



Greater Boston 中華耆英會
Chinese Golden Age Center

Racial and Ethnic Inequities in Health Care: Community Experiences

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Who are We?

GBCGAC, a multi-services agency, is dedicated to delivering exceptional professional care to Asian Chinese elders in a secure, welcoming, and nurturing environment, enabling them to live independently in the community.

Our range of services includes:

- ▶ Adult day health/social day care
- ▶ Social services/outreach
- ▶ Nutrition program: Providing 4,000 lunch meals daily to eligible elderly individuals in Boston
- ▶ Senior Community Service Employment Program
- ▶ SHINE Program
- ▶ Healthy Aging Initiative: Evidence base programs (CDSMP, MOB, Healthy IDEAS & Strong Mind)
- ▶ Family Caregiver Services
- ▶ Social & Educational Activities

At GBCGAC, we are committed to ensuring the well-being and happiness of Asian Chinese elders by offering comprehensive support and empowering them to live life to the fullest.

Inequalities in the Health Care

A. Navigating the Health Care System:

The complexity of the US healthcare system often leave Chinese Americans struggling to navigate through the various community services. This confusion leads to disorientation, fruitless and stressful searches, uncertainty, and fragmented health care experiences.

Barriers to accessing health services include:

- ▶ Inadequate guidance resources to help them access specific healthcare services.
- ▶ Insufficient Chinese language support.
- ▶ Lack of transportation options, hindering their ability to reach necessary healthcare facilities.
- ▶ Limitations in health services for the Chinese American population include:
 - Scarcity of home care services tailored to their language and cultural preferences.
 - Shortage of nursing homes and rehabilitation centers equipped to meet their specific needs.
 - Shortage of bilingual & bicultural healthcare providers.

B. Challenges in Mental Health Services:

- ▶ Asian Chinese individuals face significant barriers when seeking help for mental health concerns, primarily due to **stigma** surrounding mental health in many Asian cultures. As a result, they may be more hesitant to seek support compared to individuals from other ethnic groups.
- ▶ A significant challenge in mental health services is the **shortage of bilingual and bicultural mental health providers**.

Recognizing these challenges, it is crucial to develop targeted strategies and resources to address the unique needs of Asian Chinese individuals and improve their access to and utilization of mental health services.



GBCGAC's Approaches

A. Addressing Inequalities in Health Care Navigation:

At GBCGAC, we have implemented the following strategies to tackle the existing inequities in navigating the health care system for Asian Chinese elderly individuals:

- ▶ Case management: Our dedicated case managers guide Asian Chinese elders in accessing relevant services, such as adult day health (ADH), home care, medical services, and assistance with benefit applications. They provide personalized support and ensure seamless coordination of care.
- ▶ Care coordination: We facilitate collaborative care planning involving family members, physicians, and other service providers. By fostering effective communication and coordination, we strive to optimize the overall well-being and health outcomes of our clients.

B. Enhancing Mental Health Services:

To address issues in mental health services for the Asian Chinese community, we have implemented the following initiatives at GBCGAC:

- ▶ Evidence-based programs: We offer programs such as "Healthy IDEAS" and "Strong Minds Strong" to enhance mental health awareness and provide practical tools and strategies for individuals to maintain their well-being.
- ▶ Funding for comprehensive mental health services: We actively seek funding opportunities to develop and expand our mental health services. By securing resources, we aim to meet the increasing demands from the Chinese community and ensure comprehensive support for mental health concerns.

Through these efforts, GBCGAC is committed to promoting equitable access to quality health care and improving mental health outcomes for Asian Chinese elders and their communities.