

# Focus Groups were conducted with groups we had not yet heard from.

Family Caregivers

Assisted Living &  
Nursing Home  
Residents

LGBTQ+

Immigrants &  
Refugees – French  
Speaking African  
Arabic-Speaking

BIPOC

# LGBTQ+ Vermonters

## Strengths:

- Very strong sense of self-determination
- Feel safe in and a part of their communities, VT (conducted at Senior Center as part of Pride Month activities)
- Good experiences, relationships with healthcare providers
- Finances, housing

## Challenges:

- No family members in their life, or conflicted relationships
- Violence and discrimination toward LGBTQ+ folks outside VT
- Personal factors (e.g., fear, introversion holding me back)

# French-Speaking African Vermonters

## Strengths:

- Strong connections with/support from family members
- Come together as a community for life events; strong community identity
- Strong cultural identity, desire to integrate while maintaining traditions

## Challenges:

- Lack of financial security:
  - No access to SSI, disability
  - Must work although often can't because of health
  - Must live with families – crowded, loud
  - Affects access to healthcare, food, and more
- Came to Vermont with trauma – crime adds
- Language - huge barrier

# Arabic-Speaking Middle Eastern Vermonters

## Strengths:

- Able to access & strong appreciation for services, programs (e.g., Section 8, SS, etc.)
- Educated, strong knowledge of rights
- Willingness to stand up, and say, no, this is wrong!
- Found safety in Vermont

## Challenges:

- Racism & discrimination by:
  - Police, courts
  - People in the community
- Cultural & language barriers to being part of VT community
  - Women: isolation, depression
- Healthcare access/relationships with providers – not good → lack of trust

# BIPOC Vermonters

## Strengths:

- Very strong sense of self-determination
- Strength comes from family (ancestors & descendants)
- Strong ties in neighborhood, community
- Advocate for self, family, and community members

## Challenges:

- Traumatic experiences – racism, violence
- Very low income – food insecurity
- Lack of access to healthcare providers and mental health services overall, and ones can trust