**Asian American Health Initiative**

**Resources for AMSS Webinar**

Oct 22, 2020

1. **Mental Health Photonovel 5: Social Connections – A Resource for Caregivers**
   * This volume of the mental health photonovel addresses the issues of loneliness and social isolation in older adults and also provides local resources meant to facilitate and encourage social connectedness
   * Available in English, Chinese, Korean, Vietnamese, and Hindi
   * These photonovels can be accessed on our website at <https://aahiinfo.org/aahi-resources/>
2. **Mental Health Photonovel 6: The Stress of Caring – A Journey to Self-Care**

* This volume of the mental health photonovel discusses the role of caregivers and the importance of self-care in caregiving.
* Available in English, Chinese, Korean, Vietnamese, and Hindi
* These photonovels can be accessed on our website at <https://aahiinfo.org/aahi-resources/>

1. **Asian American Health Initiative’s COVID-19 and Mental Health Video Series**

* Multilingual videos highlighting relevant county resources on various Mental Health and Wellness topics. Some of these topics include:
  + Guidance for Older Adults
  + Maintaining Social Connections
  + Guide to Self-Care
  + Coping with Grief and Loss
  + Staying Active for Well-Being and more!
* These videos can be accessed on our website at [www.AAHIinfo.org](http://www.AAHIinfo.org) under “Resources” or on our YouTube Page at <https://www.youtube.com/channel/UCLC-Fzx-gp6Avvpe-P8saTw/videos>
* Please see the attached flyer to review the highlighted topics.
* Videos available in English, Chinese, Korean, Vietnamese, and Hindi

1. **AAHI’s Cultural Competency Training**

* AAHI provides 2 modules of cultural competency training focusing on Behavioral Health and Senior Wellness.
* The goal of the training is to encourage service providers to be more sensitive when working with Asian Americans and understand how culture plays a role in seeking health care.
* The Senior Wellness module provides an Asian American older adult profile and overview.
* Provides tips, best practices, and considerations.

1. **Asian American Health Initiative’s COVID-19 Resource Guide** 
   * AAHI’s COVID-19 resource guide supports county residents in identifying and navigating resources to address various needs caused by the pandemic.
   * Available on AAHI’s website: [https://aahiinfo.org/](https://aahiinfo.org/?fbclid=IwAR2LgqP4ly-XLnsRNOPToHtHCSdCRodbXR8074bPoZb4B4U4xaIDksbq94E)

**Other resources:**

1. **Aging and Disability Resource Unit** 
   * <https://www.montgomerycountymd.gov/HHS-Program/ADS/ADSADSResourceUnit-p179.html>
2. **Senior Planet Montgomery**
   * <https://seniorplanet.org/locations/montgomery-county/>
3. **Montgomery County Public Libraries**
   * <https://www.montgomerycountymd.gov/library/for-you/seniors.html>
   * Offers programming and services for adults 50+
4. **Montgomery County Senior Calendar**
   * <https://www.montgomerycountymd.gov/senior/calendar.html>
   * Provides county-wide events designated for older adults throughout the county.
5. **Technical Assistance for Seniors**
   * <https://montgomerycountymd.gov/obp/technical_support_obp.html>
   * Free tech support appointments for seniors age 60+
   * Language support available in English, Spanish, Chinese, Amharic, French, Portuguese, Farsi, Hindi, Nepali, Malayalam, and Russian.

For any resource support and further information, please feel free to call us at **240.777.1087**. Please stay connected with us through our social media sites:

**Facebook** – <https://www.facebook.com/AsianAmericanHealthInitiative>

**Twitter** – <https://twitter.com/AAHI_Info>

**Website** – <https://aahiinfo.org/>