

TITLE: Willingness to seek help and perceptions of control over cognitive aging among Hispanic and Latino/x older adults: Results from a qualitative and community-engaged study

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STUDENT SUBMISSION: Yes

TOPIC/TARGET AUDIENCE: Program developers, community interventionists, cognitive aging health disparities

ABSTRACT: Cognitive health disparities remain prevalent among aging Hispanic/Latino/x communities, making it an area of interest for health disparity reduction efforts by promoting help-seeking behaviors and cognitive health self-efficacy. With a sample of Latino/x community-dwelling adults following a community-engaged research approach, interviews were conducted to assess help-seeking behaviors for cognitive symptoms and perceived control over cognitive aging. Using content analyses for each interview question, qualitative themes were extracted for each area of inquiry. A range of control over cognitive aging was reported, suggesting several factors that impact self-efficacy. Additionally, barriers to having control over cognitive health were discussed. The majority of participants reported intent to seek professional consultation if cognitive symptoms were noted. Although indirect responses, other themes included social connection, fear and uncertainty, and self-awareness. These findings may help community leaders and partners understand how health promotion can be optimized to empower older adults to be active agents in their cognitive health.

OBJECTIVE(S): Describe the connection between self-efficacy and help-seeking behaviors Discuss recommendations for addressing barriers to cognitive health that Latino/x communities face Identify ways in which collective health may cater to Latino/x populations
