

A BETTER WAY Mental Health and Aged Care – a Multicultural Perspective

Author/s: Ethnic Communities Councils of Victoria | **Year:** 2011 | **Publication type:** Report | **Peer reviewed:** | **Topic area/s:** Mental Health

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Key Words:

mental health, discussion paper, service needs, lifecourse

Research aim:

The aim of this discussion paper is to provide insights and policy directions regarding the emotional wellbeing of older people from non-English speaking backgrounds. Its task was to examine pertinent issues relating to the intersection of mental health and aged care in ethnic communities. The ECCV Health Policy committee also provided input and as such several of the policy recommendations apply to ethnic mental health beyond aged care.

Results/Conclusion:

This discussion paper raises issues of concern regarding mental illness in ethnic communities. These include cultural perceptions of mental illness, the effect of migration, traumatic pre-migration experiences, shame, stigma and the hidden incident of suicide as well as the nexus between dementia and depression.

Implications:

ECCV advocates for culturally responsive, community-based mental health services. New models of mental health care are required that focus on inter-agency co-operation between health services and ethnic and multicultural organisations, as well as the development of community-based initiatives. Such initiatives would build on the work already carried out by ethnic agencies that is targeted at non-English speakers. Whilst the main focus is on older people from culturally diverse backgrounds, many of the issues of concern and multicultural insights apply to non-English speaking people of all age groups.

Cultural Group(s):

CALD

Location of study:

Victoria

Age group:

older people

Number included in study:

N/A

Type of participants:

Research approach:

Type of data:

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes:

Not primary research - a discussion paper from ECCV about the mental health issues for older migrants and what things need to be considered/services need to be offered to better meet needs