Idaho Caregiver Alliance and Family Caregiver Navigator

Partners, caregivers, and members of the Spanish-Speaking community

Non-Profit Organizations

State and Local Government

Condition-Specific Entities
Supported Talented Spanish-Speaking Staff
Developed Materials in Spanish
Cuidar a los demás es un camino.

Afortunadamente, tenemos mapas.

Ayudamos a reducir el estrés de los cuidadores familiares en Idaho
Aunque muchas personas no se consideran ser un “cuidador”, más de 8 millones de Latinos en los Estados Unidos apoyan a un ser querido que tiene alguna discapacidad o condición médica. En Idaho, hay más de 55,000 cuidadores Latinos. Muchos de ellos no saben de los recursos y apoyo que están disponibles.

Nuestro programa ofrece consultas y recursos a todos los cuidadores familiares en la área del Sureste de Idaho sin costo. Nuestra meta es apoyar a los cuidadores para que ellos puedan seguir cuidando de sus seres queridos. Los cuidadores también necesitan nuestro apoyo, los navegantes de cuidadores están aquí para ayudarles construir un plan que te ayudara.

Datos Básicos
8 millones
Los latinos en los EE UU que cuidan a un amigo o pariente

42
La edad promedio del cuidador latino en los EE UU

23 horas a la semana
La cantidad promedio del tiempo dedicado al cuidado

Cómo Contactarnos
208-426-899
info@caregivernavigator.org
Navigantesidaho.org
Lunes a Viernes, 8am-5pm
¡Visite nuestro sitio Web! El enlace de la esquina superior derecha le dirige a la información del programa en español.

A nosotros nos importa los que cuidan de sus seres queridos
Cuidando su Salud Idaho

https://www.facebook.com/Cuidandoldaho
Outreach and Networking
Apoyamos a los cuidadores en Idaho

¡Hablamos Español!

NavegantesIdaho.org
Spanish-Speaking Caregivers are...

- younger than other caregivers (average age of 43).
- reporting more financial impacts due to caregiving.
- getting the fewest sources of caregiving help or information.
- the sole unpaid caregiver for the care recipient 50% of the time.
- more often feeling their role provides a sense of purpose or meaning in life.
**Presentation Slides**

- **Black & Latinx Caregivers**: Provide more care to a loved one in-home than their white counterparts.
- **American Indian/Alaskan Native Caregivers**: Are more likely to pay more for health-related caregiving expenses than their counterparts.
- **LGBTQIA+ Caregivers**: Are providing care at a higher rate than the general population.
- **Immigrant Caregivers**: Make up 11% of the workforce of home health and 26% of informal sector.
- **Millennial Caregivers**: Are more likely to be supporting someone with a mental health condition, and more likely to be employed.
Carlos

Single professional, Age 31
Caring for father and siblings

- Professional job at large firm
- Lives at home so he can watch after his dad, who has health problems but doesn’t like to see the doctor
- Looks out for other siblings
- Feels a duty to be the rock of his family since his mother passed

Ray

Truck Driver and single parent, Age 55
Adult daughter with IDD lives in group home

- Feels guilty his job (truck driving) makes it harder for his daughter to be at home for long periods alone
- Wants to encourage her independence but isn’t sure where to start
- Feels overwhelmed - like he’s failing as a father
- Spanish is his main language and has difficulty navigating systems on his daughter’s behalf

Karina

College Student, Age 18
Cares for sibling and parents

- First generation Freshman college student
- Has a sibling with severe disabilities. Her parents are new residents and aren’t familiar with the systems and not fluent in English.
- She is often asked to translate and navigate complex and confusing medical systems to support her parents and sibling
- Feels frustration, guilt and stress balancing the demands of family and being a new college student

Jesse

Agricultural worker, age 21
Cares for aging parents

- Agricultural worker, works long hours of physical labor on a farm with many of his family members
- Lives with his parents. Since his parents primarily speak Spanish he helps ensure his parents are able to access medical care, take their medications on schedule, and as well as help
- Mom recently fell, concerned about her safety as she is still working a very physical job
- Has siblings with their own families- they also help as much as they can but he is single and the most available
2023 CONFERENCIA DE CUIDADORES FAMILIARES
NAVEGANDO JUNTOS HACIA ADELANTE

Un día de celebración, educación, apoyo y conexiones entre los cuidadores familiares y colaboradores a lo largo de la vida.

¡Regístrese hoy!

Cuándo: 11 de marzo de 2023
Dónde: Evento Virtual y en el Hispanic Cultural Center
315 Stampede Dr, Nampa, ID 83687
¿Costo?: GRATIS
¡Aprende más!

idahocaregiveralliance.com/caregiverconference/

Si tiene preguntas sobre la Pista en Español, comuníquese con Virgi Blaine por teléfono al 208-871-6301 o por correo electrónico a virgi.blaine@dhw.idaho.gov. Virgi habla Español.
Supported Research

Improving Hispanic Family Caregiver Projects:
Identifying How Unique Barriers and Cultural Values Influence Service Utilization and Caregiver Roles

MAY 2022

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Center for the Study of Aging
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INFLUENCES OF SERVICE UTILIZATION

- Personalismo
- Familismo
- Marianismo
- Machismo
- Respeto
- Dignidad
- Barriers
**Cultural Values**

**FAMILISMO**
Familism

- Strong interdependence towards family
- Distrust of external help delays treatment
- Deters seeking formal care
- Institutionalized care violates familism
- Increases willingness to provide caregiving

**PERSONALISMO**
Personalism

- Strong interdependence towards close friends
- Providers should take their time & show a personal interest
- Results in underutilization of health services
- Establish trust w/caregivers & family members
Cultural Values

MARIANISMO
MARIANISM

Female gender role derived from the Virgin Mary: Selfless devotion, patience, sacrifice

- Caregiver role falls to females
- Sense of duty prioritizes self-care
- Spirituality/religiosity impact well-being and coping mechanisms

MACHISMO
MACHOISM

Traditional male role

- Male caregivers hesitant to seek help out of fear of appearing weak.
Cultural Values

**RESPETO**
Respect

- Governors interactions with family & healthcare professionals
- Admitting distress may be seen as disrespectful
- Hierarchy of power provides insight into who bears responsibilities
- "Burden, respite, coping" are unacceptable terms

**DIGNIDAD**
Dignity

- Strong need to be treated with dignity
- Institutionalized care viewed as taking from an individual's dignity
- Acknowledging illness takes from dignity
- Daily living activities from opposite sex may violate dignity
  - E.g., mother bathed by son
Research: Hispanic Caregivers

Socioeconomic Status
- 1 in 4 older live below poverty line
- 2x the rate of non-Hispanic whites
- One of the largest demographics living in poor economic environments

Language
- Health literacy
- Limited English
- Caregiver terms contradict cultural values

Cultural Competence
- Lack of culturally and linguistically acceptable services and resources
- Health equity

Legal Status
- Fear of deportation
- Fear & mistrust towards non-Spanish speaking professionals

Insurance Coverage
- 41% lack adequate health insurance coverage

Healthcare Costs
- 55% report affordability of care

Barriers
RECOMMENDATIONS

- Readily available interpreters
- Implicit bias training for healthcare workers
- Translation by professional and culturally indigenous staff
- Community-based participatory research
- Culturally tailored infographics
- Cultural competence training
- Cultural literacy in development of programs
- Culturally appropriate home services
- Access to those in rural settings
- Transportation services
- Financial support services
Celebrated Successes

Boise State University

State

Regionals

Heading to Nationals in DC!

Watch here
Thank you! Questions/Comments?
Lessons Learned

- Small steps are meaningful
- Engage with trusted social networks and organizations
- Cultural Sensitivity - Integrate cultural values
- Awareness of Barriers
- Trust & Rapport Building
- Go into the community to identify needs
- Sharing and transferring of power
- It’s a process!
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