

Afghan Elderly Association



Promoting Wellness Among Afghan Refugee and Immigrant Older Adults: An Integrative, Peer-Based Model

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A Brief History of Afghan Refugees and Immigrants

- 2.7 million refugees and immigrants displaced due to violent conflicts in Afghanistan.
- An estimated 12,000 Afghans reside in Fremont and the San Francisco-Bay Area



Barriers

- Isolation, poverty, chronic health and mental health
- Language, culture, discrimination
- Lack of access or knowledge of services

AEA - A Grassroots Effort

- 1995 – AEA founded by Najia Hamid, AEA Executive Director
- 1998 – grows from 8 to 500; non-profit status
- 2000 – launch of Healthy Aging Program
- 2006 Launch Taraqi Dehendai Sehat Health Promotion Program



Early Success

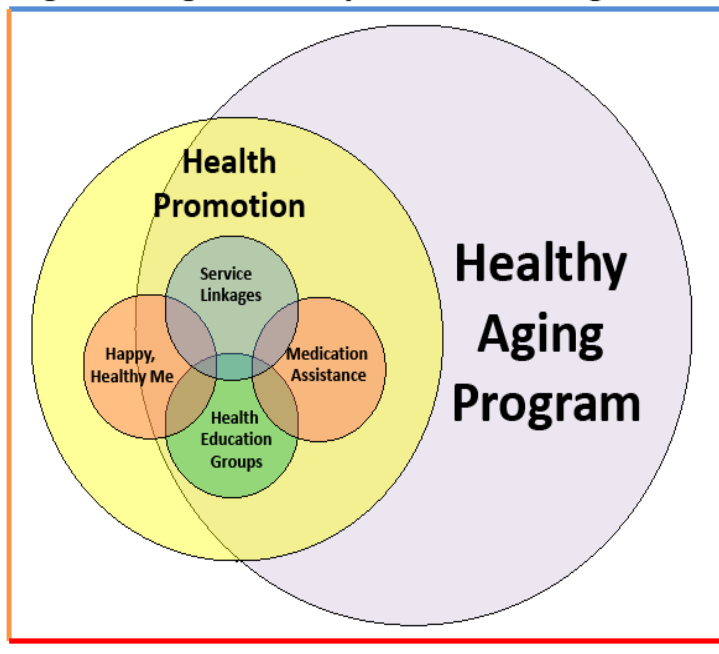
- 5 health promoters trained
- Increase socialization
- Increased exercise; decreased falls
- Decrease ER & hospitalization
- 81% accessed health care

AEA Programs and Mission

AEA works to improve the well-being of
Afghan elders in the Bay Area

1. Increase access to community and supportive services
2. Improve mental and physical health
3. Improve the overall quality of life

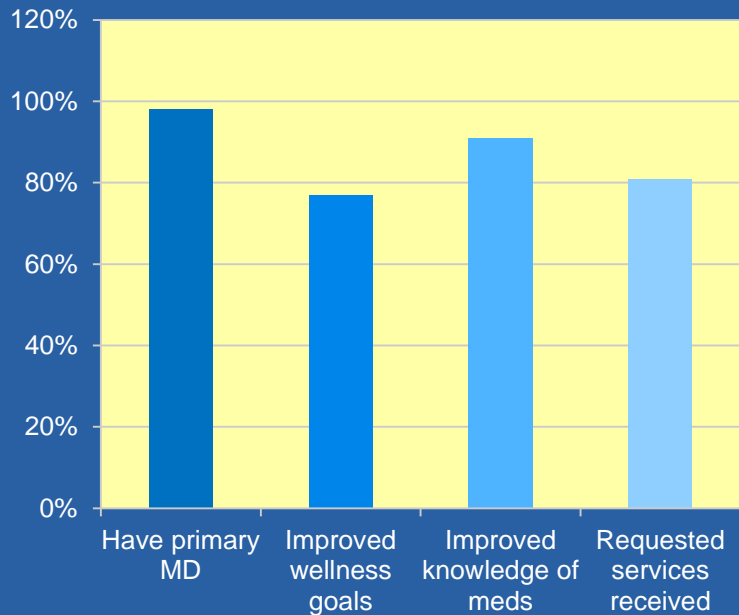
Figure 1: Afghan Elderly Association Programs



AEA Programs are

- Adapted to meet the specific cultural, linguistic and spiritual needs of Afghans
- Holistic: integrating multiple components of a “good life.”
 - Health condition
 - Health/Medications
 - Nutrition/Exercise
 - Socialization
 - Emotional Support
 - Community Support

Results-Based Accountability and Outcomes



Continued Success

- 161 Afghan seniors clients served
- 84 clients received medication education
- 45 clients developed wellness goals
- 132 clients assisted with accessing services
- 58 clients participated in health education

