

**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/>

**3. 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

**4. 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.

**5. 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/>

## **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](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](https://twitter.com/AAHI_Info)

**Website** – <https://aahiinfo.org/>