

## RACIAL HEALTH EQUITY IN SOCIAL CARE

2022 National Research Meeting

### Modern day elderhood councils: A community-based intervention



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## Agreements for a safe and brave meeting

Practice active,  
judgement-free, and  
empathetic listening

Respect each other's  
differences and  
backgrounds

Agree to disagree – but  
seek understanding.  
We are here to learn!

Honor the difference  
between unsafe and  
uncomfortable

Be curious about  
intentions but  
recognize that impact  
is more important than  
intentions

Welcome being called  
in as a gift and an  
invitation to learn

Be mindful of  
positionality and  
power dynamics

Acknowledge  
judgments and  
assumptions  
(including our own –  
we all have biases)

Use inclusive language  
and avoid using  
derogatory or  
stigmatizing language

Release control,  
privilege, and notions  
of being right

Accept that things may  
remain unresolved; we  
might not feel a sense  
of closure



Marilyn Ababio



Monique Parrish



Dedoceo Habi



Iya Tahirah





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# Modern Day Elderhood:

## A New Health Equity Construct

2022 SIREN National Research Meeting: Racial  
Health Equity Construct

**Presented by: Comfort Homesake**





# Greetings and Opening

Iya Tahirah, BA  
**Guiding Elder**







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# Promoting Health Equity: From The Ground Up

Dr. Monique Parrish, DrPH, MPH, LCSW  
**LifeCourse Strategies**







# Health Care for African Americans

- Racism is the root cause of racial health inequities.
- African Americans are...
  - Diagnosed with serious illnesses at higher rates than their white counterparts and die at a younger age
  - Less likely to be assessed for pain or receive effective pain management and experience lower-quality clinician communication
  - More likely to have physicians underestimate their pain compared to white patients
  - Less likely than patients of other races to have advance care planning discussions or documents

Bailey ZD, Krieger N, Agénor M, Graves J, Linos N, Bassett MT. Structural racism and health inequities in the USA: evidence and interventions. Lancet. 2017.

Chambers B, Rogers M,; Heitner R, Silvers A. Rethinking Benefits and Incentives to Drive Equity for Black Patients During Serious Illness, Center to Advance Palliative Care, 2022.

Collins JW, Zoucha R, Such Lockhart J, Mixer SJ. Cultural Aspects of End-of-Life Care Planning for African Americans: An Integrative Review of Literature. Journal of Transcultural Nursing. 2018.





# Health Care's Approach To Health Equity

- Implement diversity, equity, and inclusion training and practices
- CMS Innovation Center Vision: A health system that achieves equitable outcomes through high-quality, affordable, person-centered care
  - Advance health equity—Center key strategic objective
  - Health Equity Action Taskforce
  - Focus is on community health
  - Meeting social needs
- California Advancing and Innovating Medi-Cal (CalAIM) commitment: to improve quality outcomes, reduce health disparities, and transform the delivery system via value-based initiatives





# Whole Person Respect

Foundation for health equity

- Start with the community
- Respect the strengths and gifts of community members
- Recognize community structures that support:
  - How information and support are shared
  - How generations engage
  - The African American lived experience
  - The lives and history of African Americans and their ancestry and their ancestors
- Engage elders to partner with health care providers and systems to support, educate, and serve the community as guides and holders of wisdom, experience, and compassion





# **My Elder Experience: A Sharing**





# Elder Councils and Health Care

Dedoceo Habi, AA, BS

**Community Health Advocate**



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# DISCLAIMER



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## **Not Just This Elder**

We are not referring only to the Elder in your church.



## **Or This Elder**

We are not referring only to the Senior Citizen



## **...This Elder**

We are referring to Elders who live and work all around us, and give back to their community



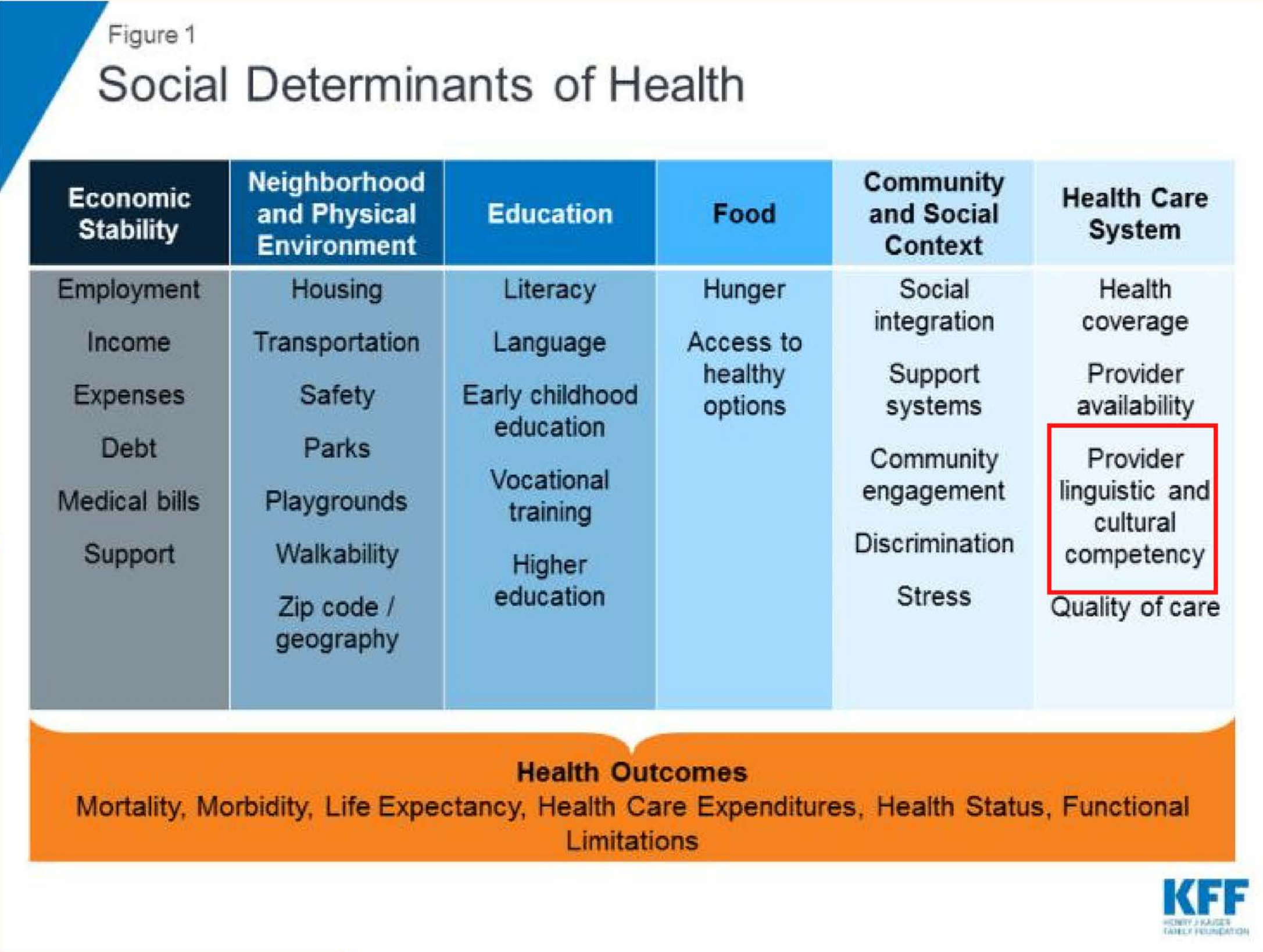


## What's The Big Idea?

- Our approach is derived from a look at African societies - role of Elders.
- The American system is complicated.
- A different focus/approach
- Yet, Elders can play a greater role
- **All Benefit** when community takes a more comprehensive approach to its healthcare delivery.
- One size does not fit all



# Social Determinants of Health



Source - this page and the next page: <https://www.moultonboroughnh.gov/sites/g/files/vyhlif3506/f/uploads/elevencomponentsofasuccessfulcommunity.pdf> & <https://www.kff.org/racial-equity-and-health-policy/issue-brief/beyond-health-care-the-role-of-social-determinants-in-promoting-health-and-health-equity/>



# Elements of a Healthy Community



1	Effective Leadership	→	Elders living in community as liaison to Healthcare professionals (to represent the needs and best interests of their community)
2	Informed Citizen Participation	→	Elder-led groups collect information from community elements to provide information and insight into common concerns
3	Sense of Community	→	By holding a voice in community that is listened to and factored into community health initiatives we have ownership
4	Fostering Healthy Families, Individuals, and Youth	→	Working in community for community helps foster stronger communities because it promotes real dialog
5	Lifelong Education and Learning	→	Making informed decisions benefits the community. Comfort Homesake provides education at the community level
6	Community Services, Facilities, and Utilities	→	Elders do have much to offer regarding the tangible and intangible needs of community and can mitigate issues
7	Recreation and Cultural Heritage	→	Elders hold on to memories and histories of the communities past which helps promote community longevity
8	Working Landscape and the Natural Environment	→	Elders have the freedom to navigate all social landscapes when working on behalf of the communities in which they live
9	Economic Vitality	→	Elders can support and help sustain economic vitality by indentifying trends and promoting best practices based on communal history
10	Growth and Development	→	By sharing wisdom and insights Elders support the growth and evolution of community
11	Transportation	→	Elders can support the community by representing transportation needs to leadership, making sure planning includes said needs



# Out with the old

**ger-on-toc-ra-cy / jerən'täkrəsē/ noun**

1. a state, society, or group governed by old people.  
- government based on rule by old people.



# In with the new

**ger-on-toc-ra-cy / jerən'täkrəsē/ noun**

1. a state, society, or group governed by the wisdom of Elders who continue to serve the community and guide it toward its goals.  
- government based on Elder-informed wisdom for the benefit of all.



# A Case Study

## Elder-led Groups in the Present Day



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### Brotherhood of Elders Network

**An intergenerational network of men of African descent whose mission is to foster environments where Black males are empowered to flourish. (Oakland, CA)**

### Highlights

- Multigenerational approach to bringing attention to and addressing the needs of black men.
- Purposefully form alliances with myriad community entities (Political, Healthcare, Education, Banking, Work Force, etc.)
- Leverage vast knowledge and networks to support community and overcome systems that tend to derail young black men.
- Take an active role in identifying and mitigating challenges to communal livelihood and goals.
- Fully committed to maintaining a lasting presence in communities they serve
- Leverages partnerships to bring issues and recommendations to community leadership.
- Anchored in communities they serve, making their perspectives more relevant and timely.



# Questions To Ponder



- Does a local City Council function in the same way as an Elder-led Community entity?
- How do we overcome the systemic impediments that keep us doing the same thing and expecting different results?
- An individual can become self-actualized, but can a community become self actualized, and what would that look like?



# Elderhood As A Modern Day Construct

Marilyn Ababio, BA, MPA  
**CEO, Comfort Homesake**







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# **Our Definition of Elderhood**

**“Elderhood means to have lived life in a way that brings forth a guide post or navigation for those who come behind us. That means not passing on pain and suffering but recalibrating experiences in such a way that others can transmute and heal.”**





# A Perspective on the Elderhood Construct

## The Power Dynamic

There is a distinction between **power over** (the power to dominate or control) and **power with** (the power to generate effects through cooperation).

The most basic form of power is simply the power to do things.



# Asset Based Community Development (ABCD)



**Realizing citizens  
as assets**



**Citizens as co-  
creators of their  
community**



**Discover community assets by mapping real  
estate, CBOs and identify individual assets  
within a particular geographical area.**



**Mobilize assets via  
cooperation and  
collaboration**



**Establish Elder Councils to coordinate  
and guide resources**



# Example of ABCD Cooperation: The Power To Do Things

Black Wall Street-Greenwood District,  
Tulsa, Oklahoma 1906-1921



- **Investment:** Founder Mr. Gurley made the investment. He purchased 40 acres with the intention to provide opportunity for African Americans migrating from the deep south
- **Equity:** The Council determined wages and education should be on par with whites
- **Income multiplier Effect:** Money circulated in Black Wall Street 36 to 100 times in before leaving
- **Community Health/Wealth:** Elders practiced the art of community resource development and deployment
- **Vulnerability:** Elders can transfer lessons learned regarding racist political will, law enforcement discrimination, media stereotyping and biased rhetoric





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# Research Opportunities to Explore the Role of Health Elderhood Councils

- **WHOLE PERSON HEALTH SCORE RESEARCH:** Findings: greatest needs nutrition and lifestyle
- **CLUSTERING OF SOCIAL DETERMINANTS OF HEALTH:** Findings: most important food insecurity, social isolation, inability to pay for housing or utilities
- **PATIENT PREFERENCES FOR DISCUSSING HEALTH RELATED NEEDS IN PRIMARY CARE SETTINGS:** Findings: resulted in understanding that interviewees were less comfortable discussing needs outside of traditional primary care



## In Summary

Iya Tahirah provided you with a living example of elderhood.

Dr. Parrish discussed the health systems approach to health equity.

Mr. Dedoceo Habi talked about existing frameworks for elder-led council and the impact these councils can have on the social determinants of health.

Our goal is to partner with you and invest in asset-based community development as a framework for social care research.

Let's Reimagine communities where growth and development is guided by the connection and wisdom of our elders.



# Thank you!

There is much to do...