



# SONIA

Age: 50 | Caregiver

Hometown: Daly City, California

Since English is not his first language, Shi Woo relies on health providers who speak Korean. As his health providers began to move out of San Francisco, it became difficult to access care.

Shi Woo's loss of independence and increasing reliance on Sonia has taken a toll on both of their mental health.

Sonia wishes her dad had better tech-literacy in order to better care for him and connect him to services.

## QUOTE

"What happens to those seniors who don't have a daughter? I am his (Shi Woo)'s scheduler... Because I work in this field, I can find resources easily. But what happens to those who don't?"

Sonia is the sole caregiver for her father, Shi Woo. One of her major responsibilities is scheduling appointments and arranging transportation for him, while also working full-time. Shi Woo has a number of health conditions that limit his mobility, and he had to give up driving due to his health.

Before COVID-19, Sonia found a service that provided free rides to seniors. The program then began to limit its service to a specific geographic area. Although helpful, coordinating the service took a lot of time. Due to the rise in violence against Asian Americans and Pacific Islanders, Sonia prefers that Shi Woo not use the local train (BART) to commute further for services. Therefore, Sonia has to either pay \$60 one-way for a ridesharing ride for a 10-minute appointment or drive him herself.