



## **Senior Care Center1 Gives Tips On Finding Anti Racist Long Term Care Facility**

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US based Senior Care Center1 would like to reach out to the wider public and share information about racism in long term care facilities and how people can look for an anti-racist long-term care facility.

People from minority ethnic and racial backgrounds have been shown to be more likely to suffer from chronic diseases and major health issues. For example, African Americans have the highest death rate for most kinds of cancer. They are also more likely to suffer from high blood pressure than people from the white population. On the other hand, Asian Americans and Pacific Islanders are known to be more likely to suffer from liver cancer and stomach cancer. Their chance of dying from these cancers is also twice as high. Because of their predisposition to suffering chronic diseases, the number of people from racial and ethnic minorities in long-term care facilities is quickly rising. This number is expected to be higher than white residents by 2030. In fact, a study shows that, from 1998 to 2008, the proportion of white residents decreased by 10.2% while the proportion of various ethnic and racial minorities increased by varying levels.

Despite their need for long-term care, people from ethnic and racial minorities unfortunately still experience a lower quality of life in long-term care facilities. This holds true even in facilities with higher proportions of

minority residents, as shown in a recent study done by the Division of Health Policy and Management at the University of Minnesota. Elderly racism is also very common ? and unfortunately can be seen in senior living communities. This makes it important for people to find facilities that offer the highest quality of life to all of their residents regardless of background and culture.

Senior Care Center1 recently published an article that lists seven questions people can ask to help them find an anti-racist long-term care facility for their elderly loved ones. The full article can be found on Senior Care Center1?s website.

The first question is ?Do they have anti-racism policies in place?? Racism among employees is still a major problem that many organizations, including senior care providers, have to deal with. As a result, it is important to know if anti-racism policies are put in place. Such policies in senior care centers should have provisions on how people can report racism and what steps are taken when caregivers act in a discriminatory manner. Senior care facilities should also have policies for handling situations when residents are being discriminatory toward other residents. This becomes even more important when people consider the fact that the elderly become more discriminatory as they grow older due to several factors, such as the deterioration of mental health. These policies are helpful in creating a safe and open environment that welcomes people from all races and ethnicities. They also show how prepared a facility is to deal with racism and how dedicated they are to creating a safe and inviting community.

The next question is ?Does the staff go through anti-racism training?? Anti-racism training teaches people the dangers of racism, the importance of fighting racism and ways to report racism. This training also helps caregivers learn how they can be more patient, empathetic and understanding towards residents from racial and ethnic minorities. Anti-racism training helps a community ensure that all of its residents are treated equally. Facilities that require their caregivers to complete anti-racism training have a higher chance of being prepared to take care for individuals from minorities.

Another question to ask is ?Do they have potential staff translators?? Elderly people suffer from increasing levels of loneliness and emotional challenges. It then follows that it is even more important for them to be able to communicate with their caregivers and other residents as communication has positive effects on their mental health. However, not all residents are capable of speaking English fluently. This is where a potential staff translator can step in and help these residents communicate with other people. Staff translators should be patient and empathetic so that residents can feel comfortable with opening up and talking to other people.

Other questions that people can ask include whether the facility in question celebrates different cultures, are good listeners, what kind of food they serve and what the residents are like. They can also be on the lookout for certain factors that indicate a culture of inclusivity and sensitivity to minority needs, such as a willingness to celebrate or acknowledge Black History Month.

Those who wish to look for anti-racist long-term care facilities can also enlist the help of Senior Care Center1. More information about their services can be found on their website.

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For more information about Senior Care Center1, contact the company here: Senior Care Center1 Casey Ryebuck (855) 242-9668

## **Senior Care Center1**

*Senior Care Center helps family members find assisted living for their loved ones. Whether it be Alzheimer's Care, Residential Long Care, or Nursing Home, or Memory care Senior Care Center can help you find a great place for your loved one.*

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