

Meeting the Respite Needs of Carers Living in Perth from a Culturally and Linguistically Diverse Background

Author/s: O'Toole, Marie | **Year:** 2012 | **Publication type:** PhD thesis | **Peer reviewed:** | **Topic area/s:** General Care

Reference:

Key Words:

respite, CALD carers, service access

Research aim:

The aim of this research is to examine the nature and drivers of exclusion from respite services for culturally and linguistically diverse (CALD) carers living in Perth. The research seeks to find out if CALD carers need respite, if their needs are being met and if not, to identify the barriers and how they can be addressed.

Results/Conclusion:

My findings indicate that CALD carers, according to participants in this research, can find the respite system difficult to navigate, are unable to access services due to cultural and language barriers, and that support offered is often inflexible and unresponsive to their needs. The research also found that some CALD carers are prohibited by cultural and community pressures from seeking external support, and there is subsequently a need for CALD communities and carers to acknowledge the importance of carers looking after themselves.

Implications:

Addressing this situation will require the government to undertake a systemic re-engineering of the current model of carer respite, which I believe needs to be driven by CALD carers themselves to ensure that their needs are identified on their own terms rather than being defined by external 'experts'. In the meantime, my findings suggest that service providers can improve access and inclusion for CALD carers within the current system by developing more person-centred service responses, improving their cultural competency and working more closely with each other.

Cultural Group(s):

CALD

Location of study:

Western Australia (Perth)

Age group:

Number included in study:

7

Type of participants:

staff members from 5 organisations who understand and deal with CALD clients

Research approach:

Qualitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: