



Afghan Seniors

June 16, 2014 Fremont Family Resource Center

Vision

- Affordable housing, priced according to income
- A center where Afghans can work, lift up and be healthy
- Afghan art work passed on to younger generations
- Health care system that really pays attention (affordable, easy to access, humane, includes dental)
- Higher compensation for retirement so people can take care of basic needs

Issues

- Stress, post-traumatic stress disorder (PTSD)
- Lack of senior centers targeted to Afghans
- Translation – access to medical specialists
- Senior housing and transportation
- Opportunities to socialize (especially for men)
- Need for resources to provide for family

Priorities

- Nursing services, retirement homes and senior centers that are culturally-appropriate and comfortable
- Provide health care services in Dari dialect
- Health care in general – dental, medical, shorter wait times
- Using art, theater and video to bridge seniors and youth within community

Data about
Health and
Social
Conditions

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Strengths

- Translation is good, but need improvement
- (Ran out of time to discuss at meeting)