Latino Seniors: A Cultural Consideration for Public Health

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INTERCULTURAL SENIOR CENTER (ISC) VISION
➢ To be the center of excellence in Omaha by providing culturally competent services to the Latino senior community and empowering them to overcome barriers and limitations.

ISC MISSION
➢ To encourage the dignity, self-worth and prosperity of Latino senior citizens & their families in the Omaha area while improving the quality of their lives through education, advocacy and other services on culturally competent way.

ISC OBJECTIVES
➢ Serve South Omaha Latino elderly population at a minimal cost $1 to $2 per family dependent on income.
➢ Provide programs, services & sense of community.
➢ Provide assistance & support with:
  ➢ Trans-generational acculturation
  ➢ Isolation due to language, poverty, culture
  ➢ Declining mobility, vision, hearing, end of life issues
  ➢ Immigration status guidance
  ➢ Transportation
  ➢ Health & fitness

OVERVIEW
➢ The Latino population in the United States has grown significantly over the past century and is expected to represent over 25% of the population by 2030.
➢ In Nebraska, the Latino population grew 70% from 2000-2010 (116,900 to 167,000) in which 4660 are over the age of 65.
➢ Latino seniors represent a special population with unique needs including but not limited to culture, language, economic and social considerations.
➢ In response to the growing need and trends, the Intercultural Senior Center (ISC) was founded by Carolina Padilla in 2009 to address the needs of Latino seniors in Nebraska namely Omaha.

ISC’s SERVICES
NEED-BASED EDUCATIONAL PROGRAMS
➢ English Classes (Basic & Intermediate)
➢ Basic Computer Classes
➢ Self-Esteem Health & Nutrition Workshops
➢ Chronic disease management & leading healthy style

FUNDING SOURCES
➢ Private Donations
➢ Grants
➢ Fundraising
➢ Community Partnerships

SENIOR-REQUESTED ACTIVITIES
➢ Exercise (Tai-Chi, Zumba, Yoga)
➢ Arts & Crafts
➢ Cultural Events
➢ Community Visits
➢ Monthly Pantry
➢ Transportation for field trips

2012-2013 GOALS
➢ Increase funding support
➢ Ensure ongoing availability of transportation
➢ Open 5 days a week
➢ Serve additional members of the senior Latino community
➢ Increase partnership
➢ Provide additional services, such as:
  ➢ Health screenings on site
  ➢ Diabetes and other health education
  ➢ Full service computer lab and classes, plus upgraded technology at the center.
  ➢ Ongoing education in social services such as social security, Medicare, Medicaid, and others services this population is often not aware of.
  ➢ Financial/basic banking education.

CONCLUSIONS
➢ As the Hispanic/Latino population expands across the nation; it is essential that community health educators and practitioners integrate not only language but also culture into public health efforts. Latino seniors are a unique cohort representing opportunities for innovative approaches to health promotion, disease prevention and management. The public health needs of Latino seniors are vast and expand beyond language and culture but include health knowledge, beliefs and practices.