

Issues faced by carers of people with a mental illness from culturally and linguistically diverse backgrounds: Carers' and practitioners' perceptions

Author/s: Rooney, Rosanna Wright, Bernadette O'Neil, Krissa | **Year:** 2006 | **Publication type:** Journal article | **Peer reviewed:** Yes
Topic area/s: Carers who are CALD

Reference:

Key Words:

CALD carers, mental health, support services, perceptions

Research aim:

This paper involves the examination of the perceptions of carers from culturally and linguistically diverse (CALD) backgrounds regarding their conceptualisations of mental illness, stress and support, stigma, and pathways to seeking help. The carers' and the treating practitioners' perceptions of these issues are then compared.

Results/Conclusion:

A number of difficulties experienced by carers from CALD backgrounds were highlighted. These included a lack of involvement in the treatment process, insufficient communication from health professionals, lack of understanding about mental illness, lack of support, increased stress, and a lack of understanding of explanatory models between carer and practitioner.

Implications:

The development of a preventative intervention strategy that is culturally compatible with the carer's perception of caregiving is needed. From a preventative perspective, the mental health of primary carers, particularly those from disadvantaged communities, needs to be addressed.

Cultural Group(s):

Italian, Vietnamese, Indian, Spanish-speaking

Location of study:

Age group:

Number included in study:

9

Type of participants:

carers of clients with a mental illness from specified CALD background

Research approach:

Qualitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: