Project Title: Hmong Day Elders

Organization/Lead Agency: Volunteers of America of Minnesota
County/ies in Project Service Area: Hennepin County
Area Agency/ies in Project Service Area: Metropolitan Area Agency on Aging
Has your organization a private nonprofit corporation or a unit of government? Yes
Proof of non-profit status attached
Is your organization a private nonprofit corporation or a unit of government? Yes

PROJECT SUMMARY

Like the population of all persons over 60, Hmong Elders is a growing group in Minnesota. In Hennepin County there have been no licensed Adult Day Care programs established to meet the needs of this special population. Volunteers of America of Minnesota in collaboration with Hmong Elder Connections proposes to respond to the need expressed by Hmong elders, their by developing a facility that will accommodate up to 30 Adult Day Care participants from the South, North communities of Minneapolis as well as Brooklyn Park, Brooklyn Center, and Columbia Heights. We will model our program on the success of Wingspan in Ramsey County. Volunteers of America of Minnesota’s Day Elders programs and build the Hmong Elder Connections center programming. This project that will integrate numerous services to produce include increased health, supported families and ultimately delay or avoidance of nursing home placement. This proposal outlines the program development needs of this project.

1. Identify the need and/or opportunity your project addresses and how you identified it.
The need for a Hmong Adult Day program in Hennepin County has been evident in numerous steps in the partners’ planning. First, Adult Day programs provide a planned program that includes a variety of health, social and support services in a protective setting during daytime hours. This community-based service is designed to meet the individual needs of adults who may be physically impaired, socially isolated, in need of assistance with personal care, mentally confused, and/or limited in their ability to function independently within the community. Outcomes at adult day programs operated by VOA of MN and Wingspan have resulted in reduced institutionalization of elders; in the VOA of MN programs 86% of elders remain living independently in the community and 95% of caregivers report having greater access to supports. Within the Hmong community it is commonly known that there is a high rate of unmanaged high blood pressure resulting in a high incidence of stroke. For this particular health risk, in combination with other effects of aging, the service which will be provided will be tailor for the unique needs and challenges in the Hmong community.

Day Elders will improve health outcomes and reduce the need for nursing home placement. In accordance with traditions, most Hmong elders prefer to live with family as they become less independent. The New Country, New Home-Exploring Housing Preferences of Hmong Seniors, MN DHS April 2000, found this living situation is becoming stressed and may lead to an undesired, unnecessary nursing home placement. The study states in the American culture, “most families rely on two incomes in order to provide for their families and children have to attend school. Family life is no longer centered primarily in the home and around family members. Extended family members often do not live close to one another anymore. In addition, the needs of Hmong elders have become more complex. They are faced with the management of chronic illness such as hypertension and diabetes within a healthcare system that is not equipped to meet their language and cultural needs”, findings also said, “adult day care programs should recognize that culturally diverse communities would benefit from their services in many ways. Seniors would have a place to socialize and be cared for during the day. In addition, their adult children would feel at ease, knowing that someone is caring for their elders. This scenario allows seniors to remain at home with their families- a wish that many Hmong seniors expressed.”

The 2000 census reports there are 406 Hmong persons over the age of 60 living in Hennepin County, this could be under-reported by as much as half. In the collaboration’s own experience there are 120 Hmong elders who attend center activities with the Hmong Elder Connections, recently 10 elders have progressed in their level of need to require the more structured service of adult day care and have resorted to traveling to Saint Paul to get service. These ten and many family members, area service providers, Hennepin County Case Managers, U-Care and others frequently request adult day services. We expect to find a similar response to that of Wingspan’s when they opened the first Hmong adult day program in St. Paul and have built the program to 30 participants in the span of 9 months.

2. Describe how your project will address the need or opportunity above (who will the project impact?):
The development of a licensed adult day program specifically for the needs of Hmong elders will impact the individuals who gain access to specialized services, their families who gain in resiliency and the overall community based long-term care system that is better equipped to respond to the growing needs of a special needs community. In planning conversations with both the MAAA and Hennepin County outreach to the Hmong community and a response to their needs has garnered significant support and interest. The proposed project builds on the strengths of the partner agencies and optimizes services through successful integration into a broader system. To support our goals of helping elders remain living independently with a high quality of life services such as transportation, nutrition, social services, center activities and caregiver support will be integrated with the adult day services of health monitoring, Hmong preferred lunch and snacks, exercise, cognitive stimulating activities and outings to create a strong continuum of care that maintains the vitality of participants. This program development set within the cultural expertise of the Hmong Elder Connections promises to make the most of the opportunity to meet the needs of this diverse community.
VOA also offers a comprehensive set of long-term care supportive services, including a Class A, Medicare-certified home care program, with home health aides, nurses, and therapies. In addition, homemaker/chores services, transportation, nutritional services, protective services, senior mental health, legal services and three senior centers are part of the agency’s services.

3. Work Plan:
Bee Vue, Hmong Elder Connection Director, has been actively involved with the Hmong community for over 10 yrs and has experience in researching, developing and implementing projects for Hmong elders. Mr. Vue attended the U of MN Area Geriatric Education's Educational Fellows program in 2002. Kathy Mosavat, Community Service Director has 22 years of experience working with the senior population including developing and managing neighborhood based services such as adult day programs. She holds her M.A. in Management and is a L.S.W.

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<th>Outcome</th>
<th>Work Activities</th>
<th>Indicator</th>
<th>Person Responsible</th>
<th>Date</th>
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<td>Reduce the institutionalization rate of vulnerable Hmong elders.</td>
<td>Provide safe environment. Ensure the site is accessible, and conforms to all requirements regarding fire safety, health department codes, and all DHS, rule 233. Secure contacts from County, U-Care. Provide a culturally enriched, licensed Adult Day Services Program, which provides social opportunities for connection, recreation and celebration within their community. Assess and enroll participants.</td>
<td>• 80% of elders enrolled in program will be able to continue to live in the community as they attend the program. &lt;br&gt;• Annual evaluation</td>
<td>Project Director &lt;br&gt;Center Director &lt;br&gt;Program Coordinator</td>
<td>1st quarter</td>
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<td>Hmong elders find positive solutions to health related issues associated with aging.</td>
<td>Provide medication monitoring, blood pressure checks, assistance with medical appointments, communication with medical providers, one to one consultation with nurse to gain an understand regarding individuals own health conditions and how to manage their own situation. Develop exercise programs that are culturally appropriate. Develop programs that provide support for depression, post-traumatic stress disorder, memory loss and chemical dependency through story telling, current events activities and consultation with professionals as appropriate. Provide nutritious meals and snacks that are freshly prepared and consistent with the cultural preferences and nutritional needs of Hmong elders.</td>
<td>• 80% of elders will indicate awareness about how they can affect the quality of their health and well being. &lt;br&gt;• 80% will indicate support with health related issues increased their overall sense of well being. &lt;br&gt;• Annual evaluation</td>
<td>Project Director &lt;br&gt;Center Director &lt;br&gt;Program Coordinator &lt;br&gt;Consultants: &lt;br&gt;-Nurse &lt;br&gt;-Physical therapist</td>
<td>ongoing</td>
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<td>Families/caregivers of Hmong elders are supported.</td>
<td>Develop programs that provide support and education such as those that enhance intergenerational relationships, sorting through gov’t programs, adaptive living environments, and caring for those with dementia.</td>
<td>• 80% of families will indicate the program has helped them to successfully address the elder’s situation caused by advancing age. &lt;br&gt;• 80% of families gained access to information about the resources available to them. &lt;br&gt;• Annual evaluation</td>
<td>Center Director &lt;br&gt;Program Coordinator &lt;br&gt;Program Assistant &lt;br&gt;Community Professionals</td>
<td>3rd Quarter</td>
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4. Describe how and when this project will be sustainable without this grant.
Our business plan projects sustainability once we have enrolled 20 AC/EW participants. Currently, we have a pool of 10 participants who have expressed interest, 3-5 referral calls come weekly and 200 participants in the center program and some are candidates for service. Also using Wingspans’ experience, we expect sustainability in 12 months. There is also potential to expand on this project for greater impact. We will develop a facility that could be licensed for 30 participants for expansion in the second year of operation; also, we hope to build a foundation for developing an assisted living program tailored for Hmong elders. The location of the facility will be 1505 Park Ave. South in Minneapolis.

5. NF Closure Preference:
In Hennepin County, Minneapolis in particular, there have been four nursing home closures after July 1, 2001. They are the City of Lakes Transitional Care, Ebenezer Luther Hall, Fairview U Transitional Services, and University Good Samaritan.