

**The Experience of Latino Older Adults
and Their “Senior Advocates” at
Senior Hot Lunch Community Dining
Programs**

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Acknowledgements

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Sea Mar Senior Advocates

Sea Mar Seniors

Context

- Prevalence of social isolation and nutrition deficiencies for community-dwelling elders
- Growing population of Latino Elders
- Limited research on the benefits of Community Health Workers
- Numerous barriers to accessing health services for Latino Elders

Research Question

- What is the experience like for Latino Elders at local Community Dining Programs?
- What is the role of the Sea Mar Latino Senior Advocates (Community Health Workers) at these sites?

Methods

- Obtained Human Subjects Approval for Descriptive Design Research
- Gave Health Presentations and Health Screenings at 3 Community Dining Sites
- Interviewed 3 Sea Mar Latino Senior Advocates
- Distributed Written Surveys to Latino Elders at Community Dining Sites

Sea Mar Senior Advocate Services

What the Senior Advocates Reported

- Transportation
- Health Education
- Translation
- Filling out forms (medical, insurance, social security, legal etc.)
- Appointments
- Referrals
- Outreach for “first time” Seniors
- Entertainment/Activities

Issues For Latino Seniors *What the Elders Reported*

- 25/40 have difficulties with transportation
- 32/40 have difficulties finding affordable medical care
- 33/40 have difficulties filling out medical and /or insurance forms

How Senior Advocates Have Helped Latino Seniors *What the Elders Reported*

- 35/40 transportation to a senior center
- 27/40 transportation to medical appointments
- 26/40 finding affordable medical care
- 31/40 filling out medical forms
- 34/40 arranging medical appointments

Conclusions

- Health Care Workers provide access to services for Latino Seniors that would not be available to them otherwise
- Health Care Workers are an invaluable resource in the Latino Elder community
- Health Care Workers benefit from the support of other Health Care Professionals

The Rewards of Being a Senior Advocate

“When you help a senior and they receive assistance and say thank-you.”

“Knowing you helped them is satisfaction.”

“They are wise and have good stories.”

“Their journey is different. It makes me look at life’s journey.”

“My reward is the beautiful smiles of the seniors.”



Thank-You!