Social Engagement Among Asian American and Pacific Islander Older Adults: Successful Programs and Activities

March 16, 2023
Webinar Instructions

Audio Options
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• All participants are muted.

Questions and Answers (Q&A)
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• The Chat feature allows webinar attendees, the host, co-hosts and panelists to communicate for the duration of the webinar.
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USAGing

• USAGing represents and supports the national network of Area Agencies on Aging and advocates for the Title VI Native American Aging Programs that help older adults and people with disabilities live with optimal health, well-being, independence and dignity in their homes and communities.

• www.usaging.org
Overview of engAGED

• National effort to increase social engagement among older adults, people with disabilities and their caregivers
• Administered by USAging
• Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living
• Broad-based Project Advisory Committee
• www.engagingolderadults.org
Presenters

Irene Jisun Sohn, MSW
Executive Director, Hanul Family Alliance

Preeti Singh
Chairperson of SASA, Ektaa Center’s South Asian Senior Association

Tamamalie "Malie" Tiare Chanel
Elder Services Manager, Pacific Islander Community Association of WA
Irene Jisun Sohn, MSW
Executive Director
Hanul Family Alliance: 501(c)(3) Nonprofit Social Service Organization

The **MISSION** of Hanul is to provide comprehensive care and direct services to older adults and immigrant families throughout Chicagoland.

The **VISION** of Hanul is to be a leading organization by becoming an efficient, effective, and supportive provider of social services to an ever-changing Korean American community.
"한울"

ABOUT HANUL
Promoting Healthy Aging,
Family Wellness, and Community
Engagement.

Hanul is a Korean word that is made up of “Han”, which means one large, and “ul” which means us or family.

Hanul represents one large family that empowers each other.
Founded as Korean American Senior Center in 1987

- **Dr. Thomas Kim**, our founder, was an immigrant physician who witnessed Korean older adult patients suffering from social isolation.
- One of his older adult patients was found dead in his apartment and took days until someone found him in his apartment.
- Dr. Kim was 71 years old when he founded the organization to help Korean older adults obtain and sustain a sense of dignity and improved quality of life.
Hanul Family Alliance
CORE PROGRAMS

Home Care
- Medicaid Home Care
- Private Home Care

Healthy Aging
- Nutrition Program
- Benefit Assistance
- Prevention Education
- Victims Assistance

Behavioral Health
- Screening and Prevention
- Individualized Care Plan
- Family/Couples Counseling
- Support Groups

Community Engagement
- Immigration Service
- Adult Education
- Project Youth Connect
HEALTHY AGING

- NUTRITION SERVICE
  - DINE-IN
  - HDM
- BENEFIT ASSISTANCE
- VICTIMS COUNSELING
- ACTIVE CHOICE
- MEMORY CAFÉ
COMMUNITY CARE

- IN-HOME ASSISTANCE
  - HOME CARE
  - PRIVATE DUTIES
- ADULT DAY CARE
  - TO BE LAUNCHED
BEHAVIORAL HEALTH

• COUNSELING SERVICE
  ◦ INDIVIDUAL
  ◦ COUPLES
  ◦ FAMILY
• ASSESSMENT
  ◦ SUBSTANCE ABUSE
• SUPPORT GROUPS
• EDUCATION
COMMUNITY ENGAGEMENT

• ADULT EDUCATION
  ◦ ESL
  ◦ TECH LITERACY
• LEGAL/IMMIGRATION
  ◦ CITIZENSHIP
  ◦ IMMIGRATION
  ◦ LEGAL CLINIC
• PROJECT YOUTH CONNECT
• COMMUNITY EVENTS
Higher risk of social isolation for immigrant and refugee older adults

- Unique risk factors:
  - Racism
  - Discrimination
  - Language barriers
  - Weak social networks
  - Separation from friends and family
  - COVID Pandemic
  - Asian Hate Crime

COMPETING CHALLENGES FOR IMMIGRANT SENIORS: SOCIAL ISOLATION AND THE PANDEMIC
SHANTHI JOHNSON, PHD, RD, FDC, FGSAI, JUANITA BACSU, PHD2, TOM MCINTOSH, PHD3, BONNIE JEFFERY, PHD4, NUELLE NOVIK, PHD4
ASIAN HATE CRIME AMONG ASIAN OLDER ADULTS

- The Federal Bureau of Investigation (FBI) has documented a 77 percent increase from 2019 to 2020 in hate crimes against Asian people living in the US.
- The Stop AAPI Hate coalition received 10,905 reports of hate incidents against Asian American and Pacific Islander persons from March 2020 to December 2021.
- Of those 824 cases were targeting older adults age 60 and older.
- Asian American elders aged 60 and up who reported hate incidents experienced more stress (65.5%) from social isolation than those who did not (43.4%)

COVID-19 Has Driven Racism And Violence Against Asian Americans: Perspectives From 12 National Polls Health Affairs (April 12, 2022)

Anti-Asian Hate, Social Isolation, and Mental Health among Asian American Elders during COVID-19 Stop AAPI Hate in Partnership with AARP
KOREAN – TOP FIVE RISKS INDICATED

- English Not Primary Language: 97%
- Social Integration Risk: 91%
- Stress Indicated: 59%
- Living in Poverty: 55%
- No More than High School Education: 31%

Figure 16: Top Five Risks for Korean Change InSight participants

Change Insight Website: www.changeinsight.org
INNOVATION THROUGH COLLABORATION
HYBRID MODEL PROGRAMS

- ESL Class
- Tech Literacy Class
- Counseling Service
- Book Clubs
- Conferences and Workshops
• First and only Korean Memory Cafe in Illinois (started in March 2019)
• Virtual Memory Cafe held between 2021 and 2022
• Back to In-Person Session in 2023
ACTIVE CHOICE

- Launched in 2023 (in-person)
- Home Excercise Tools distributed
- Line Dancing
- Senior Stretching
- Walking Club
CULTURAL CELEBRATIONS

- Thanksgiving Luncheon
- Lunar New Year’s Day Family Celebration
- Korean Senior’s Day Celebration
FINDING BEST WAYS TO CONNECT

- In-Person
- Telephone Call
- Email/Text Messaging
- Through Family Members
- Local Media
- Outreach
Be Creative
Know your Constituents
Keep Encouraging
THANK YOU

Contact me if you have any questions!

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Preeti Singh
Chairperson of SASA
Ektaa Center’s South Asian Senior Association

Website: https://ektaacenter.org/
Facebook: https://www.facebook.com/sasa.irvine
Cultural Weavers Program

Samoan proverb:
E Afua mai mangia manuia o nu‘u.

English:
Properity and opulence flow from the mountain.
• Provide a day-to-day service and resources for our PI aging and adults.
• Monitors 150 registered elders for the Cultural Weavers program who continue to seek assistance daily.
• 80 active members for the Cultural Weavers Program every Friday in which I facilitate.
• Collaborate with other organizations for program support
• Continuous networking with Pacific islanders who are entrepreneurs or with professional career for outreach presentations and resources that will benefit and meet the needs of our elders.
• Assist clients with finding affordable housing and rental assistance.
• Conduct wellness information and activities for their Friday programs.
It became evident that during the COVID-19 pandemic. Our elders were left vulnerable and isolated. Their families who usually had fulltime working schedules did not know how to accommodate their needs 24/7. However, due to the fact that not only their families were trying their best to provide support at that time. They as Pacific Islanders were able to switch on their surviving mode. It was an awakening on basic living and how they lived through many cultural events and circumstances. But it was evident that they being under the care of their children, had succumbed to being kept in their homes as babysitters, assist daily chores or being isolated in their rooms.
Cultural Weavers is PICA-WA’s Pasifika elderly engagement program that focuses on providing our treasured elders with a space to engage in thoughtful programming in an environment that provides love, dignity and safety, every Friday.

Elders will engage in:

- Cultural Arts Activities
- Hot Pasifika Lunch
- Fun Interactive Games + Prizes
engAGED Resources

• New! A manual on Implementing Hybrid Programs
• Updated! A re-launched and updated Community Awareness Toolkit
• Other resources:
  – Social Engagement Innovations Hub
  – Tips for holding Virtual Events manual
  – Videos
  – Consumer brochures
• Monthly newsletter and blog
• www.engagingolderadults.org
Commit to Connect

• Aim is to connect people living with isolation with programs and resources to build the social connections they need to thrive
• Fostering a nationwide network of champions who are committed to addressing social isolation and loneliness
  • Online discussions
  • Communities of Practice
  • Community of Interest webinars
  • Peer Networking opportunities
  • Newsletter and resources
• Funded by ACL
• USAging serves as the Coordinating Center
• committoconnect.org
Community of Practice

• The Commit to Connect “Understanding the Impact of Social Isolation and Loneliness Programs Community of Practice” will bring together a cohort of three to four agencies or network organizations already delivering a program or intervention that addresses social isolation and/or loneliness who will all utilize the U-SIRS Tool to collect data and better understand their program or intervention’s impact on addressing social isolation and or loneliness.

• Application deadline: March 29, 2023 by 11:59pm ET.

• An information session will be held TODAY from 2:00-2:30pm ET.
Register Now: engAGED and Commit to Connect Social Engagement Virtual Summit

- This two-day virtual event will be held May 9 and 10, from 1:00-4:00 pm ET.
- More information on the event and how to register can be found on the engAGED website.
Questions and Discussion

Please submit your questions or comments through the Q&A.
Thank You!

• Please complete the survey which will be displayed in your browser after Zoom closes. There is also a brief 3-month survey.

• The recording will be available on www.engagingolderadults.org.
Connect With Us!

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- info@engagingolderadults.org