

# THE HOUSTON ASIAN SENIOR NEEDS ASSESSMENT SURVEY

**PRESENTED BY:  
DR. PATRICK LEUNG  
PROFESSOR OF SOCIAL WORK  
GRADUATE COLLEGE OF SOCIAL WORK  
UNIVERSITY OF HOUSTON  
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**SPONSORED BY: THE CHINESE  
COMMUNITY CENTER**

What are the  
Priority Areas  
Needing Help?

# PLANNING

- **The Long-range Planning Committee of the Chinese Community Center (CCC) conducted a needs assessment surveying the elder Asian population in Houston and the Greater Houston Area in consultation with the Asian Senior Coalition.**
- **The Graduate College of Social Work at the University of Houston (UH-GCSW) provided technical support for the project.**

# GOALS

1. To understand the needs of the Asian elderly
2. To prioritize the needs as identified by the Asian elders
3. To provide recommendations to the Asian Senior Coalition and the Asian communities.



# METHODOLOGY

- The instrument was developed by the staff of CCC in consultation with the Asian communities and UH-GCSW.
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- Data collection started in October 2012 and ended on January 31, 2013. Data were collected from nursing homes, senior housing, social service agencies, and local Asian communities.
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- About 1,200 surveys were distributed in the Asian communities.
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- Surveys were translated from English into Chinese-Mandarin, Gujarati, Vietnamese and Korean.

# DEMOGRAPHICS

- **32.4%** of the seniors identified as Vietnamese
- **21%** identified as Chinese
- **19.4%** identified as Asian Indian
- **Other reported ethnicities were Korean (6.8%), Filipino (6.3%), Taiwanese (5.1%), Bhutanese (2.9%), Thai (2.5%), Burmese (2.4%) and Japanese (0.9%).**

# DEMOGRAPHICS

- 925 participants returned the survey
- 58.8% of the participants were female;
- Average age: 71.61
- 76.3% identified as U.S. Citizens
- 28.3% of the participants have lived in the U.S. for more than 30 years
- 49.3% of the seniors reported they live with their spouse
- 24.6% live alone
- 22% live with friends or family
- 19.1% live in senior housing

# DEMOGRAPHICS

- **71.1%** of the participants reported an income of less than **\$11,171**
- **46.2%** of the participants reported they received money from Supplemental Security Income (SSI)
- **25.9%** indicated they received money from retirement
- **53%** of the participants are Medicare recipients
- **39.5%** are Medicaid recipients
- **16.9%** have Gold Cards

# I NEED HELP WITH (CHECK ALL THAT APPLY)

- The findings indicate that the following areas exceeded 10% of the respondents who need help
  - Finding affordable utility services (24%)
  - Choosing housing made for seniors (17.9%)
  - With minor home repairs (13.8%)
  - Finding an affordable place to live (12.1%)
  - Finding a safe place to live (11.3%)



# I WANT TO LEARN HOW TO (CHECK ALL THAT APPLY)

- The following learning items exceeded 10% of the respondents who want to learn how to:
  - Manage my health (39.1%)
  - Use a computer (26.4%)
  - Protect myself from crimes/scams (25.4%)
  - Use metro buses (19%)
  - Find affordable meals (18%)
  - Use a phone (12.5%)

# I NEED HELP GETTING TO AND FROM A PLACE I GO TO (CHECK ALL THAT APPLY)

- The following areas exceeded 10% of the respondents who need help getting to and from a place they go to:
  - Get medical services (28.4%)
  - For my religion, culture or spirit (26.1%)
  - Have fun with other people (22.2%)
  - Exercise my body (19%)
  - Get food (18.6%)
  - Learn something I like (18.2%)

# I NEED HELP WITH (CHECK ALL THAT APPLY)

- Regarding “I need help with” items, the following areas exceeded 10% of the respondents who needed assistance with:
  - Improving my health (22.2%)
  - Improving my memory (19.1%)
  - Understanding doctor’s directions (18.9%).
  - Translation (16.5%)
  - Managing my disease (14%)
  - Cleaning (13.9%)
  - Improving my speech (13.5%)
  - Improving my strength (13.3%)
  - Grocery shopping (12.6%)
  - Exercising (11.9%)

# ADULT-CAREGIVING

- **66.3% of elders did not report receiving any caregiving**
  - **11% of these elders cannot afford paying for a caregiver**
- **25.9% of elders indicated they do not want to take care of someone.**
- **21% indicated the person who takes care of them is a family or friend**
- **20% of participants reported they take care of a family member or friend**

# HEALTH-CARE

- 87.2% indicated they have an annual check-up
- 82.4% of elder report having a regular doctor
- 80.8% take medication regularly
- 67% have a health condition that needs regular care by a doctor
- 65.7% reported they did not need help purchasing medication

# RECOMMENDATIONS

# RECOMMENDATION #1

- More workshops are needed in the following areas: “with minor home repairs,” “finding affordable utility services,” “finding an affordable place to live,” “finding a safe place to live,” and “choosing housing made for seniors”.

# RECOMMENDATION #2

- More workshops are needed on how to “protect senior from crimes/scams,” “manage their health,” “find affordable meals,” “use metro buses,” “use a computer” and “use a phone.”



# RECOMMENDATION #3

- More information should be provided to seniors on getting to and from a place in the following areas: “learn something I like,” “get food,” “have fun with other people,” “for my religion, culture or spirit,” “exercise my body” and “get medical services.”

# RECOMMENDATION #4

- More services be provided to seniors in “grocery shopping,” “cleaning,” “exercising,” “improving my strength,” “improving my memory,” “improving my speech,” “translation,” “improving my health,” “managing my disease” and “understanding doctor’s directions.”

# RECOMMENDATION #5

- More workshops are needed in assisting elderly under poverty level in “finding an affordable place to live,” “finding a safe place to live,” “choosing housing made for seniors,” and “finding affordable utility services.”

# RECOMMENDATION #6

- **More social activity opportunities are needed for male seniors to reach social life needs.**

# RECOMMENDATION #7

- Outreach volunteers are required to visit seniors on regular basis in order to connect with seniors and assess their daily needs.

# RECOMMENDATION #8

- More information sessions are needed to provide elderly under poverty level in daily life tips on how to “protect myself from crimes/scams,” “manage my health,” “find affordable medical services,” “find affordable meals (food),” “pay a bill,” “use metro buses” and “use a computer.”

# RECOMMENDATION #9

- More support services are to be provided to seniors who live alone in addressing minor and major home repairs, home modification, affordable utility services, affordable place to live, and how to choose housing made for seniors.

# RECOMMENDATION #10

- More support services are also needed for elders who live alone in assisting them in walking, cooking, grocery shopping, laundry, cleaning and exercising.



# RECOMMENDATION #11

- More support services are needed for elders who live with their spouse in finding affordable utility services, finding a safe place to live, choosing housing made for seniors, finding a job and finding affordable meals (food).

# RECOMMENDATION #12

- More support services are to be developed for elders not living in senior housing in minor and major home repairs, finding affordable utility services and finding an affordable place to live.

# RECOMMENDATION #13

- More support services to be provided to elders in senior housing in getting food, shopping, improving elders' speech and translation.

# RECOMMENDATION #14

- More support services are needed for seniors who received money from SSI in finding affordable utility services and an affordable place to live, and choosing housing made for seniors.

# RECOMMENDATION #15

- More support services are needed to elders with no health insurance in using a phone and finding a job.

# RECOMMENDATION #16

- More support services are needed for non-Medicare elderly participants in “exercising body”, “getting medical services”, “improving speech”, “improving health”, “managing disease”, “understanding doctor’s directions” and “translation”.

# RECOMMENDATION #17

- More support services are needed for Medicaid elderly participants in “finding affordable utility services,” “finding an affordable place to live,” “finding a safe place to live,” “choosing housing made for seniors,” “finding affordable meals,” “managing their health,” “paying a bill,” “using a phone,” “learning something that they like,” “getting food,” “shopping,” “having fun with other people,” “having fun by themselves,” “participation in their religion, culture or spiritual activities,” and “getting medical services.”

# CONCLUSION

Questions and Answers?

Professor Patrick Leung at [pleung@uh.edu](mailto:pleung@uh.edu)

University of Houston Graduate College of Social Work

