Ethnic Variations in Dementia Caregiving Experiences: Insights from Focus Groups

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**Key Words:** Dementia, Caregivers, CALD,

**Research aim:** The proportion of minority elders with dementia in the United States is projected to rise substantially. This study aimed to elicit perceptions of the caregiving experience from informal caregivers of persons with dementia, across different ethnicities.

**Results/Conclusion:** Six focus groups with 47 dementia caregivers of African-American, Chinese-American, Euro-American, and Hispanic-American ethnicities were conducted. Caregiving roles, concern about the person with dementia, and unmet information and resource needs were expressed similarly. However, perspectives differed across ethnic groups on stigma surrounding dementia, benefits of caregiving, spirituality/religion to ease caregiving burden, and language barriers and discrimination. Findings suggest that interventions to reduce disparities in dementia care quality need to address ethnic variations in caregiving experiences.

**Implications:** While there is a growing body of literature about ethnic variations in the experiences of dementia caregivers, significant gaps remain. This study's findings support that there are ethnic variations in perceptions of stigma around the diagnosis of dementia and benefits of the caregiving experience; and the importance of religion or spirituality, and communication with providers related to language.

**Cultural Group(s):**
African-American, Chinese-American, Euro-American, and Hispanic-American

**Location of study:** United States

**Age group:** Not specific - carers

**Number included in study:** 47 participants in 6 focus groups

**Type of participants:** Carers of older people with dementia

**Research approach:** Qualitative

**Type of data:** Primary

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**