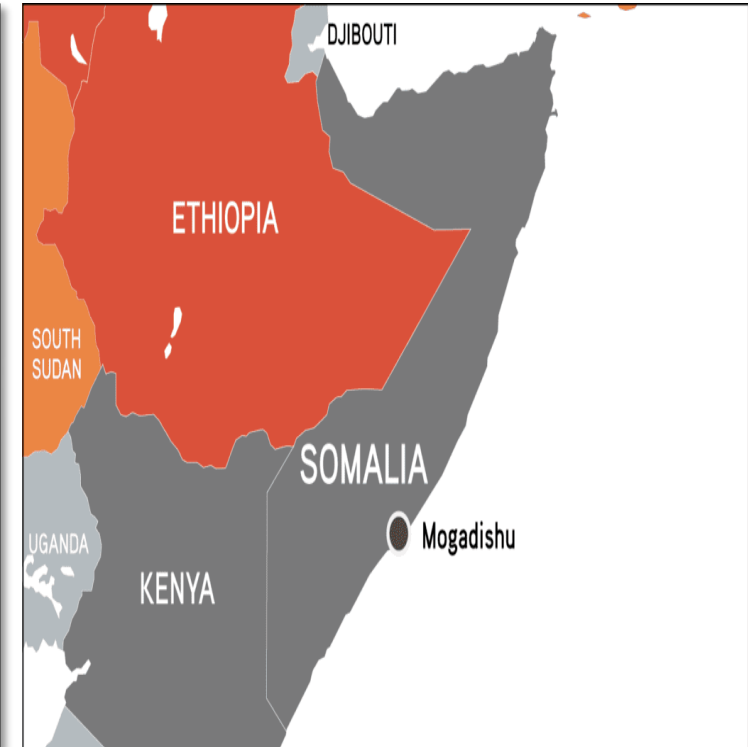
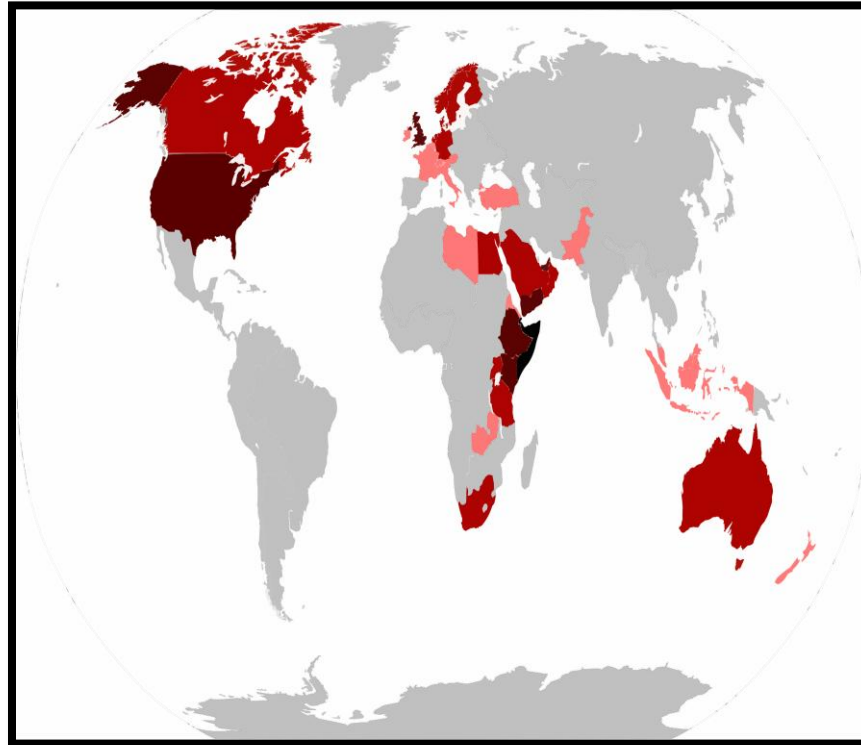


Care Coordinator Somali Cultural Training

Somali People

- Populations: Est 17.8M
- Inhabits: Somali, Ethiopia, Kenya, Djibouti
- Diaspora: Africa, Asia, Europe, North America, Australia



Somalis In USA

States with Highest #:

1. Minnesota
2. Ohio
3. Washington
4. California
5. Texas
6. NY York

Minnesota:

1. Twin Cities
2. St Cloud Metro
3. Rochester
4. Willmar
5. Faribault
6. Moorhead

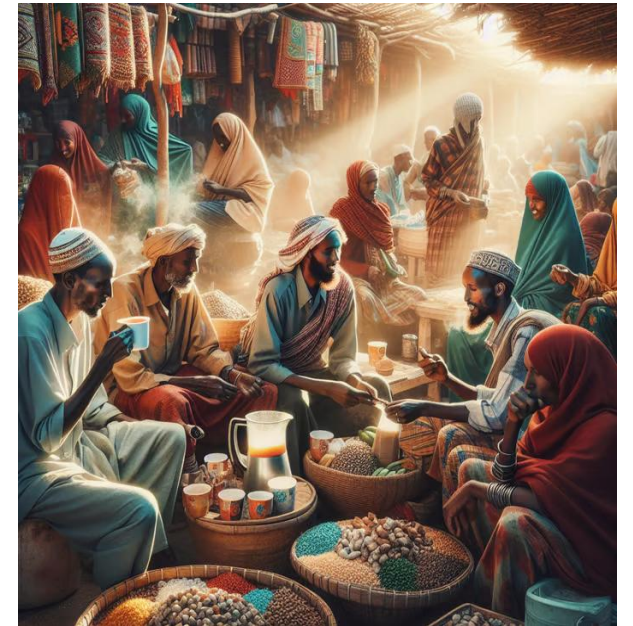
Somali People

- Traditionally, Somalis are nomadic herders or engage in farming.
- Somalis communicate in multiple languages.
- Young adults typically reside with their families.
- They are known for their strong hospitality.



Culture and Religion

- Islam is the main religion practiced
- A common language and religion are widely shared
- The social structure is based on clans
- Clans provide their members with identity, protection, and assistance
- Nevertheless, the clan system sometimes results in conflicts and disagreements.



Critical Strength

- Deep religious devotion;
- Strong connection to cultural practices, rituals, and customs;
- Close family ties, including duties towards parents;
- Willingness to fulfill obligations and support extended family; a belief in assisting those in need;
- Solidarity in times of hardship;
- Ambitions for achievement and financial prosperity;
- Dedication to contributing to their native land



Family Decision Making

- Consulting with family is essential.
- Decisions made by the father, mother, or elders are highly valued.
- Eldest children provide significant advice to help parents make well-informed decisions.
- Views from extended family members are also taken into consideration.



Communication Channels



Phone

Preferred by young adults for direct and immediate Contact



MyChart & Patient Portals:

- Utilized by tech-savvy, bilingual young adults.
- Popular for scheduling, messaging, and accessing health information.



Mail

- Preferred by seniors, especially those less familiar with technology.
- Seen as more trustworthy and familiar.

Healthcare System

Category	USA	Somalia
Prescription Medication	Requires a doctor's prescription for most controlled medicines	Often available without prescriptions
Over-the-Counter Drugs	Regulated, with clear usage guidelines and labeling	Widely available, but with minimal regulation
Preventive Care	Emphasized with regular checkups and screenings	Less prioritized due to limited access and awareness
Prenatal Care	Routine visits and screenings	Access is limited; traditional care is common
Well-Care Checkups	Scheduled checkups for children and adults are routine	Typically, only sought when illness occurs
Vaccinations & Screenings	Follow national immunization schedules and preventive screenings	Often provided by Non-Government Organizations. coverage is inconsistent

Service Providers

County Services:

Seen as vital for family and community well-being.

May be approached with caution due to:

- Past negative experiences and unclear communication

County Public Health:

Recognized as valuable, especially during public health crises.

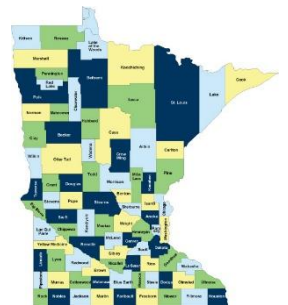
Some skepticism remains around:

- Vaccines And Health education messaging

Health Care System:

Appreciated for essential medical services. Mistrust may exist concerning:

- Preventive treatments and Diagnostic testing



Caregivers

Family Caregiving is a Core Value:

In Somali culture, caring for parents and family members is a deeply respected responsibility.

Religious and Moral Duty:

Caregiving is not just a cultural norm, but also strongly encouraged by Islamic teachings.

Families believe:

"Be kind to them as they were kind to you when you were young."



Facility Care

Foreign Concept

Facility care is a relatively unfamiliar concept within Somali culture. It is often viewed as a Western practice that does not align with traditional Somali family values.

Perceived as Neglect

Placing elders in care facilities can be perceived as abandoning or neglecting one's duty to family.

Many Somalis believe it is disrespectful or shameful to leave aging parents in the hands of strangers.



Care Coordinators

In-Person Visits:

- Somali families value face-to-face interactions.
- Be respectful of cultural norms
- Be prepared for family involvement in discussions and decisions.

PCA Assessment:

- Clearly explain the purpose of the PCA assessment
- Build trust by respecting their caregiving traditions.
- Whenever possible, offer culturally appropriate PCA options (such as same-gender caregivers).

Mental Health

Somali people are highly traumatized due to political instability, prolonged violence and humanitarian crisis.

Mental health is :

- Stigmatized and many people believe mental health is not medical condition
- People believe mental health is irreversible and recovery is not possible

Mental Health

Somali people describe mental health in these words:

- Waali (Crazy, Madness)
- Qalbi-Jab, (broken heart)
- Niyad Jab (Broken morale)
- Murugo (Sorrow/ Sadness)
- Buusif (Ballon filled with Air)
- Welwel (Worry/ Concern)

Purpose of Life

- ✓ Life is gift from Allah (God). Should be protected and preserved
- ✓ God created us for worship.
- ✓ God says in the Koran:
“I have not created mankind, except to worship me” Koran 27:56

End of Life Decisions

Somali patient's family decision making process:

- Father and Mother are decision maker. But they make decisions with consultation on their elder sons and daughters.
- Religious leader opinions matter: Family will rely on the faith leaders for religious perspective to make end of life decision.
- Socio-Cultural believes and stories. Based on stories of others will influence decision.

Death: Return To God

- Life is considered sacred, and only God (Allah) has the authority to take it
- Euthanasia or assisted suicide is not allowed in Islam.
- Suicide and homicide is forbidden as well.
- Anything you risk of killing yourself is prohibited

Death: Good Bye

When the end is eminent, it is important to:

- Repent, reflect, or reconcile with God.
- Pay any debt.
- Forgive everyone and ask forgiveness from others.
- Saying “Shahadah” to testify that there is no God has the right to be worshiped except Allah.
- To read prayers and keep repeating Shahadah.

