



Asian American Health Initiative

Together To Build A Healthy Community

Caregiver Stress in Asian American Communities

CaringMatters
11/3/2022

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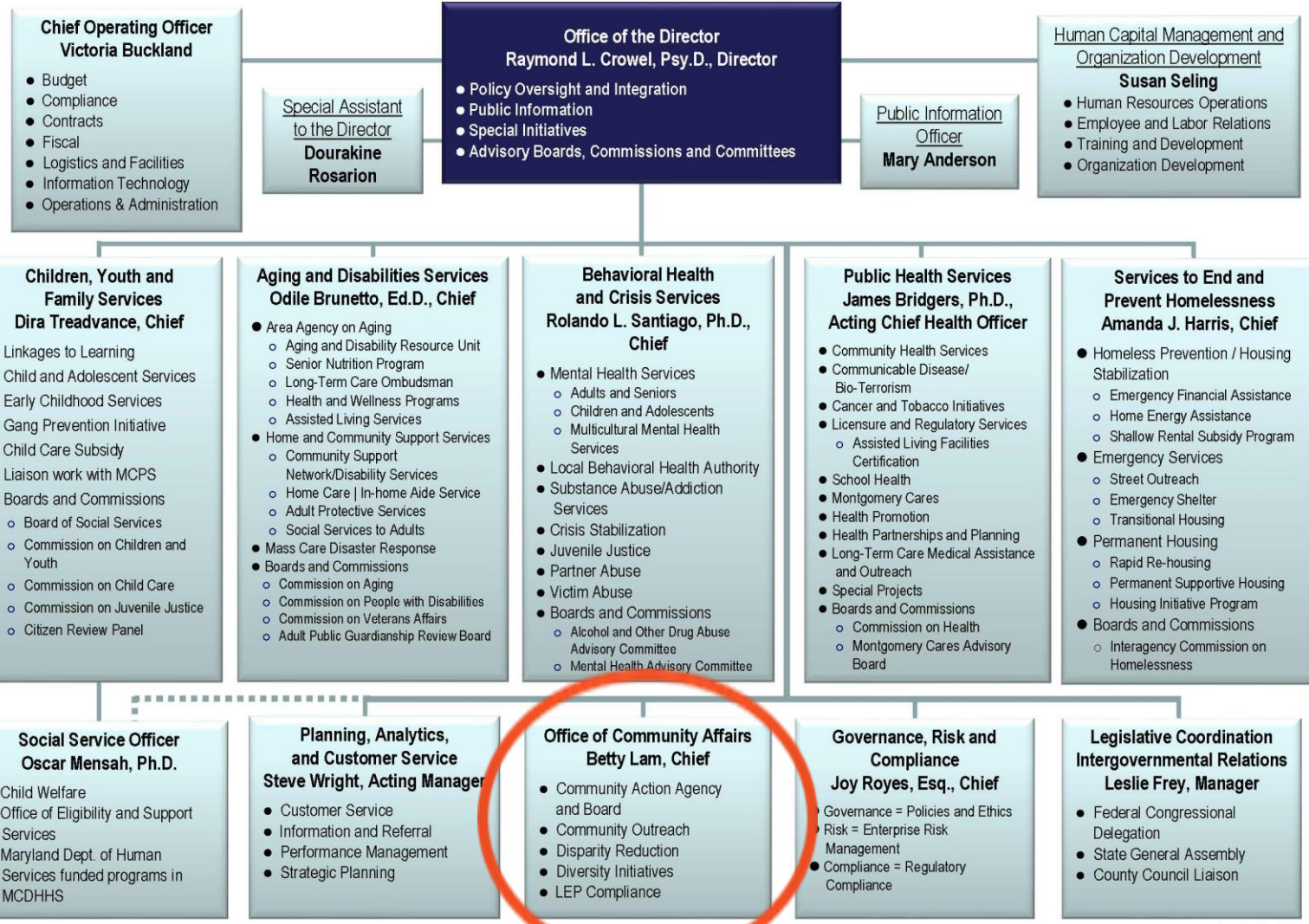
Caregiver Stress in Asian American Communities

Learning Objectives:

1. Brief information about the Asian American Health Initiative (AAHI), MCDHHS
2. Local Asian American population demographics
3. Cultural expectations around caregiving in Asian American communities
4. Risk of stress and burnout among Asian American caregivers
5. Best practice in supporting Asian American caregivers
6. Additional reading and resources



Department of Health and Human Services – Organizational Chart



Asian American Health Initiative

Together To Build A Healthy Community



African American Health Program



Last Update 5.16.22





AAHI's Mission

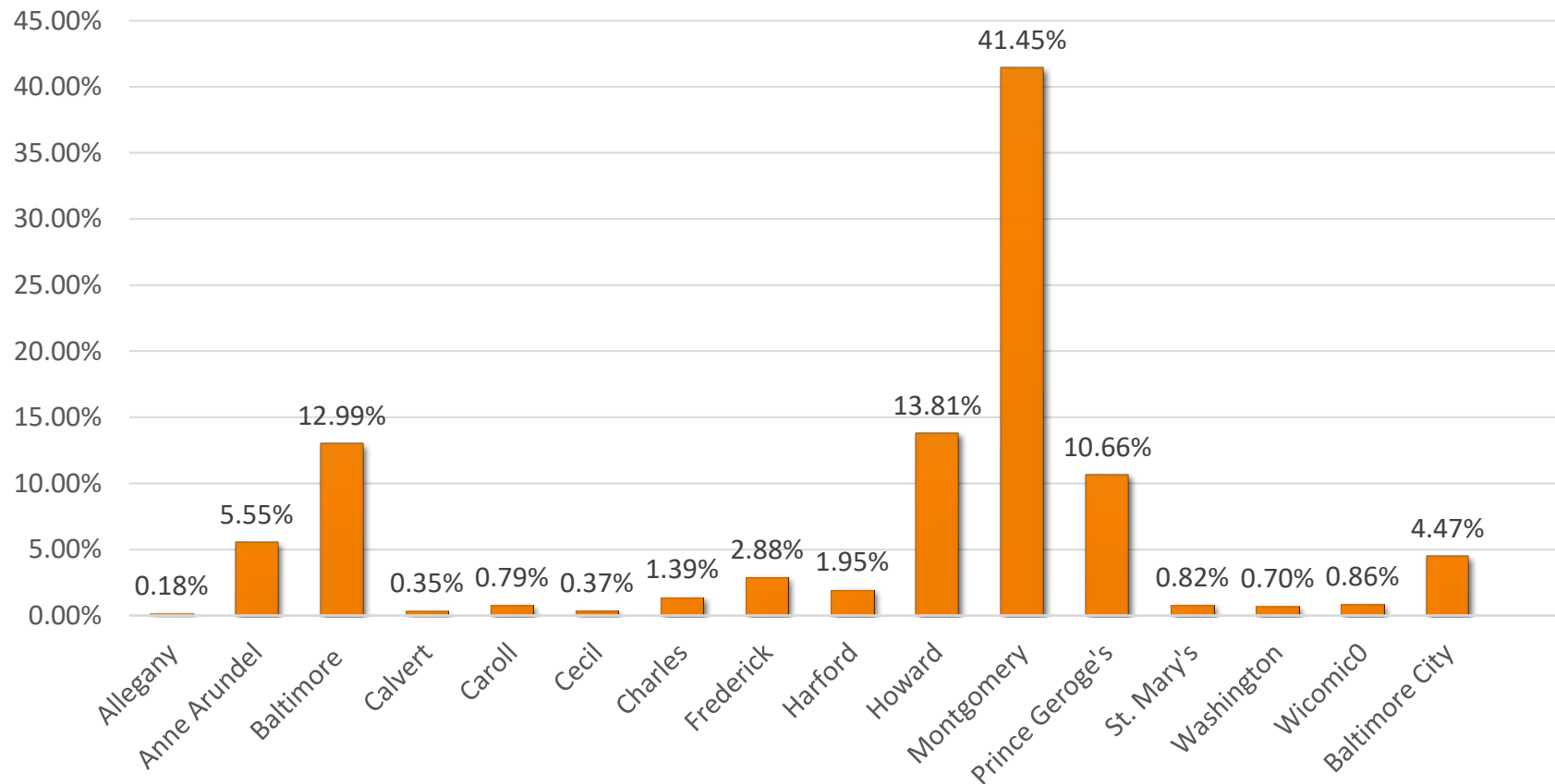
To improve the health and wellness of Asian American communities in Montgomery County by applying **EQUITY, COMMUNITY ENGAGEMENT, and DATA-DRIVEN** approaches.





Asian Americans in Maryland

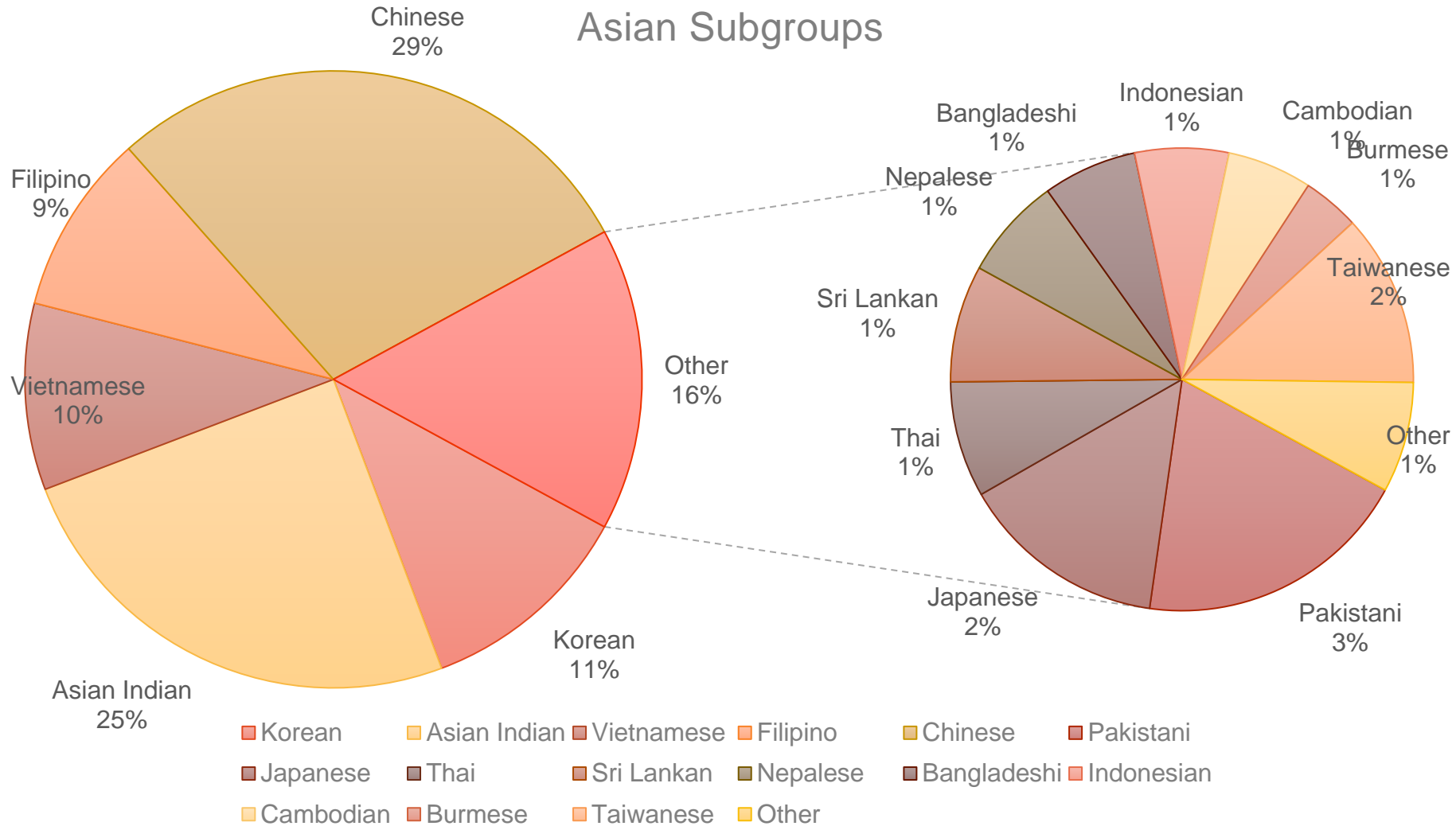
% of Asian American Population





Asian Americans in Montgomery County

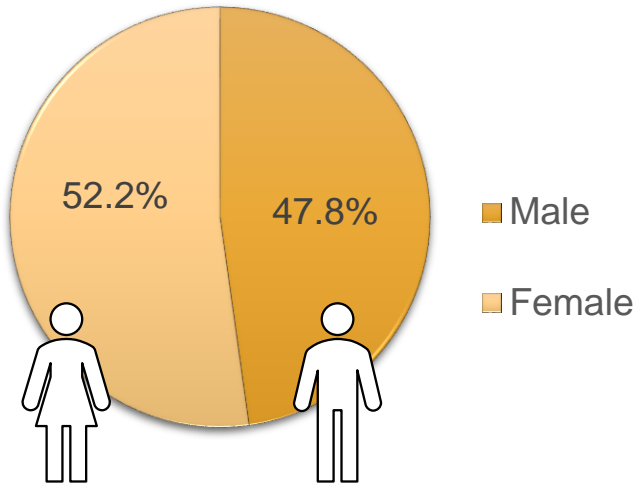
Asian Subgroups





Asian Americans in Montgomery County

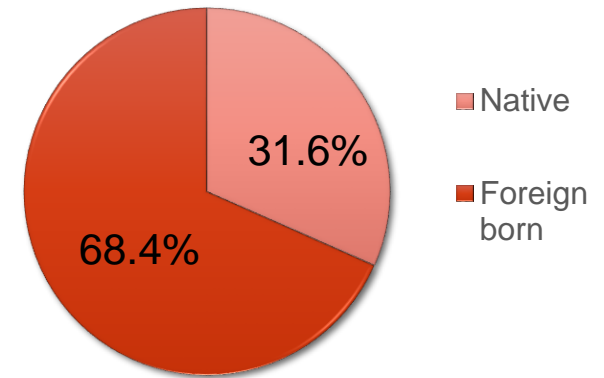
Female to Male Ratio



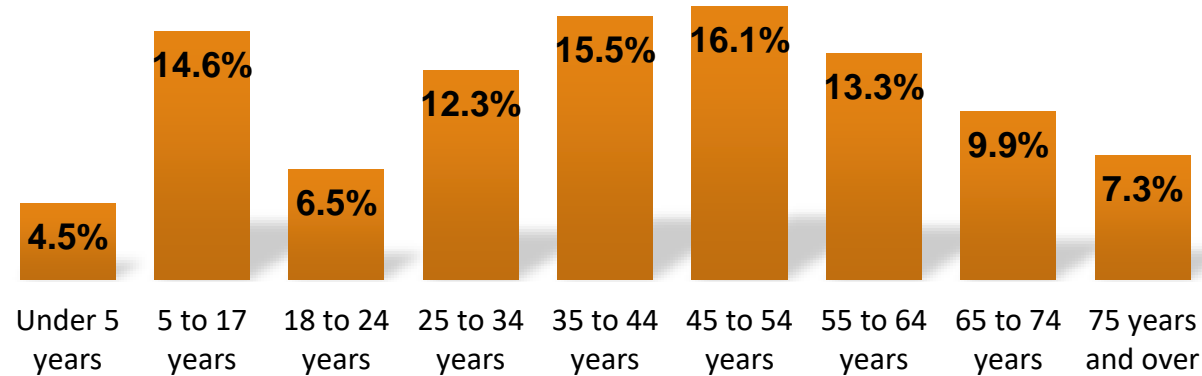
Limited English-speaking households

24.4%

Place of Birth



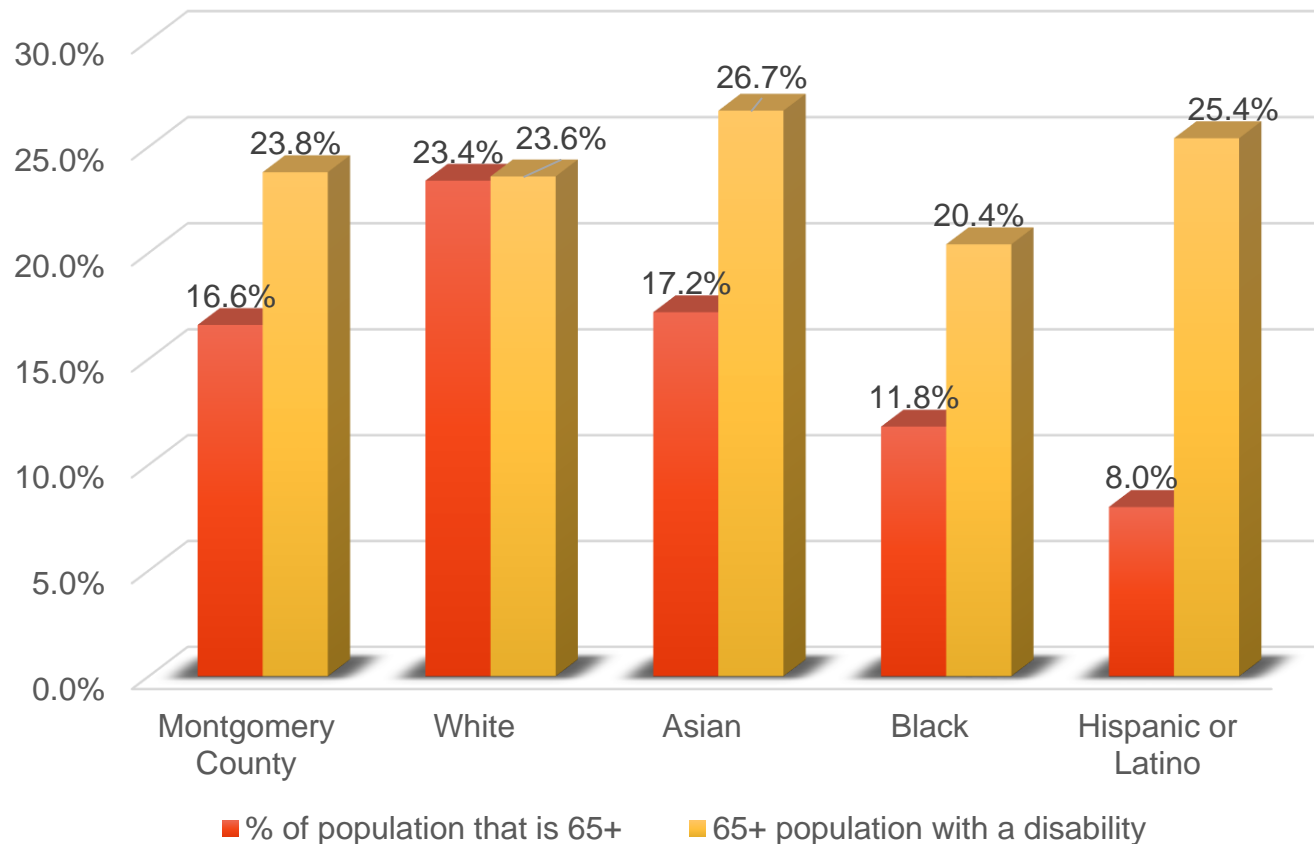
Age Distribution





Older Adults in Montgomery County

Older Adults in Montgomery County



- Compared to other minority groups, Asian Americans have the largest proportion of older adults, with 17.2% of Asian Americans being over the age of 65 years.
- Asian Americans have the largest percentage of seniors with a disability compared to ALL racial/ethnic groups.
- More than 1 in 4 Asian Americans aged 65 years or older have a disability.





Asian American Caregivers

- The large size of the Asian American older adult population, plus the large percentage of seniors with disabilities, means that many older adults require a **caretaker**.
- A caretaker is “a person who tends to the needs or concerns of a person with short- or long-term limitations due to illness, injury, or disability. The term ‘family caregiver’ describes individuals who care for member of their family of origin or family of choice.” (Source: Johns Hopkins Medicine)
- Adults between the ages of 45-64 are currently the largest adult group within the Asian American community at nearly 30%. Often these adults are the ones that are serving as caregivers for older adults.
- On average, Asian caregivers are usually 49.3 years old. (Source: AARP)

With the increase in number of Asian American older adults, the need for caregiver support will also increase.





Asian American Caregivers

- Approximately **42% of AAPIs** provide care to an older adult, compared to 22% of the general population.
- Caregivers in the Asian American community usually care for a parent or parent-in-law who is about **69.1 years old** and has **1.7 disabilities**/ conditions/ health issues.
- More than half Asian caregivers live with the person they are caring for.
- Asian American caregivers are usually married. Most have high education and high household income. Most Asian caregivers work while also providing caregiving.
- Asian caregivers typically spend **24.1 hours performing care tasks** each week.
- Compared to NH-White caregivers, more Asian American caregivers report having to take a **leave of absence from work** due to caregiving.





What does caregiving look like in the Asian American community?

We need two volunteers to role play as siblings, Lee and Lana, for case study.



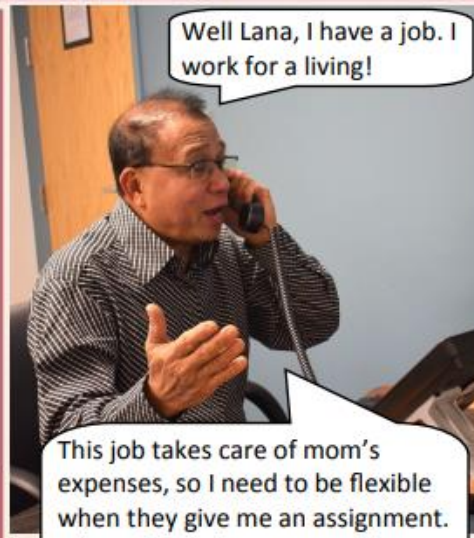


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Lee and Lana share the responsibility of taking care of their aging mom since their dad unexpectedly passed away two years ago. They have struggled to meet the sudden demands of their mom's health, while balancing work and their own families. It is especially challenging when an unexpected responsibility comes up, as is often the case with Lee's job. He just learned of an urgent work-related travel and calls to see if Lana can take care of their mom over the weekend.

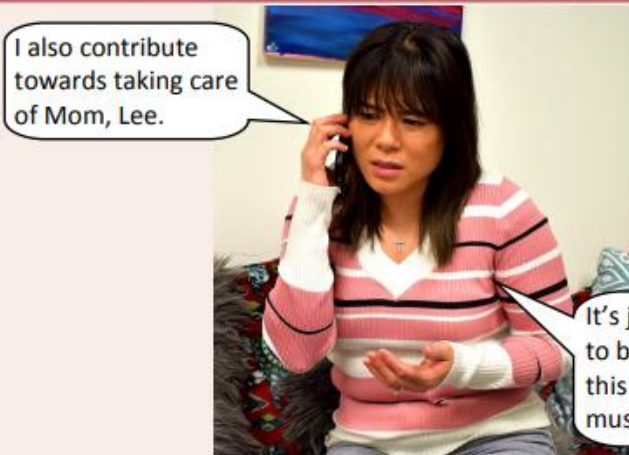


Again, Lee? You just had something urgent last week. You know I have responsibilities too, right?



Well Lana, I have a job. I work for a living!

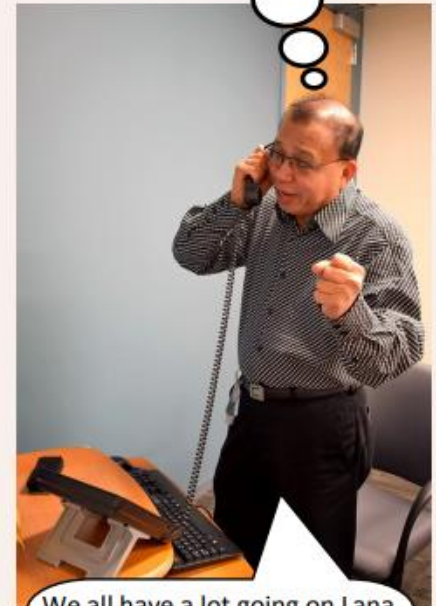
This job takes care of mom's expenses, so I need to be flexible when they give me an assignment. When they ask me to attend a meeting, I have to attend it.



I also contribute towards taking care of Mom, Lee.

It's just... Sean has back to back appointments this weekend that I must take him to.

Why can't she just help me out? I don't mind taking on the financial responsibility of caring for Mom, but I wish Lana could be supportive.




We all have a lot going on Lana and this isn't a huge request. She just needs to stay at your place. Why do you always make it about you?

Here I am, yet again, scrambling to take care of everything and everyone. Why can't Lee understand that managing Mom and a child with special needs is really tough?



I am not making it about me! You always ask me to do things last minute. Either way, it sounds like there are no other options. Just drop her off tomorrow after work.

 Turn to page 16 to learn more about family caregivers.



CASE STUDY

Juggling to meet the needs of her son and provide care to her mom was taking a toll on Lana's health. Lately, she feels like she has no energy. In the past, Lana suggested she and Lee use outside help to take care of their mom. However, they knew their relatives would label them as too "Americanized". As their mom's dementia progressed, so did the demand for constant care. Frustrated and overwhelmed by guilt, Lana fell asleep on the couch. When she wakes up, her mind is racing with thoughts.

SADNESS

GUILT

ANXIETY

FEAR

LONELINESS

LOSS

RESENTMENT

We have no other choice. No one will take care of Mom as well as we do.

Mom was so good to us. This is my duty.

Mom has sacrificed so much for us. I have to be there for her.

Lee will never understand what I am going through.

I should be ashamed of feeling this way.

Maybe I am being selfish?

Turn to page 16 to learn more about the stigma associated with the use of formal services in the Asian American community.

During his meeting, Lee tries to forget about all the tasks he has to take care of back home and tries to get some work done, but he has a hard time concentrating.

Mom's insulin pick-up on Tuesday.

Evening work meeting on Wednesday.

LEE MMS 10:32 AM	Lana can you take Mom to her physical therapy appointment on Friday?
LEE MMS 11:00 AM	Lana did you receive my messages?
LANA MMS 11:05 AM	Lee, I have a consultation with Sean's physician on Friday. I am not sure if I can take Mom...
LEE MMS 11:06 AM	Well, figure it out Lana. This is the least you could do to help.
LANA MMS 11:09 AM	That was very unnecessary, Lee. You are really not being fair to me lately.

This pressure is too much.

I am so tired of this!

Why is Lee so bitter?



CASE STUDY

Even after returning home from his work, Lee is unable to stop thinking about all the things he has to get done. His wife, Kia, notices that Lee seems even more stressed than usual. Recently, she has noticed changes in his appetite and constantly finds him lying awake at night, staring at the ceiling, unable to fall asleep. Today in particular, Kia feels like there is something that is deeply bothering Lee and knows it was time to talk to him.

DENIAL **FRUSTRATION** **BURNT OUT**

GRIEF **ISOLATED**

HELPLESS **WITHDRAWN**

I wish Lana would do more to help out with Mom.

All these project deadlines!

Need to pay Mom's medical bill by end of this month.

I need to be strong for the family while we care for Mom.

I wish I knew how to take better care of Mom's health.

None of my friends or relatives ever talk about their challenges when taking care of their family. Am I the only one feeling this way?



How are Lee & Lana Feeling?





Caregiver Stress in the Asian American Communities

- 42% of AAPIs provide care to an older adult, compared to 22% of the general population. Similarly, 17% of AAPIs live in multigenerational households, compared to 7% of the total population. While strength and resiliency are attributes of many AAPI families, AAPI family caregivers face unique challenges in caring for loved ones. Cultural issues, such as family shame, create barriers for AAPIs and their caregivers in accessing formal long-term services and supports. (Source: National Asian Pacific Center on Aging).
- Asian-American adult children often take on the responsibility as a caregiver for their older parents. The core value of taking care of their parents derives from filial piety and respect for elders and it is believed that taking care of these parents is an expected responsibility.
- These caregivers that take charge of caregiving also tend to be more resistant to place their elder in institutional facilities, and more reluctant to discuss the end of life-related issues than other racial/ethnic groups (AARP, 2014).
- Some of the emerging themes in the Asian American cultural related to caretaking include filial responsibility, familism, personal matters are to be kept private and within the family.





Cultural Impacts of Caregiving

- As many AAPI older adults and caregivers either have immigrated to the United States or are first generation born, they may be influenced by cultural values and traditions that have long-lasting impacts on the caregiving role.
- Among many AAPI cultures, filial piety is of great importance, defined as obedience, devotion, care and respect toward one's elders, including parents and older family members.
- Filial piety partially explains the high rates of caregivers observed among AAPI communities, as caregiving is a part of the culture.

(Source: Generations: American Society on Aging)





Cultural Impacts of Caregiving

As a result of the cultural commitment to care, AAPI caregivers are usually more reluctant to use respite services, in-home caregiver services and long-term care facilities, taking on the caregiving responsibility alone. (Source: Generations: American Society on Aging)





Cultural Impacts of Caregiving

- Although AAPI caregivers have shown cultural resiliency, cultural values such as filial piety and familism also may have negative effects.
- AAPI caregivers may be less likely to have conversations about the future and end-of-life care services or to address conditions such as Alzheimer's disease and related dementias, out of respect for their elders.
- This may lead to negative relationships and increased mental health strain among AAPI caregivers.

(Source: Generations: American Society on Aging)



Asian American Caregivers: Stress and Burnout



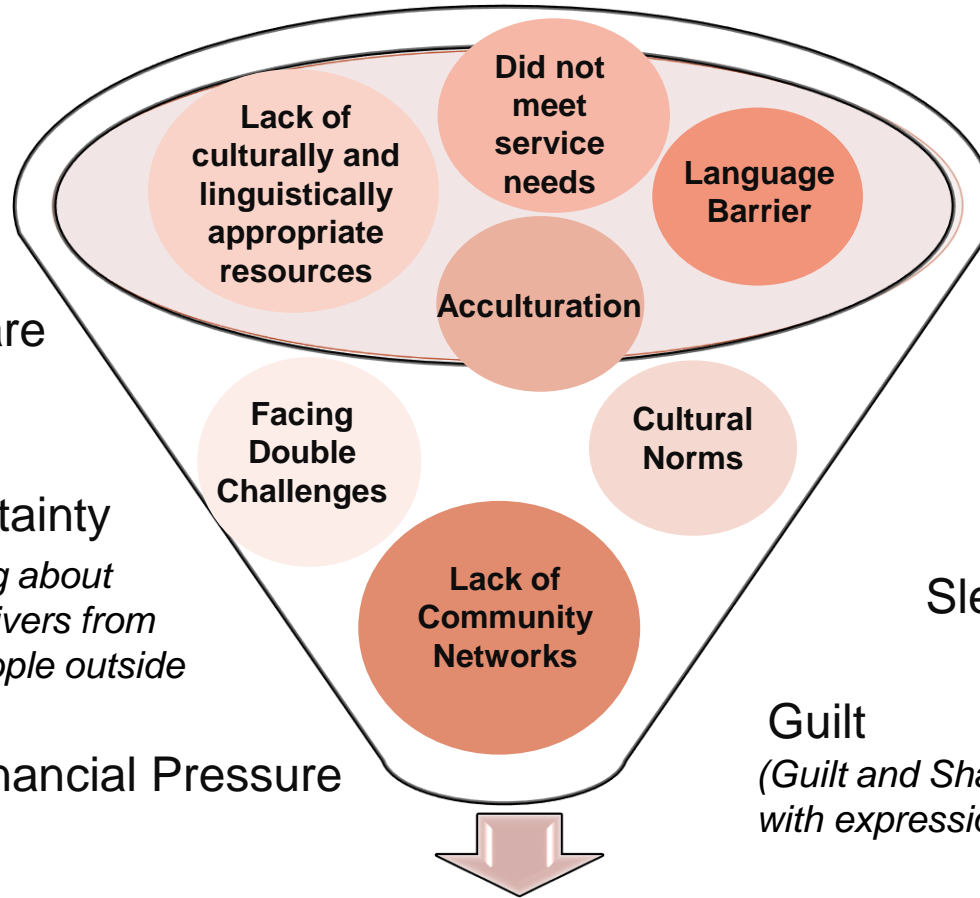
Long-Term Health Problems

Demands of Constant Care

Fear or Uncertainty

(Fear of reporting unfavorable thing about oneself might prevent family caregivers from discussing their difficulties with people outside their family)

Financial Pressure



Denial about the Disease

Shift in Roles

Sleeplessness

Guilt
(Guilt and Shame associated with expression of stress)

Caregiver Stress and Burnout

Asian American caregivers face unique cultural and linguistic challenges, creating even more strain on top of the stress and burnout that all caregivers face.





Ways to Support AAPI Caregivers

- When working with an AAPI caregiver, it is very important to let the caregiver know the feelings of overwhelm, sadness, and constant worry are “normal”.
 - AAPI caregivers, due to cultural influence of filial piety, tend not to share their stress and feelings as caregivers. Sharing such feelings with their peers often been seen as “complaining” or “resentment” of taking care of their older parents.
- Help the AAPI caregivers focus on what they are able to provide, and recognize that no one is a “perfect” caregiver.
- Assist AAPI caregivers in setting realistic goals by breaking larger tasks into smaller steps that you can do one at a time. Prioritize, make lists, and establish a daily routine.
- Encourage AAPI caregivers to ask and accept for help. For example, suggest for them to prepare a list of ways that others can help, and let the helper choose what he or she would like to do.

(Source: Mayo Clinic)





Ways to support AAPI Caregivers

- Encourage AAPI caregivers to get connected. Help them find out about caregiving resources in the community. For instance, support groups like Alzheimer's Association, etc.
 - If you work or volunteer for caregiving resources, consider how your organization can tailor resources specific to the AAPI population. Translate materials into Asian languages. Use Asian Americans in your organization photos. Show Asian Americans that your services are meant to be used by them as well as all other populations.
- Encourage AAPI caregivers to use resources, for instance, respite care, in-home care, group home/assisted living facility, or long-term care as alternatives of care.

(Source: Mayo Clinic)





Some Best Practices to Support AAPI Caregivers

- Develop in-language online resources, and educational/training materials around virtual services;
- Utilize culturally responsive, trained interpreters/volunteers when speaking to AAPI caregivers both in person and virtually;
- Expand telehealth language capacities to account for limited-English proficient AAPI caregivers and/or older adults (Source: Generations: American Society on Aging)
- Support the emotions(denial, grief, helpless, frustration, burn out, isolated and withdrawn, guilt, fear, sadness, loneliness, anxiety, loss and resentment) AAPI caregivers experience and encourage them to use resources like Alzheimer's Association caregiver support group, etc.(additional resources on presentation slide #25)





Caregiver Stress in the Asian American Communities

- **AAHI Photonovel 6**



Topic: Caregiver Stress and Burnout



Target Population: Asian American Family Caregivers





Caregiver Stress in the Asian American Communities

Photonovel 6

- ❖ To **raise awareness** and **educate** readers about caregiver stress and burnout among Asian Americans.
- ❖ To **destigmatize** and **normalize** the conversations about mental health.
- ❖ To **increase** and **improve** access to local mental health resources and services





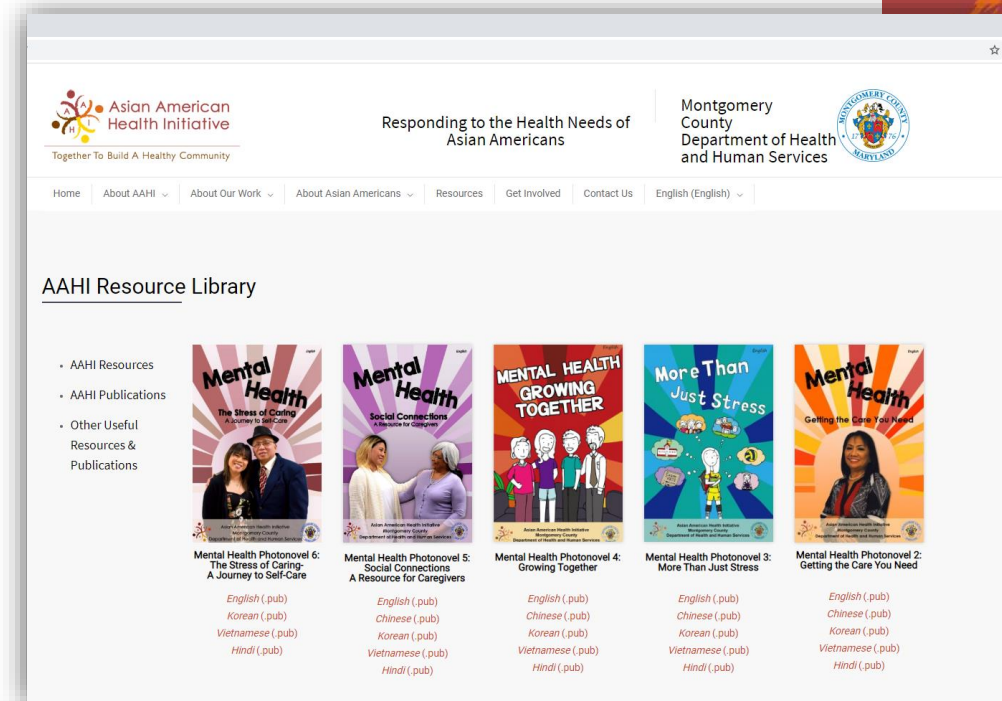
Where do I access these photonovels?

Photonovels are available in multiple languages

Visit: www.AAHInfo.org

Call: 240-777-4517

YouTube Launch Video: Search “Asian American Health Initiative”





Additional Resources

Generations, American Society on Aging: <https://generations.asaging.org/aapi-caregivers-need-our-support>

National Asian Pacific Center on Aging(NAPCA): <https://www.napca.org/impact-areas/family-caregiving/>,

USC Leonard Davis, School of Gerontology, Family Caregiver Support Center, AAPI Caregiver Support Group: <https://www.fcsc.usc.edu/event/aapi-support-group/all/>,

USC Family Caregiver Support Center(FCSC) at USC Leonard David School: <https://losangelescrc.usc.edu/about/>,

Alzheimer's Association: <https://www.alz.org/>,



Thank You!

Asian American Health Initiative

Montgomery County

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