

Healthy Aging for Women



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Today's Focus

- Physical & Emotional Impact of Caregiving
- Coping Strategies to Stay Healthy
- Health Disparities
- Support Systems That Can Help
- Resource Options

As a Family Caregiver

- Denial
- Anger
- Social Withdrawal
- Anxiety
- Depression
- Exhaustion
- Irritability
- Lack of Concentration
- Health Problems

Impact of CG on Well-Being

- Physical Symptoms

- Headaches
- Muscle Tension
- Stomach Problems
- Fatigue
- High Blood Pressure
- Chest Pain
- Weakened Immune System
- Lower Libido

- Emotional Symptoms

- Anxiety
- Depression
- Mood Swings
- Feeling Hopeless
- Feeling Trapped
- Feeling Isolated

Did you know that Latinos . . .

- are largest & fastest growing minority group?
- exhibit a longer life expectancy than the general population?
- face a “cumulative disadvantage”?
- have the lowest level of retirement coverage?
- Comprise 10% of the Baby Boom generation

“Cumulative Disadvantage”

- “Cumulative Disadvantage”: The tendency of negative life events to have an enduring and multiplying impact over the life course
(Moody, 2002)
- Lowest educational levels, lower incomes, lower rates of health insurance coverage
- High incidence of disability
- Exhibit the effects of cumulative disadvantage as they enter old age and retirement

Latinos have the Lowest Level of Retirement Coverage

- Lowest levels of pension coverage
- Only 25% of Latino workers participated in employer-provided pension plan in 2001, compared to 50% of overall workforce.

Two great demographic shifts in the U.S.

- ✓ Baby Boom generation is reaching retirement age
- ✓ Latino population is growing dramatically
- ✓ Latinos comprise 10% of Baby Boom generation (8 million in 2000)
- ✓ Simultaneously, the current debate on health care reform and entitlement programs will likely lead to policy changes that will have a significant impact on aging Latinos.

What Does it Mean to Grow Old?



(Perception of aging is bound by culture)

General Cultural Traits of Hispanics / Latinos

- Children, Family, & Religion are central points of the community
- Group vs. Individual Orientation
- Family vs. Personal Well-Being
- Hierarchy is typical
- Traditional Formality in addressing Elders

more . . .

Continued. . .

- Professionals are viewed with great deference, *(often characterized by formalities and reluctance to look them in the eyes)*
- Trust makes open communications possible in sharing information
(i.e. Behaviors / Concerns)
- To ignore spirituality is to ignore centuries of cultural rituals and practices that have modern day implications

Facts :

Latinos/Hispanics in the USA come from over 20 different countries that share some common cultural values but have different:

- Political History
- Socio-Economic Status
- Education Levels & Access
- Acculturation Levels
- Language proficiency

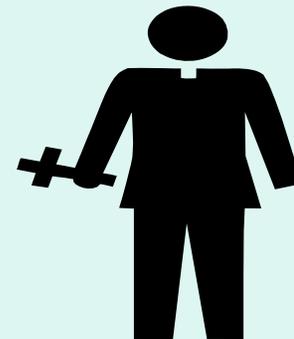
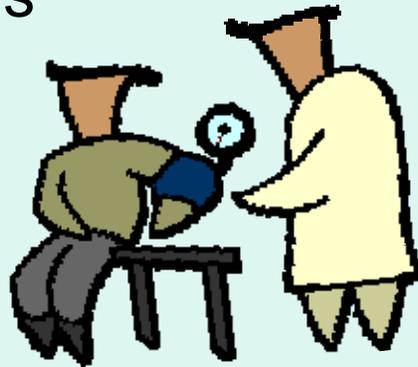
More . . .

Additional Considerations:

- Pride in Nationality (Country of Origin)
- “Word of Mouth” Connections
- Expressions of Gratitude & Respect
- Non-Verbal Communications
Speak Loudly
- Time Concept is Different
- “*Familismo*” Extends Beyond Bloodlines

Other Considerations:

- Medical
 - Higher Use of Emergency Rooms
 - Reliance on Native Remedies
 - Language Barriers
 - Cultural Competency of Providers
- Values & Beliefs
 - Medical Science & Technology does **NOT** Preclude Use of Folk Healers & Treatments
 - Both Healing Options May Be Called Upon By The Family



Health Disparities

- Report highlighting the health and well-being of older Latinos and how poor lifestyle behaviors continue to be:
 - Primary Contributor to Death
 - Reduced Quality of Life
 - And Loss of Independence In the Latino population.

Source: The State of Aging & Health among Older Latinos in L. A. 2009

- Emergence of Chronic Health and Social Conditions in the Community, Including:
 - Rising Number of Older Latinos with Alzheimer's Disease
 - Impact of Depression on Quality of Life
 - Increased Risk of Hip Fractures from Osteoporosis
 - And Growing Problem of Economic Insecurity.

What Can CG's Do ??

- Get Informed about the Illness / Disease
- Gather Family Support
- Advocate for Improved Public Policy
- Speak to Legislators About Needs
- Seek Available Resources

What Else Can CG's Do ??

- Exercise (Mind – Body - Spirit)
- Take Deep Cleansing Breaths
- Eat Healthier
- Shorten Your “To Do List”
- Give Yourself Credit
- Use Some Humor!
- Accept Help

Caregiver Resources

- Community Based Organizations
- Faith-Based Orgs
- Elder Law Services
- Adult Protective Svcs
- Center for Health Care Rights
- Congregate Meals
- Disease Specific Orgs
- Adult Day Care
- Care Management
- Support Groups
- Counseling (Grief, Loss)
- ... And More

Sources Cited

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- ❑ Latino Baby Boomers: A Demographic and Economic Profile: Zachary D. Gassoumis, Kathleen H. Wilber, Lindsey A. Baker, and Fernando Torres-Gil, May, 2010
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- ❑ The State of Aging and Health among Older Latinos in Los Angeles 2009: Kuo T, Villa VM, Aranda MP, Trejo L, et al. The Los Angeles Partnership for Evidence-Based Solutions in Elder Health. Los Angeles, California: Los Angeles Area Agency on Aging, June 2009.