

Aging Among Asian Americans and Pacific Islanders

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Prepared by Gary Tang
garyt@acrs.org

API Cultural Views of Old Age

- Chinese children care for their parents in old age.
- Not only Koreans respect the elderly, but they also celebrate them.
- In India, elders are the head of the family.
- In Samoa, young people are expected to show respect to elders.

Images of elders



The United States ranks 8th in the world for the wellbeing of the elderly

- A [new study](#) looked at the welfare of people aged over 65 in 91 different countries.

Sweden ranks first, followed by Norway and Germany.

Asian Americans are the largest racial minority
in King County

Three generations

- **Grandparents of Baby Boomers** – born 1915 – 1925
Age in 2015: 90-100
- **Parents of Baby Boomers** 1925- 1945
Age: 70- 90
- **Boomers** 1946 – 1964
Age: 50-69

The majority of AAPI elders in Seattle are foreign-born

- 87% of AAPI elders in Seattle are foreign born.
- 43% of those elders say they speak English “less than well.”

High poverty rates among AAPI elders

- 23% of API older adults experience poverty; this rate is higher than for other minority older adults aged 60 and above.

Key trends faced by AAPI older adults in King County

- Increasing numbers of API older adults.
- Many living in poverty.
- Women face new challenges as they age.
- Challenges faced by family, friends and caregivers.

The “Asian” racial category includes more than 48 groups.

- Results for highly diverse groups including Asian Americans and Pacific Islanders are underreported in aggregate forms.
- Without further segmented data, The Health Department and policy makers rely on heavy overgeneralizations.
- Washington must continue to serve the growing diversity and growing population within the Asian American and Pacific Islander community.
- Recent refugees from Burma and Bhutan are becoming large groups in Washington State.

Aging and Adult Service Department

- Launched in 1981.
- We help AAPI older adults get the services they need to remain independent and healthy.

Services are tailored to the individual needs of each client, in line with their vision of a better future.

- 87% of ACRS elderly clients live in poverty
- 33% are disabled
- 67% are female
- 47% of them live outside the City of Seattle

An integrated, culturally competent
service system for older adults

Core Services in 2015

1. Case Management Program
2. Information and Assistance Program
3. SHA Case Management Program
4. Home Care Aide Training
5. King County Navigator Program
6. Emergency Feeding
7. Food Bank
8. Senior Congregate Meal Program
9. Club Bamboo

Increase Independence & Quality of Life

- Case Management Program
- Employment and Volunteer Program
- Information & Assistance Program
- Community Outreach

Case Management

- In-depth assessments and assistance for frail elders and adults with disabilities who have significant health and social needs.
- Helps clients stay in their homes, with a paid caregiver.

Information and Assistance

- Link older adults to the aging service system so that they can get help meeting their needs.
- Medical, housing, legal and transportation services.
- Expanded health benefits for older adults.

Promote Healthy Aging

- Club Bamboo
- Senior Congregate Meal Program

Congregate Meals

- Ethnic lunches to support nutrition
- Providing opportunity for recreation at Club Bamboo and 4 other sites
- Program sites are located in community centers or temples.



Club Bamboo

- Engage elders through health, education, recreation, and wellness to combat cultural and linguistic isolation.
- Invite active members to serve on the advisory committee to provide direction for future activities

Empower Elders through Civic Engagement

- Work with bilingual social workers to identify leaders from Club Bamboo members.
- These community leaders will help other members to vote and interpret the ballot during ballot party.
- Continue to develop the core group of leaders in January 2016 through a civic training series (voter registration, voting statistics, etc.)
- Invite other community leaders into Club Bamboo leadership group to help future civic engagement work (ballot party, advocacy, and policy analysis, etc.)

Our Staff in AAS

20+ languages & dialects spoken:

A word cloud of various languages and dialects spoken by staff in AAS. The words are arranged in a roughly rectangular shape, with some words oriented vertically. The colors of the words vary, including shades of brown, green, blue, and orange.

INDONESIAN
KOREAN
SAMOAN
VIETNAMESE
LAOTIAN
CAMBODIAN
FRENCH
CHAM
THAI
HINDI
CANTONESE
ILOCANO
MANDARIN
JAPANESE
TAGALOG
MALAY
MIEN
SPANISH
BICOL
VISAYAN
PUNJABI

Thank you