

Empowering Korean-American Seniors and Caregivers Through Culturally Tailored "Well-Aging" Education

Lynne Conger, LCSW¹ | Nikki Barrett, LCSW¹ | Kathy Lee Siepker, PhD, LCSW² | Do Yeun Kim, MD, PhD¹ | Hye-Won Shin, PhD^{1,3}

¹Somang Society ²University of Texas, Arlington ³UCI Institute for Memory Impairments & Neurological Disorders

Introduction

INTRODUCTION

Somang Society serves **Korean American older adults and family caregivers**. This “Well-Aging” project, funded by Community Care Corps, examines the impact of volunteer-led education designed to help seniors and caregivers prepare for successful aging in the community. The project examines the impact of aging-preparation education on caregiver stress, social connectedness among older adults, participants’ knowledge and preparedness for aging-in-place.

PROGRAM GOALS

Empowerment Increase confidence for aging in place

Mitigation Reduce caregiver stress

Navigation Improve access to community resources

BACKGROUND & RATIONALE

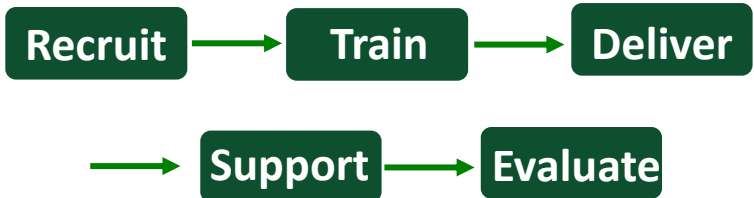
Language Barriers: Limited English proficiency restricts access to vital senior services.

Caregiver Burden: Family caregivers face high stress and low structural preparedness.

Service Gaps: Few culturally tailored aging programs currently exist for this community.

Methods

PROGRAM DESIGN/IMPLEMENTATION



415 Duplicated Participants
17 series/ 5 sessions (May 2026)

23 Bilingual Volunteers Trained

5-SESSION CURRICULUM

Delivered in-person, virtual, and hybrid formats

- 1 Brain Health and Memory Loss
- 2 Home Safety and Fall Prevention
- 3 Post Hospital Care and Recovery
- 4 Health, Legal, and Financial Planning
- 5 Communication about Aging Plans with Family and Health Care Providers

CULTURAL ADAPTATION

- Delivered entirely in Korean language
- Reflects family-centered care values
- Honors cultural respect for elders

Results

OUTCOMES & IMPACTS (6/26)

↑ Caregiver Knowledge & Preparedness

100%
know more
about
caregiving
resources

67%
strongly
agreed
more
prepared

33%
agreed they
feel
more
prepared

↑ Senior Resource Knowledge

**Pre education
knowledge**
61% low/very low
28% moderate
11% high or very high

**Post education
knowledge**
0% low/very low
67% moderate
33% high/very high

100% of participants rated their knowledge at least moderate after services.

33% achieved high or very high knowledge ratings post-service, compared with 0% before services.

“ I feel more prepared to care for my parent and less alone. ”
— Program Participant

LESSONS LEARNED

Build Trust Through Language: Bilingual volunteers increase community trust and engagement.

Cultural Nuance Matters: Adapt materials deeply, not just literal translations.

Meet People Where They Are: Flexible formats sustain participation.

Leverage Existing Infrastructure: Partner with trusted community organizations.

Materials adapted from PICORI, Patient-Centered Outcomes Research Institute

REPLICABILITY & TAKEAWAYS

- Adapt curriculum to cultural & language context
- Train and support community volunteers
- Offer flexible delivery (in-person, virtual, hybrid)
- Partner with trusted community organizations
- Build in pre/post evaluation from program launch

ACKNOWLEDGEMENTS

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COLLABORATING PARTNERS

- **Korean American Senior Association** Orange County
- **Korean Community Services** (Greater New York Metropolitan Area)
- **Korean Community Service Center** Greater Washington (Greater Washington)
- **Hanul Family Alliance** (Chicago)
- **Golden Age Foundation** at Leisure World Seal Beach
- **Korean American Association** at Leisure World Seal Beach

CONTACT SOMANG SOCIETY

somangsociety.org
somang@somangsociety.org
5836 Corporate Ave. Ste 110
Cypress, CA 90630
(562) 977-4580

<https://www.youtube.com/@somangsociety9750>

