



# COMMUNITY NEEDS ASSESSMENT FOR THE LATINO ELDERLY POPULATION IN THE CITY OF AMSTERDAM, NEW YORK



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## Introduction

### **Latino Elders - Montgomery County, New York**

According to the 2020 Census, 16,697 Latinos live in Montgomery County, New York. This represents 13.3% of the total population in the county. The majority of Latinos in Montgomery County are Puerto Rican (54.1%), followed by Dominican (29.6%) and Mexican (9.1%).

The Latino population in Montgomery County is increasing. Between 2010 and 2020, the Latino population in the county increased by 26.9%. This growth is due to several factors, including immigration, higher birth rates, and lower death rates among Latinos.

Latinos in Montgomery County make significant contributions to the local economy. They are employed in various industries, including agriculture, manufacturing, and healthcare. Latinos also own a growing number of businesses in the county. However, Latinos in Montgomery County also face several challenges. They are more likely to live in poverty and to be unemployed than the total population. They are also less likely to have health insurance.

### **Latino Elders - Amsterdam, New York**

According to the 2020 Census, 3,012 Latino elders (65 years old and older) live in Amsterdam, New York. This represents 10.4% of the total Latino population in the city. Most Latino elders in Amsterdam are Puerto Rican (55.7%), followed by Dominican (20.2%) and Mexican (11.0%).

Latino elders in Amsterdam face several challenges, including poverty, language barriers, and access to healthcare. According to the 2019 American Community Survey, 22.1% of Latino elders in Amsterdam live below the poverty line, compared to 11.6% of the total population. Additionally, only 55.1% of Latino elders in Amsterdam speak English fluently, making it difficult to access essential services.

Several organizations in Amsterdam are working to support Latino elders. These organizations provide various services, including Meals on Wheels, transportation, and assistance with accessing healthcare.

Here are some resources for Latinos in Montgomery County, New York:

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- Centro Civico – A division of Ibero-American Action League
- Hispanic Heritage Center of the Capital District
- Capital District Area Agency on Aging
- Catholic Charities of the Diocese of Albany
- Montgomery County Office for the Aging, Inc.

### **Survey and Roundtable Discussion**

Centro Civico, a division of the Ibero-American Action League, surveyed 26 Latino elders to assess the needs of Latino elders in Amsterdam, New York. Centro Civico also conducted a roundtable meeting with Latino elders to learn about their needs and what services they will

benefit from the most. Those needs vary based on their needs and circumstances. However, some commonly sought-after services are discussed during our roundtable and via survey.

**1. Cultural Programs**

Services that honor and celebrate their cultural heritage, such as traditional music, traditional food, dominos, dance, and cultural events, can be highly appreciated.

**2. Language-Specific Support**

Access to services offered in their preferred language (e.g., Spanish) for healthcare, legal aid, or community programs can significantly assist communication and understanding.

**3. Nutrition and Food Assistance**

Programs offering culturally appropriate meal services, food pantries, or nutrition education tailored to their dietary preferences.

**4. Social Support**

Community centers or groups that offer social gatherings, recreational activities, and opportunities for socializing can combat isolation and promote mental well-being.

**5. Transportation Services**

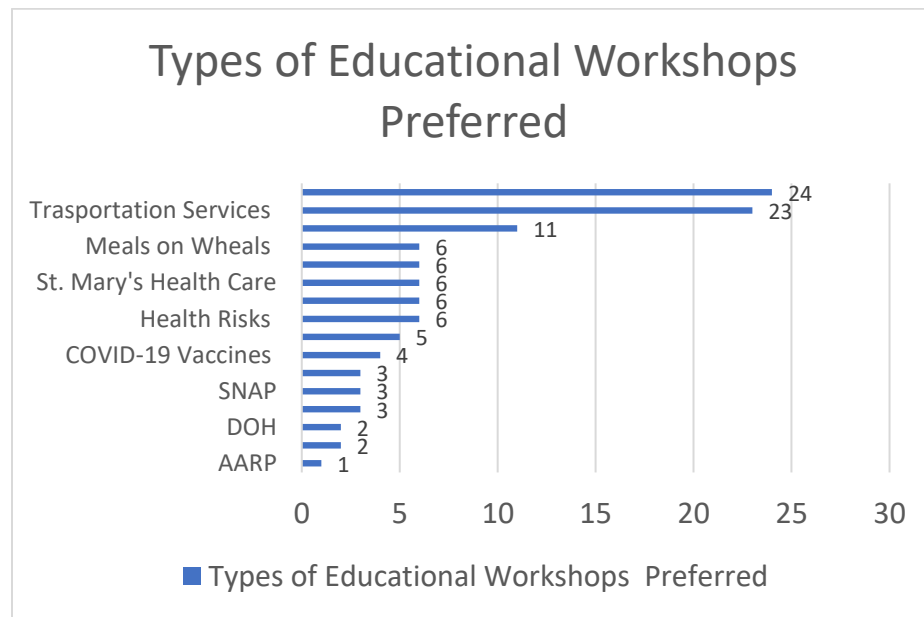
Help with transportation to medical appointments, grocery shopping, or community events can be essential for those with limited mobility.

As a result of the surveys and the roundtable, we identified specific priorities for services and workshops that will meet the needs of Latino elders in our area.

**Survey and Roundtable Results**

**Educational Workshops**

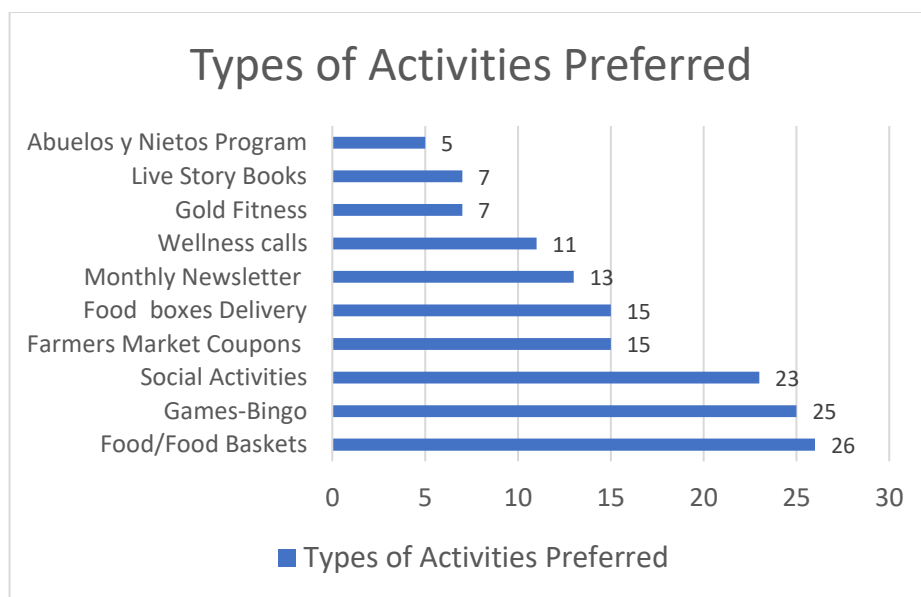
Our survey identified transportation services, access to food information, and education about health-related topics as a high priority by Latino elders.



### **Services and Activities**

Our survey identified food and nutrition services and social activities, among other needed services, as high priorities for Latino elders. During the roundtable discussion, elders discussed organizing regular bingo sessions or game nights, encouraging social interaction and mental stimulation among Latino elders. Those activities should provide opportunities for prizes or incentives to make the activities more engaging. The elders also discussed introducing other culturally relevant games or activities that resonate with the community's preferences. Card games, dominoes, or traditional board games could be included in these sessions. Roundtable participants also requested that we host social gatherings, picnics, or outings to local cultural events. Encourage participation and interaction among Latino elders, fostering community and creating social clubs or interest groups based on hobbies or shared interests. This could include craft clubs, book clubs, or discussion groups on cultural topics.

Organize cultural celebrations and festivals highlighting Latino heritage, traditions, music, and dance. These events can serve as opportunities for socializing and celebrating cultural identity.



### **Program Development**

#### **Priorities**

We have identified specific priorities based on survey results and roundtable discussions. This has been a crucial step towards effectively meeting the needs of Latino elders in our area. Now that we have identified priorities, the following steps will involve planning and implementing targeted services and workshops.

### **Service Prioritization**

We will categorize and prioritize the identified needs based on the survey results and roundtable discussions. We will determine which services or workshops are most urgently needed or would significantly impact the community.

### **Program Development**

We will design a program and offer workshops and services that address the identified priorities. We will ensure this initiative is culturally sensitive, accessible, and aligned with Latino elders' needs and preferences.

### **Collaboration and Partnerships**

We will collaborate with local community organizations, healthcare providers, social service agencies, and other institutions to enhance the program's effectiveness.

### **Outreach and Communication**

We will develop effective communication strategies to inform and engage the Latino elder community about these upcoming services and workshops. We will use culturally appropriate methods and languages to reach a broader audience.

### **Feedback Mechanism**

We will establish a system to gather feedback from program participants and the community to help evaluate the effectiveness of the programs and make necessary adjustments to meet evolving needs better.

### **Evaluation and Adaptation**

We will regularly evaluate the impact of the services and workshops. We will modify the program based on feedback, changing community needs, or emerging challenges.

### **Identify Funding Sources**

We will pursue resources (such as funding) based on the identified priorities to ensure that resources are in place to support the implementation and sustainability of this initiative. Grants: We will research grants offered by federal, state, or local government agencies that support programs for seniors or community initiatives. Agencies like the Administration for Community Living (ACL) may offer grants for elder-focused programs. Private Foundations: Explore philanthropic foundations or organizations supporting senior welfare, health, or community development initiatives. Many private foundations provide grants for programs that benefit the elderly. Community Fundraising: Organize local fundraising events and crowdfunding campaigns or seek donations from community members, businesses, or civic organizations interested in supporting elder-focused initiatives.

## **Getting Started**

Creating a diverse calendar of events that caters to various interests and preferences within the Latino elder community is essential. Additionally, ensuring that these activities are culturally

relevant, respectful, and accessible will enhance their effectiveness in engaging and benefiting the community. The preferred meeting times and frequency suggested for elder Latino groups were in the afternoon and once or twice a week, which is crucial for planning successful gatherings that cater to their convenience and availability.

### **Meeting Schedule**

The preferred start time for meetings is noon or early afternoon, allowing them enough time for morning activities or appointments.

### **Frequency of Meetings**

The suggested frequency of meetings was once or twice a week, depending on the preferences and availability of the group members. Consistency in meeting times can help establish a routine and encourage regular attendance.

### **Duration of Meetings**

The suggested duration of meetings is around 1 to 2 hours based on planned activities and discussions to ensure they are engaging and informative but brief enough.

### **Accessibility and Transportation**

Transportation availability and accessibility when selecting meeting locations. The meeting will be held at our main office at Centro Civico. We must seek resources to support public transportation or community-provided transportation services.