



**Yee Hong Centre
For Geriatric Care**

頤康中心

Caregiver Education and Support for Culturally Diverse Populations

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Expectations and Overview

- Significance of caregiver education & support for diverse populations
- Chinese culture
- Impact of immigration on caregiving
- Innovative model: Yee Hong Caregiver Education & Resource Centre
- Caregiver Support Services



Significance of Caregiver Education & Support for Diverse Populations

1. Response to the aging population
2. Long waiting list for Long Term Care
3. Cultural and linguistic needs
4. Accessibility
5. Caregiving is a difficult journey



“[Culture] is transformative and encompasses everything in a person’s environment including language, communication, beliefs, customs, practices, interactions, relationships and behaviours.”

(Matthew, 2008)



Culture



- Culture affects how people relate to each other
- Caregiving style and practices is deeply rooted within a cultural context



Culture

- When service providers demonstrate sensitivity and understanding of matters related to culture, they are able to offer a supportive environment for informal caregivers.
- Context
- Self-awareness



“It is critical to remember that all factors affecting a caregiver’s experience must be considered within the context of the individual’s cultural and interpersonal life experiences”

(Aranda & Knight, 1997; Ingersoll-Dayton, Morgan & Antonucci, 1997; Matire, Stephens & Aienza, 197)





Chinese?



Chinese Culture



- 4000 years of civilization
- Ancestors
- Feng Shui
- Intricate system of relationship
- Collective (vs. individualistic)



Filial Piety

Filial piety is “an attitude, value, and behavioural prescription for how children should interact with their parents.”

(Lai, 2007, 137)

Filial piety (孝) = child (子) supporting aged (老)



Filial Piety

- This reciprocity, a social contract of obligations, holds immediate benefits or effects, such as linking to self-identity, dispelling feelings of uselessness
- Duty and obligation: “Right and proper person”
- Role and expectations



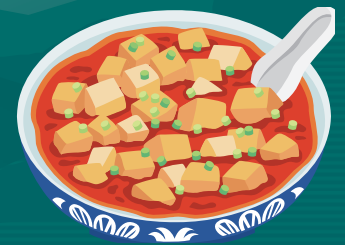
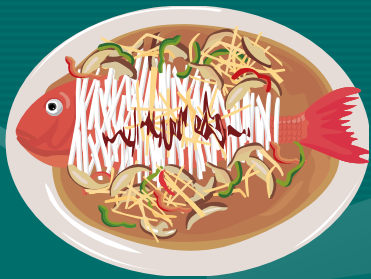
The Chinese Family



- For Chinese, “family” means more than husband and wife and their two children
- Respect for older relatives and reinforces their worthiness and authority
- Brining honour and glory to the family
- Therefore, provision of care for seniors is anchored as a family responsibility

Expression of Love and Care

- Different way of expressing love
 - Words of affirmation vs. Acts of service
 - Saying “I love you” vs. cooking meals



Filial Piety and Caregiving

- Often the motivation for caregiving
- Kin are considered the primary source of protection and social support
- Caregiving also give a sense of tradition in preserving Chinese culture, especially in a foreign country, in caring for one's elderly parents



Historical Background of Chinese Immigration to Canada

1858 – 1947

- Gold Rush in California and B.C.
- 17,000 workers brought in to work for the CP Rail.
- Mostly laborers
- Discrimination
 - Not allowed to bring in their families
 - Head Tax in 1903



Historical Background of Chinese Immigration

1947 – 1967

- Chinese Immigration Act repealed in 1947
- Started to bring in families
- Mostly family reunion



Historical Background of Chinese Immigration



1967-1981

- Students, family reunion
- People looking for a better future



Historical Background of Chinese Immigration

1981 – 1997

- People leaving Hong Kong because of political uncertainty
- With the open policy in China, people started to leave China



Historical Background of Chinese Immigration

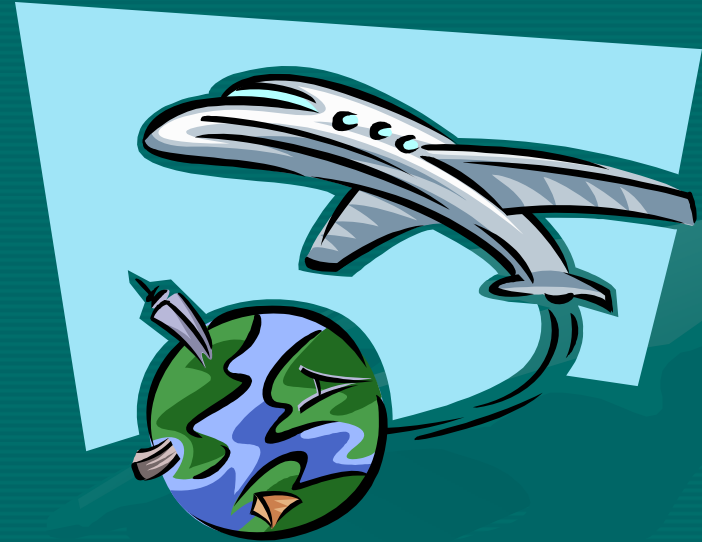
1997 to present

- Immigrants from Hong Kong declined quickly
- Immigration from Mainland China increased
- In 1999, 90% of Chinese immigration to Canada were from China.



Immigration and Caregiving

- Long distance caregiving



The Sandwich Generation

Chinese	Caucasian
Provide intergenerational care and across the oceans	Most likely to live with spouse only
More time-consuming forms of care	Least likely to provide care for elders
Expressed feeling of guilt about not caring enough	Less likely to have guilt
Expect children to continue caring for elderly loved ones	Not likely to expect care from children

Source: AARP Multicultural Survey, 2001

Caregiver Education & Support for Chinese Caregivers

- Draw on cultural strengths
- Empowerment (Competence)
- Language and culturally appropriate
- Psycho-educational approach
- Build trust / relationships / alliance



Caregiver Education & Support for Chinese Caregivers

- Assess possibility of burned out / depression
- Assess non-caregiving stressors
- Remove practical barriers
- Different concept of health, medication, and illnesses





BUSTING THE MYTHS
ABOUT DEMENTIA.

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO



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Yee Hong Centre for Geriatric Care: Caregiver Education & Support Services

1. Yee Hong Caregiver Education & Resource Centre
2. Caregiver Support Services



Yee Hong Caregiver Education & Resource Centre



- “Aging at Home”
- Funded by the Central and Central East LHIN
- Multi-Disciplinary Approach
- Centre located in Richmond Hill, Ontario
- Social worker, program worker, program assistant

Yee Hong Caregiver Education & Resource Centre



Yee Hong Caregiver Education & Resource Centre



3 Categories



Knowledge
Skills
Wellness



Knowledge: Prevention & Foundation

- Preventive and Intervention
- Examples:
 - “What is Alzheimer’s and Related Dementia?”
 - “Ontario Senior Welfare”
 - “Common Foot Problems in Seniors”
 - “Diet and Vitamins”
 - “Protect Your Health: The Facts about Health Disease and Stroke”
 - “Home Safety and Fall Prevention”



Skills: Putting the Knowledge to the Test

- Skills for daily living
- Examples:
 - “Solutions for Dementia Symptoms”
 - “Tips on Caring for Stroke Survivors”
 - “Drug Management” (Diabetes, Dementia, Parkinson’s, etc.)
 - “Lifting and Transfer”
 - “Communicating with Loved One with Aphasia”



Wellness: Caring for Caregivers

“You must care for yourself first before caring for others”

- Examples:
 - “Caregiver Stress and Emotional Management”
 - “Long Distance Caregiving”
 - “Resting Place for the Heart – How to Use Music for Relaxation and Stress Management”
 - “Yoga for Caregivers”
 - “Sleep Well”
 - “Caregiver Monthly Resource Sharing Session”



Caregiver Support Services

- Serving the Chinese community since April 1997
- Available at Yee Hong Centre – Scarborough McNicoll as well as Yee Hong Centre – Mississauga
- Funded by the Central East LHIN and Mississauga-Halton LHIN
- Multi-Disciplinary approach



Support



- Counselling
 - Individual and Family
- Support Groups
 - Morning Caregiver Support Group
 - Caregivers' Chat Room
 - Parkinson's Disease Self-management Support Group
 - Villa Elegance Support Group

Educational Training and Social Support



- Caregivers' Club
- Information and Sharing Sessions

“Love Our Seniors”

- 3-day workshop, for age 13 to 16
- Intergenerational
- The teens will learn how to understand, accept, respect and love seniors through interesting games and activities (including interacting with seniors).



Caregiver Events

- Caregiver Appreciation Night
- Caregivers' Fun Day
- Caregivers Wellness Day
- "I Care!" Symposium for Caregivers



Questions & Comments?



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