Working with African American Older Adults: The AAAE Cultural Competency Training

Karen D. Lincoln, Ph.D., MSW, M.A.
University of Southern California
Associate Professor, School of Social Work
Director, Hartford Center of Excellence in Geriatric Social Work
Founder & Chair, Advocates for African American Elders
Associate Director, USC Edward R. Roybal Institute on Aging

Module 3

Advocate

The AAAE Cultural Competency Training: Mental Health in Context

- **A**cknowledge: The importance and impact of culture, history, differences, unique experiences, individuality and expertise in one's own life.
- **A**ssess: Clients'/consumers' perspectives, beliefs, attitudes, cultural identity, strengths, assets, needs and previous experiences with mental health providers.
- **A**dvocate: For client/consumer needs, awareness and education, access to quality services, and supportive policies.
- **E**ngage: Clients/consumers using culturally competent methods. Participate in outreach strategies that are culturally relevant.

Advocate defined

- to speak or write in favor of.
- support or urge by argument.
- recommend publicly.

advocacy

to change "what is"
into "what should be"

Advocate

- Evaluate assets, strengths, and needs of clients or consumers
- Identify barriers and facilitators to service use
- Identify available and accessible resources
- Raise awareness about mental health
- Be a “change agent”

Advocate

- Advocate for the unique needs of African American older adults that are not being addressed through mainstream mental health or public health systems of care.
- Understanding and highlighting older African Americans' experiences of racism, discrimination, colorism, racial segregation, residential segregation, ageism, migration, cultural and language differences, social stressors and trauma.

Register Now!

2015 AFRICAN-AMERICAN MENTAL HEALTH CONFERENCE

Holistic Wellness for African-American Families and Communities

June 18, 2015

Registration Deadline: June 2, 2015

Keynote Speakers

Robert Ross, M.D.
President & CEO of California Endowment

Cheryl Grills, Ph.D.
Founder and Director of Imoyase
Community Support Services

Los Angeles Airport Marriott Hotel
5855 W. Century Blvd.
Los Angeles, CA. 90045

HOPE WELLNESS RECOVERY

LAC DMH
LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

COUNTY OF LOS ANGELES CALIFORNIA

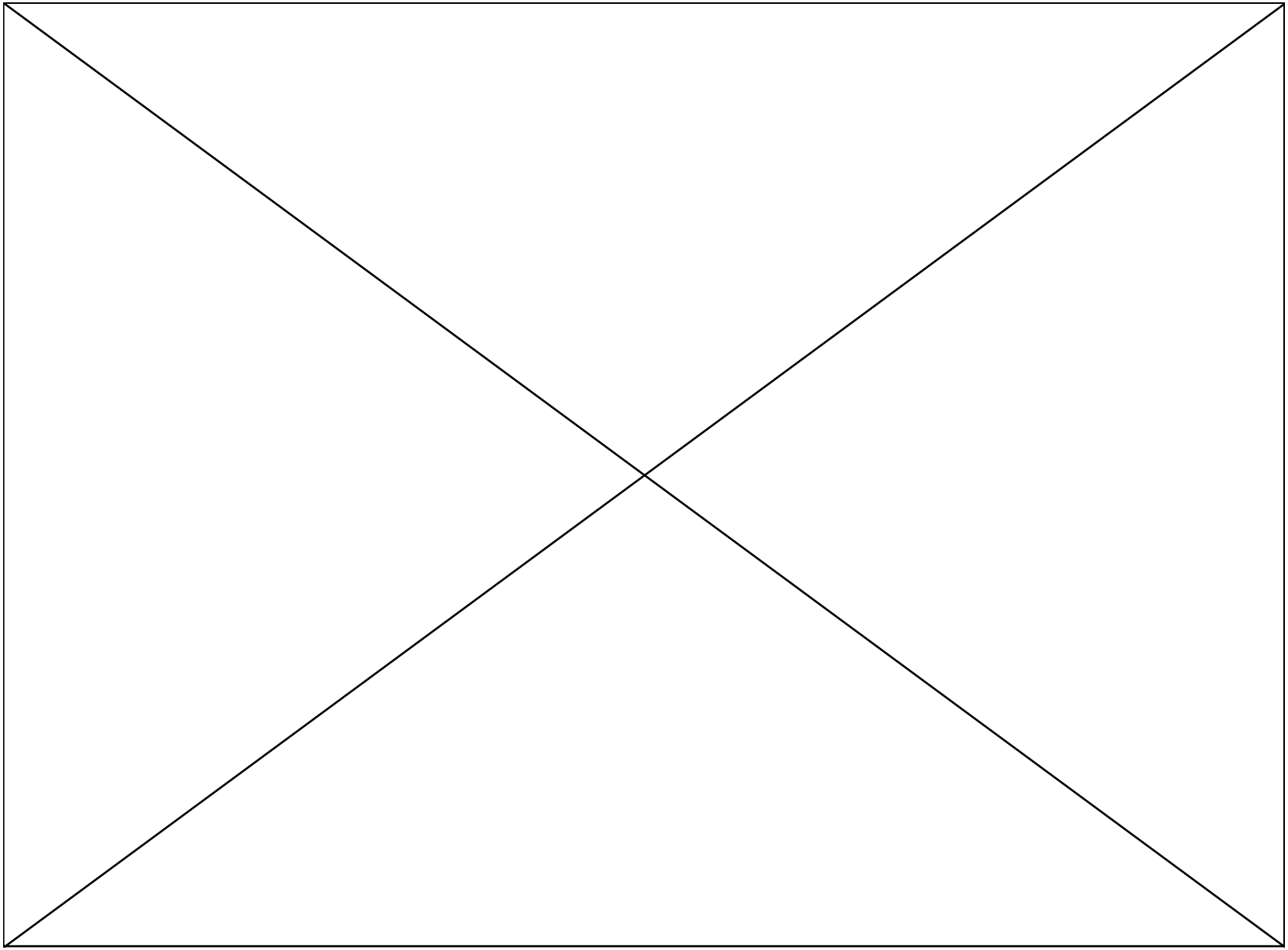
MENTAL HEALTH SERVICES ACT 63 CALIFORNIA

WELLNESS · SUPPORT · RESILIENCE

AAAE

Advocates for African American Elders

Putting Our Seniors First…



Understanding the Service Needs of African American Seniors in Los Angeles County:

Findings from the Advocates for African American Elders Community Survey

July, 2014

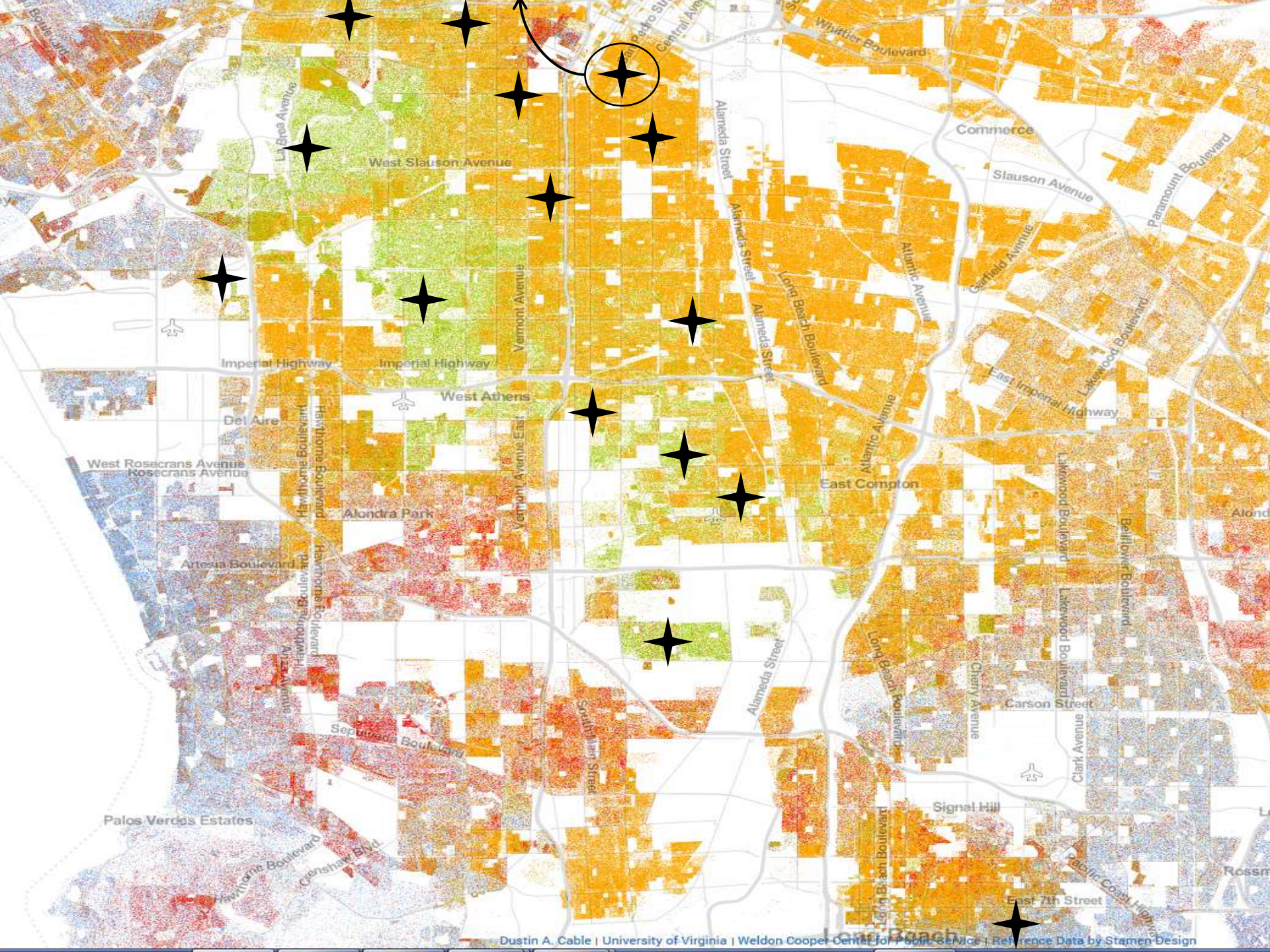
AAAE

Advocates for African American Elders

Putting Our Seniors First…

Table of Contents

Acknowledgements 2
Executive Summary 3
Introduction 8
Demographic Profile 9
Living Arrangements and Economic Conditions 10
Knowledge of Healthcare Policies 10
Physical and Mental Health Status 11
Social Support and Civic Engagement 14
Food Insufficiency 15
Older Adult Services 16
Computer and Health Literacy 20
Information Dissemination 24
Program and Policy Recommendations 25
Increase Access to Services and Programs for African American Seniors 25
Outreach and Education about Programs and Important Policies that Impact African American Seniors 27
Health and Computer Literacy Programs 28
Support Policies that Improve the Economic Conditions of African American Seniors 28
References 31
Study Methods 32
Appendix A 33
Survey Instrument 33
Appendix B 40
Flyer for Data Collection Sites 40
Appendix C 41
Letter to Site Directors, Managers and Organizers 41


Whittier Boulevard
Commerce
Slauson Avenue
West Slauson Avenue
Paramount Boulevard
Alameda Street
Atlantic Avenue
Garfield Avenue
Long Beach Boulevard
Lakewood Boulevard
East Imperial Highway
Imperial Highway
Vermont Avenue
West Athens
Del Aire
Hawthorne Boulevard
West Rosecrans Avenue
Rosecrans Avenue
East Compton
Alondra Park
Artesia Boulevard
Bellflower Boulevard
Carson Street
Cherry Avenue
Clark Avenue
Signal Hill
Palos Verdes Estates
Crenshaw Blvd
Pacific Coast Highway
East 7th Street
Long Beach
Dustin A. Cable | University of Virginia | Weldon Cooper Center for Public Service | Reference Data by Stamen Design

AAAE
Advocates for African American Elders

USC Social Work

Purpose of the Community Survey

The purpose of the Advocates for African American Elders Community Survey was to find out about the service needs and quality of life of African American seniors in Los Angeles County. Results are being shared with seniors across LA County, policy makers, and those who make decisions about services for seniors. We asked 550 African American seniors (aged 50+) about their service needs, health, and many other things that affect their everyday lives. This brief report provides a summary of what we learned.

Demographic Profile

- Most African American seniors are not married (84.5%).
- About one-third (29.3%) have a college education.
- Over 5% are African, Caribbean or some other black ethnicity.

Living Arrangements & Finances

- Many seniors live alone (62.2%).
- Many (46.9%) don't make enough money to make ends meet each month.
- Some seniors (23%) don't have enough money for food each month.
- Half of seniors (52.1%) would like to know where to get help with food.

Healthcare Knowledge

- Most seniors (87.4%) have heard of the Affordable Care Act.
- Most seniors (81.5%) have never heard of the Coordinated Care Initiative, which is currently affecting how many seniors receive healthcare.

Physical & Mental Health

- Many seniors have "excellent" or "very good" physical health (31.1%). Those with "fair" or "poor" physical health (26.3%) are more likely to have low education and live alone.

AAAE
Advocates for African American Elders

USC Social Work

- Many seniors (55.5%) have "excellent" or "very good" mental health. Those with "fair" or "poor" mental health (11.7%) are more likely to live alone.
- Most seniors (80.9%) are satisfied with their overall quality of life.
- Some seniors (32.9%) missed taking their medication for some reason.

Social Support

- Almost all seniors (97.6%) keep in touch with family and friends regularly.
- Many seniors (62%) belong to a social group like a church, fraternity, or sorority.
- One-third of seniors (32.9%) feel lonely "sometimes" or "often." Those who live alone are more likely to feel lonely.

Older Adult Services

- Some (42.5%) seniors don't know about senior programs in their neighborhood.
- About half of seniors (52.3%) participate in senior programs.
- Many seniors (35.2%) want services that are missing from their neighborhood.
- Some seniors (17.2%) think that there are barriers to using senior services.
- Most seniors feel good about the services that they receive (80%).
- Many seniors (90.9%) feel that more needs to be done to get quality services to African American seniors.

Computers

- Many seniors (44.6%) do not know how to use a computer, but some would like to learn. Seniors 75 years old and older and those with little education are less likely to know how to use a computer.

The full report is available on our website: www.aaaeonline.com. Please contact us if you would like to receive a paper copy of the full report.

1150 S. Olive Street, Suite 1400 • Los Angeles, CA 90015 • (213) 740-1887

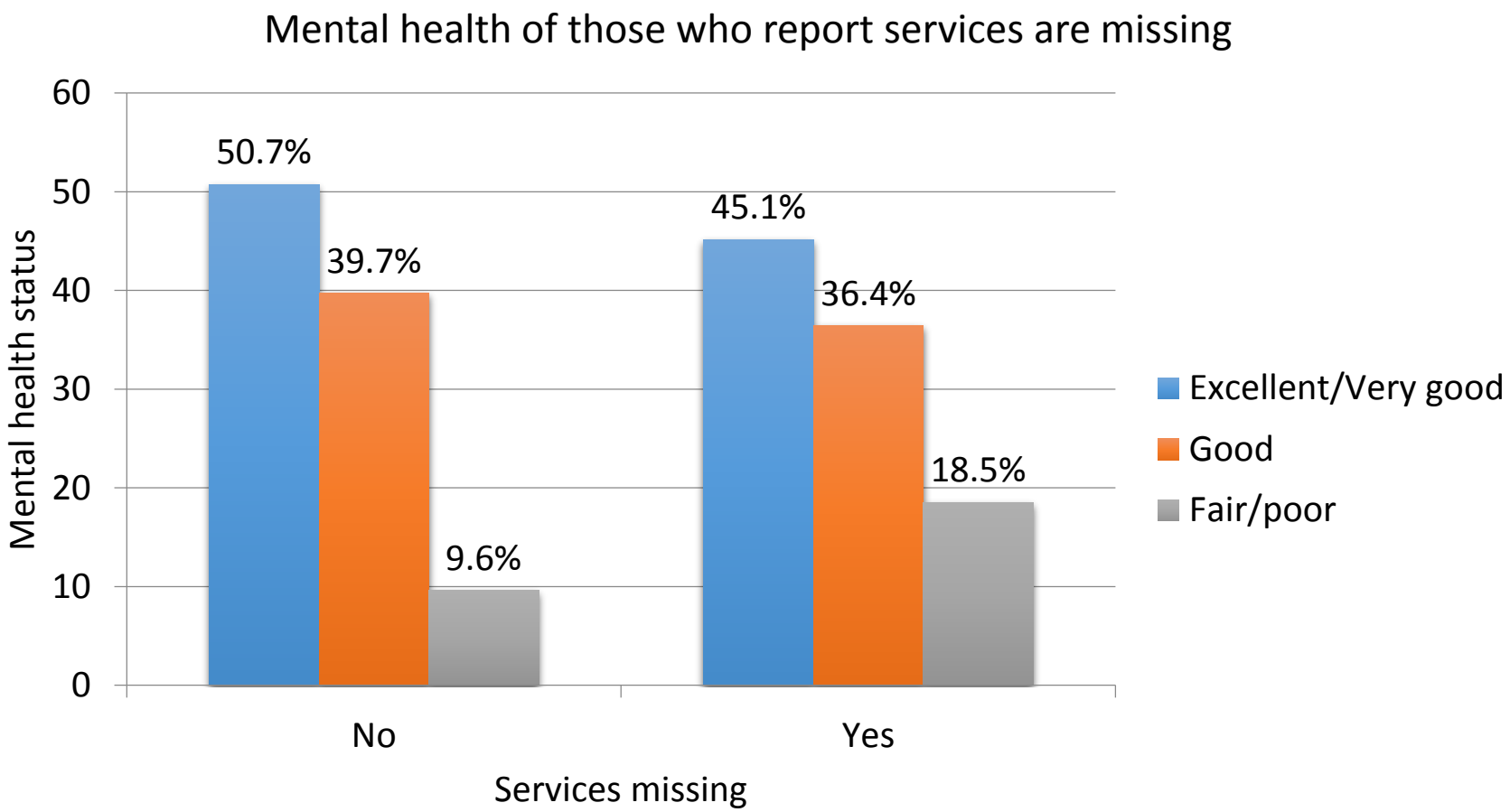
2015

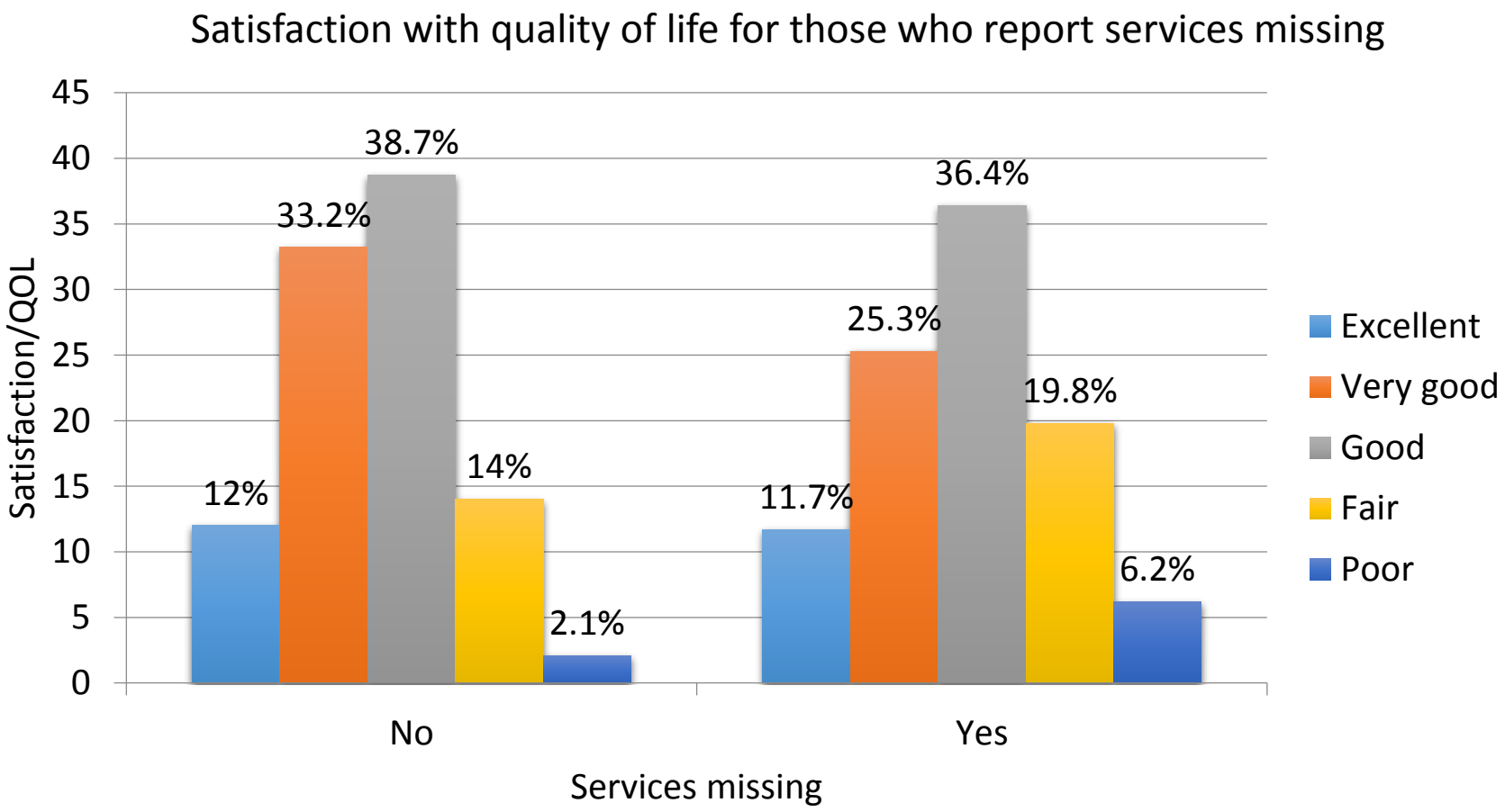
Advocates for African American Elders: Brief Report

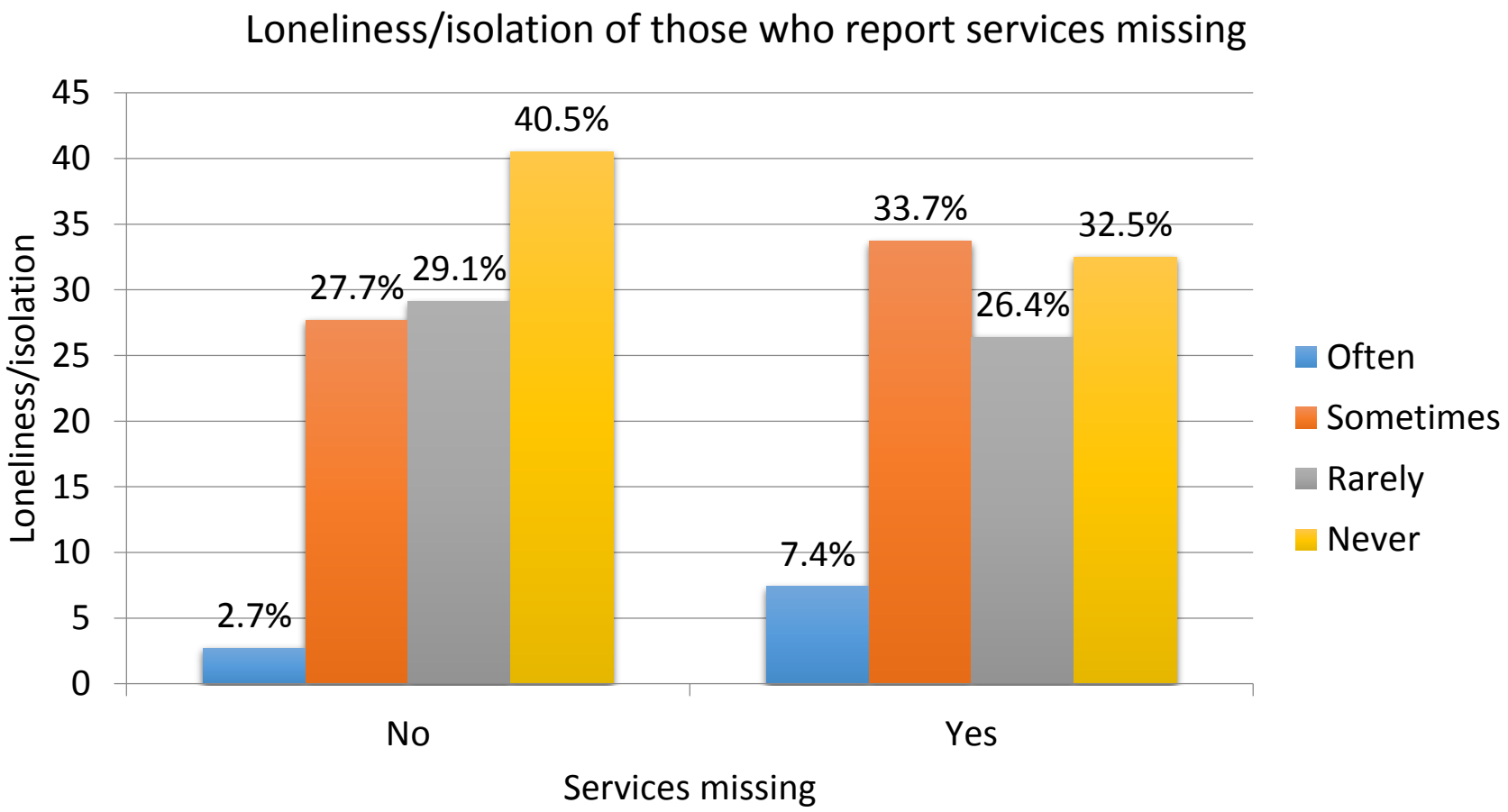
New Research Highlights the Benefits of Community Programs for Older African Americans in Los Angeles County

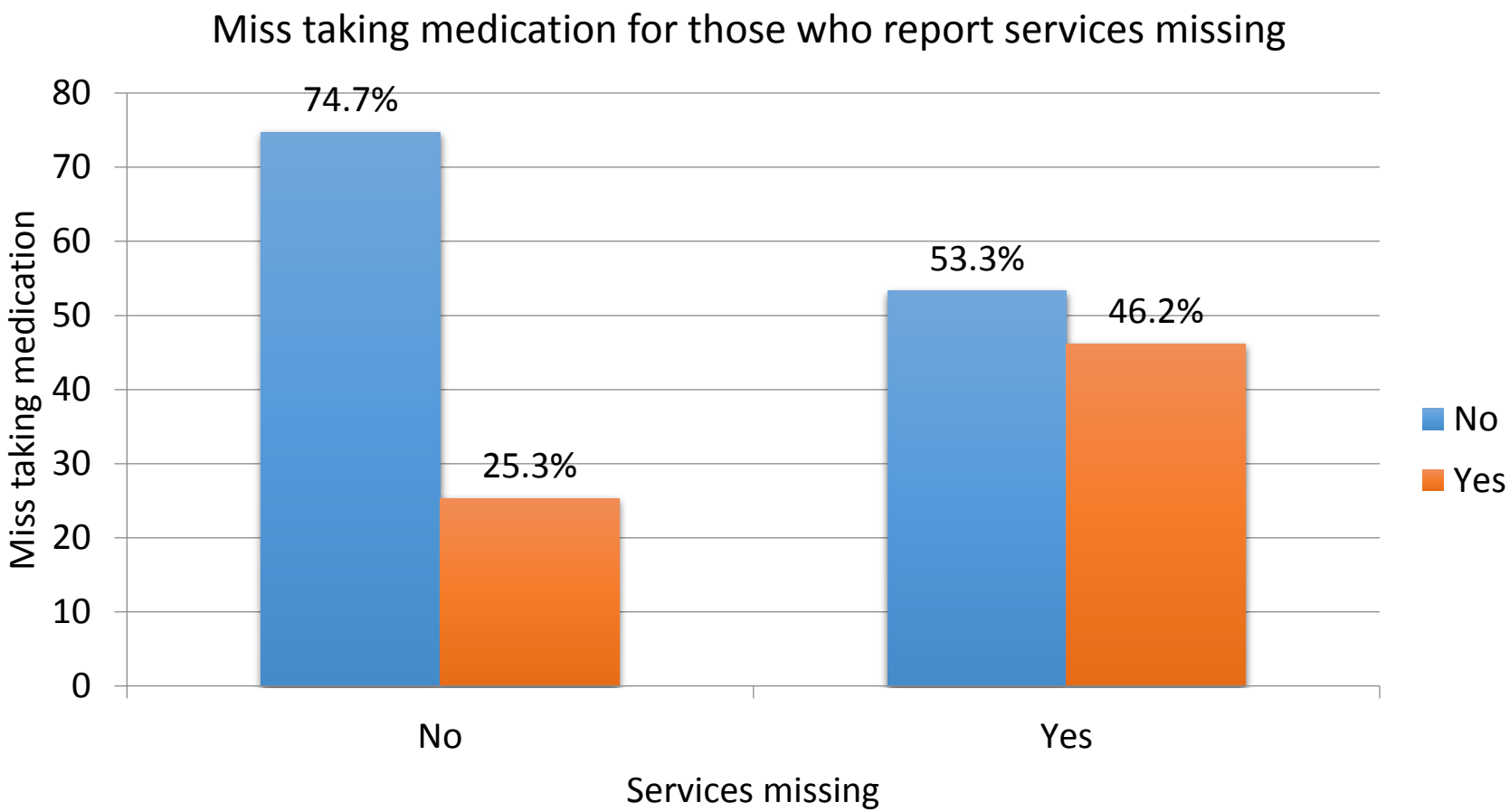
AAAE
Advocates for African American Elders

USC Social Work


Mental health of those who report services are missing
60
50
40
30
20
10
0
Mental health status
50.7%
39.7%
9.6%
45.1%
36.4%
18.5%
No
Yes
Services missing
Excellent/Very good
Good
Fair/poor

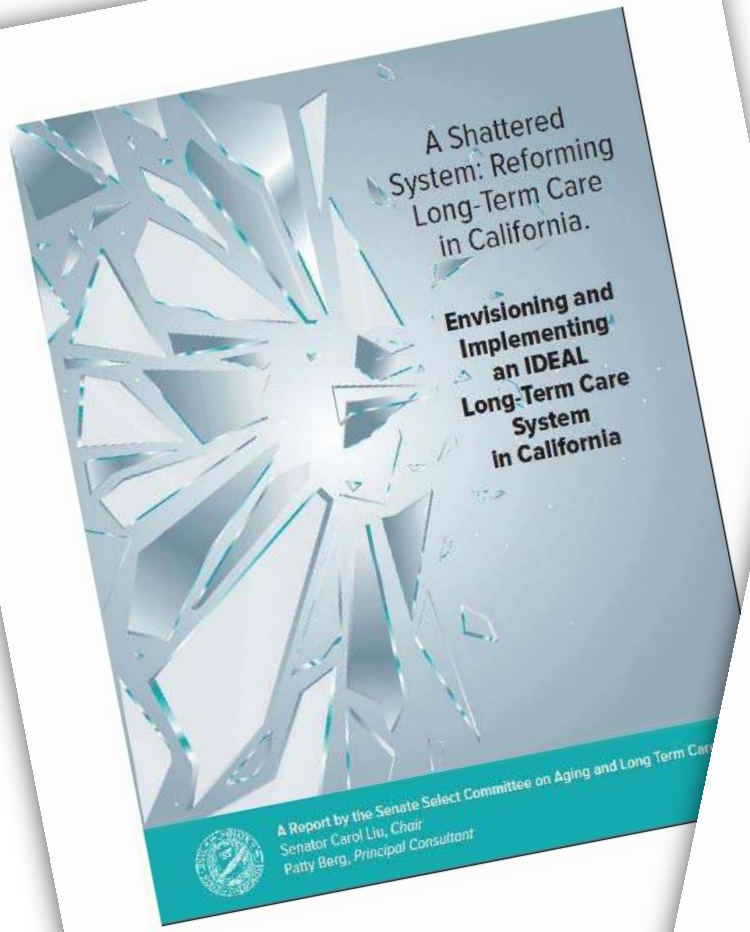

Satisfaction with quality of life for those who report services missing
Satisfaction/QOL
45
40
35
30
25
20
15
10
5
0
12%
33.2%
38.7%
14%
2.1%
11.7%
25.3%
36.4%
19.8%
6.2%
No
Yes
Services missing
Excellent
Very good
Good
Fair
Poor

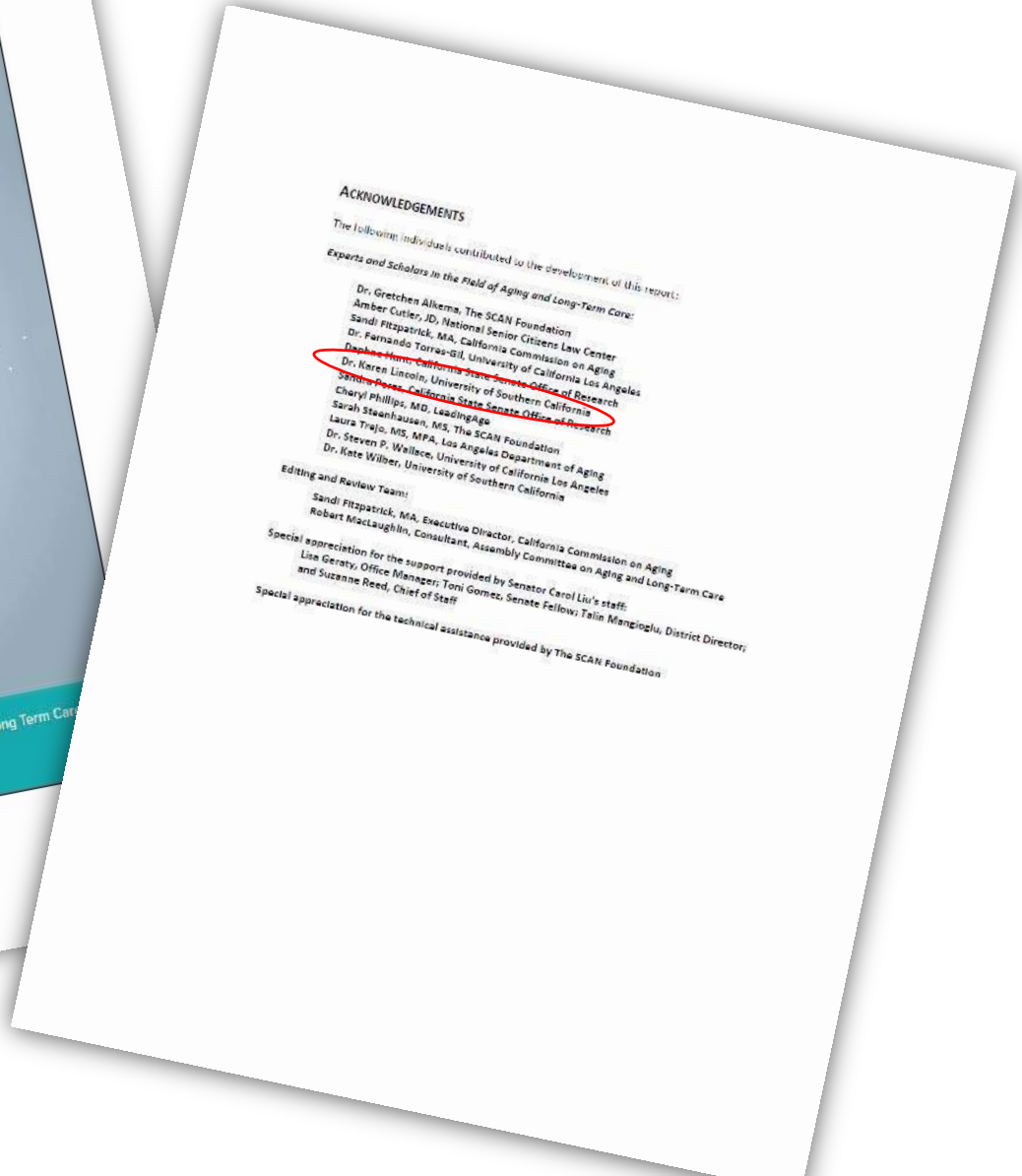

Loneliness/isolation of those who report services missing
Loneliness/isolation
45
40
35
30
25
20
15
10
5
0
2.7%
27.7%
29.1%
40.5%
7.4%
33.7%
26.4%
32.5%
No
Yes
Services missing
Often
Sometimes
Rarely
Never


Miss taking medication for those who report services missing
Miss taking medication
80
70
60
50
40
30
20
10
0
74.7%
25.3%
53.3%
46.2%
No
Yes
Services missing
No
Yes

Advocate on behalf of African American seniors to encourage policy makers and service providers to increase the quality and quantity of services and programs for seniors.

Oral and written testimony





Acknowledgements

The following individuals contributed to the development of this report:

Experts and Scholars in the Field of Aging and Long-Term Care:

Dr. Gretchen Alkema, The SCAN Foundation
Amber Cutler, JD, National Senior Citizens Law Center
Sandi Fitzpatrick, MA, California Commission on Aging
Dr. Fernando Torres-Gil, University of California Los Angeles
Daphne Hunt, California State Senate Office of Research
Dr. Karen Lincoln, University of Southern California
Sandra Perez, California State Senate Office of Research
Cheryl Phillips, MD, LeadingAge
Sarah Steenhausen, MS, The SCAN Foundation
Laura Trejo, MS, MPA, Los Angeles Department of Aging
Dr. Steven P. Wallace, University of California Los Angeles
Dr. Kate Wilber, University of Southern California

Editing and Review Team:

Sandi Fitzpatrick, MA, Executive Director, California Commission on Aging
Robert MacLaughlin, Consultant, Assembly Committee on Aging and Long-Term Care

Special appreciation for the support provided by Senator Carol Liu's staff:
Lisa Geraty, Office Manager; Toni Gomez, Senate Fellow; Talin Mangioglu, District Director;
and Suzanne Reed, Chief of Staff

Special appreciation for the technical assistance provided by The SCAN Foundation

Think you know your ancestors?
You might be surprised...
Start a free tri
find my p

THE WALL STREET JOURNAL.

January 23, 2015, 2:27 PM ET

The Economic Argument for More Aid to the Elderly Poor

iStock

KAREN LINCOLN: *A rising tide lifts all boats.* This idiom, typically referring to the economy, suggests that a good outcome will benefit all. There has been much debate about whether economic growth benefits the rich, middle class and poor, equally. But, what if the debate was framed differently? Can policies that benefit the poor also benefit those who are better off?

There are over 6 million seniors who live in poverty in the U.S. and those numbers will rise as boomers age, and the impact of the economic recession and rising health-care costs is realized. Saving for retirement was not an option for many seniors who earned low wages during their working years. Now many face economic insecurity and rely on Social Security as their sole source of income. Medicare pays for roughly 60% of seniors' health-care costs. So, out-of-pocket costs are cumulative.

Poor seniors are expensive. Costs are high for adult children who dip into their savings to help

introduction Morning Wave in Busan

Morning Wave in Busan is here for all the early birds to brighten up their day; which will include the latest domestic and international news and interesting hot topics for residents of Busan.

Notice

+more

Message Board

+more

When Privacy and Law Enforcement Collide

What Autonomy Means

Can We Do Without a Global Climate Treaty?

Finding Humane Care at the End of Life

University of Phoenix
Did you know?
Only 1% of Americans hold a doctoral degree. Join a distinguished circle.
School of Advanced Studies
Get your doctorate »

The Opinion Pages
ROOM *for* DEBATE

Finding Humane Care at the End of Life

What can be done to insure that the elderly get the care they want and need, particularly in their dying days?

Read More »

DEBATERS

Government Must Enforce Regulations
RICHARD NEILLOT, LONG TERM CARE COALITION

Better Standards and Training for Home Aides
CAROL ROCKT, PHI HOME CARE AGENCY

Minorities Are Forced Into Nursing Homes
KAREN D. LINCOLN, ELDERLY ADVOCATE

Profits Place Treatment Over Humane Care
JOAN M. TENG, BROWN UNIVERSITY

Families Can Plan Ahead to Improve Care
DAVID GIFFORD, AMERICAN HEALTH CARE ASSOCIATION

A Whole New System of Oversight Is Needed
JOANNE LYNN, ALTARUM INSTITUTE

School of Advanced Studies
Did you know?
Only 1% of Americans hold a doctoral degree. Join a distinguished circle.
University of Phoenix

Minorities Are Forced Into Nursing Homes at Greater Rates

Karen D. Lincoln is an associate professor in the University of Southern California School of Social Work and the director of the university's Hartford Center of Excellence in Geriatric Social Work.

SEPTEMBER 25, 2014

Over 10 million Americans now require long-term care annually and Medicaid is the primary source of coverage. Medicaid spending on long-term care services has been rising sharply.

With 10,000 baby boomers turning 65 every day, the United States is in a long-term care crisis.

Growing racial and ethnic diversity adds another level of complexity to this crisis. By 2050, the number of African-Americans age 65 and older will more than triple, and the number of older Latinos will increase 11-fold. Consequently, the number of multiple, complex chronic conditions, rates of Alzheimer's disease and dementia, and social and health care needs will also increase.

Those without assets cannot get care at home. Low-income seniors are often enrolled in lower-quality nursing facilities.

Between 1999 and 2008, the number of whites in nursing homes had decreased by 10 percent, while the number of African-Americans increased by 11 percent and the number of Latinos by 55 percent.

Rising rates of admission likely reflect the lack of long-term care options. Medicaid forces those without assets into nursing homes, while those with the ability to pay can opt to receive care at home. Low-income seniors are often enrolled in lower-quality skilled nursing facilities, in part because of their reliance on Medicaid, which has much lower reimbursement rates than private or self-pay rates. In addition, low-quality nursing homes are more likely to close than higher-quality ones, leaving the poor to compete for health care and direct care services already in short supply, or rely on family caregivers who simply can't keep up with the demand.

Luckily, provisions under the Affordable Care Act might help increase access to preventative care. The direct benefit of prevention, high-quality and accessible services, and better continuity of care earlier in life could reduce costs and

$12 FOR 12 WEEKS SUBSCRIBE NOW
Subscribe | Log In

10:29 am ET
Mar 18, 2015 RETIREMENT

What My Father's Death Taught Me About Long-Term Care

The author is shown with her father. —Cheri Daniels

KAREN LINCOLN: *It's not the load that breaks you down, it's the way you carry it.* This saying suggests that good decision making and careful planning can help you deal with some of life's challenges.

I'd like to think that I make good decisions and engage in careful planning. I consider my options, gather evidence, weigh the pros and cons, and make a decision followed by a plan. However, I didn't take this approach when planning for retirement until a few years ago.

My father was a hardworking man, employed in as many as three jobs at once to

The Experts: Encore

The Experts are a group of industry, academic and cultural thinkers who weigh in on the latest debates in The Journal Report.

Marc Agronin

Bill Bengen

David Blanchett

Natalie Caine

Joseph Coughlin

Maddy Dychtwald

Marc Freedman

Martin Frost

Summit Replays

If you have paid for an upgrade package, sign in to access your media

Sign in

If you are looking for the limited time free replays, click on one of the session below

Summit Replay Listing

- Mar 3 **Positive Aging: Successful, Productive, Conscious** *with* Harry R Moody
- Mar 3 **The Art of Aging** *with* Alice & Richard Matzkin
- Mar 3 **Images of Aging in Film** *with* Judy Steiert
- Mar 3 **Sustainable Eating for Longevity & a Healthy Planet** *with* John Robbins
- Mar 3 **Planning for the Road Ahead** *with* Dr. Karen D. Lincoln
- Mar 4 **Legacies of the Heart: A Hallmark of Conscious Aging** *with* Margaret L. Newhouse
- Mar 4 **Why Consciousness Matters in the 3rd Phase of Life** *with* Kathleen Erickson Forder
- Mar 4 **The Spirit of Service** *with* Robert C. Atchley

Planning for the Road Ahead

Recorded on Mar 3, 2015

With **Dr. Karen D. Lincoln**: *Associate Professor, USC School of Social Work; Director, USC Hartford Center of Excellence in Geriatric Social Work; Senior*

We'll take an in-depth look at the changing demographics of aging; long-term care and older adult services for vulnerable elders.

This playback has expired.

Get Full Access NOW!

Dr. Karen Lincoln is associate professor in the School of Social Work, director of the USC Hartford Center of Excellence in Geriatric Social Work, senior scientist at the Roybal Institute on Aging, and founder and chair of advocates for African American Elders at the University of Southern California. She received her MSW, M.A. in Sociology and Ph.D. in Social Work and Sociology from the University of Michigan, Ann Arbor. Dr. Lincoln has published over 50 articles on stress, aging and mental health. She has received more than $2 million in funding to support her research. She also contributes to a blog where she fuses social commentary with her vast knowledge of health and mental health of African American communities; posing questions such as "Is Being Black Bad for Your Health?," disseminating information about how the Affordable Care Act will impact African Americans, and sharing her inspiration for a "Healthy Black America." Dr. Lincoln is a fellow of the Gerontological Society of America and a Hartford Faculty Scholar. She is owner and CEO of Karen D. Lincoln Consulting Services. In 2014, Dr. Lincoln was ranked third among the most influential African American social work scholars in the United States

California Reducing Disparities Project (CRDP): African American Population

- **WE AIN'T CRAZY! Just Coping With a Crazy System:** Pathways into the Black Population for Eliminating Mental Health Disparities
- Funds were made possible by the Mental Health Services Act, 2004.
- Contract period was from March 1, 2010 to February 29, 2012.
- 1195 (1156 Black) participants were included in the project.
- Age range: 17-82
- Average age: 50

California Reducing Disparities Project (CRDP): African American Population

- The following recommendations are summarized from 274 Prevention and Early Intervention (PEI) practices identified by participants.
- Recommendations are aimed at the individual, community and systems levels with the goal of bringing “needed change” and fostering “permanent healing and restoration of the Black population.”

California Reducing Disparities Project (CRDP): African American Population

- Crises Care (e.g., culturally focused short-term population-based crises care).
- Service Delivery Change (from an emphasis on diagnosis and prescriptions to screening, accurate assessment and identification of immediate needs).
- Establish a Black Care Paradigm (beginning with a mass population-based screening and trauma-based assessment for crisis level interventions conducted by trained African American providers).
- Establish Culturally Congruent Mobile Intervention Teams.

California Reducing Disparities Project (CRDP): African American Population

- Fund Neighborhood Health Efforts (funds directly to Black-led community-based organizations to continue providing meaningful programs, interventions and activities for long-term positive community wellness and growth).
- Fund Existing Culturally Congruent Integrated Programs.
- Fund Community Healers Support Network.
- Immediate Process of "Cultural Vetting" (examination and evaluation to determine the utility and effectiveness of programs and services ability and/or capability in working with people of African heritage).

California Reducing Disparities Project (CRDP): African American Population

- Establish a Continuum of Healthcare and Education Systems.
- Establish Culturally Congruent Mental Health Service Community Commissions.
- Fund Culturally Congruent Community Evaluation Programs.
- Establish Prisoner Re-entry "Places of Compassion" (to develop alternative sentencing and housing options (*"Places of Compassion"*) for the mentally ill entangled in the system and returning home under the *re-alignment program"* (California AB 109).
- Culturally Congruent Population-based Education.

California Reducing Disparities Project (CRDP): African American Population

- Statewide CRDP Implementation Workgroup.
- Stabilize the Black Family Unit.
- Establish a Network of Community Healers & Indigenous/Traditional Healers.
- Conduct Statewide Therapeutic Training Sessions on Racism.
- Ongoing and Directed Training for First Responders such as Faith Community (Clergy) and Law Enforcement (Officers).

Take home points

- Advocacy is an important component of cultural competency because it requires action based on a true understanding of the expressed needs, strengths, and rights of African American older adults.
- Studies with exclusively African American participants highlight the importance of culturally competent services and providers.