Senior Services Program

Helps foreign-born adults at the age of 50+ and their families adjust to the US system, reduce their social isolation, and improve their wellness.
ORIA Refugee Elders

- **Purpose:** To reduce elders’ social isolation and help them adjust to the US system.

- **Eligibility:** 60+ yrs. refugee, granted asylee, humanitarian parolee, SIV holder (may have a Green Card).
ORIA Refugee Elders

- **Current activities:** ESL and citizenship-prep classes (online) and social gatherings.

- **Class schedule:**
  - Iraqi Group: Tue. at 2 pm (ESL);
    Fr. at 2 pm (Civics)
  - Ukrainian Group: Tue. at 11:30 am (ESL);
    Tr. at 11:30 am (Civics).
Caregiver Support: Community Building & Respite Care

● **Purpose:** To provide relief and a break to individuals who are taking care of foreign-born elders.

● **Eligibility:** A family caregiver is anyone in a family who is taking care of a foreign-born elder at the age of 55+ in King County.

*Family caregivers who receive pay from DSHS/other agency are eligible for this program.*
Caregiver Support: Community Building

- **Purpose:** To help caregivers feel and be part of a community and reduce stress and isolation.

- **Current Activities:** English practice classes and support groups.
  *Classes are online and held once a month.*
Caregiver Support: Respite Care

- **Purpose:** To provide a caregiver a break and make the role of caregiving easier.

- **Services:** Durable Medical Equipment (walking canes, blood pressure monitors, etc.), short-term in-home care, and more.
Senior Wellness Support

- **Purpose:** To connect foreign-born older adults with resources to improve physical and mental health.
- **Eligibility:** 50+ yrs. foreign-born older adults in King County.
- **Services:** Case management, social gatherings, information sessions, and resource connection.
Understanding Community Priorities Assessment

- **Purpose:** To identify the strengths, barriers, and needs of the Slavic, Afghan, and Iraqi seniors and their families.
- **Eligibility:** Foreign-born seniors and their families:
  - Iraqi and Slavic: 55+  
  - Afghan: 50+  
  *There is no age requirement for a family member.*
Understanding Community Priorities Assessment

Russian:

Ukrainian:
Understanding Community Priorities Assessment

Dari:

Pashto:
Understanding Community Priorities Assessment

Arabic:
Questions & Referrals:

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