

# Assessing factors in utilisation of health services and community aged care by the Iranian elderly living in the Sydney metropolitan area: Acculturation aged care

**Author/s:** Alizadeh-Khoei, Mahtab | **Year:** 2008 | **Publication type:** PhD thesis | **Peer reviewed:** | **Topic area/s:** General Care

**Reference:** Alizadeh-Khoei, M. (2008). Assessing factors in utilisation of health services and community aged care by the Iranian elderly living in the Sydney metropolitan area: Acculturation aged care. PhD, University of Sydney.

**Key Words:**

Iranian, well-being, service use, access to services,

**Research aim:**

This study aims to identify the acculturation factors that affect the health status of Iranian-born elderly immigrants to Australia and their utilisation of health and community aged care services.

**Results/Conclusion:**

Results indicate Iranian migrants suffer higher levels of psychological distress and are more limited in their physical functioning than the general population of older Australians. They are in greater need of assistance with activities of daily living, lower sense of wellbeing, are far less likely to utilise aged care services. Iranian women who do not speak English at home experience these disadvantages to an even greater extent. English language proficiency was the only factor found to affect whether Iranian elderly utilised health and community aged care services, while ability to engage in activities of daily living was the only variable associated with utilisation of community support services. This variable did not predict the utilisation of community support services in the broader sample of NSW respondents.

**Implications:**

The results of this study will be of value to Iranian elders, their families, and Australian aged health care service providers. The findings could also contribute towards enriched multicultural policy and improved social fairness, access to services, and equity for the aged from different ethnic backgrounds.

**Cultural Group(s):**

Iranian, broader population of older Australians

**Location of study:**

New South Wales (Sydney)

**Age group:**

65+

**Number included in study:**

302

**Type of participants:**

Iranians aged 65+ living in Sydney area for at least 6 months

**Research approach:**

Mixed methods

**Type of data:**

Primary

**Secondary data sources used:**

New South Wales Older Persons Health Survey 1999

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**

Paper about results from this thesis published in 2011