Mental Health Care for Elderly Refugees and Immigrants – The Asian Experience

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Clinical Professor & Medical Director
Director of Intercultural Psychiatric Program

*Medical Director of Mental Health, Asian Health & Service Center*
Case History – Mr. Truong

72 yo Vietnamese man referred by his KP PCP for “anger, grouchy, & non-compliance with treatment”.

Mr. T. retired from machinist job of 30 years. His wife works and kids all out of the house. He had no social life because “can’t stand those people”.

Made diagnosis of MDD, adjusted his medications, engaging in talk therapy with our counselor, encouraged him to come to our group & back to the church again.

He is still seeing me after two years. Very pleasant to chat with him, i.e. until lately when touched on American politics.
Asians in America

• 18.9 millions (4.8%); [5.6% in 2015 census]
• 46% growth 2K – ’10
  – Chinese 4.6 millions
  – Filipinos 3.6
  – Asian Indian 3.3
  – Vietnamese 1.9
  – Korean 1.8
  – Japanese 1.3

US Census Bureau 2010
US Asians data

- $70,644 median income
- 13% poverty rate
- 15% no health insurance
- 50% BA or higher (29.1% all US)
- 21.3% < 18; 10.3% >65

US Census 2012 American community survey, table B02018
The Older Asian Population

Population and Projections of Asians Aged 65+: 2014 to 2060
(numbers in millions)

- 2014: 1.9 million
- 2020: 2.5 million
- 2030: 3.8 million
- 2040: 5.3 million
- 2050: 6.8 million
- 2060: 8.5 million
Demographics N=12,836

• 24% in US < 10 years
• 95% non-English speaking
• 34% Medicaid/care, 37% not insured
• 60% > 50; 41% > 60
Oregon Asians Data

- 4.9% OR population 186,281
- Chinese, Vietnamese, Filipinos, Japanese, Korean & Indian – largest groups
- 72.1% in Tri-county 134,377
- 13% uninsured (2013)
- 2K – ’10 growth 47.5%; projected growth 50% by 2025
- Senior population projected growth 104% by 2015 to 14,454 (60+)

• **Oregon 2015**
  
  - Asian Alone and In Combination with One or More Races: 210,781
  - Asians make up 5.4% of the total Oregon population (3,939,233)
  - Asian population growth 2010-2015: 13.2% change (5 years)
    (Compared to overall OR population growth 2010-2015: 2.8% change)
  - Asian population growth 2000-2015: 65.5% change (15 years)
    (Compared to overall OR population growth 2000-2015: 15.1% change)
Census Data

• **Tri-County Area 2015**
  • Asian Alone and In Combination with One or More Races: 152,564
  • 72.4% of Oregon’s Asian population lives in the tri-county area
  • Asians make up 8.9% of the total tri-county population (1,714,066)
  • Asian population growth 2010-2015: 13.5% change (5 years)
    (Compared to overall tri-county population growth 2010-2015: 4.5% change)
  • Asian population growth 2000-2015: 67.4% (15 years)
    (Compared to overall tri-county population growth 2000-2015: 18.7% change)
Intercultural Psychiatric Program

- Started in 1978.
- Provider for the Tri-County immigrants and refugees
- Currently >1,230 patients
- Serving 18+ language groups
- Started with the Indochinese
- New comers – Burmese, Iraqi, Syrians, Nepali, Bhutanese...
- Over 90% MD app’t kept.
- High # of pts came with severe & multi problems need long term care.
### Age Breakdown of 16 Months of IPP Clients

<table>
<thead>
<tr>
<th>CLIENTS SEEN</th>
<th>ARABIC</th>
<th>BOSNIAN</th>
<th>CAMBODIAN</th>
<th>ETHIOPIAN</th>
<th>Farsi</th>
<th>LAOTIAN</th>
<th>BURMA/NEPAL</th>
<th>SOMALI</th>
<th>RUSSIAN</th>
<th>VIETNAMESE</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>102</td>
<td>123</td>
<td>67</td>
<td>66</td>
<td>6</td>
<td>19.7</td>
<td>21</td>
<td>66</td>
<td>82</td>
<td>295</td>
<td>1093</td>
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<tr>
<td>Youngest Client</td>
<td>20.3</td>
<td>18.7</td>
<td>26.1</td>
<td>20.2</td>
<td>21</td>
<td>19.7</td>
<td>21</td>
<td>18.2</td>
<td>12.2</td>
<td>15.7</td>
<td></td>
</tr>
<tr>
<td>Oldest Client</td>
<td>73.7</td>
<td>94.6</td>
<td>75.5</td>
<td>75.5</td>
<td>82</td>
<td>71.6</td>
<td>73.6</td>
<td>85.5</td>
<td>93.7</td>
<td>91.3</td>
<td></td>
</tr>
<tr>
<td>Mean Age</td>
<td>48.3</td>
<td>56.45</td>
<td>58.8</td>
<td>49.3</td>
<td>49.5</td>
<td>55.7</td>
<td>46.4</td>
<td>48</td>
<td>57.1</td>
<td>60.2</td>
<td></td>
</tr>
<tr>
<td>Median Age</td>
<td>47.6</td>
<td>58.6</td>
<td>61.1</td>
<td>48.3</td>
<td>50.5</td>
<td>56.9</td>
<td>46.7</td>
<td>47.6</td>
<td>59.9</td>
<td>63.3</td>
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<table>
<thead>
<tr>
<th>AGE BREAKDOWN</th>
<th>ARABIC</th>
<th>BOSNIAN</th>
<th>CAMBODIAN</th>
<th>ETHIOPIAN</th>
<th>Farsi</th>
<th>LAOTIAN</th>
<th>BURMA/NEPAL</th>
<th>SOMALI</th>
<th>RUSSIAN</th>
<th>VIETNAMESE</th>
<th>AGE BREAKDOWN</th>
<th>TOTALS</th>
</tr>
</thead>
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<tr>
<td>Ages 12 - 19.9</td>
<td>1</td>
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<td></td>
<td>1</td>
<td></td>
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<td>2</td>
<td>2</td>
<td></td>
<td>Ages 12 - 19.9</td>
<td>6</td>
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<tr>
<td>Age 20 - 29.9</td>
<td>4</td>
<td>7</td>
<td>2</td>
<td>8</td>
<td>11</td>
<td>6</td>
<td>13</td>
<td>2</td>
<td>9</td>
<td></td>
<td>Age 20 - 29.9</td>
<td>62</td>
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<tr>
<td>Age 30 - 39.9</td>
<td>20</td>
<td>9</td>
<td>4</td>
<td>16</td>
<td>15</td>
<td>2</td>
<td>15</td>
<td>25</td>
<td>11</td>
<td>15</td>
<td>Age 30 - 39.9</td>
<td>132</td>
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<tr>
<td>Ages 40 - 49.9</td>
<td>37</td>
<td>19</td>
<td>6</td>
<td>8</td>
<td>26</td>
<td>4</td>
<td>22</td>
<td>57</td>
<td>10</td>
<td>45</td>
<td>Ages 40 - 49.9</td>
<td>234</td>
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<tr>
<td>Ages 50 - 59.9</td>
<td>22</td>
<td>31</td>
<td>14</td>
<td>12</td>
<td>24</td>
<td>7</td>
<td>11</td>
<td>44</td>
<td>14</td>
<td>52</td>
<td>Ages 50 - 59.9</td>
<td>231</td>
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<tr>
<td>Ages 60 - 69.9</td>
<td>17</td>
<td>40</td>
<td>30</td>
<td>16</td>
<td>12</td>
<td>10</td>
<td>8</td>
<td>18</td>
<td>20</td>
<td>92</td>
<td>Ages 60 - 69.9</td>
<td>263</td>
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<tr>
<td>Ages 70 - 79.9</td>
<td>2</td>
<td>12</td>
<td>10</td>
<td>6</td>
<td>9</td>
<td>1</td>
<td>3</td>
<td>8</td>
<td>16</td>
<td>61</td>
<td>Ages 70 - 79.9</td>
<td>128</td>
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<td>Ages 80 - 89.9</td>
<td>2</td>
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<td></td>
<td>2</td>
<td></td>
<td></td>
<td>1</td>
<td>5</td>
<td>17</td>
<td>Ages 80 - 89.9</td>
<td>27</td>
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<tr>
<td>Ages 90 - 95</td>
<td>2</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td>1</td>
<td>5</td>
<td>Ages 90 - 95</td>
<td>5</td>
</tr>
</tbody>
</table>

>60 IPP (39%), V (58.5%), C (60%)
Clinics with large active client load:
- Vietnamese Clinic: 295
- Somali Clinic: 169
- Bosnian Clinic: 123

<table>
<thead>
<tr>
<th>CODE</th>
<th>DESCRIPTION</th>
<th>BOSNIAN</th>
<th>SOMALI</th>
<th>VIETNAMESE</th>
</tr>
</thead>
<tbody>
<tr>
<td>F02.80</td>
<td>Dementia in other diseases classified elsewhere without behavioral disturbance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F02.81</td>
<td>Dementia in other diseases classified elsewhere with behavioral disturbance</td>
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<tr>
<td>F03.90</td>
<td>Unspecified dementia without behavioral disturbance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F04</td>
<td>Amnestic disorder due to known physiological condition</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F06.33</td>
<td>Mood disorder due to known physiological condition with manic features</td>
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<tr>
<td>F11.20</td>
<td>Opioid dependence, uncomplicated</td>
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<td></td>
<td></td>
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<tr>
<td>F20.0</td>
<td>Paranoid schizophrenia</td>
<td>10</td>
<td>8%</td>
<td>7</td>
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<tr>
<td>F20.5</td>
<td>Residual schizophrenia</td>
<td>2</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>F20.89</td>
<td>Other schizophrenia</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>F20.9</td>
<td>Schizophrenia, unspecified</td>
<td>2</td>
<td>1</td>
<td>1</td>
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<tr>
<td>F22</td>
<td>Delusional disorders</td>
<td>2</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>F25.0</td>
<td>Schizoaffective disorder, bipolar type</td>
<td>5</td>
<td>4%</td>
<td>3</td>
</tr>
<tr>
<td>F25.1</td>
<td>Schizoaffective disorder, depressive type</td>
<td>2</td>
<td>2%</td>
<td>1</td>
</tr>
<tr>
<td>F25.8</td>
<td>Other schizoaffective disorders</td>
<td>2</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>F25.9</td>
<td>Schizoaffective disorder, unspecified</td>
<td>1</td>
<td></td>
<td>1</td>
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<tr>
<td>F29</td>
<td>Unspecified psychosis not due to a substance or known physiological condition</td>
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<tr>
<td>F31.30</td>
<td>Bipolar disorder, current episode depressed, mild or moderate severity, unspecified</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>F31.73</td>
<td>Bipolar disorder, in partial remission, most recent episode manic</td>
<td>1</td>
<td></td>
<td>1</td>
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<tr>
<td>F31.76</td>
<td>Bipolar disorder, in full remission, most recent episode depressed</td>
<td>1</td>
<td></td>
<td>1</td>
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<tr>
<td>F31.89</td>
<td>Other bipolar disorder</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>F31.9</td>
<td>Bipolar disorder, unspecified</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>F32.0</td>
<td>Major depressive disorder, single episode, mild</td>
<td>3</td>
<td>9%</td>
<td>11</td>
</tr>
<tr>
<td>F32.3</td>
<td>Major depressive disorder, single episode, severe with psychotic features</td>
<td>3</td>
<td>4%</td>
<td>24</td>
</tr>
<tr>
<td>F32.4</td>
<td>Major depressive disorder, single episode, in partial remission</td>
<td>1</td>
<td>1%</td>
<td>1</td>
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<tr>
<td>F32.5</td>
<td>Major depressive disorder, single episode, in full remission</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>F32.9</td>
<td>Major depressive disorder, single episode, unspecified</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>F33.1</td>
<td>Major depressive disorder, recurrent, moderate</td>
<td>9</td>
<td>7%</td>
<td>11</td>
</tr>
<tr>
<td>F33.2</td>
<td>Major depressive disorder, recurrent, severe without psychotic features</td>
<td>5</td>
<td>4%</td>
<td>24</td>
</tr>
<tr>
<td>F33.3</td>
<td>Major depressive disorder, recurrent, severe with psychotic symptoms</td>
<td>3</td>
<td>5%</td>
<td>22</td>
</tr>
<tr>
<td>F33.40</td>
<td>Major depressive disorder, recurrent, in remission, unspecified</td>
<td>2</td>
<td>2%</td>
<td>1</td>
</tr>
<tr>
<td>F34.1</td>
<td>Dysthymic disorder</td>
<td>1</td>
<td>1%</td>
<td>1</td>
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<tr>
<td>F41.1</td>
<td>Generalized anxiety disorder</td>
<td>4</td>
<td>3%</td>
<td>0%</td>
</tr>
<tr>
<td>F41.1</td>
<td>Generalized anxiety disorder</td>
<td>4</td>
<td>3%</td>
<td>0%</td>
</tr>
<tr>
<td>F41.9</td>
<td>Anxiety disorder, unspecified</td>
<td>1</td>
<td></td>
<td>1</td>
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<tr>
<td>F43.11</td>
<td>Post-traumatic stress disorder, acute</td>
<td>1</td>
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<td>1</td>
</tr>
<tr>
<td>F43.12</td>
<td>Post-traumatic stress disorder, chronic</td>
<td>62</td>
<td>50%</td>
<td>99</td>
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<tr>
<td>F71</td>
<td>Moderate intellectual disabilities</td>
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<td>F84.0</td>
<td>Autistic disorder</td>
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<td>F90.2</td>
<td>Attention-deficit hyperactivity disorder, combined type</td>
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<td>F99</td>
<td>Mental disorder, not otherwise specified</td>
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<tr>
<td>CODE</td>
<td>DESCRIPTION</td>
<td>TOTAL</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>------</td>
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<td>-------</td>
<td>---</td>
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<tr>
<td>F20.0</td>
<td>Paranoid schizophrenia</td>
<td>151</td>
<td>13%</td>
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<tr>
<td>F25.0</td>
<td>Schizoaffective disorder, bipolar type</td>
<td>20</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>F25.1</td>
<td>Schizoaffective disorder, depressive type</td>
<td>13</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>F33.1</td>
<td>Major depressive disorder, recurrent, moderate</td>
<td>123</td>
<td>11%</td>
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<tr>
<td>F33.2</td>
<td>Major depressive disorder, recurrent severe without psychotic features</td>
<td>177</td>
<td>12%</td>
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<td>F41.1</td>
<td>Generalized anxiety disorder</td>
<td>43</td>
<td>4%</td>
<td></td>
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<tr>
<td>F43.12</td>
<td>Post-traumatic stress disorder, chronic</td>
<td>352</td>
<td>25%</td>
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Roll Up of Top IPP Diagnosis
IPP Staff
Asian Health & Service Center
華人服務中心
아시안 보건 복지 센터
Trung Tâm Y Tế & Dịch Vụ Châu Á
សាលាខ្មែរជីវិតសង្គមអាមេរិក
Asian Health & Service Center of Oregon

- Established in 1984
- Weekly 15+ groups
- Annual health fare
- 61,963 encounters last year
- Served 17,324 meals; 4 days weekly lunch program
- Mental health & alternative health clinics. Health clinic 2018
Chinese Mental Health Clinic of AHSC

• Started by DK & PL in 1984
• Closely associated with OHSU-IPP
• Modeled after IPP
• Serves Korean (GK) & Chinese (PL) clients
• Training site for resident/student
Mental Health Program at AHSC
Age Composition of Clients N=170

>60 = 57%

- 70-79: 27%
- 60-69: 19%
- 50-59: 17%
- 40-49: 15%
- 30-39: 8%
- 20-29: 3%
- 80 and up: 11%
Mental Health Program at AHSC
Distribution of Clients’ Diagnosis

- ADD
- Adjustment Disorder
- Anxiety Disorder
- Bipolar 1 Disorder
- Bipolar Affective D
- Delusional Disorder
- Dementia
- Dysthymic Disorder
- Major Depression
- PTSD
- Schizoaffective
- Schizophrenia

41% 13% 18% 6% 1% 2% 2% 2% 12% 1%
Community Engagement
Cultural Activity
Cultural Activity
Physical Activity
Health Fair
Outing
Age composition of Clients

Data current thru June 30, 2016

- 19 & below: 8%
- 20-29: 6%
- 30-39: 7%
- 40-49: 15%
- 50-59: 20%
- 60-69: 19%
- 70 & above: 22%
- Unknown: 3%
Language Spoken by Clients

- Cantonese: 27%
- Mandarin: 14%
- Korean: 25%
- Vietnamese: 27%

Data current thru June 30, 2016
Clients' Insurance Type

- Medicare: 14%
- OHP: 20%
- Private Insurance: 16%
- No Insurance: 37% (at enrollment)
- In process: 14%
- CAWEM: 1%

Data current thru June 30, 2016
Oregon Caregiver Program

• Person provides assistance to another person to maintain an independent lifestyle

• Family member & friend cares for 60+ who needs in-home care

• Grandparents or relatives (55+) care for <18 or >18 disabled
6-week scripted curriculum

• Take Care of You
• ID & Reducing Personal Stress
• Communicating Feelings, Needs, & Concerns
• Communicating in Challenging Situations
• Learning From Our Emotions
• Mastering Caregiving Decisions
AHSC Capital Project
AHSC Capital Project
Case History - Mr. Chan, P

75 yo Chinese referred by PCP for depression not responding to meds. He had been depressed, unable to sleep, crying, and wished death since returning from a trip to his home village. Adjusting his medications and engaging him in talk therapy. Told me he and his wife were living with their daughter and her family. “I live in a palace-prison” & “I have to live by other’s schedule”.

Counselor helped the couples to wait-list for a senior housing that has large number of Asian residence in the SE area. They moved in a year later.

“Dr. L, thank you for saving my life. I am so happy now”
Studio apartment
English Class

Dennis, Chinese speaking QMHP conducting weekly English-for-beginner class at the senior housing facility
English Class

“same lesson” every week!
Tai-Chi
85 yo Chinese woman 10 years treatment for mood disorder and dementia. She had multiple admission within 3-4 months due to multiple falls at home. She had suffered series of stroke. Around that time her daughter, the primary caregiver, was diagnosed with ovarian cancer spreading to other organ required chemotherapy. Family unable to care for two patients in the same time. Counselor helped to locate nursing home specialized in Asian care for CPC.

She went and stayed for two years before she passed. During her stay, son and daughter took turn to visit almost daily. She was brought to see me every two to three months. In between counselor visited her twice a week.
Chinese Specific Elderly Care Facility

• Significant increased of Chinese speaking elderlies in 2006
• Staffing: Daily Chinese interpreter on site, Chinese speaking nurses, social workers, cooks, activities staffs
• Activities: Mahjong, massage, music, religious groups, English class, festivities
• Foods: Asian menu for all 3 meals
• Pain relief, lessen medication, alternative care – acupuncture & deep massage therapy
• Warm water all day, Chinese soup, escort to medical appointment, engaging with community activities, Chinese speaking restorative therapy aid
If you have any concern or complaint, please complete Resident Grievance/Complaint Form. THANK YOU!

假如您有任何的不满或投诉，请填寫這表格。谢谢。
PLEASE HELP US KEEP OUR RESIDENTS SAFE
AND DO NOT OPEN THE DOOR OR ASSIST
RESIDENTS OUT OF THE DOORWAY
THANK YOU
PRESTIGE REEWOOD

訪客請注意:
請協助我們保護我們住客的安全

即不要扶助其他住客走出門外。
離開院外。謝謝您的幫忙！
“港安護理之家”

Để bảo vệ cho sự an toàn của người ở nội địa,
xin đừng cho người khỏe mạnh
ra ngoài!
Cảm ơn.
Sample of Daily Menu

• 早餐
  • 燕麥片、果汁、粥
  • 西式奄列、多士
  • 果醬、牛油
  • 咖啡或茶、牛奶

• 供選擇的午餐
  • 叉燒、白飯
  • 粥、蔬菜
  • 蘋果
  • 咖啡或茶，牛奶

• 供選擇的晚餐
  • 瓜菜餃子湯、蒸飽
  • 粥、蔬菜
  • 芝士蛋糕
  • 咖啡或茶，牛奶

• 小吃
  • 餅乾、不同種類的小吃、曲奇餅、果汁
Conclusion

• Cultural and linguistic capable clinical setting
• BioPsychoSocio Model
• Networking
• Patient-centered