

Recommendations:

1. Provide long-term support for existing, effective, and trusted community-based and faith-based programs so that these organizations can expand their hours and services.
2. Make health information available in trusted community organizations (churches, temples, community centers, etc.) in the native language of the populations, provide training programs for community organizations in making appropriate referrals, and capitalize on the routine events and services these organizations offer.
3. Compile a list of Asian physicians for referral purposes. These physicians should be willing and able to provide culturally and linguistically appropriate care to the Asian community.
4. Translate health education information into each native language on specific health conditions, use of alternative therapies, how to obtain health insurance, and how to navigate the American health care system. Provide information specific to the Asian community on Medicare eligibility and services, as well as low cost insurance options for those who are currently uninsured.
5. Develop a community resource guide for each group in their native language that includes a description of services, contact persons, directions, and hours. Provide a list of sliding scale, low-cost or free services available in the community.
6. Explore ways to improve transportation to services, such as using shuttle services, improving the routing of the MobileMed services, or enlisting volunteers to escort people to services.
7. Provide culturally appropriate mental health services where they can receive care from members of their communities. Set up targeted mental health programs and outreach for refugees to address mental health problems such as PTSD and depression.
8. Provide senior/community centers where health promotion activities can be conducted and seniors can congregate and support each other to reduce isolation and potential depressive symptoms.
9. Expand free health care services for the treatment of diseases identified in early detection programs, and provide outreach programs of health education.
10. Recruit translators fluent in various Asian languages at County-supported Clinics. Make a public schedule showing hours and services available for these clinics.
11. Collect data to describe the health needs/status of the Asian community in Montgomery County on an ongoing basis and make available the results. The results could be made available on the County AAHI Website.