

# CARING AND CONNECTING WITH LATINO OLDER ADULTS

Francisco Ronquillo | June 28, 2019



*Improving the lives of 10 million older adults by 2020*

# Webinar Logistics

- All lines are muted
  - Please type your question into the chat box
- Download today's slides at: <https://www.ncoa.org/event/latino-older-adults/>
- A recording will be posted early next week

# Caring & Connecting with Latino Older Adults

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June 28, 2019

National Council on Aging

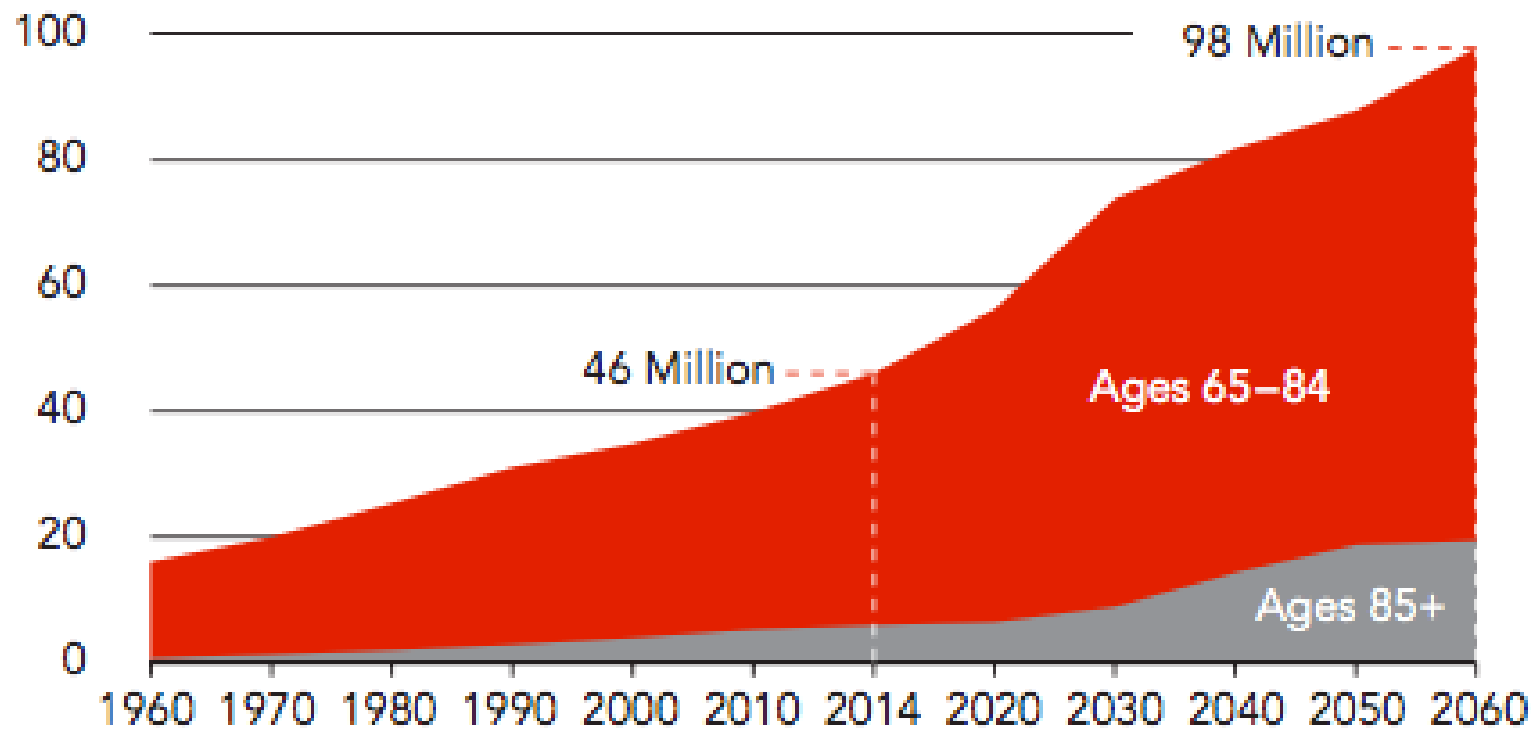
# Overview of Webinar

- Overview of the data with respect to Latino older adults
- A snapshot of the non-homogenous Latino population
- Population issues impacting this population
- How can we meaningfully connect with Latino older adults

**FIGURE 1**

**The Number of Americans Ages 65 and Older Will More Than Double by 2060.**

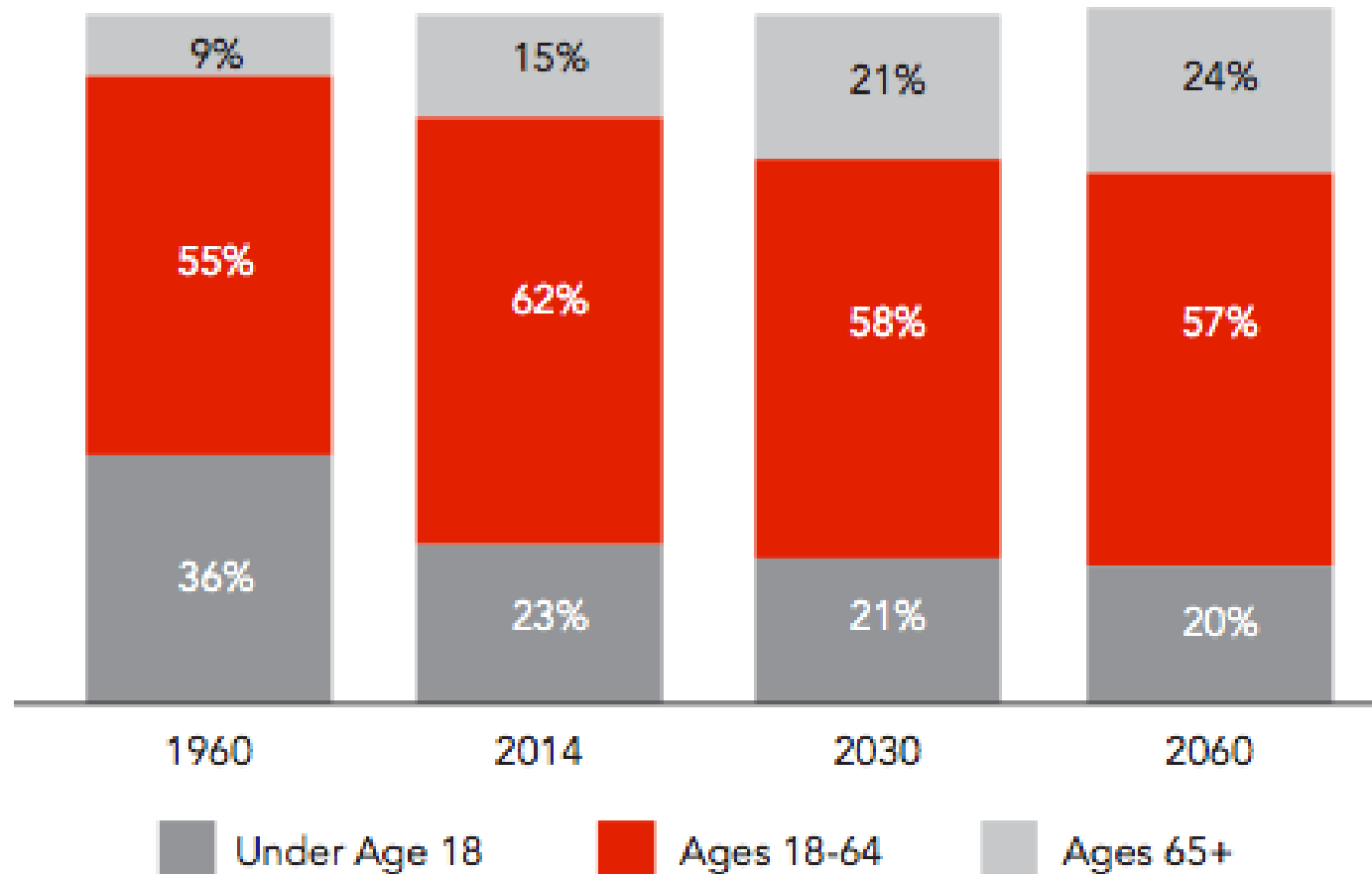
U.S. Population Ages 65 and Older, 1960 to 2060 (Millions)



**Source:** PRB analysis of data from the U.S. Census Bureau.

## By 2060, Nearly One-Quarter of Americans Will Be Ages 65 and Older.

Percent of U.S. Population in Selected Age Groups, 1960 to 2060

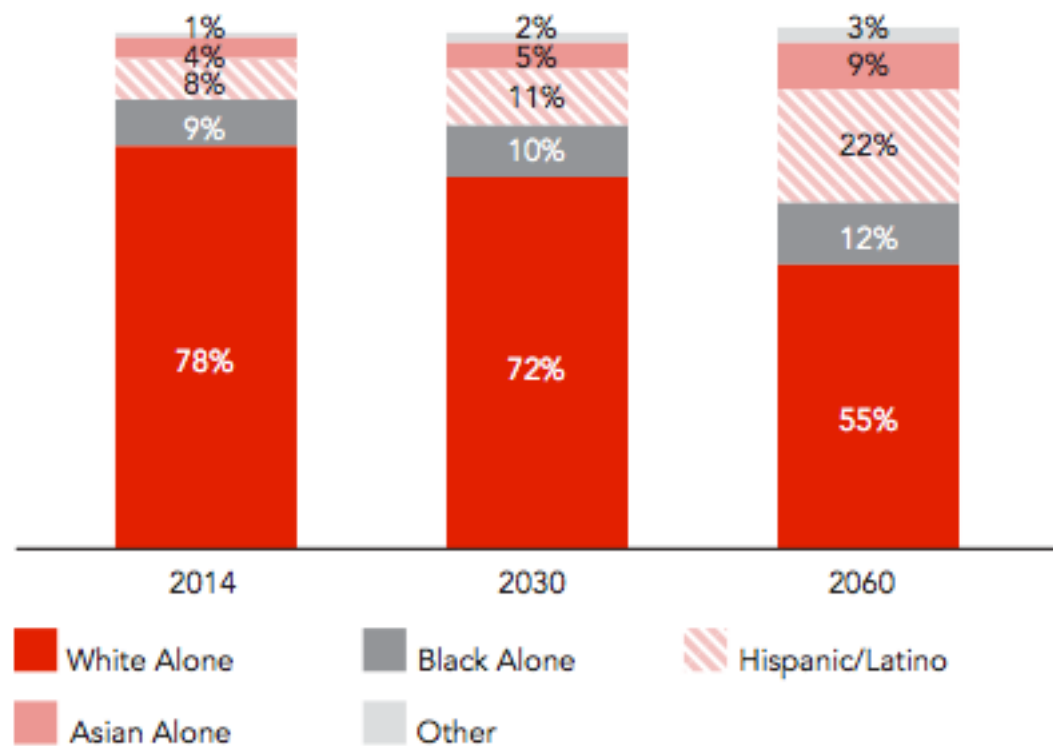


**Note:** Numbers may not sum to 100 due to rounding.

**Source:** PRB analysis of data from the U.S. Census Bureau.

## Despite Growing Diversity, Non-Hispanic Whites Will Account for More Than Half of Older Americans Through 2060.

Percent Distribution of Population Ages 65 and Older by Race/Ethnicity, 2014, 2030, and 2060



**Note:** Racial groups exclude persons of Hispanic origin. "Other" includes American Indians and Alaska Natives, Native Hawaiians and Other Pacific Islanders, and people who identify with more than one race. Numbers may not sum to 100 due to rounding.

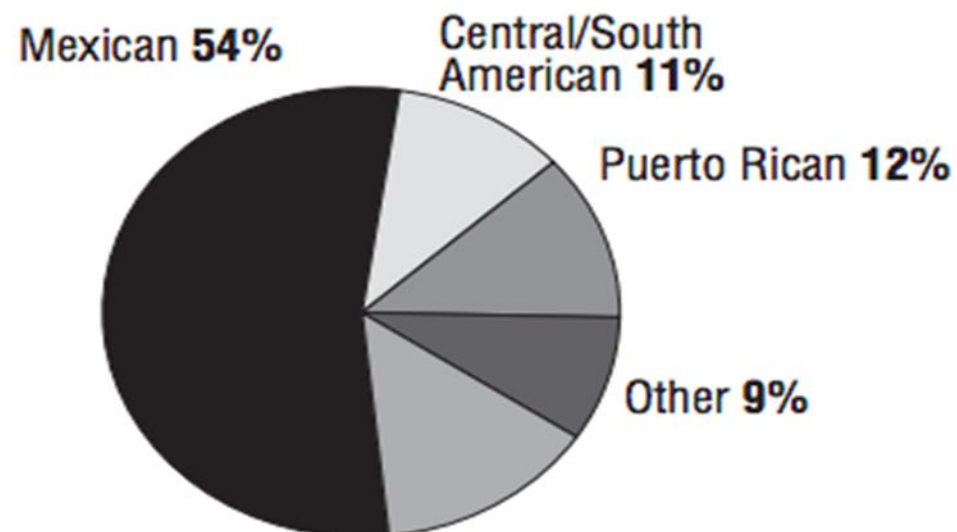
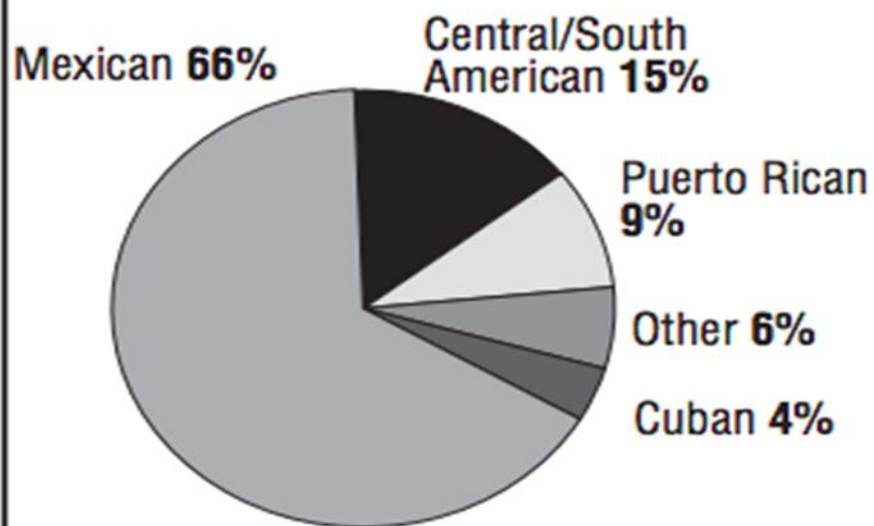
**Source:** PRB analysis of data from the U.S. Census Bureau.

## **National Origin of Hispanics by Age (Under 60 and 60+)**

+

**Under 60**

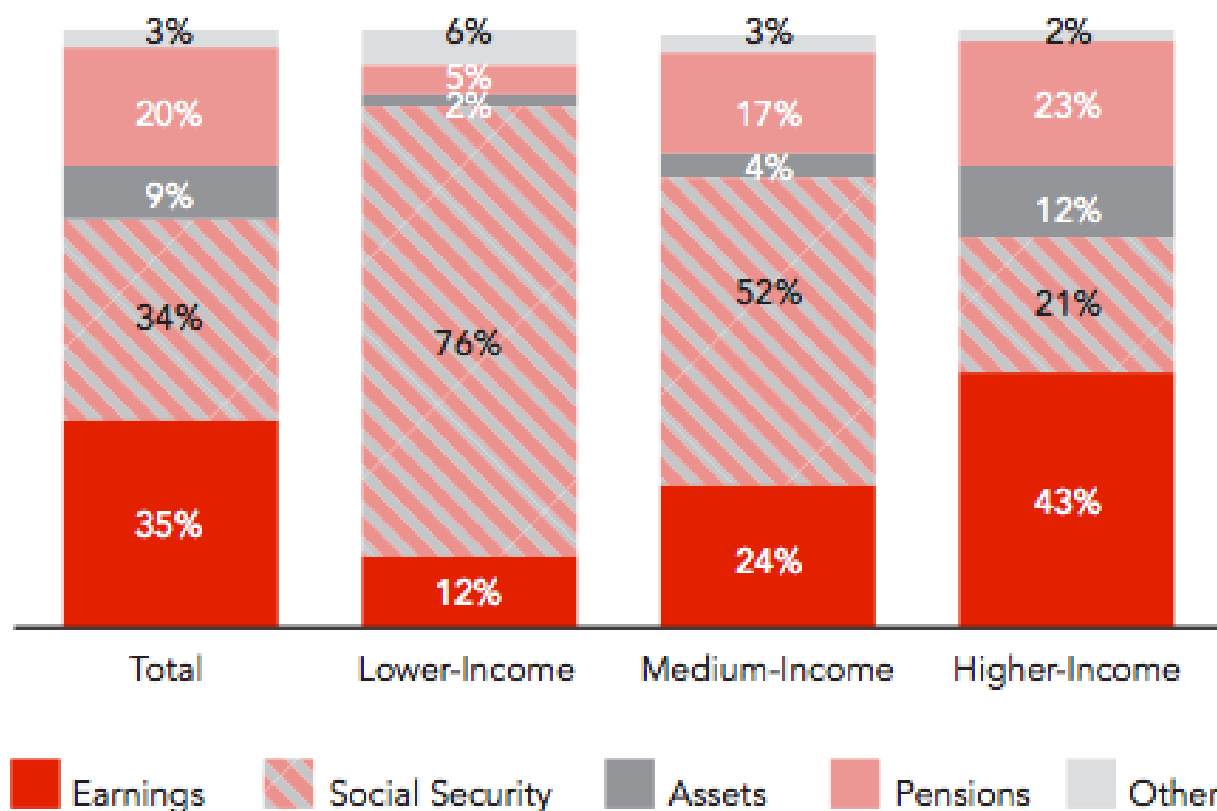
**60+**





## Social Security Is the Primary Income Source for Older Americans With Low Incomes.

Shares of Aggregate Income for Households Headed by Adults Ages 65 and Older in Different Income Categories, by Source, 2014



**Note:** Lower-Income = below 200% of the poverty line, Medium-Income = 200%–399% of the poverty line, and Higher-Income = 400% of the poverty line or higher. Numbers may not sum to 100 due to rounding.

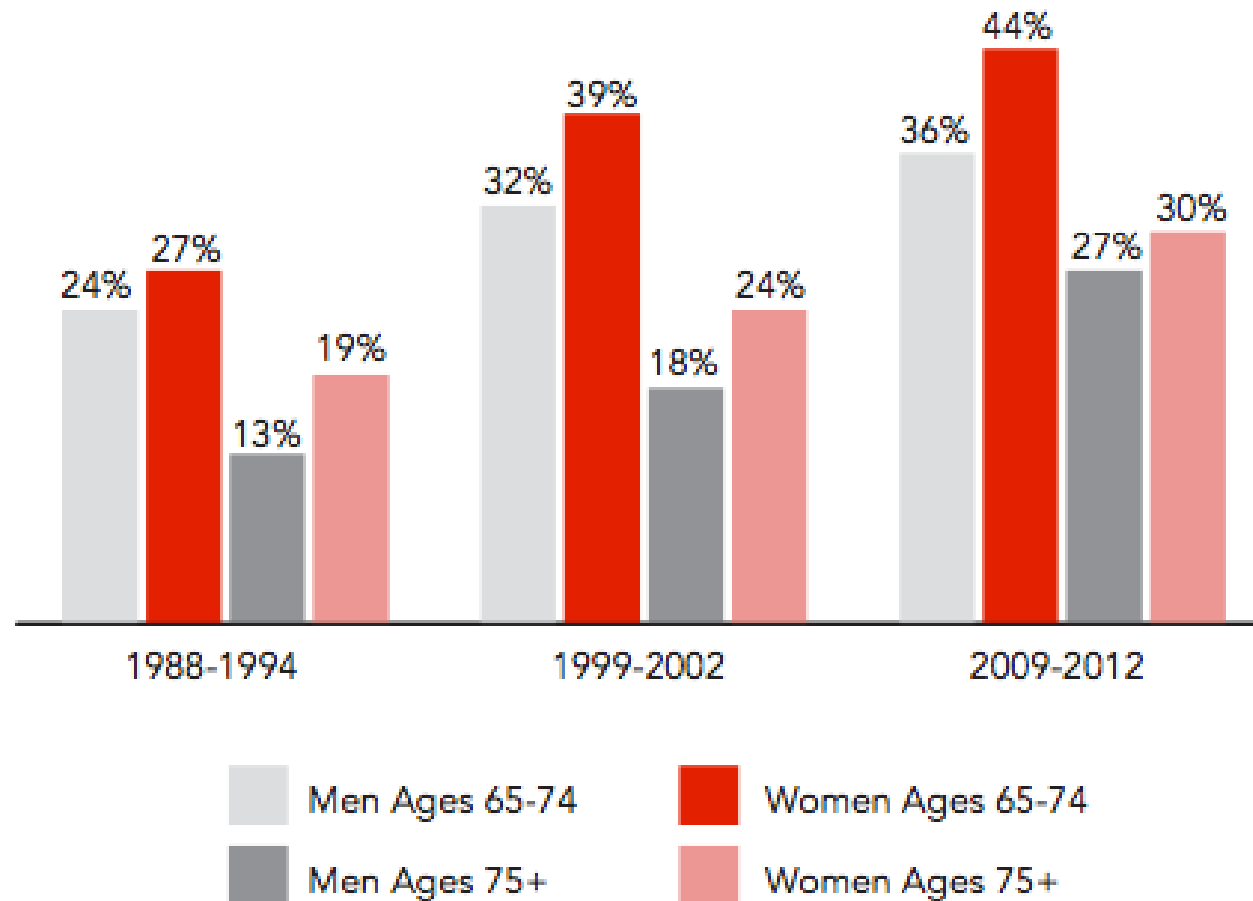
**Source:** U.S. Census Bureau, Current Population Survey, 2015 Annual Social and Economic Supplement.

## **Latino Elders Have Little Formal Schooling**

	<b>LATINO</b>	<b>ANGLO</b>
<b>8 years or less</b>	<b>61.1%</b>	<b>18.4%</b>
<b>High School Graduate</b>	<b>27.3%</b>	<b>66.4%</b>
<b>College or more</b>	<b>6.4%</b>	<b>13.8%</b>

## Obesity Continues to Increase Among Older Americans.

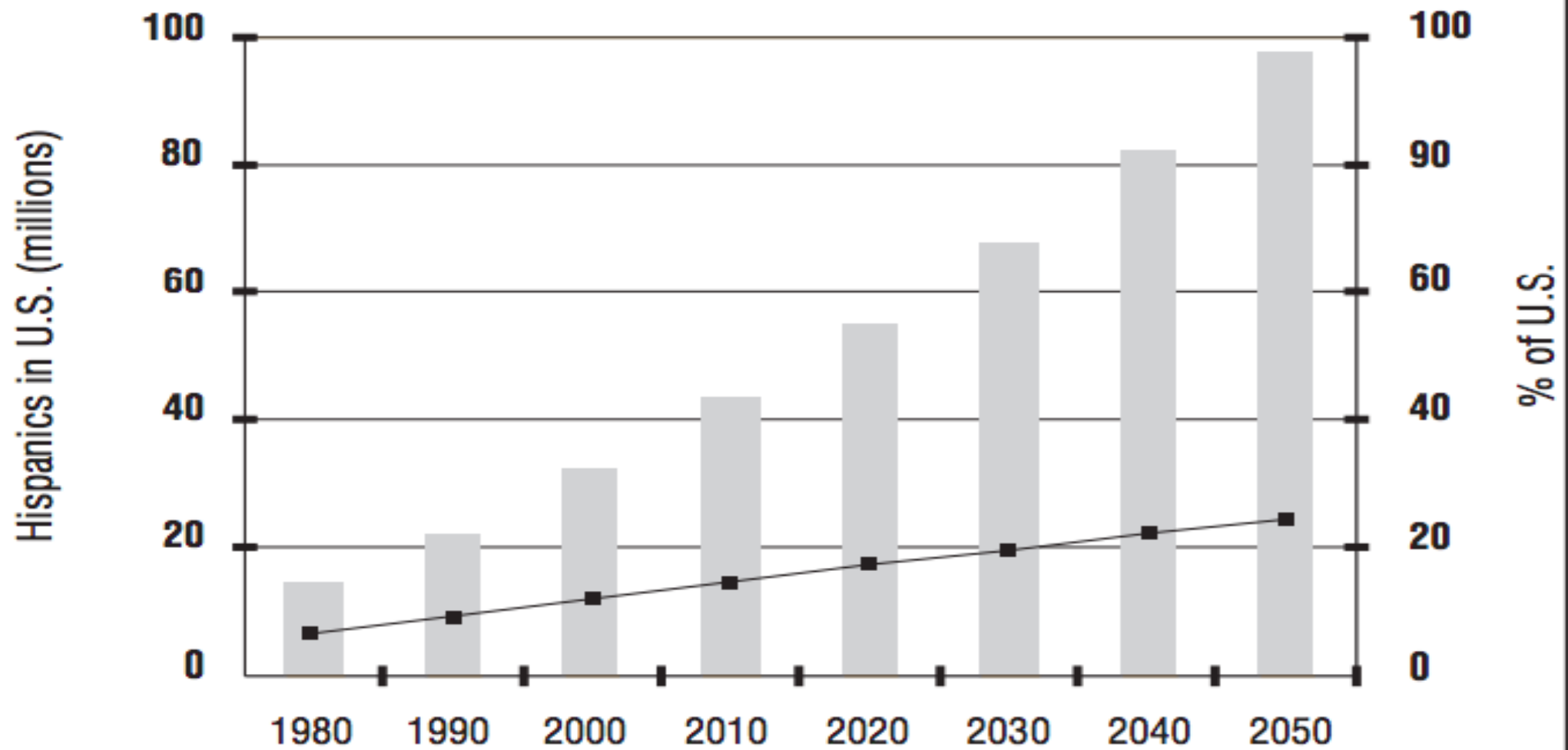
Adults Ages 65 and Older Who Are Obese, by Sex and Age Group, 1988 to 2012



**Note:** Data are based on measured height and weight. Obese is defined by having a body mass index (BMI) of 30 kilograms/meter or greater.

**Source:** U.S. Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey.

# Hispanic Population 1980-2050



# Positive Attributes and Peculiar Traits:

- Resilient
- Hard workers
- Bilingual
- Pass on traditions, beliefs and practices
- Family cohesiveness
- Dichos - Lessons
- Proud of heritage - Culture, Language, Beliefs, Practices
- Some expect their loved ones to take care of them
- Traditional Medicine
- Home Remedies
- Historians
- Matriarchal Families
- Traditional gender roles in some families
- Cooking - Special Meals (holidays/seasons)
- Cultural Practices (Matanzas)

# Special Characteristics of Latino Older Adults:

Although Latinos are a heterogeneous group, they share numerous common experiences and conditions. Despite these differences, these subgroups commonly share a history of Spanish colonialization

- Language
- Cultural Beliefs & Practices
- Traditional Medicine
- Colonization from Spanish and European groups
- Historical Trauma (Colonization and Re-Colonization in the Southwest)
- Racism & Discrimination
- Oppression
- Abuse
- Personal losses: lives, cultural beliefs, language, land

# Latinos in the US

- Latinos reside throughout the United States but are highly concentrated in a few regions and major metropolitan areas. For example, almost a quarter of the entire Latino population lives in the Los Angeles metropolitan area. California, New Mexico, New York, Illinois, Texas and Florida
- The Latino elder population is composed of a diverse group of "national origin" groups including Mexican, Puerto Rican, Cuban, and Central and South American. In the coming decade an increasing share of the Latino elder population will be of Mexican origin.

# Latinos in the US

- Latino older adults are living longer, healthy and strong
- Some older adult Latinos are less well-educated (61 percent have less than eight years of schooling compared to 18 percent of Anglos)
- Latino older adults are more likely to live in poverty (21 percent live at or below the federal poverty level compared to 9 percent of Anglos)
- Latino older adults are less likely to receive Social Security payments (80 percent receive Social Security compared to 90 percent of Anglos)
- A good number of older adults are monolingual Spanish speakers
- There are many bilingual and bicultural older adults



# Older Adult Latinos in the US

- Latino older adults appear to experience lower death rates and live longer than non-Hispanic white elders do, despite a significant number of them live in poverty, disability and reporting poor health; protective factors: Family cohesiveness, community supports, spirituality, Latino ideology

# Challenges

- Natural challenges that come with physical and mental maturation
- Discrimination
- Ageism
- Financial
- Food Insecurity
- Transportation
- Quality Health Services
- Because Latino older adults have low incomes, low levels of formal schooling, and are less likely to speak English well, many face severe challenges negotiating decisions about health coverage and medical care

# Health Issues

- Medicare is often the first and sometimes the only health insurance coverage that Latinos have ever had in their lives.
- Medicare participation rates among Latino older adults appear considerably lower than those for non-Hispanics.
- About 25 percent of Latino older adults rely on Medicaid coverage (compared to about eight percent of non-Hispanics) in addition to Medicare to cover the costs of their care.

# Health Issues

- There is a significant number of older adults that are not insured or underinsured.
- Medicare provides health insurance coverage to about two million Latino older adults, about five percent of all older adults in America today. By 2025, the Census Bureau estimates that one in six older adult Americans will be Latino.
- Yet many Latinos have not taken full advantage of program benefits for a variety of reasons, including a lack of knowledge about the program, its benefits, and options for care delivery. NCOA is exploring ways to bring this information, awareness and education to older adults through community health workers and other professionals.

# Our Current Health System

- **Complicated** - Health plan, coverage, premiums, copays, deductibles, separate bills...
- **Difficult to navigate** - What the plan covers, non-formulary, special authorization...
- **Fragmented** - Family medicine, specialty care, electronic medical health records...
- **Expensive** - Pay monthly premium, copays vary depending on services, extra charges...
- **Often Times, Ineffective** - Poor provider-patient relationship, keep returning...

# What can we do to help our Latino older adults?

- Longevity
- Intergenerational bridges
- Support with technological advances
- Diversity in cultures and languages
- Job market
- Volunteer opportunities
- Caregiver Support
- Develop programming that may promote social inclusion
- Tailor special courses to meet their needs
- Create spaces and places where they can congregate, remanence and connect
- Special titles: Don/Doña
- Use of the Usted vs. Tú

# Tips for engaging with Latino older adults...

- Greet and acknowledge everyone in the room, ideally with a handshake.
- Ask if she/he prefers to speak English, Spanish or both.
- A key conversation opener: “So tell me Doña/Don \_\_\_\_\_, How are you doing today?”
- Determine or assess the social support/connection that she/he has. If possible, screen for the SDoH
- Observe for any equipment or signs of disability. Highlight the importance of using it.
- Ask... “How do you feel about your diabetes and how you are managing it?”
- Do you understand what is happening?, What does this means to you?, How to take care of...?
- Do you have an alternative plan for...?
- Sometimes we struggle with different issues like not having enough food or the month, transportation or where we live... How are you doing with these issues?
- Do you feel safe at home?
- Based on what you have shared with me, what do think would make things better?”



HANDS-ON WORKSHOPS FOR SENIORS





**ACA EDUCATION & OUTREACH SESSION AT ALAMOSA COMMUNITY CENTER**



## COMPUTER/HEALTH LITERACY CLASS

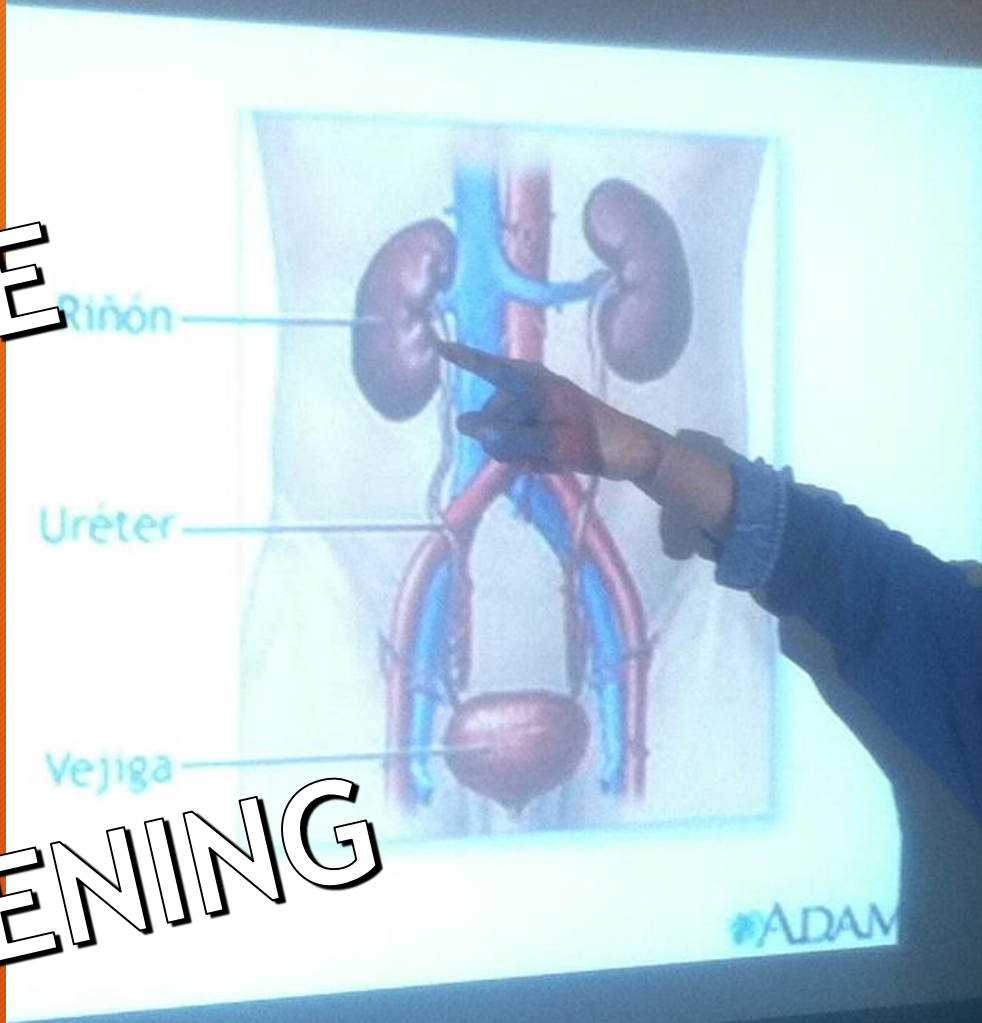
**TIME**

**LOVE**

**LISTENING**

**PATIENCE**

**SENIORS PEER EDUCATION SESSION ON DIABETES**



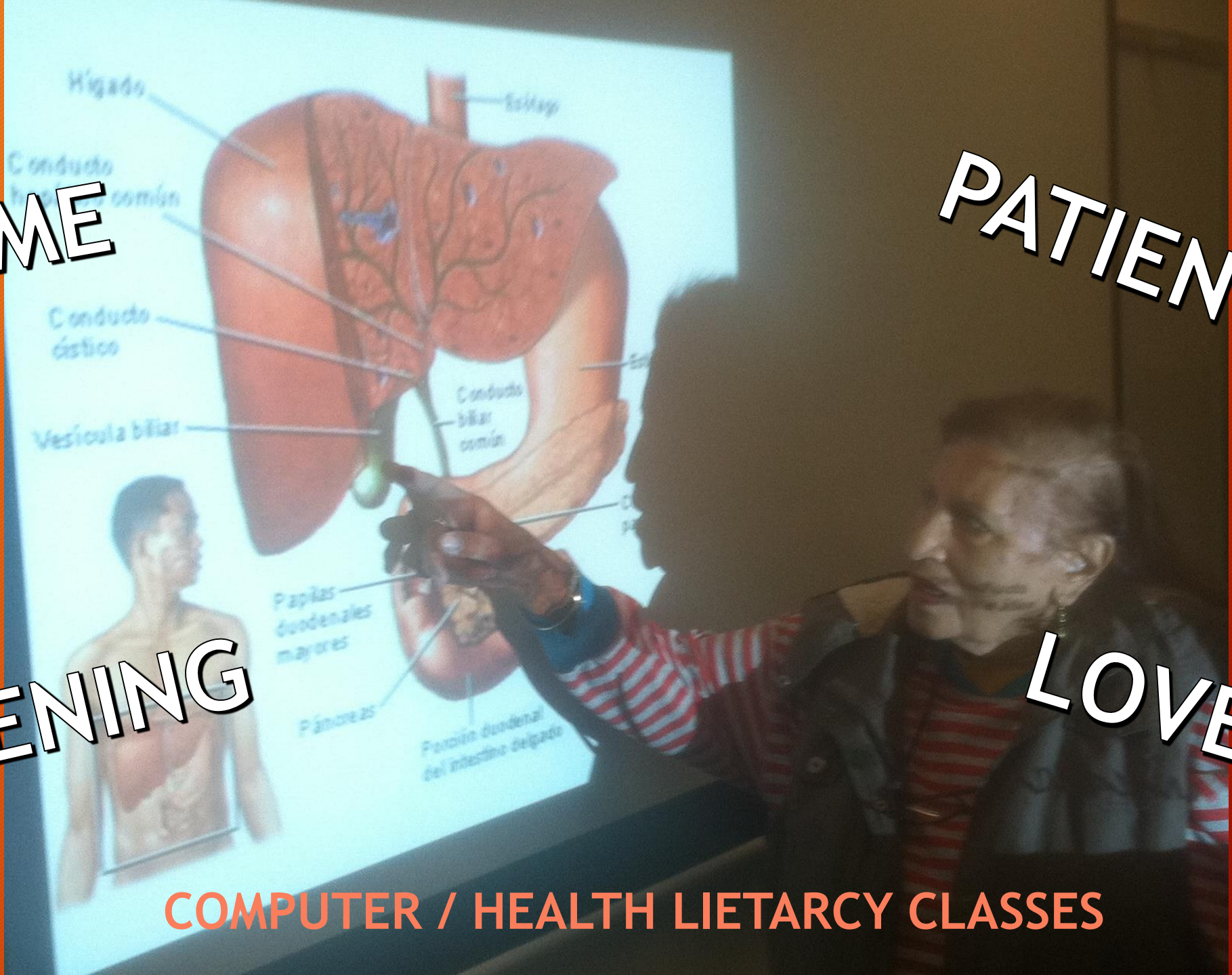
**TIME**

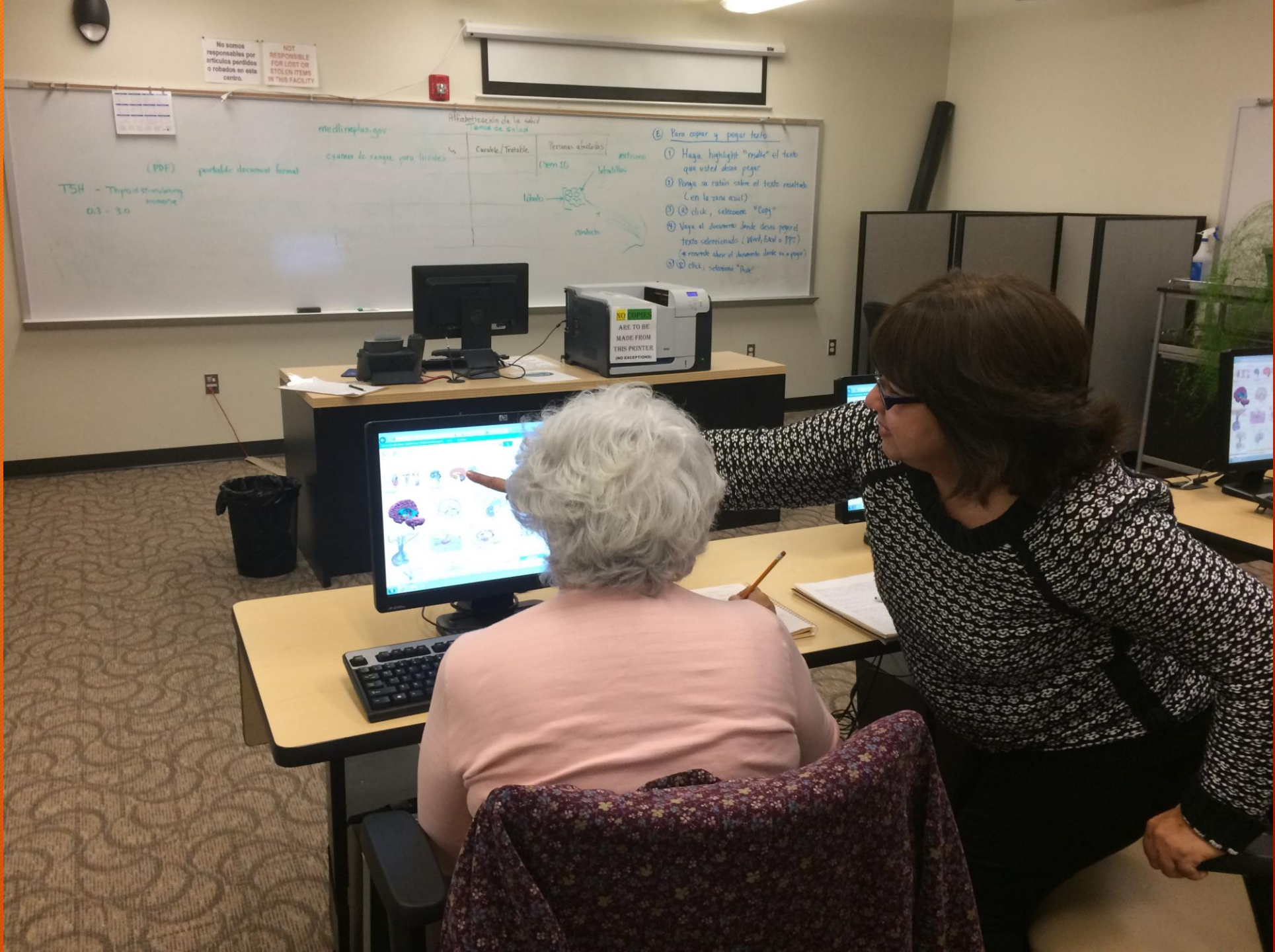
**PATIENCE**

**LISTENING**

**LOVE**

**COMPUTER / HEALTH LITERACY CLASSES**





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- Para copiar y pegar texto
- 1) Haga highlight "resalte" el texto que usted desea pegar
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  - 5) Click, seleccione "Paste"

NO COPIES ARE TO BE MADE FROM THIS PRINTER NO EXCEPTIONS



**EXPERIENTIAL LEARNING**







# Recommendations for Communicating With Older Adults

## General Tips for Improving Interactions With Older Adults

- 1 Recognize the tendency to stereotype older adults, then conduct your own assessment.
- 2 Avoid speech that might be seen as patronizing to an older person (“elderspeak”).

## General Tips for Improving Face-to-Face Communication With Older Adults

- 3 Monitor and control your nonverbal behavior.
- 4 Minimize background noise.
- 5 Face older adults when you speak with them, with your lips at the same level as theirs.
- 6 Pay close attention to sentence structure when conveying critical information.
- 7 Use visual aids such as pictures and diagrams to help clarify and reinforce comprehension of key points.
- 8 Ask open-ended questions and genuinely listen.

## Tips for Optimizing Interactions Between Health Care Professionals and Older Patients

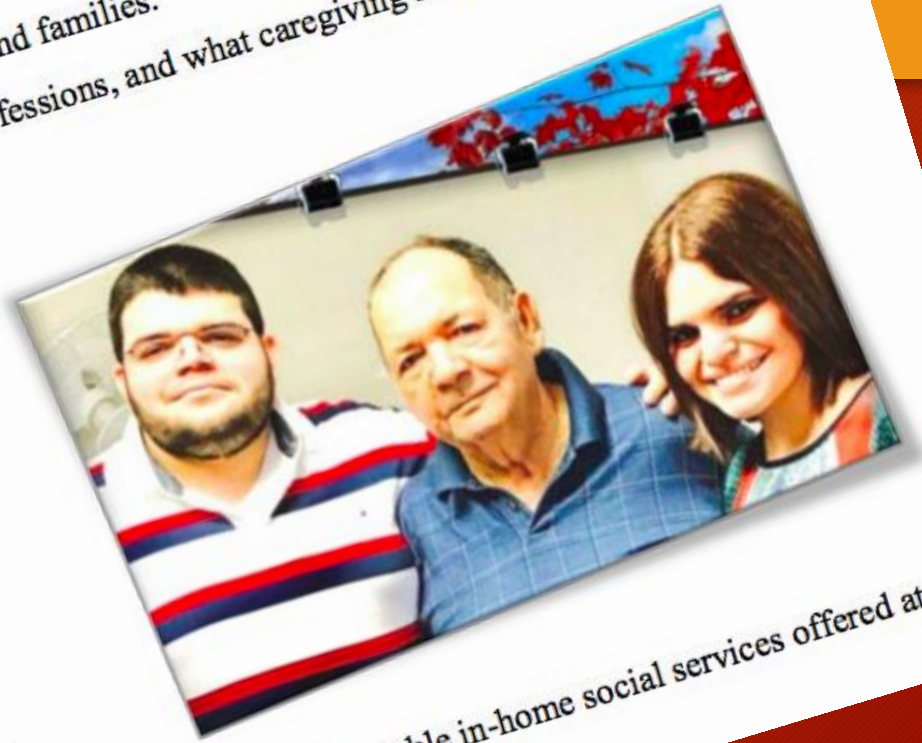
- 9 Express understanding and compassion to help older patients manage fear and uncertainty related to the aging process and chronic diseases.
- 10 Ask questions about an older adult’s living
- 17 Use direct, concrete, actionable language when talking to older adults.
- 18 Verify listener comprehension during a conversation.

Source:

[Communicating With Older Adults](#)  
[An Evidence-Based Review of What Really Works](#)

## HISPANIC COMMUNITY MEMBERS' RECOMMENDATIONS FOR SUPPORTING CAREGIVERS FROM NHCOA'S REGIONAL CONFERENCES:

- Strengthen financial programs for caregivers and families.
- Educate Latino families about caregiving professions, and what caregiving services are available in Spanish and English.
- Provide trainings to caregivers of older adults and health care providers, so they can provide culturally, linguistically and age appropriate care to diverse seniors.
- Promote strategies that encourage employers to support caregivers so they can continue to work while caring for a loved one.
- Implement federal tax credits for family caregivers to offset the financial burdens associated with caregiving.
- Create and provide culturally and linguistically knowledgeable in-home social services offered at the county level.



National Hispanic Council on Aging  
2017 Status of Hispanic Older Adults:  
Insights from the field - Caregivers  
Edition

THE END