

WEBVTT

NOTE duration:"00:20:13"

NOTE recognizability:0.925

NOTE language:en-us

NOTE Confidence: 0.9622037715

00:00:05.000 --> 00:00:07.872 Hello and thank you for joining me for

NOTE Confidence: 0.9622037715

00:00:07.872 --> 00:00:10.171 today's presentation on caregiving for older

NOTE Confidence: 0.9622037715

00:00:10.171 --> 00:00:12.439 adult immigrants in the United States.

NOTE Confidence: 0.9622037715

00:00:12.440 --> 00:00:14.986 My name is T and I am a third year PhD

NOTE Confidence: 0.9622037715

00:00:14.986 --> 00:00:17.674 student at the Yale School of Public Health.

NOTE Confidence: 0.9622037715

00:00:17.680 --> 00:00:19.536 And for today's presentation,

NOTE Confidence: 0.9622037715

00:00:19.536 --> 00:00:22.320 I will briefly go over characteristics

NOTE Confidence: 0.9622037715

00:00:22.391 --> 00:00:24.571 and demographics of older adult

NOTE Confidence: 0.9622037715

00:00:24.571 --> 00:00:26.751 immigrants in the United States.

NOTE Confidence: 0.9622037715

00:00:26.760 --> 00:00:28.937 And then I'll talk about some of

NOTE Confidence: 0.9622037715

00:00:28.937 --> 00:00:30.767 the barriers and facilitators to

NOTE Confidence: 0.9622037715

00:00:30.767 --> 00:00:32.419 well-being among this population

NOTE Confidence: 0.9622037715

00:00:32.419 --> 00:00:34.840 as well as their caregivers.

NOTE Confidence: 0.9622037715

00:00:34.840 --> 00:00:37.125 And I'll end with some  
NOTE Confidence: 0.9622037715

00:00:37.125 --> 00:00:38.039 caregiving considerations,  
NOTE Confidence: 0.9622037715

00:00:38.040 --> 00:00:40.368 as well as other considerations and  
NOTE Confidence: 0.9622037715

00:00:40.368 --> 00:00:41.920 recommendations for working with  
NOTE Confidence: 0.9622037715

00:00:41.980 --> 00:00:43.772 older adult immigrant populations  
NOTE Confidence: 0.9622037715

00:00:43.772 --> 00:00:45.116 and their caregivers.  
NOTE Confidence: 0.934907436

00:00:47.560 --> 00:00:50.280 Approximately 89,000 older adults  
NOTE Confidence: 0.934907436

00:00:50.280 --> 00:00:54.026 ages 65 and older immigrate to the US  
NOTE Confidence: 0.934907436

00:00:54.026 --> 00:00:57.437 every year from the year 2000 to 2019.  
NOTE Confidence: 0.934907436

00:00:57.440 --> 00:01:00.320 In 2019, about 6% of immigrants  
NOTE Confidence: 0.934907436

00:01:00.320 --> 00:01:02.702 were ages 65 and older,  
NOTE Confidence: 0.934907436

00:01:02.702 --> 00:01:06.652 compared to only 2% in the year 2000.  
NOTE Confidence: 0.934907436

00:01:06.652 --> 00:01:08.946 And currently, there are about  
NOTE Confidence: 0.934907436

00:01:08.946 --> 00:01:11.056 7.5 million older adults from  
NOTE Confidence: 0.934907436

00:01:11.056 --> 00:01:12.649 immigrant populations who are  
NOTE Confidence: 0.934907436

00:01:12.649 --> 00:01:14.359 residing in the United States.

NOTE Confidence: 0.951590669

00:01:17.200 --> 00:01:19.360 The majority of immigrants to the

NOTE Confidence: 0.951590669

00:01:19.360 --> 00:01:22.022 US come from Mexico, China, India,

NOTE Confidence: 0.951590669

00:01:22.022 --> 00:01:25.077 the Philippines, and El Salvador.

NOTE Confidence: 0.951590669

00:01:25.080 --> 00:01:27.400 In 2019, about 30,000 refugees

NOTE Confidence: 0.951590669

00:01:27.400 --> 00:01:29.720 were resettled in the US,

NOTE Confidence: 0.951590669

00:01:29.720 --> 00:01:32.144 with the largest origin countries being

NOTE Confidence: 0.951590669

00:01:32.144 --> 00:01:34.439 the Democratic Republic of the Congo,

NOTE Confidence: 0.951590669

00:01:34.440 --> 00:01:38.120 Burma, Myanmar, Ukraine, and Eritrea.

NOTE Confidence: 0.951590669

00:01:38.120 --> 00:01:40.936 Oftentimes, the terms immigrant,

NOTE Confidence: 0.951590669

00:01:40.936 --> 00:01:42.180 migrant, refugee,

NOTE Confidence: 0.951590669

00:01:42.180 --> 00:01:45.960 or asylum seeker may be used interchangeably.

NOTE Confidence: 0.951590669

00:01:45.960 --> 00:01:48.144 However, a migrant is someone who can

NOTE Confidence: 0.951590669

00:01:48.144 --> 00:01:50.676 return to their home country if they wish,

NOTE Confidence: 0.951590669

00:01:50.680 --> 00:01:52.685 whereas refugees and asylum seekers

NOTE Confidence: 0.951590669

00:01:52.685 --> 00:01:55.554 have been forced to leave their home

NOTE Confidence: 0.951590669

00:01:55.554 --> 00:01:57.924 country and cannot return for safety  
NOTE Confidence: 0.951590669

00:01:57.924 --> 00:02:00.558 reasons such as if they are fleeing war,  
NOTE Confidence: 0.951590669

00:02:00.560 --> 00:02:02.198 violence, or persecution.  
NOTE Confidence: 0.958165168181818

00:02:05.480 --> 00:02:07.190 Nearly half of the immigrant  
NOTE Confidence: 0.958165168181818

00:02:07.190 --> 00:02:09.360 population reside in just three states,  
NOTE Confidence: 0.958165168181818

00:02:09.360 --> 00:02:13.356 which are California, Texas, and Florida.  
NOTE Confidence: 0.958165168181818

00:02:13.360 --> 00:02:15.736 Other major cities with large immigrant  
NOTE Confidence: 0.958165168181818

00:02:15.736 --> 00:02:18.193 populations include New York, Chicago,  
NOTE Confidence: 0.958165168181818

00:02:18.193 --> 00:02:22.558 Seattle, WA, DC, and Atlanta.  
NOTE Confidence: 0.958165168181818

00:02:22.560 --> 00:02:24.575 There are several factors that  
NOTE Confidence: 0.958165168181818

00:02:24.575 --> 00:02:26.187 impact well-being among older  
NOTE Confidence: 0.958165168181818

00:02:26.187 --> 00:02:27.999 adult immigrant populations.  
NOTE Confidence: 0.958165168181818

00:02:28.000 --> 00:02:29.800 The 1st is economic strain,  
NOTE Confidence: 0.958165168181818

00:02:29.800 --> 00:02:32.284 so 16% of older adult immigrants  
NOTE Confidence: 0.958165168181818

00:02:32.284 --> 00:02:34.618 live below the poverty line and  
NOTE Confidence: 0.958165168181818

00:02:34.618 --> 00:02:36.320 40% are from low income families,

NOTE Confidence: 0.958165168181818  
00:02:36.320 --> 00:02:38.185 while many older adult immigrants  
NOTE Confidence: 0.958165168181818  
00:02:38.185 --> 00:02:40.050 reside with a family member  
NOTE Confidence: 0.958165168181818  
00:02:40.111 --> 00:02:41.635 when they come to the US.  
NOTE Confidence: 0.958165168181818  
00:02:41.640 --> 00:02:43.789 Migrating at a later age means that  
NOTE Confidence: 0.958165168181818  
00:02:43.789 --> 00:02:45.593 there are less opportunities for  
NOTE Confidence: 0.958165168181818  
00:02:45.593 --> 00:02:47.623 building up economic resources such  
NOTE Confidence: 0.958165168181818  
00:02:47.623 --> 00:02:50.199 as a savings or a retirement fund.  
NOTE Confidence: 0.899517496666667  
00:02:52.320 --> 00:02:54.592 Second, language barriers stemming  
NOTE Confidence: 0.899517496666667  
00:02:54.592 --> 00:02:56.864 from limited English proficiency  
NOTE Confidence: 0.899517496666667  
00:02:56.864 --> 00:02:59.200 has been associated with  
NOTE Confidence: 0.899517496666667  
00:02:59.200 --> 00:03:00.960 decreased healthcare service use,  
NOTE Confidence: 0.899517496666667  
00:03:00.960 --> 00:03:02.720 lower quality of care,  
NOTE Confidence: 0.899517496666667  
00:03:02.720 --> 00:03:04.560 and increased social isolation  
NOTE Confidence: 0.899517496666667  
00:03:04.560 --> 00:03:06.960 among Latin X Chinese, Korean,  
NOTE Confidence: 0.899517496666667  
00:03:06.960 --> 00:03:09.200 Filipino, and other older  
NOTE Confidence: 0.899517496666667

00:03:09.200 --> 00:03:10.880 adult immigrant populations.  
NOTE Confidence: 0.940928746363636

00:03:13.960 --> 00:03:16.372 Mental health is also another important  
NOTE Confidence: 0.940928746363636

00:03:16.372 --> 00:03:18.680 consideration in the research literature.  
NOTE Confidence: 0.940928746363636

00:03:18.680 --> 00:03:21.176 The healthy immigrant effects suggest that  
NOTE Confidence: 0.940928746363636

00:03:21.176 --> 00:03:23.277 immigrants generally have better physical  
NOTE Confidence: 0.940928746363636

00:03:23.277 --> 00:03:25.557 health than their US born counterparts,  
NOTE Confidence: 0.940928746363636

00:03:25.560 --> 00:03:28.160 potentially due to immigration selection,  
NOTE Confidence: 0.940928746363636

00:03:28.160 --> 00:03:30.560 such that mainly healthy people tend  
NOTE Confidence: 0.940928746363636

00:03:30.560 --> 00:03:32.760 to make the immigration journey,  
NOTE Confidence: 0.940928746363636

00:03:32.760 --> 00:03:35.217 and this has mostly been studied among  
NOTE Confidence: 0.940928746363636

00:03:35.217 --> 00:03:37.114 immigrants from South America and  
NOTE Confidence: 0.940928746363636

00:03:37.114 --> 00:03:39.074 Asia and among younger populations.  
NOTE Confidence: 0.940928746363636

00:03:39.080 --> 00:03:41.362 So there is less evidence for this  
NOTE Confidence: 0.940928746363636

00:03:41.362 --> 00:03:43.520 effect among older adult populations,  
NOTE Confidence: 0.940928746363636

00:03:43.520 --> 00:03:46.100 perhaps due to different  
NOTE Confidence: 0.940928746363636

00:03:46.100 --> 00:03:48.680 motivating factors for migration.

NOTE Confidence: 0.940928746363636  
00:03:48.680 --> 00:03:51.120 So while healthy younger adults  
NOTE Confidence: 0.940928746363636  
00:03:51.120 --> 00:03:53.560 migrate mainly for job opportunities,  
NOTE Confidence: 0.940928746363636  
00:03:53.560 --> 00:03:55.355 older adults migrate to reunite  
NOTE Confidence: 0.940928746363636  
00:03:55.355 --> 00:03:57.574 with their loved ones who have  
NOTE Confidence: 0.940928746363636  
00:03:57.574 --> 00:03:59.359 settled in the United States.  
NOTE Confidence: 0.940928746363636  
00:03:59.360 --> 00:04:01.400 However, in terms of mental health,  
NOTE Confidence: 0.940928746363636  
00:04:01.400 --> 00:04:04.087 there is strong evidence that foreign  
NOTE Confidence: 0.940928746363636  
00:04:04.087 --> 00:04:06.289 born older adults have worse mental  
NOTE Confidence: 0.940928746363636  
00:04:06.289 --> 00:04:08.718 health than their US born counterparts.  
NOTE Confidence: 0.940928746363636  
00:04:08.720 --> 00:04:09.380 For example,  
NOTE Confidence: 0.940928746363636  
00:04:09.380 --> 00:04:11.360 one study by Troy ET al.  
NOTE Confidence: 0.940928746363636  
00:04:11.360 --> 00:04:14.195 From 2016 where they examined  
NOTE Confidence: 0.940928746363636  
00:04:14.195 --> 00:04:16.463 Medical Expenditure Panel Survey  
NOTE Confidence: 0.940928746363636  
00:04:16.463 --> 00:04:18.937 data for over 29,000 older adults.  
NOTE Confidence: 0.940928746363636  
00:04:18.937 --> 00:04:21.590 They found that immigrants who had been  
NOTE Confidence: 0.940928746363636

00:04:21.660 --> 00:04:24.387 living in the US for less than 15 years  
NOTE Confidence: 0.940928746363636

00:04:24.387 --> 00:04:26.258 reported greater depressive symptoms  
NOTE Confidence: 0.940928746363636

00:04:26.258 --> 00:04:28.254 and higher psychological distress  
NOTE Confidence: 0.940928746363636

00:04:28.254 --> 00:04:30.928 compared to those who had been living  
NOTE Confidence: 0.940928746363636

00:04:30.928 --> 00:04:33.359 in the US for more than 15 years,  
NOTE Confidence: 0.940928746363636

00:04:33.360 --> 00:04:36.680 as well as to those who were born in the US.  
NOTE Confidence: 0.940928746363636

00:04:36.680 --> 00:04:37.100 Additionally,  
NOTE Confidence: 0.940928746363636

00:04:37.100 --> 00:04:39.620 older adult immigrants who are refugees  
NOTE Confidence: 0.940928746363636

00:04:39.620 --> 00:04:42.049 or asylum seekers have been forcibly  
NOTE Confidence: 0.940928746363636

00:04:42.049 --> 00:04:43.884 displaced from their home countries  
NOTE Confidence: 0.940928746363636

00:04:43.884 --> 00:04:46.518 and may have experienced prolonged war,  
NOTE Confidence: 0.940928746363636

00:04:46.520 --> 00:04:48.348 sexual and physical violence  
NOTE Confidence: 0.940928746363636

00:04:48.348 --> 00:04:49.719 and political conflicts.  
NOTE Confidence: 0.940928746363636

00:04:49.720 --> 00:04:50.744 Pre migration.  
NOTE Confidence: 0.940928746363636

00:04:50.744 --> 00:04:53.304 These traumatic experiences can contribute  
NOTE Confidence: 0.940928746363636

00:04:53.304 --> 00:04:56.079 to post traumatic stress disorders,

NOTE Confidence: 0.940928746363636  
00:04:56.080 --> 00:04:56.513 depression,  
NOTE Confidence: 0.940928746363636  
00:04:56.513 --> 00:04:58.678 anxiety and other forms of  
NOTE Confidence: 0.940928746363636  
00:04:58.678 --> 00:05:00.410 psychological distress that can  
NOTE Confidence: 0.940928746363636  
00:05:00.479 --> 00:05:02.399 continue even after settlement.  
NOTE Confidence: 0.897934883333333  
00:05:07.240 --> 00:05:09.932 As for interpersonal factors,  
NOTE Confidence: 0.897934883333333  
00:05:09.932 --> 00:05:11.278 social isolation,  
NOTE Confidence: 0.897934883333333  
00:05:11.280 --> 00:05:12.339 broken social networks,  
NOTE Confidence: 0.897934883333333  
00:05:12.339 --> 00:05:14.810 and loss of a partner or spouse  
NOTE Confidence: 0.897934883333333  
00:05:14.880 --> 00:05:16.680 are all aspects to consider.  
NOTE Confidence: 0.897934883333333  
00:05:16.680 --> 00:05:18.568 Social isolation and loneliness  
NOTE Confidence: 0.897934883333333  
00:05:18.568 --> 00:05:21.400 are concerns for all older adults,  
NOTE Confidence: 0.897934883333333  
00:05:21.400 --> 00:05:23.884 but in particular for older adult  
NOTE Confidence: 0.897934883333333  
00:05:23.884 --> 00:05:25.540 immigrants who are essentially  
NOTE Confidence: 0.897934883333333  
00:05:25.608 --> 00:05:27.936 starting over in terms of forming  
NOTE Confidence: 0.897934883333333  
00:05:27.936 --> 00:05:29.944 social networks and social ties  
NOTE Confidence: 0.897934883333333

00:05:29.944 --> 00:05:31.884 outside of their immediate family  
NOTE Confidence: 0.8979348833333333

00:05:31.884 --> 00:05:36.040 when they resettle in the US.  
NOTE Confidence: 0.8979348833333333

00:05:36.040 --> 00:05:37.114 As mentioned previously,  
NOTE Confidence: 0.8979348833333333

00:05:37.114 --> 00:05:39.620 a lot of older adult immigrants live  
NOTE Confidence: 0.8979348833333333

00:05:39.686 --> 00:05:41.834 with their children or another family  
NOTE Confidence: 0.8979348833333333

00:05:41.834 --> 00:05:43.920 member when they settle in the US,  
NOTE Confidence: 0.8979348833333333

00:05:43.920 --> 00:05:45.656 so in some instances,  
NOTE Confidence: 0.8979348833333333

00:05:45.656 --> 00:05:46.958 new family routines,  
NOTE Confidence: 0.8979348833333333

00:05:46.960 --> 00:05:47.488 lifestyles,  
NOTE Confidence: 0.8979348833333333

00:05:47.488 --> 00:05:49.072 and intergenerational relationships  
NOTE Confidence: 0.8979348833333333

00:05:49.072 --> 00:05:51.712 may have to be established.  
NOTE Confidence: 0.955093144074074

00:05:54.560 --> 00:05:56.648 Language barriers, cultural differences,  
NOTE Confidence: 0.955093144074074

00:05:56.648 --> 00:05:59.780 and discrimination may make it more  
NOTE Confidence: 0.955093144074074

00:05:59.856 --> 00:06:02.574 difficult for older adult immigrants to  
NOTE Confidence: 0.955093144074074

00:06:02.574 --> 00:06:05.484 establish social ties both within and  
NOTE Confidence: 0.955093144074074

00:06:05.484 --> 00:06:08.034 outside their immediate family structure.

NOTE Confidence: 0.955093144074074  
00:06:08.040 --> 00:06:08.840 Additionally, barriers  
NOTE Confidence: 0.955093144074074  
00:06:08.840 --> 00:06:10.440 in the built environment,  
NOTE Confidence: 0.955093144074074  
00:06:10.440 --> 00:06:12.856 such as accessibility, availability,  
NOTE Confidence: 0.955093144074074  
00:06:12.856 --> 00:06:15.876 and affordability of public transportation  
NOTE Confidence: 0.955093144074074  
00:06:15.876 --> 00:06:18.798 networks may influence opportunities for  
NOTE Confidence: 0.955093144074074  
00:06:18.798 --> 00:06:21.640 social engagement at the structural level.  
NOTE Confidence: 0.955093144074074  
00:06:21.640 --> 00:06:23.786 Discrimination based on race, ethnicity,  
NOTE Confidence: 0.955093144074074  
00:06:23.786 --> 00:06:25.916 national origin and our immigration  
NOTE Confidence: 0.955093144074074  
00:06:25.916 --> 00:06:28.140 status may prevent older adult  
NOTE Confidence: 0.955093144074074  
00:06:28.140 --> 00:06:30.440 immigrants from seeking health services,  
NOTE Confidence: 0.955093144074074  
00:06:30.440 --> 00:06:33.200 social opportunities and  
NOTE Confidence: 0.955093144074074  
00:06:33.200 --> 00:06:35.040 employment opportunities.  
NOTE Confidence: 0.955093144074074  
00:06:35.040 --> 00:06:37.320 And lastly, lack of citizenship and  
NOTE Confidence: 0.955093144074074  
00:06:37.320 --> 00:06:39.299 temporary status can impact what  
NOTE Confidence: 0.955093144074074  
00:06:39.299 --> 00:06:41.259 health services are available and  
NOTE Confidence: 0.955093144074074

00:06:41.259 --> 00:06:43.560 affordable for older adult immigrants.  
NOTE Confidence: 0.955093144074074

00:06:43.560 --> 00:06:44.808 So briefly, U.S.  
NOTE Confidence: 0.955093144074074

00:06:44.808 --> 00:06:46.888 citizens are eligible for Medicare  
NOTE Confidence: 0.955093144074074

00:06:46.888 --> 00:06:49.414 benefits without any work credits or  
NOTE Confidence: 0.955093144074074

00:06:49.414 --> 00:06:51.038 length of residency requirements.  
NOTE Confidence: 0.955093144074074

00:06:51.040 --> 00:06:52.276 But non-us citizens,  
NOTE Confidence: 0.955093144074074

00:06:52.276 --> 00:06:54.748 such as lawfully permanent residents and  
NOTE Confidence: 0.955093144074074

00:06:54.748 --> 00:06:57.018 those with Temporary Protected Status  
NOTE Confidence: 0.955093144074074

00:06:57.018 --> 00:06:59.263 are eligible for Medicare benefits  
NOTE Confidence: 0.955093144074074

00:06:59.263 --> 00:07:01.678 either with a sufficient work history,  
NOTE Confidence: 0.955093144074074

00:07:01.680 --> 00:07:03.822 which is equal to about 10 years  
NOTE Confidence: 0.955093144074074

00:07:03.822 --> 00:07:06.644 of full time work or five years of  
NOTE Confidence: 0.955093144074074

00:07:06.644 --> 00:07:09.109 continuous residence in the US And  
NOTE Confidence: 0.955093144074074

00:07:09.109 --> 00:07:11.654 individuals who are undocumented are  
NOTE Confidence: 0.955093144074074

00:07:11.654 --> 00:07:14.409 not eligible for Medicare benefits  
NOTE Confidence: 0.955093144074074

00:07:14.409 --> 00:07:16.320 under any circumstances.

NOTE Confidence: 0.955093144074074  
00:07:16.320 --> 00:07:17.880 These determinations are made on  
NOTE Confidence: 0.955093144074074  
00:07:17.880 --> 00:07:19.440 a case by case basis,  
NOTE Confidence: 0.955093144074074  
00:07:19.440 --> 00:07:21.255 so enrolling in Medicare programs  
NOTE Confidence: 0.955093144074074  
00:07:21.255 --> 00:07:23.600 may be a challenging and confusing  
NOTE Confidence: 0.955093144074074  
00:07:23.600 --> 00:07:25.900 process for older adult immigrants  
NOTE Confidence: 0.955093144074074  
00:07:25.900 --> 00:07:27.280 and their caregivers.  
NOTE Confidence: 0.955093144074074  
00:07:27.280 --> 00:07:27.688 Additionally,  
NOTE Confidence: 0.955093144074074  
00:07:27.688 --> 00:07:29.320 anti immigrant rhetoric over  
NOTE Confidence: 0.955093144074074  
00:07:29.320 --> 00:07:30.952 the past few years,  
NOTE Confidence: 0.955093144074074  
00:07:30.960 --> 00:07:34.012 for example through policies that cut back  
NOTE Confidence: 0.955093144074074  
00:07:34.012 --> 00:07:36.239 on humanitarian programs for refugees,  
NOTE Confidence: 0.955093144074074  
00:07:36.240 --> 00:07:38.286 have made it more difficult and  
NOTE Confidence: 0.955093144074074  
00:07:38.286 --> 00:07:39.650 dangerous for individuals to  
NOTE Confidence: 0.955093144074074  
00:07:39.712 --> 00:07:41.672 seek employment or move through  
NOTE Confidence: 0.955093144074074  
00:07:41.672 --> 00:07:43.240 the legal immigration process.  
NOTE Confidence: 0.955093144074074

00:07:43.240 --> 00:07:45.365 So there are approximately 1.3  
NOTE Confidence: 0.955093144074074

00:07:45.365 --> 00:07:48.291 million older adults ages 55 and older  
NOTE Confidence: 0.955093144074074

00:07:48.291 --> 00:07:50.811 who are undocumented in the US and  
NOTE Confidence: 0.955093144074074

00:07:50.811 --> 00:07:53.432 these individuals are excluded from  
NOTE Confidence: 0.955093144074074

00:07:53.432 --> 00:07:56.157 Medicare and Social Security benefits,  
NOTE Confidence: 0.955093144074074

00:07:56.160 --> 00:07:58.760 despite being taxpayers and older.  
NOTE Confidence: 0.955093144074074

00:07:58.760 --> 00:08:00.890 Adult immigrants in these situations do  
NOTE Confidence: 0.955093144074074

00:08:00.890 --> 00:08:03.268 not have access to affordable medical  
NOTE Confidence: 0.955093144074074

00:08:03.268 --> 00:08:05.503 care outside of nonprofit community  
NOTE Confidence: 0.955093144074074

00:08:05.503 --> 00:08:07.628 health centers and public clinics  
NOTE Confidence: 0.955093144074074

00:08:07.628 --> 00:08:09.794 that offer free or sliding scale  
NOTE Confidence: 0.955093144074074

00:08:09.794 --> 00:08:11.786 services to those without insurance.  
NOTE Confidence: 0.955093144074074

00:08:11.786 --> 00:08:14.318 And these places are often working  
NOTE Confidence: 0.955093144074074

00:08:14.318 --> 00:08:16.000 with limited resources.  
NOTE Confidence: 0.955093144074074

00:08:16.000 --> 00:08:18.400 So older adult immigrants who are  
NOTE Confidence: 0.955093144074074

00:08:18.400 --> 00:08:20.480 undocumented may have to continue

NOTE Confidence: 0.955093144074074  
00:08:20.480 --> 00:08:22.515 working minimum or below minimum  
NOTE Confidence: 0.955093144074074  
00:08:22.515 --> 00:08:25.319 wage jobs even in their seventies,  
NOTE Confidence: 0.955093144074074  
00:08:25.320 --> 00:08:25.684 80s,  
NOTE Confidence: 0.955093144074074  
00:08:25.684 --> 00:08:27.868 and 90s to support themselves and  
NOTE Confidence: 0.955093144074074  
00:08:27.868 --> 00:08:28.596 their families.  
NOTE Confidence: 0.961648564117647  
00:08:33.040 --> 00:08:34.380 Stress from the acculturation  
NOTE Confidence: 0.961648564117647  
00:08:34.380 --> 00:08:37.180 process may also play a role in the  
NOTE Confidence: 0.961648564117647  
00:08:37.180 --> 00:08:38.995 well-being of older adult immigrants.  
NOTE Confidence: 0.961648564117647  
00:08:39.000 --> 00:08:41.900 Acculturation refers to the process  
NOTE Confidence: 0.961648564117647  
00:08:41.900 --> 00:08:44.800 by which individuals adopt the,  
NOTE Confidence: 0.961648564117647  
00:08:44.800 --> 00:08:47.320 adopt and adopt to the values,  
NOTE Confidence: 0.961648564117647  
00:08:47.320 --> 00:08:49.906 beliefs, customs and practices of the  
NOTE Confidence: 0.961648564117647  
00:08:49.906 --> 00:08:52.600 new country in which they reside.  
NOTE Confidence: 0.961648564117647  
00:08:52.600 --> 00:08:54.436 So the factors that I've discussed  
NOTE Confidence: 0.961648564117647  
00:08:54.436 --> 00:08:56.362 in the previous two slides can  
NOTE Confidence: 0.961648564117647

00:08:56.362 --> 00:08:58.276 contribute to a culture of stress.  
NOTE Confidence: 0.961648564117647

00:08:58.280 --> 00:09:00.464 For example, social isolation due to  
NOTE Confidence: 0.961648564117647

00:09:00.464 --> 00:09:02.593 language barriers and the process of  
NOTE Confidence: 0.961648564117647

00:09:02.593 --> 00:09:04.728 learning a new language later in life  
NOTE Confidence: 0.961648564117647

00:09:04.728 --> 00:09:06.627 can contribute to psychological and  
NOTE Confidence: 0.961648564117647

00:09:06.627 --> 00:09:08.919 social stress as well as feelings  
NOTE Confidence: 0.961648564117647

00:09:08.920 --> 00:09:12.440 of disempowerment and exclusion.  
NOTE Confidence: 0.961648564117647

00:09:12.440 --> 00:09:13.764 In the research literature,  
NOTE Confidence: 0.961648564117647

00:09:13.764 --> 00:09:15.419 acculturate of stress has been  
NOTE Confidence: 0.961648564117647

00:09:15.419 --> 00:09:17.055 linked to loneliness, depression,  
NOTE Confidence: 0.961648564117647

00:09:17.055 --> 00:09:19.730 anxiety and grief among older  
NOTE Confidence: 0.961648564117647

00:09:19.730 --> 00:09:20.800 adult immigrants.  
NOTE Confidence: 0.961648564117647

00:09:20.800 --> 00:09:23.292 So the two example quotes I have  
NOTE Confidence: 0.961648564117647

00:09:23.292 --> 00:09:25.811 here are from a study by Sarah  
NOTE Confidence: 0.961648564117647

00:09:25.811 --> 00:09:28.055 FICA and Reyes where they conducted  
NOTE Confidence: 0.961648564117647

00:09:28.055 --> 00:09:29.675 interviews with Filipino American

NOTE Confidence: 0.961648564117647  
00:09:29.675 --> 00:09:31.655 grandparents who had been living in  
NOTE Confidence: 0.961648564117647  
00:09:31.655 --> 00:09:34.010 the US for less than 10 years and who  
NOTE Confidence: 0.961648564117647  
00:09:34.010 --> 00:09:35.918 are currently Co residing with their  
NOTE Confidence: 0.961648564117647  
00:09:35.918 --> 00:09:37.482 adult children and grandchildren.  
NOTE Confidence: 0.961648564117647  
00:09:37.482 --> 00:09:40.248 And these quotes by the participants  
NOTE Confidence: 0.961648564117647  
00:09:40.248 --> 00:09:42.764 highlight the nuanced experiences of a  
NOTE Confidence: 0.961648564117647  
00:09:42.764 --> 00:09:45.920 culture of stress that can occur in everyday,  
NOTE Confidence: 0.961648564117647  
00:09:45.920 --> 00:09:47.672 seemingly mundane situations.  
NOTE Confidence: 0.961648564117647  
00:09:47.672 --> 00:09:49.424 SO1 participant highlighted  
NOTE Confidence: 0.961648564117647  
00:09:49.424 --> 00:09:51.760 cultural differences stating it's  
NOTE Confidence: 0.961648564117647  
00:09:51.826 --> 00:09:53.877 hard to keep up here in America.  
NOTE Confidence: 0.961648564117647  
00:09:53.880 --> 00:09:55.956 Everyone is rushing to get somewhere.  
NOTE Confidence: 0.961648564117647  
00:09:55.960 --> 00:09:59.120 My family during weekdays is like a madhouse.  
NOTE Confidence: 0.961648564117647  
00:09:59.120 --> 00:10:01.400 Everyone is rushing to get out the door.  
NOTE Confidence: 0.961648564117647  
00:10:01.400 --> 00:10:03.398 It worries me just to see them like that  
NOTE Confidence: 0.961648564117647

00:10:03.398 --> 00:10:05.597 and I'm playing catch up most of the time,  
NOTE Confidence: 0.961648564117647

00:10:05.600 --> 00:10:07.949 but I'm slow now and sometimes my mind is  
NOTE Confidence: 0.961648564117647

00:10:07.949 --> 00:10:10.599 so much faster than what my body is doing.  
NOTE Confidence: 0.961648564117647

00:10:10.600 --> 00:10:12.200 Another participant noted language  
NOTE Confidence: 0.961648564117647

00:10:12.200 --> 00:10:14.200 barrier saying someone needs to  
NOTE Confidence: 0.961648564117647

00:10:14.200 --> 00:10:15.877 be with me all the time.  
NOTE Confidence: 0.961648564117647

00:10:15.880 --> 00:10:17.520 I understand English very well,  
NOTE Confidence: 0.961648564117647

00:10:17.520 --> 00:10:19.362 but I don't have that confidence  
NOTE Confidence: 0.961648564117647

00:10:19.362 --> 00:10:22.122 when I go outside or go to the doctor  
NOTE Confidence: 0.961648564117647

00:10:22.122 --> 00:10:23.805 because my family are afraid and  
NOTE Confidence: 0.961648564117647

00:10:23.805 --> 00:10:25.445 I'm worried that I would not do a  
NOTE Confidence: 0.961648564117647

00:10:25.445 --> 00:10:27.118 good job communicating in English.  
NOTE Confidence: 0.961648564117647

00:10:27.120 --> 00:10:29.280 I've only been here three years.  
NOTE Confidence: 0.961648564117647

00:10:29.280 --> 00:10:30.834 I hope that this will get better.  
NOTE Confidence: 0.961648564117647

00:10:30.840 --> 00:10:31.760 I'm stressed about it  
NOTE Confidence: 0.961298227

00:10:35.720 --> 00:10:37.380 because so many older adult

NOTE Confidence: 0.961298227

00:10:37.380 --> 00:10:39.040 immigrants live with their relatives.

NOTE Confidence: 0.961298227

00:10:39.040 --> 00:10:41.100 It's important to understand how

NOTE Confidence: 0.961298227

00:10:41.100 --> 00:10:43.160 health services can better meet

NOTE Confidence: 0.961298227

00:10:43.227 --> 00:10:45.157 the needs of their caregivers.

NOTE Confidence: 0.961298227

00:10:45.160 --> 00:10:47.100 1 Nationally representative phone

NOTE Confidence: 0.961298227

00:10:47.100 --> 00:10:50.006 survey carried out in 2006 found

NOTE Confidence: 0.961298227

00:10:50.006 --> 00:10:52.904 that one in five informal caregivers

NOTE Confidence: 0.961298227

00:10:52.904 --> 00:10:56.216 to an elderly parent were either

NOTE Confidence: 0.961298227

00:10:56.216 --> 00:10:57.680 first generation Americans,

NOTE Confidence: 0.961298227

00:10:57.680 --> 00:10:59.612 meaning they had at least one parent

NOTE Confidence: 0.961298227

00:10:59.612 --> 00:11:01.520 who was born outside of the US,

NOTE Confidence: 0.961298227

00:11:01.520 --> 00:11:03.290 or they themselves were born outside

NOTE Confidence: 0.961298227

00:11:03.290 --> 00:11:05.480 of the US and then immigrated.

NOTE Confidence: 0.947275438181818

00:11:09.080 --> 00:11:11.245 Racial and ethnic differences among

NOTE Confidence: 0.947275438181818

00:11:11.245 --> 00:11:12.977 immigrant populations should also

NOTE Confidence: 0.947275438181818

00:11:12.977 --> 00:11:16.544 be considered so 17% of caregivers  
NOTE Confidence: 0.947275438181818

00:11:16.544 --> 00:11:20.240 in the US identify as Hispanic,  
NOTE Confidence: 0.947275438181818

00:11:20.240 --> 00:11:22.436 13% as Black or African American,  
NOTE Confidence: 0.947275438181818

00:11:22.440 --> 00:11:24.344 and 6% as Asian.  
NOTE Confidence: 0.947275438181818

00:11:24.344 --> 00:11:26.248 These numbers don't exclusively  
NOTE Confidence: 0.947275438181818

00:11:26.248 --> 00:11:28.120 represent immigrant populations,  
NOTE Confidence: 0.947275438181818

00:11:28.120 --> 00:11:30.352 but it provides a general idea  
NOTE Confidence: 0.947275438181818

00:11:30.352 --> 00:11:32.560 of who caregivers are in the US  
NOTE Confidence: 0.947275438181818

00:11:32.560 --> 00:11:34.600 Minority caregivers are less likely  
NOTE Confidence: 0.947275438181818

00:11:34.600 --> 00:11:36.640 to use formal support services,  
NOTE Confidence: 0.947275438181818

00:11:36.640 --> 00:11:40.450 such as paid care by a  
NOTE Confidence: 0.947275438181818

00:11:40.450 --> 00:11:41.720 professional institution,  
NOTE Confidence: 0.947275438181818

00:11:41.720 --> 00:11:44.520 compared to non Hispanic whites.  
NOTE Confidence: 0.947275438181818

00:11:44.520 --> 00:11:45.834 Cultural norms, values,  
NOTE Confidence: 0.947275438181818

00:11:45.834 --> 00:11:48.462 and role expectations have been noted  
NOTE Confidence: 0.947275438181818

00:11:48.462 --> 00:11:50.922 as motivating factors for greater

NOTE Confidence: 0.947275438181818  
00:11:50.922 --> 00:11:53.357 use of informal support networks.  
NOTE Confidence: 0.947275438181818  
00:11:53.360 --> 00:11:54.260 For example,  
NOTE Confidence: 0.947275438181818  
00:11:54.260 --> 00:11:56.960 norms around filial piety in East  
NOTE Confidence: 0.947275438181818  
00:11:56.960 --> 00:11:59.319 Asian cultures emphasize respect and  
NOTE Confidence: 0.947275438181818  
00:11:59.319 --> 00:12:02.073 care for one's parents and elders.  
NOTE Confidence: 0.947275438181818  
00:12:02.080 --> 00:12:02.476 However,  
NOTE Confidence: 0.947275438181818  
00:12:02.476 --> 00:12:04.852 less use of formal services could  
NOTE Confidence: 0.947275438181818  
00:12:04.852 --> 00:12:06.595 also indicate that caregivers  
NOTE Confidence: 0.947275438181818  
00:12:06.595 --> 00:12:08.555 may face additional barriers  
NOTE Confidence: 0.947275438181818  
00:12:08.555 --> 00:12:10.515 to accessing these services,  
NOTE Confidence: 0.947275438181818  
00:12:10.520 --> 00:12:13.440 such as cost, language barriers,  
NOTE Confidence: 0.947275438181818  
00:12:13.440 --> 00:12:14.826 negative prior experiences  
NOTE Confidence: 0.947275438181818  
00:12:14.826 --> 00:12:16.674 with the healthcare system,  
NOTE Confidence: 0.947275438181818  
00:12:16.680 --> 00:12:18.988 and lack of culturally  
NOTE Confidence: 0.947275438181818  
00:12:18.988 --> 00:12:20.719 competent healthcare services.  
NOTE Confidence: 0.947275438181818

00:12:20.720 --> 00:12:22.460 Caregivers themselves may also be  
NOTE Confidence: 0.947275438181818

00:12:22.460 --> 00:12:24.563 the ones experiencing a culture of  
NOTE Confidence: 0.947275438181818

00:12:24.563 --> 00:12:26.423 stress if they have recently gone  
NOTE Confidence: 0.947275438181818

00:12:26.423 --> 00:12:27.840 through the migration process.  
NOTE Confidence: 0.768888884285714

00:12:32.760 --> 00:12:34.815 Beyond the influence of socio  
NOTE Confidence: 0.768888884285714

00:12:34.815 --> 00:12:36.744 economic factors, cultural values,  
NOTE Confidence: 0.768888884285714

00:12:36.744 --> 00:12:38.400 beliefs and practices,  
NOTE Confidence: 0.768888884285714

00:12:38.400 --> 00:12:40.720 can it all impact caregivers,  
NOTE Confidence: 0.768888884285714

00:12:40.720 --> 00:12:43.680 coping styles, social support, resources,  
NOTE Confidence: 0.768888884285714

00:12:43.680 --> 00:12:45.438 who provides care in the family,  
NOTE Confidence: 0.768888884285714

00:12:45.440 --> 00:12:48.000 and how care is provided in the family?  
NOTE Confidence: 0.768888884285714

00:12:48.000 --> 00:12:50.208 For example, one study based in  
NOTE Confidence: 0.768888884285714

00:12:50.208 --> 00:12:51.680 Israel compared immigrant versus  
NOTE Confidence: 0.768888884285714

00:12:51.742 --> 00:12:53.467 non immigrant spousal and adult  
NOTE Confidence: 0.768888884285714

00:12:53.467 --> 00:12:55.600 child caregivers to an older adult,  
NOTE Confidence: 0.768888884285714

00:12:55.600 --> 00:12:57.790 and they found that immigrant

NOTE Confidence: 0.768888884285714  
00:12:57.790 --> 00:12:59.104 caregivers has significantly  
NOTE Confidence: 0.768888884285714  
00:12:59.104 --> 00:13:01.158 lower levels of social support,  
NOTE Confidence: 0.768888884285714  
00:13:01.160 --> 00:13:03.200 higher levels of role overload,  
NOTE Confidence: 0.768888884285714  
00:13:03.200 --> 00:13:04.800 economic difficulties,  
NOTE Confidence: 0.768888884285714  
00:13:04.800 --> 00:13:07.200 and psychological distress.  
NOTE Confidence: 0.768888884285714  
00:13:07.200 --> 00:13:09.405 Another study with Vietnamese American  
NOTE Confidence: 0.768888884285714  
00:13:09.405 --> 00:13:11.610 spousal and adult child caregivers  
NOTE Confidence: 0.768888884285714  
00:13:11.675 --> 00:13:14.177 of a family member with dementia  
NOTE Confidence: 0.768888884285714  
00:13:14.177 --> 00:13:15.845 found that acculturation differences  
NOTE Confidence: 0.768888884285714  
00:13:15.908 --> 00:13:18.223 impacted how different family members  
NOTE Confidence: 0.768888884285714  
00:13:18.223 --> 00:13:20.075 responded to caregiving stress.  
NOTE Confidence: 0.768888884285714  
00:13:20.080 --> 00:13:22.416 One participant, for example,  
NOTE Confidence: 0.768888884285714  
00:13:22.416 --> 00:13:24.740 stated, quote for my sister,  
NOTE Confidence: 0.768888884285714  
00:13:24.740 --> 00:13:27.425 she came from Vietnam later than me,  
NOTE Confidence: 0.768888884285714  
00:13:27.425 --> 00:13:29.000 so she's still very Vietnamese.  
NOTE Confidence: 0.768888884285714

00:13:29.000 --> 00:13:30.278 She doesn't know how to cope  
NOTE Confidence: 0.768888884285714

00:13:30.278 --> 00:13:31.520 with all of the stress,  
NOTE Confidence: 0.768888884285714

00:13:31.520 --> 00:13:34.159 She was just upset all the time.  
NOTE Confidence: 0.768888884285714

00:13:34.160 --> 00:13:35.970 Participants in this study also  
NOTE Confidence: 0.768888884285714

00:13:35.970 --> 00:13:37.780 expressed that placing an elderly  
NOTE Confidence: 0.768888884285714

00:13:37.844 --> 00:13:39.908 parent in a nursing home was a quote,  
NOTE Confidence: 0.768888884285714

00:13:39.910 --> 00:13:42.213 UN quote American thing to do because  
NOTE Confidence: 0.768888884285714

00:13:42.213 --> 00:13:43.698 it contradicted the Vietnamese  
NOTE Confidence: 0.768888884285714

00:13:43.698 --> 00:13:45.863 culture's emphasis on filial obligation  
NOTE Confidence: 0.768888884285714

00:13:45.863 --> 00:13:48.240 and honoring older adult relatives.  
NOTE Confidence: 0.969584225

00:13:52.760 --> 00:13:54.998 There are a few key considerations,  
NOTE Confidence: 0.969584225

00:13:55.000 --> 00:13:56.795 recommendations, and takeaways that I  
NOTE Confidence: 0.969584225

00:13:56.795 --> 00:13:59.317 would like to highlight for working with  
NOTE Confidence: 0.969584225

00:13:59.317 --> 00:14:01.333 older adults and their caregivers who  
NOTE Confidence: 0.969584225

00:14:01.333 --> 00:14:03.560 are coming from immigrant backgrounds.  
NOTE Confidence: 0.969584225

00:14:03.560 --> 00:14:06.350 The first is that we need to recognize that

NOTE Confidence: 0.969584225

00:14:06.350 --> 00:14:08.918 culture is an asset by affirming the values,

NOTE Confidence: 0.969584225

00:14:08.920 --> 00:14:11.540 beliefs, and practices of family

NOTE Confidence: 0.969584225

00:14:11.540 --> 00:14:13.636 caregivers and adult immigrants.

NOTE Confidence: 0.969584225

00:14:13.640 --> 00:14:15.398 This could look like, for example,

NOTE Confidence: 0.969584225

00:14:15.400 --> 00:14:17.780 finding ways to form sustainable

NOTE Confidence: 0.969584225

00:14:17.780 --> 00:14:19.684 partnerships with community agencies

NOTE Confidence: 0.969584225

00:14:19.684 --> 00:14:22.101 and nonprofits serving refugee and

NOTE Confidence: 0.969584225

00:14:22.101 --> 00:14:24.915 immigrant populations in your local area.

NOTE Confidence: 0.969584225

00:14:24.920 --> 00:14:27.045 I'm highlighting highlighting a few

NOTE Confidence: 0.969584225

00:14:27.045 --> 00:14:29.170 different organizations that serve the

NOTE Confidence: 0.969584225

00:14:29.236 --> 00:14:31.480 greater New Haven and Connecticut area.

NOTE Confidence: 0.969584225

00:14:31.480 --> 00:14:33.600 So Haven Leaf, for example,

NOTE Confidence: 0.969584225

00:14:33.600 --> 00:14:35.898 provides job training,

NOTE Confidence: 0.969584225

00:14:35.898 --> 00:14:38.196 education, work experience,

NOTE Confidence: 0.969584225

00:14:38.200 --> 00:14:42.040 and Wellness events for refugee women.

NOTE Confidence: 0.969584225

00:14:42.040 --> 00:14:44.092 IRIS provides housing assistance,  
NOTE Confidence: 0.969584225

00:14:44.092 --> 00:14:45.950 legal assistance, career counseling,  
NOTE Confidence: 0.969584225

00:14:45.950 --> 00:14:46.780 case management,  
NOTE Confidence: 0.969584225

00:14:46.780 --> 00:14:48.855 and help with navigating the  
NOTE Confidence: 0.969584225

00:14:48.855 --> 00:14:50.439 healthcare system for refugees.  
NOTE Confidence: 0.95065235875

00:14:53.040 --> 00:14:55.460 And Sanctuary Kitchen provides  
NOTE Confidence: 0.95065235875

00:14:55.460 --> 00:14:58.464 job training and employment for  
NOTE Confidence: 0.95065235875

00:14:58.464 --> 00:15:00.800 immigrant and refugee communities.  
NOTE Confidence: 0.95065235875

00:15:00.800 --> 00:15:02.120 These are just some examples.  
NOTE Confidence: 0.95065235875

00:15:02.120 --> 00:15:03.920 So depending on the population and  
NOTE Confidence: 0.95065235875

00:15:03.920 --> 00:15:05.720 needs within your own community,  
NOTE Confidence: 0.95065235875

00:15:05.720 --> 00:15:08.051 it's important to be aware of the  
NOTE Confidence: 0.95065235875

00:15:08.051 --> 00:15:09.761 available resources outside of the  
NOTE Confidence: 0.95065235875

00:15:09.761 --> 00:15:11.396 healthcare setting that you can  
NOTE Confidence: 0.95065235875

00:15:11.396 --> 00:15:13.039 recommend to patients or clients.  
NOTE Confidence: 0.933071830769231

00:15:15.600 --> 00:15:17.320 Second, it is fundamental to

NOTE Confidence: 0.933071830769231  
00:15:17.320 --> 00:15:19.040 examine your own cultural biases  
NOTE Confidence: 0.933071830769231  
00:15:19.100 --> 00:15:20.678 and practice self-awareness.  
NOTE Confidence: 0.933071830769231  
00:15:20.680 --> 00:15:23.158 So how do your own cultural values,  
NOTE Confidence: 0.933071830769231  
00:15:23.160 --> 00:15:24.920 beliefs, and practices influence  
NOTE Confidence: 0.933071830769231  
00:15:24.920 --> 00:15:27.120 interactions with family caregivers and  
NOTE Confidence: 0.933071830769231  
00:15:27.120 --> 00:15:29.478 older adult from immigrant backgrounds?  
NOTE Confidence: 0.953835554117647  
00:15:32.280 --> 00:15:34.940 Along with this, it's also important to  
NOTE Confidence: 0.953835554117647  
00:15:34.940 --> 00:15:37.085 examine the systemic and institutional  
NOTE Confidence: 0.953835554117647  
00:15:37.085 --> 00:15:39.435 factors that contribute to health.  
NOTE Confidence: 0.953835554117647  
00:15:39.440 --> 00:15:40.934 Inequity, ageism, xenophobia,  
NOTE Confidence: 0.953835554117647  
00:15:40.934 --> 00:15:44.420 and racism can all impact how older  
NOTE Confidence: 0.953835554117647  
00:15:44.504 --> 00:15:47.450 adult immigrants and their caregivers may  
NOTE Confidence: 0.953835554117647  
00:15:47.450 --> 00:15:50.720 seek and use different health services.  
NOTE Confidence: 0.953835554117647  
00:15:50.720 --> 00:15:52.405 And lastly, the immigrant population  
NOTE Confidence: 0.953835554117647  
00:15:52.405 --> 00:15:54.920 in the US is not homogeneous.  
NOTE Confidence: 0.953835554117647

00:15:54.920 --> 00:15:58.696 What works for one group may  
NOTE Confidence: 0.953835554117647

00:15:58.696 --> 00:16:00.840 not work for another.  
NOTE Confidence: 0.953835554117647

00:16:00.840 --> 00:16:02.541 So it's really important to do some  
NOTE Confidence: 0.953835554117647

00:16:02.541 --> 00:16:03.959 ground work and understand where  
NOTE Confidence: 0.953835554117647

00:16:03.959 --> 00:16:05.559 your patients are coming from,  
NOTE Confidence: 0.953835554117647

00:16:05.560 --> 00:16:08.120 not just in terms of the geographic location,  
NOTE Confidence: 0.953835554117647

00:16:08.120 --> 00:16:09.672 but also the historical,  
NOTE Confidence: 0.953835554117647

00:16:09.672 --> 00:16:12.000 cultural and social contexts of their  
NOTE Confidence: 0.953835554117647

00:16:12.069 --> 00:16:14.197 lived experiences and backgrounds.  
NOTE Confidence: 0.935349580625

00:16:18.360 --> 00:16:20.390 I also want to highlight a few  
NOTE Confidence: 0.935349580625

00:16:20.390 --> 00:16:22.866 resources that may be of interest to  
NOTE Confidence: 0.935349580625

00:16:22.866 --> 00:16:23.991 healthcare providers, researchers,  
NOTE Confidence: 0.935349580625

00:16:23.991 --> 00:16:26.448 or community advocates who want to learn  
NOTE Confidence: 0.935349580625

00:16:26.448 --> 00:16:28.589 more about how to improve clinical  
NOTE Confidence: 0.935349580625

00:16:28.589 --> 00:16:30.314 and psychosocial health for older  
NOTE Confidence: 0.935349580625

00:16:30.314 --> 00:16:32.479 adult immigrants and their caregivers.

NOTE Confidence: 0.935349580625

00:16:32.480 --> 00:16:35.820 So the first resource is the Services to

NOTE Confidence: 0.935349580625

00:16:35.820 --> 00:16:38.400 Older Refugees Program Fund offered by

NOTE Confidence: 0.935349580625

00:16:38.400 --> 00:16:41.679 the US Office of Refugee Resettlement.

NOTE Confidence: 0.935349580625

00:16:41.680 --> 00:16:44.272 This Fund provides agency funding to

NOTE Confidence: 0.935349580625

00:16:44.272 --> 00:16:46.000 establish and expand relationships

NOTE Confidence: 0.935349580625

00:16:46.066 --> 00:16:48.220 with state and local agencies to

NOTE Confidence: 0.935349580625

00:16:48.220 --> 00:16:50.105 ensure that older refugees have

NOTE Confidence: 0.935349580625

00:16:50.105 --> 00:16:52.403 access to aging services and provide

NOTE Confidence: 0.935349580625

00:16:52.403 --> 00:16:54.600 them with appropriate services not

NOTE Confidence: 0.935349580625

00:16:54.600 --> 00:16:57.200 currently available in the community.

NOTE Confidence: 0.935349580625

00:16:57.200 --> 00:16:59.400 These services may include access

NOTE Confidence: 0.935349580625

00:16:59.400 --> 00:17:01.160 to senior community centers,

NOTE Confidence: 0.935349580625

00:17:01.160 --> 00:17:03.440 supportive services and

NOTE Confidence: 0.935349580625

00:17:03.440 --> 00:17:04.960 intergenerational activities,

NOTE Confidence: 0.935349580625

00:17:04.960 --> 00:17:07.240 nutrition services and meals delivered

NOTE Confidence: 0.935349580625

00:17:07.240 --> 00:17:09.520 to delivered to homebound clients,  
NOTE Confidence: 0.935349580625

00:17:09.520 --> 00:17:10.168 transportation,  
NOTE Confidence: 0.935349580625

00:17:10.168 --> 00:17:12.112 interpretation and translation,  
NOTE Confidence: 0.935349580625

00:17:12.112 --> 00:17:14.704 help with the citizenship  
NOTE Confidence: 0.935349580625

00:17:14.704 --> 00:17:16.640 and naturalization process,  
NOTE Confidence: 0.935349580625

00:17:16.640 --> 00:17:18.640 home care, adult day care,  
NOTE Confidence: 0.935349580625

00:17:18.640 --> 00:17:19.624 and respite care,  
NOTE Confidence: 0.935349580625

00:17:19.624 --> 00:17:21.592 as well as elder abuse prevention,  
NOTE Confidence: 0.935349580625

00:17:21.600 --> 00:17:23.079 education and awareness.  
NOTE Confidence: 0.96196895

00:17:26.680 --> 00:17:28.000 As a part of this program,  
NOTE Confidence: 0.96196895

00:17:28.000 --> 00:17:29.926 each state has a state refugee  
NOTE Confidence: 0.96196895

00:17:29.926 --> 00:17:31.630 coordinator whom you can contact  
NOTE Confidence: 0.96196895

00:17:31.630 --> 00:17:33.410 For more information about local  
NOTE Confidence: 0.96196895

00:17:33.410 --> 00:17:35.638 resources and how to apply to  
NOTE Confidence: 0.96196895

00:17:35.638 --> 00:17:37.118 receive this federal funding.  
NOTE Confidence: 0.889450680344828

00:17:41.520 --> 00:17:43.732 One example of a program that has

NOTE Confidence: 0.889450680344828  
00:17:43.732 --> 00:17:45.751 used this funding is the Older  
NOTE Confidence: 0.889450680344828  
00:17:45.751 --> 00:17:47.426 Adult Refugees and Friends program  
NOTE Confidence: 0.889450680344828  
00:17:47.426 --> 00:17:49.810 by the Denver Regional Council of  
NOTE Confidence: 0.889450680344828  
00:17:49.810 --> 00:17:51.875 Governments Area Agency on Aging.  
NOTE Confidence: 0.889450680344828  
00:17:51.880 --> 00:17:54.760 So this program was a partnership  
NOTE Confidence: 0.889450680344828  
00:17:54.760 --> 00:17:56.680 between several community organizations,  
NOTE Confidence: 0.889450680344828  
00:17:56.680 --> 00:17:59.184 and these organizations provided  
NOTE Confidence: 0.889450680344828  
00:17:59.184 --> 00:18:01.120 health literacy, English,  
NOTE Confidence: 0.889450680344828  
00:18:01.120 --> 00:18:03.840 nutrition, and citizenship classes,  
NOTE Confidence: 0.889450680344828  
00:18:03.840 --> 00:18:05.720 as well as social events,  
NOTE Confidence: 0.889450680344828  
00:18:05.720 --> 00:18:07.920 interpretation services,  
NOTE Confidence: 0.889450680344828  
00:18:07.920 --> 00:18:10.120 transportation assistance,  
NOTE Confidence: 0.889450680344828  
00:18:10.120 --> 00:18:12.542 and a physical space for older adults  
NOTE Confidence: 0.889450680344828  
00:18:12.542 --> 00:18:15.246 to go to for social engagements  
NOTE Confidence: 0.889450680344828  
00:18:15.246 --> 00:18:17.354 and group fitness classes.  
NOTE Confidence: 0.889450680344828

00:18:17.360 --> 00:18:19.075 They also employed community navigators

NOTE Confidence: 0.889450680344828

00:18:19.075 --> 00:18:21.163 who were from the home countries

NOTE Confidence: 0.889450680344828

00:18:21.163 --> 00:18:23.368 of the older adults and spoke their

NOTE Confidence: 0.889450680344828

00:18:23.368 --> 00:18:25.607 language to connect the older adult

NOTE Confidence: 0.889450680344828

00:18:25.607 --> 00:18:27.155 refugees to mainstream services,

NOTE Confidence: 0.889450680344828

00:18:27.160 --> 00:18:29.800 build trust and serve as cultural

NOTE Confidence: 0.889450680344828

00:18:29.800 --> 00:18:31.120 and linguistic interpreters.

NOTE Confidence: 0.889450680344828

00:18:31.120 --> 00:18:32.965 So if you go to the link provided on

NOTE Confidence: 0.889450680344828

00:18:32.965 --> 00:18:34.917 the slide or just Google the program,

NOTE Confidence: 0.889450680344828

00:18:34.920 --> 00:18:37.140 the organizers have put together a

NOTE Confidence: 0.889450680344828

00:18:37.140 --> 00:18:38.620 document that highlights lessons

NOTE Confidence: 0.889450680344828

00:18:38.678 --> 00:18:40.634 learned and best practices of this

NOTE Confidence: 0.889450680344828

00:18:40.634 --> 00:18:42.634 program that they wanted to share

NOTE Confidence: 0.889450680344828

00:18:42.634 --> 00:18:44.234 with other agencies working with

NOTE Confidence: 0.889450680344828

00:18:44.234 --> 00:18:45.900 older adult from refugee communities.

NOTE Confidence: 0.889450680344828

00:18:45.900 --> 00:18:48.000 So if you are interested in

NOTE Confidence: 0.889450680344828  
00:18:48.000 --> 00:18:49.200 doing something similar,  
NOTE Confidence: 0.889450680344828  
00:18:49.200 --> 00:18:50.646 this document might be a good  
NOTE Confidence: 0.889450680344828  
00:18:50.646 --> 00:18:52.400 resource and a good starting point.  
NOTE Confidence: 0.886199028  
00:18:56.400 --> 00:18:57.512 On the legal side,  
NOTE Confidence: 0.886199028  
00:18:57.512 --> 00:18:59.645 the National Center on Law and Elder  
NOTE Confidence: 0.886199028  
00:18:59.645 --> 00:19:01.277 Rights sometimes has webinars,  
NOTE Confidence: 0.886199028  
00:19:01.280 --> 00:19:04.022 trainings, and fact sheets to help  
NOTE Confidence: 0.886199028  
00:19:04.022 --> 00:19:06.178 providers and advocates better  
NOTE Confidence: 0.886199028  
00:19:06.178 --> 00:19:07.876 understand eligibility issues,  
NOTE Confidence: 0.886199028  
00:19:07.880 --> 00:19:08.964 available services,  
NOTE Confidence: 0.886199028  
00:19:08.964 --> 00:19:11.674 and asserting language access rights,  
NOTE Confidence: 0.886199028  
00:19:11.680 --> 00:19:14.240 such as this fact sheet that they put  
NOTE Confidence: 0.886199028  
00:19:14.240 --> 00:19:17.480 together advocating for older adults  
NOTE Confidence: 0.886199028  
00:19:17.480 --> 00:19:20.400 with limited English proficiency.  
NOTE Confidence: 0.886199028  
00:19:20.400 --> 00:19:23.085 They also offer free case  
NOTE Confidence: 0.886199028

00:19:23.085 --> 00:19:25.816 consultations to legal and aging  
NOTE Confidence: 0.886199028

00:19:25.816 --> 00:19:28.268 network professionals on a range of  
NOTE Confidence: 0.886199028

00:19:28.268 --> 00:19:29.953 legal issues impacting older adults.  
NOTE Confidence: 0.725615741428571

00:19:32.920 --> 00:19:34.632 Justice and Aging also  
NOTE Confidence: 0.725615741428571

00:19:34.632 --> 00:19:35.916 offers similar resources.  
NOTE Confidence: 0.725615741428571

00:19:35.920 --> 00:19:38.080 So for example, they put together  
NOTE Confidence: 0.725615741428571

00:19:38.080 --> 00:19:40.512 this really easy to understand brief  
NOTE Confidence: 0.725615741428571

00:19:40.512 --> 00:19:43.284 on Medicare access for older adult  
NOTE Confidence: 0.725615741428571

00:19:43.284 --> 00:19:45.964 Immigrants which provides a quick but  
NOTE Confidence: 0.725615741428571

00:19:45.964 --> 00:19:48.074 informative overview of this topic.  
NOTE Confidence: 0.725615741428571

00:19:48.080 --> 00:19:49.556 And that is all I have.  
NOTE Confidence: 0.725615741428571

00:19:49.560 --> 00:19:51.492 I hope that you were able to  
NOTE Confidence: 0.725615741428571

00:19:51.492 --> 00:19:53.042 take something you learn from  
NOTE Confidence: 0.725615741428571

00:19:53.042 --> 00:19:54.687 this presentation into your work  
NOTE Confidence: 0.725615741428571

00:19:54.687 --> 00:19:56.679 or into your future practice,  
NOTE Confidence: 0.725615741428571

00:19:56.680 --> 00:19:57.958 and thank you for your time.