

# A Pilot of an Intervention Delivered to Chinese- and Spanish-Speaking Carers of People With Dementia in Australia

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## **Reference:**

## **Key Words:**

## **Research aim:**

To explore language and culture-specific support programs for carers of people with dementia - the group intervention for use with Chinese and Spanish speakers in the United States was adapted to the Australian context, and a pilot study was undertaken with these 2 communities.

## **Results/Conclusion:**

A significant decrease in depression, anxiety, and stress was observed among Spanish speakers; a significant decrease in depression and anxiety was present among the Chinese speakers.

## **Implications:**

## **Cultural Group(s):**

## **Location of study:**

## **Age group:**

## **Number included in study:**

22

## **Type of participants:**

Chinese and Spanish-speaking carers of people with dementia

## **Research approach:**

## **Type of data:**

## **Secondary data sources used:**

## **Specific scales or analytical techniques used:**

Depression Anxiety and Stress Scale—Short form (DASS-21)

## **Implications/ Recommendations:**

## **Notes:**