

# 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:**