

Caregiving Among Asian Americans and Pacific Islanders Age 50+

Executive Summary



Welcome



Asian Americans and Pacific Islanders (AAPIs) are among the fastest growing racial groups in the United States, yet these communities are understudied and underserved. As our communities grow, the need for quality data and research to help inform and educate are essential at all levels.

This report is the first in an ongoing series from AARP focused on topics in key advocacy areas that impact AAPI age 50+ populations. It is my hope that our reports help individuals, community-based organizations, non-profit groups, the media, funders, and policy makers to make informed decisions about the critical needs and concerns of AAPI communities.

Our report, “Caregiving Among Asian Americans and Pacific Islanders Age 50+” includes original AARP research to help guide public policy conversations and better support nonprofits serving AAPI communities secure public and private funding for programs that fulfill our basic needs to enrich and empower us all.

Sincerely,

A handwritten signature in black ink that reads "Daphne Kwok". The signature is written in a cursive, flowing style.

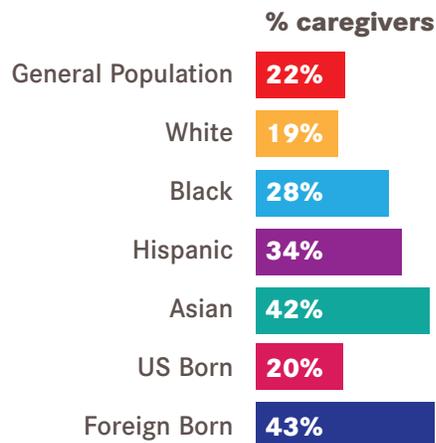
Daphne Kwok

Vice President of Multicultural Markets and Engagement
Asian American and Pacific Islander Audience

The care of elders among Asian Americans and Pacific Islanders (AAPIs) carries with it attitudes, beliefs, and practices that can be starkly different from those of the general population. Since most AAPIs age 50 and older are immigrants (two-thirds of AAPIs are immigrants), they have expectations brought from their home countries that may or may not be expressed, nor able to be met by their more acculturated children or grandchildren living in a different environment, and who would be facing the burden of care.

Filial piety and respect for elders is a value common to AAPIs. Physical family togetherness is desired and practiced, as seen in the higher incidence of multigenerational households among AAPIs.

An AARP nationwide study showed that the vast majority of Asian Americans and Pacific Islanders, more than any racial or ethnic group, believe that caring for parents is expected of them. A much higher percentage of Asian Americans and Pacific Islanders age 45-55 agree with this (73%) in comparison to just under half of the total population of the same age (49%). In fact, 42 percent of Asian Americans and Pacific Islanders in the survey were actually helping to care for elders, versus just 22 percent of the general population.



Incidence of Caregiving for elders (Age 45-55)

AAPIs are almost twice more likely to care for elders than the general population of the same age.

Source: Belden, Russonello & Stewart and Research/Strategy/Management, 2001. "In the Middle: A Report on Multicultural Boomers Coping With Family and Aging Issue". AARP Research Report.

APIs in the AARP study are more likely to take charge of caregiving for their elders. They are more likely to talk to doctors or health providers (54% versus 36% for total population of the same age), contribute financially (51% versus 27%), and handle paper work or bills (41% versus 33%) than the total population of the same age or compared to Whites, Blacks, and Hispanics.

API families are resistant to place their elders in institutional facilities. In their traditional culture, Asian Indians even go further by resisting home visits from health care providers because they would rather seek help from family and friends; while traditional Pacific Islander behavior show preference to being cared by family during illness rather than going to a doctor to return to good health.

Among the Chinese Americans, there is reluctance to discuss end of life related issues because of karma, the belief that mentioning something bad can make it occur. Caregivers with similar ethnicity and language may be desired by those who receive care, as was reported among older and less acculturated Japanese American adults.

Filipino Americans may move from one child’s home to another to take care of grandchildren, while they themselves would be cared for later by their children. Housing alternatives provided by the community and church is seen among Korean Americans.

Caregiving among Asian Americans & Pacific Islanders (Age 45-55)

The want for one’s children to provide care is higher among APIs.

I want my children to plan to take care of me when I am old:

	Somewhat Agree	Strongly Agree	Total	Somewhat Disagree	Strongly Disagree	Total
Total	13%	9%	22%	21%	48%	69%
White	13%	6%	19%	22%	50%	72%
Black	10%	13%	23%	18%	50%	68%
Hispanic	12%	19%	31%	17%	43%	60%
Asian	22%	16%	38%	25%	24%	49%

Source: Belden, Russonello & Stewart and Research/Strategy/Management, 2001. "In the Middle: A Report on Multicultural Boomers Coping With Family and Aging Issue". AARP Research Report.

Conclusions

The AAPI community's caregiving needs are similar for all AAPI ethnic groups, and vary in many important areas as well. The common needs are:

- Care of family elders
- Long term care insurance
- Resources and tools in caring for elders
- Transportation and savings to access services
- Information on support and available services
- In-language services for some ethnic groups
- Culturally sensitive outreach and services for caregiving

It is important to determine the cultural nuances in each AAPI ethnic group that relate to their traditional cultures, beliefs, attitudes, and practices in relation to caregiving. Depending on their degree of acculturation, these cultural nuances have to be taken into account when providing care.

Friends, loved ones, and health care providers need to develop an awareness and understanding of the caregiving beliefs and practices of the ethnic groups they care for in order to be better equipped in caring for them. Bilingual providers will be needed as well.

Finally, there is a desperate need for empirical as well as in-depth, national disaggregated studies to learn more and understand today's AAPI elders. The need to understand the extent to which cultural attitudes remain and traditional practices persist; as well as the dynamics between AAPI cultural attitudes and practices in light of the changes brought by technology, exchange of information, advances in medical knowledge, and other 21st century trends. Research on the relationships and interactions among the older and younger generations of AAPIs are needed and would be very beneficial as well for caregiving.

About this report

This report is a compendium of research information and data on Asian Americans and Pacific Islanders (AAPIs) at midlife and older in relation to caregiving.

We drew on Census data, AARP research, and external sources for information on the current state of caregiving among Asian Americans and Pacific Islanders, especially those age 50 and older. Most of the recent information are on health insurance coverage, a critical factor in getting access to health care. There is a paucity of other information related to health and caregiving. Most research are small or outdated, and national in-depth research as well as disaggregated data by Asian and Pacific Islander ethnic groups, especially in-language, is sparse as well.

It is our hope that this report will emphasize the large information gaps we have today, especially for more current, in-depth, and disaggregated data, and spur more work in this area. So that we may better and more properly address the needs of our beloved elders.