The views of older Chinese people in Melbourne about their quality of life

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Reference:
Key Words: quality of life, residential care, Chinese, life satisfaction

Research aim:
This paper reports the findings of a study using both quantitative and qualitative approaches of the quality of life of older Chinese people in Melbourne living in Chinese hostels and in the community.

Results/Conclusion:
The hostel group was found to be less healthy, less independent, more depressed and less satisfied with their lives than the community group, but nonetheless were generally satisfied with their lives, as revealed during the in-depth interviews. A good quality of life was found to be associated with good health, independence, secure finance, a meaningful role, strong ethnic community and family support, low expectations, no worries, and a sense of the family’s love and respect. The findings reinforce the notion that the quality of life is truly multi-dimensional. They also demonstrate that a high self-rated quality of life in old age is achievable and, indeed, was being enjoyed by most of the participants.

Implications:
The research has made a substantial contribution to understanding the circumstances of Chinese-origin older people in Australia and has useful lessons for studies of other ethnic groups.

Cultural Group(s):
Chinese

Location of study:
Victoria (Melbourne)

Age group:
65+

Number included in study:
60 (30 Chinese living in Chinese residential care, 30 community dwelling Chinese)

Type of participants:
Community-dwelling Chinese aged 65+, Residential care dwelling Chinese aged 65+

Research approach:
Mixed methods

Type of data:
Primary

Secondary data sources used:
Specific scales or analytical techniques used:
Implications/ Recommendations:
Notes: