

# Tailoring Psychological Interventions for Ethnically Diverse Dementia Caregivers

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**Key Words:**

international study, CALD carers, dementia, culturally appropriate caer

**Research aim:**

This paper reviews guidelines for creating culturally competent interventions, as well as reviewing the literature on racial, ethnic, and cultural differences in the stress associated with caregiving for a family member with dementia.

**Results/Conclusion:**

The paper then presents three intervention programs (adapted from existing treatments) that were tailored to be sensitive to cultural issues in caregiving among African Americans, Cuban Americans, and Mexican Americans. Results and directions for future research gathered from these intervention programs are presented and implications for clinicians and researchers are discussed.

**Implications:**

**Cultural Group(s):**

African-Americans, Cuban-Americans, Mexican Americans

**Location of study:**

United States

**Age group:**

**Number included in study:**

N/A

**Type of participants:**

**Research approach:**

Literature review

**Type of data:**

Literature review

**Secondary data sources used:**

Resources for Enhancing Alzheimer's Caregiver Health study (REACH)

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**