



# Senior Day Programs Subcommittee of the Service Development Committee Report



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Fairfax County  
Long Term Care  
Coordinating Council



Senior Day Programs Subcommittee of the Service  
Development Committee

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# **Senior Day Programs Subcommittee of the Service Development Committee**

## **Fairfax Long Term Care Coordinating Council (LTCCC)**

### **Guiding Principles of the Subcommittee**

To encourage social engagement enhancing healthy aging.

To empower seniors to live as independently as possible in the community of their choice.

To be sensitive to the unique needs of the culturally diverse senior populations.

To ensure that senior day programs reflect the cultural diversity of the community being served.

To engage major stakeholders and community leaders to help build service capacity and provide linkages to the culturally diverse senior population.

To increase service capacity by developing more collaborative private/public partnerships and fostering increased community involvement.

### **Background**

Eighteen months ago the Long Term Care Coordinating Council (LTCCC) charged its Service Development Committee to develop and implement an action plan *to increase and strengthen through collaborative partnerships the availability, accessibility, and variety of community-based long term care options in response to unmet support services and medical needs of older persons and adults with disabilities.*

To that end, the Service Development Committee split into two subcommittees: One to address issues surrounding senior day programs (Senior Centers, Senior Plus Programs, and Adult Day Health Care Centers); the other focusing on day supports and programs for younger adults with disabilities. The first Subcommittee's work is the subject of this report. This group is composed of Long Term Care Coordinating Council members, County staff, and representatives from public and private long-term care organizations that serve seniors in Fairfax County (any reference to Fairfax County in this report includes the cities of Fairfax and Falls Church).

### **Committee Strategies and Action Steps**

#### **Strategy I**

*To increase access for underserved culturally diverse populations to existing County senior day programs.*

According to a recent Fairfax County Senior Trends Report the ethnically diverse population among persons 65+ increased from 8.4% in 1990 to 15% in 2002. Although the number of culturally diverse participants served by County senior day programs has increased significantly over the past 10 years, the diversity of participants currently enrolled in these programs does not

reflect the broader range of diversity within the community being served. Many, if not most of these seniors speak little or no English putting them at increased risk for social isolation and feelings of loneliness.

Moreover, the 2002 Long Term Care Task Force Report “Toward a Lifetime of Independence” identified cultural accessibility to senior day programs as a significant issue. Given Fairfax County’s commitment to protect and enrich the quality of life for its diverse population, as well as its pledge to promote access to needed services, the Service Development Subcommittee developed the following action steps:

- Identify where culturally diverse senior populations live within the County.
- Identify barriers that impede their access to senior day programs.
- Identify initiatives to increase utilization of senior day programs by underserved culturally diverse populations.

### **Strategy I, Action Step I**

#### ***Identify Where Culturally Diverse Seniors Live In the County***

The LTCCC Service Development Subcommittee worked in collaboration with the Department of Systems Management for Human Services (DSMHS) to develop a series of maps to create a graphic illustration of where seniors live in Fairfax County. The first five maps examine where seniors in different age groups are residing in the County. The next set of maps examines the distribution of ethnically diverse populations by eight language groups. Finally, the last map references those seniors who are living at or below 200% of the U.S. poverty level. The following is a brief description of all of the demographic maps. The full map analysis can be found in Appendix A.

**Map 1** illustrates where seniors age 65 and older live in the County. Seniors in this age group tend to live in the eastern and southeastern parts of the County in historic localities and older neighborhoods located in and around the beltway. In addition, a significant number of seniors age 65 and older reside in communities in Herndon, Great Falls, Springfield, Lorton, and Mount Vernon.

**Map 2** illustrates the distribution of senior residents age 50 to 64 in the County. Younger seniors are more likely to live in communities further west and north of the beltway, especially in neighborhoods located in Herndon, Reston, Chantilly, Centreville, Springfield, Burke, and Lorton.

If the current trend to “age in place” persists, it would be reasonable to anticipate an increased demand for senior day programs in the western part of the County. Optimally, programs should be developed at sites in the Midwestern and Southwestern part of the County to ensure accessibility. It is important to note that a major decision to “age in place” will depend on whether seniors perceive Fairfax County as a “livable community.” That is, a community “that has affordable and appropriate housing, supportive community features and services, and adequate mobility options, which together facilitate personal independence and the engagement of residents in civic and social life. (Fairfax Trends Report 2002)”

**Maps 3-5** examine the distribution of the senior population by subgroups consisting of young-old (60-69), old (70-79), and old-old (80 plus). This age breakdown will enhance strategic planning as it will allow long term care service providers to plan for the unique needs of each of these subgroups throughout the County.

The demographic study illustrates the range of diversity found in Fairfax County. **Maps 6-13** illustrate the ethnic distribution (age 17 and older) by the eight major language groups throughout the County. Although this data does not exclusively represent seniors, the elderly from these cultures tend to either live with, or in close proximity to their adult children. Based on this cultural practice an assumption has been made that ethnically diverse seniors are residing in the areas densely populated by their younger counterparts. The following provides a brief description of the distribution of the eight major ethnic groups:

**Map 6** indicates that a majority of the Korean speaking populations are located in Fairfax, Falls Church, Annandale, Centreville, and Chantilly.

**Map 7** indicates that a majority of the Vietnamese speaking populations live in Falls Church, Annandale, Springfield, with a small cluster in the Chantilly area.

**Map 8** indicates that the Arabic speaking populations are predominately living in Great Falls, McLean, Falls Church, Annandale, and the far-western tip of Centreville.

**Map 9** indicates that the Hindi speaking populations are in small clusters scattered throughout the County.

**Map 10** indicates that the Urdu speaking populations are predominately located in Herndon, Annandale, Springfield, Mount Vernon, and Lorton.

**Map 11** indicates that the African speaking populations are predominately living in Herndon, the far-western tip of Centreville, Falls Church, Annandale, Springfield and Mount Vernon.

**Map 12** indicates that the Spanish speaking populations live predominately in communities located in Herndon, Fairfax, Falls Church, Mount Vernon, and Lorton.

**Map 13** indicates that a majority of the Chinese speaking populations reside in communities located in Fairfax, Annandale, Falls Church, McLean, Chantilly, and Centreville.

The senior population, although not as diverse as the general population, has become much more diverse in Fairfax County over the last several decades. Continued growth is expected in this population, influencing the need for culturally sensitive senior programs. Existing senior programs will need to undergo changes in order to meet the emerging needs of the ethnically diverse senior populations in Fairfax County.

Finally, **Map 14** illustrates the distribution of senior residents at or below 200% of the U.S. poverty level. According to this map low-income seniors are living in older established neighborhoods located in Herndon, Reston, Centreville, Annandale, Springfield, and Mount Vernon. This information will be particularly important when considering the optimal site for a Program for All-Inclusive Care of the Elderly (PACE) in the County.

### **Strategy I, Action Step II**

#### ***Identify Barriers to Access to Senior Day Programs:***

In order to identify underserved culturally diverse senior populations and barriers that impede their access to County senior day programs the Subcommittee identified and established relationships with formal and informal leaders within culturally diverse populations in the County. Subcommittee members in partnership with these trusted community leaders were able to plan and conduct 7 focus groups designed to solicit information from a variety of culturally diverse populations including (but not limited to) individuals from Iran, China, Korea, Latin America, Afghanistan, Vietnam, and Somalia. The Subcommittee summarized the information gathered from all of the focus groups (Appendix B) and identified the following common themes:

Many seniors from culturally diverse populations do not speak English and remain at home alone during the day and are therefore at high risk for social isolation. In fact, several of the focus group participants said their parents returned to their home country because of feelings of isolation and loneliness.

Many seniors find it difficult to learn a new language and therefore are not as likely as younger family members to learn English. This increases their dependence on their adult children.

Many seniors from culturally diverse populations have limited financial resources and are dependent on their adult children for support.

Seniors who do not speak English or have limited ability to speak English are reluctant to use public transportation or taxi services without an English-speaking escort as they fear they will not be able to communicate directions to the driver. They also lack confidence in their ability to use public transportation and taxi service due to lack of experience and familiarity with the area.

There is an unmet need for all culturally diverse groups for senior day programs, and most of the participants interviewed in the focus groups were not aware of the current senior day programs available in the County.

Caregivers in most of the focus groups agreed that they would use adult day health care services as a safer alternative to leaving their frail elderly home alone, as long as the program had caring bilingual staff and an inviting environment.

Lack of culturally specific food was not identified as a major deterrent; however, offering food choices that respect religious restrictions and ethnic preferences would make County programs more culturally sensitive and consequently more attractive. Significant numbers of seniors in the culturally diverse population are responsible for care of grandchildren during the day limiting their ability to participate in senior day programs.

The *major* barriers impeding access and participation to County senior day programs identified by participants in the focus groups include:

- Lack of bi-lingual staff;
- Lack of other participants from their culture attending the program;
- Lack of awareness of available senior day programs;
- Lack of understanding of what the senior day programs offer;
- Lack of experience using public transportation and taxi service; and
- Lack of intergenerational activities.

One additional discussion group was held with a group of deaf and hard of hearing seniors. Although this population could be considered as a separate language group, they are not ethnically diverse and therefore, their responses are not included in the focus group chart. The deaf and hard of hearing group did report some unique barriers in accessing County programs. They report that they are unlikely to attend a County program, preferring to converse with other hearing impaired but would welcome assistance in developing a program of their own, within their existing facility. They expressed interest in receiving transportation training and in receiving some assistance with transportation for special trips. This group reports that they are reluctant or unwilling to access public transportation unless a hearing person accompanies them.

### **Strategy I, Action Step III**

#### ***Identify Initiatives to Increase Utilization of Senior Day Programs by Ethnically Diverse Populations***

Recommended initiatives to increase utilization of senior day programs by ethnically diverse populations are found in the following sections: *Current and Future Initiatives*, and *Collaborative Initiatives with Other Agencies or Organizations*.

### **Strategy II**

#### ***To support the expansion of existing senior day programs and/or the development of new senior day programs to meet the needs of underserved populations within the Fairfax community.***

Research has clearly demonstrated that older adults who attend senior day programs benefit in many ways. According to Rowe and Kahn, 1997, “successful aging is contingent upon three elements: avoiding disease and disability, sustaining high cognitive and physical function, and engaging with life.” Senior day programs offer an opportunity for social engagement thus reducing the risk for depression and other health related conditions associated with isolation and loneliness. Additionally, they offer participants the opportunity to enjoy peer support, and participate in a variety of activities in a stimulating and supportive environment. Participants are also able to maintain and/or improve their level of functioning through therapeutic activities and supportive health/social services enabling them to remain in their homes and community. Finally, par-

ticipation in these programs allows for early identification of and referral for potentially serious health/social conditions. This proactive intervention prevents the need for more intensive and costly care. Given the stated benefits of senior day programs, it is well documented that participants in these programs are more likely to age successfully with fewer physical and cognitive disabilities.

This second strategy focuses on determining the unmet need for senior day programs and developing strategies to address service gaps and barriers. In an attempt to accomplish this strategy the subcommittee developed the following action steps:

- Identify existing senior day programs and their capacity to serve seniors
- Examine need for expansion of existing senior day programs or development of new senior day programs

**Strategy II, Action Step I**  
***Service Capacity in Existing Programs***

The Long Term Care Task Force Report of 2002 revealed a significant service gap in senior day programs. Based on the emerging senior population the Long Term Care Task Force Report predicted an increased need for these services in the future. The Subcommittee conducted an informal assessment of existing programs to determine their capacity to serve seniors in Fairfax County. The Subcommittee assessed public and private programs including the Korean Senior Center, Leewood Adult Day Health Care Center, Alzheimer's Family Day Center, as well as the 13 Senior Centers, 2 Senior Plus Centers, and 5 Adult Day Health Care Centers operated by the County. All of the Senior Centers were well utilized by independent seniors seeking opportunities to socialize and engage in a variety of leisure activities. The adult day health care centers served approximately 20-25 frail seniors or adults with disabilities per day and the County adult day health care centers had a collective waiting list of 55 individuals. The Senior Plus Centers had on average a combined waiting list of 5. An informal survey of Senior Center staff revealed that approximately 125 participants currently attending the Senior Centers met the criteria for the Senior Plus Program. These individuals were not able to attend the Senior Plus program because they did not live in the service area of the two existing Senior Plus programs. This supports the need for expansion of the Senior Plus Program to other parts of the County. During this informal assessment it was discovered that several faith-based and culturally diverse groups were interested in either expanding existing programs for seniors or exploring ways to develop and implement new senior day programs. This presents an opportunity for the County to leverage resources in order to increase service capacity.

**Strategy II, Action Step II**  
***Examination of Need to Expand Existing or Develop New Senior Day Programs***

The Subcommittee decided to conduct a more formal survey to assess current service gaps and future needs for senior day programs. To that end, the Service Development Senior Day Program Subcommittee solicited the help of the Faith in Action Committee. A needs assessment survey was developed in collaboration with the Faith in Action Committee and was disseminated electronically to over 1200 faith-based organizations in the fall/winter of 2005. This survey was

designed to assess the need for additional senior day programs, identify senior services currently being offered by faith-based organizations and to help the County learn more about opportunities to collaborate with faith-based organizations interested in developing self-sustaining senior day programs. The Subcommittee plans to summarize, analyze and share the results of this survey.

## **Accomplishments of the Senior Service Subcommittee**

Developed a fact sheet, in collaboration with County staff, describing existing senior services. This fact sheet is now available in Korean, Vietnamese, Chinese, Spanish, Arabic, Farsi, and Urdu.

Translated marketing materials for the Senior Centers and Adult Day Health Care Centers into other languages (Korean, Vietnamese, Spanish, Urdu, and Farsi).

Initiated a concerted effort with the Senior Centers and Adult Day Health Care Centers to hire bilingual staff.

Supported the hiring of a Cultural Liaison Specialist for the Senior Centers to increase the number of Vietnamese participants in their programs. As a result, the number of Vietnamese participants attending Senior Centers rose from 12 to over 130 this year.

Provided technical support to the Korean Senior Center as they explored opportunities to develop a Senior Plus Program.

Provided technical support to Clifton Presbyterian Church during their planning phase to develop a respite program in Clifton and the surrounding area.

Collaborated with the Korean Senior Center staff in submitting an article to a local Korean newspaper providing valuable information about the features and benefits of SeniorNavigator.

Collaborated with culturally diverse print media in order to publish newspaper articles about County senior day programs and to recruit bilingual staff.

Collaborated with REAP, a social services organization in the County who works with senior immigrants and refugees, to write a grant requesting funds for a cultural liaison. The cultural liaison would help connect senior immigrants and refugees to needed services/programs.

Conducted an initial market study in coordination with Palmetto Health Inc. to determine the feasibility of offering a Program for All Inclusive Care for the Elderly (PACE) in Northern Virginia for low-income frail elderly.

## **Current and Future Initiatives**

Increase opportunities for intergenerational activities at senior day programs.

Increase cultural sensitivity/competence of County staff and volunteers in senior day programs.

Increase the recruitment and retention of bilingual staff/volunteers in County senior day programs.

Ensure that front line staff develop sufficient language proficiency to be courteous and responsive. Develop laminated cards for staff with simple greetings and common phrases in different languages.

Provide presentations to culturally diverse populations where they tend to naturally congregate (i.e., places of worship, clubhouses, coffee shops) about available senior day programs (using a translator).

Identify cultural liaisons that can help seniors from culturally diverse populations gain access to needed services.

Utilize culturally diverse media to inform their respective communities about senior day programs.

Share information gleaned from demographic maps with County agencies and make the maps available on the LTCCC website for others who are interested.

Develop and conduct needs assessment survey in collaboration with faith-based communities designed to identify gaps in services, barriers to accessing services, current initiatives, and opportunities for service development.

Summarize, analyze, and share information from the Faith in Action needs assessment survey with other long term care service providers.

Plan to establish community clubhouses and cultural cafes. Clubhouses are designed to attract groups who prefer to meet in their own community and are expected to appeal to younger, more active seniors who do not need the range of services offered at the senior hub sites. Cultural cafes would offer services and programs to support new senior immigrants who are not proficient in English and who prefer to associate with others from their own culture.

Collaborate with faith-based organizations and/or other interested groups to assist them in their efforts to develop self sustaining senior service programs.

Foster initiatives with community groups who are interested in expanding and/or developing new programs designed for seniors.

Develop tool kits to provide important information on how to develop senior programs.

Continue to assess the feasibility of PACE (Program for All-Inclusive Care of the Elderly) in Northern Virginia.

Develop collaborative relationships with the Parish Nurse Association.

## **Collaborative Initiatives with Other Agencies/Organizations**

Translate information and marketing brochures about senior programs into different languages

Collaborate with the LTCCC Access Committee and local academic institutions to research social marketing strategies to increase public awareness of senior day programs

Provide public transportation and taxi travel training for culturally diverse senior populations to increase their ability to access needed programs and services

Sensitize public transportation and taxi personnel to the needs of seniors and those from culturally diverse backgrounds

Work in collaboration with the LTCCC Access Committee to develop a multi-lingual speaker's program in order to provide information about long term care issues/resources to ethnically diverse populations.

Work in collaboration with LTCCC Access Committee and SeniorNavigator to develop language translation capabilities.

Create an “Ambassador Program” using a core of volunteers to educate culturally diverse populations about available programs for seniors (could use *Neighborhood College* model to train the core of volunteers).

## **Recommendations to the LTCCC**

Continue to assess the feasibility of PACE

Support availability of technical support and/or start-up funds to stimulate the development of new and self-sustaining programs for seniors.

Support funding of Senior Plus program in an effort to increase access throughout the County. Work towards the development of full service senior hub sites (Senior Centers, Senior Plus Programs and Adult Day Health Care) with bilingual staff to provide a continuum of senior services. These senior hub sites would offer recreation services, social services, and health related services at one convenient location.

Explore the feasibility of establishing senior day programs in the Midwestern (Chantilly/Centreville area) and Southwestern (Laurel Hill area) part of the County.

**APPENDIX I**

**DEMOGRAPHIC MAPS**

## **Introduction to “Where Our Seniors Live”**

### **A Demographic and Spatial Analysis of Fairfax County’s Senior Population**

At the request of the Long Term Care Coordinating Council’s Service Delivery Committee, a brief demographic and Geographic Information System (GIS) spatial analysis was prepared to examine the characteristics and distribution of senior residents throughout the County, the City of Fairfax and the City of Falls Church. The primary source of data for the demographic and spatial analysis was the 2000 U.S. Census. The analysis uses data from the 173 census tracts that cover the County and the two independent cities. To identify trends, data from the 2000 Census was supplemented with prior U.S. Census data, official Fairfax County population forecasts prepared by the Department of Systems Management for Human Services and the U.S. Census Bureau’s American Community Survey for Fairfax County.

The analysis contains an overview of the demographic context of the aging population in the County and the two independent cities. The contextual analysis focuses on the general growth of the area’s population, the increasing diversity of the population and the growth trends of the senior population in relation to the overall population. The spatial analysis is presented in a series of twenty-one GIS maps which have been developed to support the Long Term Care Coordinating Council’s desire to identify service gaps and underserved populations.

Following, is a listing of the GIS maps used in the “Where Our Seniors Live” analysis:

- Map 1** Distribution of Seniors 65 and older
- Map 2** Distribution of Residents Age 50 to 64 Years
- Map 3** Distribution of Senior Residents by Age Group – Age 60-69
- Map 4** Distributions of Senior Residents by Age Group – Age 70-79
- Map 5** Distributions of Senior Residents by Age Group – Age 80+
- Map 6** Distribution of Korean Speaking Population
- Map 7** Distribution of Vietnamese Speaking Population
- Map 8** Distribution of Arabic Speaking Population
- Map 9** Distribution of Hindi Speaking Population
- Map 10** Distribution of Urdu Speaking Population
- Map 11** Distribution of African Speaking Population
- Map 12** Distribution of Spanish Speaking Population
- Map 13** Distribution of Chinese Speaking Population
- Map 14** Distribution of Senior Residents At or Below 200% US Poverty Level

The majority of the maps use a common color theme to indicate the proportional intensity, either in terms of raw counts or in terms of a population percentage of the characteristic for a particular census tract.

Red indicates census tracts with the highest values or intensity - those above the 75<sup>th</sup> percentile (4th quartile).

Blue indicates census tracts with values between the median and the 75<sup>th</sup> percentile (3rd quartile).

Yellow indicates census tracts with values between the 25<sup>th</sup> percentile and the median (2nd quartile).

White indicates tracts with values below the 25<sup>th</sup> percentile (1st quartile).

It is important to note that each map draws on an intensity value or proportional calculation unique to that characteristic. In other words, the most intense areas for a particular characteristic may vary significantly in terms of the actual value from map to map.

**Map 1** represents the distribution of seniors age 65 and older in the County.

**Map 2** focuses on the location of persons aged 50-64. This map was developed as a very simple proxy for where the County's future senior citizens might be located. This is a highly speculative construct because one would have to assume that all those persons aged 50-64 will continue to live where they lived at the time of the 2000 census as they become seniors. However, the map can be of very general assistance in predicting the future locations of those over the age of 65.

**Maps 3-5** examine the distribution of the senior population by subgroups consisting of young-old (60-69), old (70-79), and old-old (80 plus). This age breakdown will enhance strategic planning as it will allow long term care service providers to plan for the unique needs of each of these subgroups throughout the County.

**Maps 6-13** indicate the presence of speakers various non-English languages, are based on census data for all persons aged 17 and older and not specifically seniors. The Census Bureau does not provide data, which isolates primary language spoken at home by specific age ranges. It should also be noted that the fact that someone prefers to speak a language other than English at home, as defined by the Census, does not mean that they do not speak also speak English. The intent of these maps is to assist the Long Term Care Coordinating Council in identifying concentrations of non-English speakers in the community as a source of potential outreach points to identify elderly persons who are linguistically isolated.

Finally, **Map 14** provides the geographic location of seniors living at or below 200% of the US poverty level in the County.

**APPENDIX II**

**FOCUS GROUP  
SUMMARY**

## CULTURAL FOCUS GROUP – IRAN (3 GROUPS)

<i>Languages Spoken</i>	Arabic, Farsi, some Turkish and Kurdish
<i>Did you bring the senior members of your family with you originally or did you have them meet you here at a later day?</i>	Some stayed in Iran, some came here, most came; fewer have come since 9/11; most came at age 45; after revolution (25 years ago) more came; when students come to study in U.S., sometimes parents and grandparents come
<i>Who typically lives in your household in your home country?</i>	Families stay together; father & mother lead rest of family; children more respectful, take care of family.
<i>Who lives in your household here in the US?</i>	Families stay together no matter where they live; family dynamics similar in both countries but families more scattered here; in U.S. on Medicaid or supported by children; if speak English work; seniors here more active, socialize, volunteer, exercise; those that immigrated here after revolution very intelligent (60% graduates, 6% more Ph.D.s than Americans), higher class migrated with money
<i>Is family time important in your culture?</i>	Family bond very important
<i>Do families regularly have meals together?</i>	Not addressed; given above, probably do
<i>What do the elderly in your culture do during the day?</i>	Volunteer (e.g. RSVP, Red Cross); senior center; library, swimming; walks, picnics; senior statesmen on consulting basis; less respect since revolution; take care of children when out of school, "would help if could bring 'children' along"
<i>What do adult children in your culture do during the day?</i>	Sports are big; swimming, tennis, horseback riding; more studying done by children here
<i>What do you do for fun and relaxation in your country?</i>	Same as above; 1 group said most activities done at home or with family-visiting, family events, parties, eating; gender separate activities; coffee shops; few recreation/senior centers available
<i>What do you do for fun and relaxation in the US?</i>	Dancing, singing, soccer, reading, seashore vacations, cooking; read newspapers, books; write; play sports; walk; travel; TV; popular classes: ESL, computer, ceramic, travel to DC, restaurants, long distance trips; need info/seminar on tax, government services, investing, etc.
<i>Where do you tend to congregate?</i>	Homes, restaurants, parks, senior centers, schools; women & men get together separately; socialize in homes with old friends, sociable with new people but not in homes; mosque/church (90% Muslim, 5% Christian)
<i>Are you comfortable seeking services from a government agency?</i>	No problem in U.S. for those who speak English; those that do not, ask friends that know the language
<i>Would you travel long distances for fun or services?</i>	Willing to drive 1 hour to visit family/friends; will go far to a center with people they know; willing to drive cross-country
<i>Is transportation an issue?</i>	Probably, if no car available; FASTRAN very important for non-driving widows; fearful of going out on own/getting lost
<i>Would you travel farther for a program that was offered in your own language?</i>	1 group addressed; would travel if they knew Farsi spoken at center; would travel for socialization – too few buses, out of catchment area of a center
<i>Would you attend a program that was close but not offered in your own language?</i>	1 group addressed travel but not language; would be best if close
<i>Would you use space made available for social gathering?</i>	ESL; real need for space for Iranian cultural groups; Yes- "senior forget all their worries when they are at center because happy;" would choose one large open room over a medium room with multiple side rooms – want to be together but would like separate small rooms for education or leisure classes
<i>Choice of Fun Activities for Culture</i>	1 group addressed; politics, long distance trips; sight seeing, picnics, U.S. historical landmarks, dancing to Iranian music
<i>What is your attitude toward Nursing Home, Adult Day Care?</i>	Many "would die if sent to nursing home;" prefer family provided care; language barrier to ADC participation; "senior center more like a club but nursing home more for sick seniors"
<i>What are the barriers to using Senior Center, Community Center, Senior Housing, Adult Day Care?</i>	
<i>Does your culture place a value on volunteer work?</i>	
<i>Are you comfortable asking non-family members for help?</i>	Not addressed
<i>Other Comments</i>	Iranians at Pimmit Senior Center would like Persian (Farsi) books/mags, maybe old issues could be donated by Tysons Library. Religion is not a barrier for socializing; very tolerant of different religions. Iranians are mostly Muslims, some Jewish, some Armenian Christians represented at Pimmit Senior Center

## CULTURAL FOCUS GROUPS – CHINA, TAIWAN, LAOS, HONG KONG, MALAYSIA, PHILIPPINES, VIETNAM

<i>Languages Spoken</i>	Mandarin, Japanese as second language, little English, Cantonese, Tagalog, Vietnamese
<i>Did you bring the senior members of your family with you originally or did you have them meet you here at a later day?</i>	Two groups: Most come here when children move here; some to Canada; still live close to family when here. Other group: stayed behind or passed away
<i>Who typically lives in your household in your home country?</i>	Taiwan – don not live with adult children; family is very close-knit even if don't live together; more united family in old country
<i>Who lives in your household here in the US?</i>	Live separately; one lives 6 months in Taiwan with son, 6 months here with daughter; in one group two interviewees live with extended family; do similar things as done at senior centers; sightseeing
<i>Is family time important in your culture?</i>	Families close-knit here too
<i>Do families regularly have meals together?</i>	No addressed; given above, probably do
<i>What do the elderly in your culture do during the day?</i>	Original country: visit friends, care for grandchildren, travel, yoga, go to park, exercise, mahjong, classes taught by retired professionals for free or small fee. Here: men- pool, exercise, TV, learning English, sew or mend clothes, stay healthy
<i>What do adult children in your culture do during the day?</i>	Original country and here: work. Children: schoolwork, no TV, no PC, help with family chores, family trips, travel
<i>What do you do for fun and relaxation in your country?</i>	Working! If time trips/travel, Mahjong, Tai Chi, dancing; different areas have different customs
<i>What do you do for fun and relaxation in the US?</i>	Baby-sit grandchildren, swim; play mahjong, fish, shop, TV – sports and news, walk; if have care, shop; travel, even cruises
<i>Where do you tend to congregate?</i>	Church; Chinese restaurants; senior center; individual homes for small groups; Chinese School; “anywhere they can talk, play games, dance, and take classes”
<i>Are you comfortable seeking services from a government agency?</i>	No problem but language an issue; will come especially if interpretation and transportation provided; desire Chinese doctor, etc; more based on convenience-language, transportation
<i>Would you travel long distances for fun or services?</i>	Depends on individual – transportation is an issue; if interpretation and transportation provided will go far
<i>Is transportation an issue?</i>	Yes, several don't drive; some carpool; use family, friends, volunteers; Need more FASTRAN buses because many people in catchment area are still on waiting list
<i>Would you travel farther for a program that was offered in your own language?</i>	Not addressed by 2 groups. One said they travel far; those that attend Pimmit Hills Senior Center come from Manassas, Reston, Sterling, Cascades, Vienna, Annandale, Falls Church
<i>Would you attend a program that was close but not offered in your own language?</i>	Not addressed
<i>Would you use space made available for social gathering?</i>	Need for space: “senior center has good space;” need space for large social gatherings; “FCPL conference rooms too small and there is lots of competition;” parking an issue; if given a choice of one large open room or medium room with multiple side rooms, would choose large room because want to be together
<i>Choice of Fun Activities for Culture</i>	Music, cultural activities; movies; more pool tables; clay pottery from scratch; health seminars as well as other topics; “Partakes classes at a reduced fee;” more space so 2 activities (English classes/dancing) in same room; see answers above
<i>What is your attitude toward Nursing Home, Adult Day Care?</i>	Nursing homes – not good, but a reality here, more educated find them more acceptable and more acceptable for persons with memory loss. Adult Day Care – would prefer Chinese speaking one/ Once ADC explained said would participate, want more info; need interpreters; most desirable to be cared for by family even in unhealthy if no memory loss
<i>What are the barriers to using Senior Center, Community Center, Senior Housing, Adult Day Care?</i>	Language biggest barrier, need more translators for activities; transportation; food not real barrier although Chinese food preferred; would like more health services: flu shots, blood pressure checks, health issues
<i>Does your culture place a value on volunteer work?</i>	Yes, value it. Help with translation, driving; activities at senior center AARP income tax service, barber/haircut/teaching, sewing, cooking, phone-calling tree; more prone to do it if it is informal because lends a feeling of belonging; older adults will ask volunteers for favor before children as children seen as too busy
<i>Are you comfortable asking non-family members for help?</i>	Not addressed
<i>Other comments</i>	Interviewees like senior center and thanked Center staff and volunteers

## CULTURAL GOCUS GROUPS – KOREA

<i>Languages Spoken</i>	Korean, some Japanese
<i>Did you bring the senior members of your family with you originally or did you have them meet you here at a later day?</i>	20-30 years ago, whole families came. Now generally the younger come first and bring their parents later
<i>Who typically lives in your household in your home country?</i>	3-4 generations live together
<i>Who lives in your household here in the US?</i>	Some families live together but many are Americanized and the older people want to be independent
<i>Is family time important in your culture?</i>	Together for all holidays and special occasions
<i>Do families regularly have meals together?</i>	Yes, eat together. Get together often, always food
<i>What do the elderly in your culture do during the day?</i>	Watch TV, meditate, read bible, read books, go to park to swim, exercise, play golf. Many assist with child care
<i>What do adult children in your culture do during the day?</i>	Jobs – work
<i>What do you do for fun and relaxation in your country?</i>	Sing, dance, learn to dance, flower arranging, many churches have senior programs. In country, each village has a special place for seniors to gather to talk, play Chinese and Korean checkers, where activities are informal and for relations
<i>What do you do for fun and relaxation in the US?</i>	Watch TV, meditate, read bible read books, go to park to swim, exercise, play golong, Go to Rec center, learn computers, fitness activities. Don't want to play cards and may be intimidated to learn something new.
<i>Where do you tend to congregate</i>	Most go to church on Sundays. Like to go to restaurant for lunch, like outdoor activities. Many want to get together more but do not drive
<i>Are you comfortable seeking services from a government agency?</i>	Yes
<i>Would you travel long distances for fun or services?</i>	10 miles
<i>Is transportation an issue?</i>	Did not address
<i>Would you travel farther for a program that was offered in your own language?</i>	Korean language more important than proximity. Staff members speaking Korean is very important
<i>Would you attend a program that was close but not offered in your own language?</i>	Small neighborhood site is not as desirable as site which is further but staff speaks the Korean language
<i>Activity Desired if Place for Cultural Group</i>	Line dance, physical fitness for men, billiards, ping pong
<i>Choice of Fun Activities for Culture</i>	Already answered
<i>What is your attitude toward Nursing Home, Adult Day Care?</i>	Favorable
<i>What are the barriers to using Senior Center, community Center, Senior Housing, Adult Day Care?</i>	Feel Koreans do not use them because of communications problems – with staff and other participants not speaking the language and do not like the American food
<i>Does your culture place a value on volunteer work?</i>	Yes, value volunteering, especially with their own culture. Would volunteer more in American community but communication is a barrier. Would be willing to volunteer with a special task that they would be comfortable doing if have no communication issues, like cashier for school lunch
<i>Are you comfortable asking non-family members for help?</i>	Yes
<i>Other Comments</i>	Asked for help with coordinating volunteer opportunities in which Korean language will not be communication barrier. Would like help with tax service, help with filing forms, understanding their bills and health bills. Mentioned the Greater Washington Korean Association is planning another senior center.

## CULTURAL FOCUS GROUPS – ECUADOR, EL SALVADOR, BOLIVIA, PERU (2 GROUPS)

<i>Languages Spoken</i>	Spanish, limited English
<i>Did you bring the senior members of your family with you originally or did you have them meet you here at a later day?</i>	Depends on many factors. Usually, several younger members of family come first and \$\$ home. Once family members in U.S. have enough \$, adequate housing & other resources, they will bring their elder parents here. Bolivian folks said stayed behind because of language barrier.
<i>Who typically lives in your household in your home country?</i>	Often primary family unit lives with extended family, grandma lives with family.
<i>Who lives in your household here in the US?</i>	Sometimes families separated because they have to find work, but try to live as close together as possible. When live together, it is to save money and send money home.
<i>Is family time important in your culture?</i>	Always get together for special events (birthdays, baptism, weddings and holidays); get together on weekends; during week work 2 jobs
<i>Do families regularly have meals together?</i>	Usually eating is part of every get together and get together for good food.
<i>What do the elderly in your culture do during the day?</i>	Stay at home, watch TV sports, soccer, go to local market, take walks, cook, go to medical appts
<i>What do adult children in your culture do during the day?</i>	Work. Women try if possible to work out of their homes if they have young children/elderly parents who need care; go to mass, shop, go to soccer games, get together with friends
<i>What do you do for fun and relaxation in your country?</i>	Play pool, dominos, checkers, telephone ring (like bridge), soccer, dancing, TV, get togethers with family and friends, church, parties
<i>What do you do for fun and relaxation in the US?</i>	Music, dancing, food. Similar to own country, but harder to get together here because many working on weekends. Would like to visit museums, easy to get lost here – need “travel training”
<i>Where do you tend to congregate</i>	Weekends at home, restaurants, church, social gatherings (in country plaza), parks if with children and/or grandchildren; soccer fields, ladies go shopping together, places to practice dancing
<i>Are you comfortable seeking services from a government agency?</i>	If undocumented, may be afraid if they know SSN required. In own country would stigmatized as poor. In this country many people seek out services in government buildings, especially if close by. Info from Telemundo, “people who need it have no information – lack of information.”
<i>Would you travel long distances for fun or services?</i>	Depends on availability of transportation; distance not an issue but lack of public transportation is
<i>Is transportation an issue?</i>	See above
<i>Would you travel farther for a program that was offered in your own language?</i>	Not addressed by Ecuador and El Salvador groups; 2 <sup>nd</sup> group said would travel far
<i>Would you attend a program that was close but not offered in your own language?</i>	Hard to get to places if do not have car. Depends on availability of public transportation; “prefer Spanish – no matter the distance”
<i>Activity Desired if Place for Cultural Group</i>	Gym, pool table, socialize, English classes, learn about services, employment, talk, play, entertainment, dancing, watch TV together
<i>Choice of Fun Activities for Culture</i>	Classes, art; dance, talk, cards, dice games, music; “fun to have exercise equipment”
<i>What is your attitude toward Nursing Home, Adult Day Care?</i>	Addressed Adult Day Health Care: well staffed, safe, clean, fun. In their culture children feel that they should care for their parents “until the end.” Would consider Adult Day Health Care, because safer than leaving home alone. Some in 2 <sup>nd</sup> group said would rather go home, but also said at home only have hospice-end of life care, families are preferable, go only if absolutely necessary – worried about people being rude
<i>What are the barriers to using Senior Center, community Center, Senior Housing, Adult Day Care?</i>	Lack of information about services available – both groups. Spanish speaking staff would increase access. Many do not see self as old so do not want to attend Senior Center. More likely to seek out Senior Center services in winter because looking for something outside of home
<i>Does your culture place a value on volunteer work?</i>	Volunteering is seen as positive behavior; respected and want to do it. Many volunteer in church. One gentleman said that he worked hard as a younger adult and now wants to relax and enjoy life
<i>Are you comfortable asking non-family members for help?</i>	Yes – if need help ask anyone; Yes, if person trustworthy
<i>Other Comments</i>	

## CULTURAL FOCUS GROUPS – AFGHANISTAN

<i>Languages Spoken</i>	Farsi, Pashtu, English
<i>Did you bring the senior members of your family with you originally or did you have them meet you here at a later date?</i>	Most families when able bring their older family members, but some older people have gone back to Afghanistan because they feel isolated, sad and lonely at home alone during the day
<i>Who typically lives in your household in your home country?</i>	In Afghanistan, extended families live together. Lot more time to spend time together so the custom there. They eat together. Elderly much respected, so they lead the meals: start to eat first. Often sexes eat separately. Considered an education for younger so all eat together.
<i>Who lives in your household here in the US?</i>	Families still live together, but more families, if able, use assisted living facilities to help care for elderly.
<i>Is family time important in your culture</i>	Yes it is very important.
<i>Do families regularly have meals together?</i>	Families will often socialize and eat together.
<i>What do the elderly in your culture do during the day?</i>	Elderly in Afghanistan pray, read. Gossip and watch children during the day. Many are very lonely and sad in this country during the day because they are isolated and as a result some return to Afghanistan.
<i>What do adult children in your culture do during the day?</i>	Young Afghanistan adult children care for their children and/or work during the day
<i>What do you do for fun and relaxation in your country?</i>	People in Afghanistan enjoy music, socializing with family, meals and tea, and prayer together. They congregate in their homes, place of worship.
<i>What do you do for fun and relaxation in the US?</i>	Similar to what is done in own country; Listen to music and eat meals with friends and family; Card games
<i>Where do you tend to congregate?</i>	Mosque; Families and friends homes
<i>Are you comfortable seeking services from a government agency?</i>	Comfortable seeking out services from government
<i>Would you travel long distances for fun or services?</i>	Would travel long distance for needed services or to attend social function
<i>Is transportation an issue?</i>	If family members available to provide transportation it is not an issue otherwise elderly not comfortable using public transportation by themselves
<i>Would you travel farther for a program that was offered in your own language?</i>	Would travel farther to go to culturally sensitive programs
<i>Would you attend a program that was close but not offered in your own language?</i>	Not as likely to attend program if not culturally sensitive
<i>Would you use space made available for social gathering?</i>	Yes
<i>Choice of Fun Activities for Culture</i>	Listen to music and eat meals with friends and family; Card games
<i>What is your attitude toward Nursing Home, Adult Day Care?</i>	Prefer to take care of own family members but because many individuals have to work would be more likely in this country to utilize adult day care if culturally sensitive.
<i>What are the barriers to using Senior Center, Community Center, Senior Housing, Adult Day Care</i>	Are not aware of the available programs. May not want to use them if they are not culturally sensitive. Prefer to attend programs with people from their cultural and with people who speak their language
<i>Does your culture place a value on volunteer work?</i>	Most individuals in Afghanistan do not have the luxury of volunteering as they need to work for money so volunteerism is not as popular as it is in this County.
<i>Are you comfortable asking non-family members for help?</i>	Very proud and so therefore most likely ask friends and family for assistance; but as more family members are forced to work families are having to rely on outside sources of assistance.
<i>Other comments</i>	The elderly need more opportunities for socialization

## CULTURAL FOCUS GROUPS – VIETNAM

<i>Languages Spoken</i>	Vietnamese, French, Spanish, English
<i>Did you bring the senior members of your family with you originally or did you have them meet you here at a later day?</i>	Vietnamese refugees have been primarily adults with children, but not elderly parents. They were brought over subsequently, if at all. Families established themselves first, then brought parents. 50% remain in Vietnam.
<i>Who typically lives in your household in your home country?</i>	Children and parents live together. However, when children marry, they leave the household, except for the oldest son, who with his wife stays with the parents in order to care for them. Un-married children may stay or leave by choice. Time spent together depends largely on what their jobs require. When possible, they eat together and children are expected to speak to their parents.
<i>Who lives in your household here in the US?</i>	Here older people like to live with extended family, but younger want the independence. The younger know they are still responsible for their parents. Difference between old world culture and new American culture
<i>Is family time important in your culture?</i>	Older men go to centers and their clubs or they visit neighbors. Women take care of grandchildren and consequently are more likely to be housebound. Spend time once a week and talk to each other on phone couple times a week
<i>Do families regularly have meals together?</i>	See above. Once a week. If live together, eat together as much as possible.
<i>What do the elderly in your culture do during the day?</i>	Sewing, knitting, cards, exercise, playing music, walking, games. Stay home and care for grandchildren.
<i>What do adult children in your culture do during the day?</i>	Play video games, spend time with family, chores, participate in sports, church activities, temple volunteer in faith based activities.
<i>What do you do for fun and relaxation in your country?</i>	Visit friends and family and travel – if it's affordable. Spend time with family every day. Close family ties. Most men were drafted in army 18-21 years old during war. Also organized sports.
<i>What do you do for fun and relaxation in the US?</i>	
<i>Where do you tend to congregate</i>	Church, temple, family, G40 friends, Air Force Association, alumni, military organizations, social associations, Vietnamese Cultural Language School. Social events planned at special restaurants, Boy Scout
<i>Are you comfortable seeking services from a government agency?</i>	If we know about services we would go. If there is language barrier, may be reluctant.
<i>Would you travel long distances for fun or services?</i>	15 minute drive. Prefer to have close
<i>Is transportation an issue?</i>	Don't know how to use transportation. Depends on age; in good health can drive.
<i>Would you travel farther for a program that was offered in your own language?</i>	30 minutes; are willing to drive further
<i>Would you attend a program that was close but not offered in your own language?</i>	If can understand even if they cannot speak, may attend. If not able to speak or understand, they may not attend.
<i>Activity Desired if Place for Cultural Group</i>	Yes, would be very likely. Meetings, social events
<i>Choice of Fun Activities for Culture</i>	Would like to have yoga, Tai Chi
<i>What is your attitude toward Nursing Home, Adult Day Care?</i>	Grateful and would use service if they know about it.
<i>What are the barriers to using Senior Center, community Center, Senior Housing, Adult Day Care?</i>	Not knowing about it; transportation; if no one spoke Vietnamese could use volunteers to help
<i>Does your culture place a value on volunteer work?</i>	Volunteering – yes
<i>Are you comfortable asking non-family members for help?</i>	Yes
<i>Other Comments</i>	

## CULTURAL FOCUS GROUPS - SOMALI

<i>Languages Spoken</i>	Somali, Italian, Arabic
<i>Did you bring the senior members of your family with you originally or did you have them meet you here at a later day?</i>	Most sponsor elderly from secondary country, quicker as a refugee – some go back home
<i>Who typically lives in your household in your home country?</i>	Somalis live together in the same home but they do not eat together – only for big family gatherings.
<i>Who lives in your household here in the US?</i>	Live together in same home. Can't spend much time together because many have at least 2 jobs – not the leisure time here compared to living in Somalia.
<i>Is family time important in your culture?</i>	Somali families spend a great deal of time together on average 2 hours a day (holidays they spend more time together)
<i>Do families regularly have meals together?</i>	Yes they socialize and share meals together
<i>What do the elderly in your culture do during the day?</i>	The Somalis pray and like to socialize – like to meet in coffee shops (naturally occurring groups)
<i>What do adult children in your culture do during the day?</i>	Somali adult children sometimes work 2 jobs
<i>What do you do for fun and relaxation in your country?</i>	Meet together in social cafes; Gather at friends and families house for special events such as weddings or other ceremonies
<i>What do you do for fun and relaxation in the US?</i>	Similar to what is done in own country
<i>Where do you tend to congregate</i>	Friends and families homes; Men gather at Starbucks in Falls Church to socialize
<i>Are you comfortable seeking services from a government agency?</i>	Do not hesitate to contact and seek out help from government agencies
<i>Would you travel long distances for fun or services?</i>	Somali seniors would likely utilize Program that is close to home with a Somali liaison would be
<i>Is transportation an issue?</i>	Transportation is an issue for the elderly but not for young people
<i>Would you travel farther for a program that was offered in your own language?</i>	Somali seniors would likely utilize Program that is close to home with a Somali liaison would be
<i>Would you attend a program that was close but not offered in your own language?</i>	Prefer close to home and would like to have someone who can speak their language available
<i>Activity Desired if Place for Cultural Group</i>	Would likely utilize space available for gathering with friends and family if it had space for prayer,
<i>Choice of Fun Activities for Culture</i>	Meet together in social cafes; Gather at friends and families house for special events such as weddings or other ceremonies
<i>What is your attitude toward Nursing Home, Adult Day Care?</i>	Somali see elder care as a family responsibility and therefore would not typically utilize these programs, but given that many adult children work in the US they might explore adult day health care as a safer option to leaving frail parent home alone.
<i>What are the barriers to using Senior Center, community Center, Senior Housing, Adult Day Care?</i>	Would want people from their culture attending the program; would also like someone who can speak their language; respect food restrictions (no pork),
<i>Does your culture place a value on volunteer work?</i>	Volunteerism is a natural value in Somali culture
<i>Are you comfortable asking non-family members for help?</i>	Somali people would not hesitate to ask for help from a non-family member if needed
<i>Other Comments</i>	