

# **Vitamins for Valentine's Day. Report of a project exploring ways to support isolated carers of Greek speaking background in promoting their own health and wellbeing**

**Author/s:** Kafanelis, B | **Year:** 2005 | **Publication type:** Report | **Peer reviewed:** | **Topic area/s:** Carers who are CALD, Informal Care

**Reference:**

**Key Words:**

CALD carers, perceptions of CALD carers

**Research aim:**

The primary purpose of the research was to collect first hand observational qualitative data to assist service providers and policy makers in their efforts to encourage carers to access support services and maintain their own health and wellbeing.

**Results/Conclusion:**

The project reinforced that cultural beliefs and values had a direct bearing on the way carers perceived and carried out the role of caring and their resilience to 'keep going' no matter how difficult the situation became. It was also found that all carers experienced major health problems, loneliness and isolation were common experiences as were major emotional and psychological challenges, self-care (such as taking time out) seen as 'selfish' by many carers

**Implications:**

**Cultural Group(s):**

Greek

**Location of study:**

Victoria

**Age group:**

**Number included in study:**

8 case studies

**Type of participants:**

Greek carers and aged care service providers

**Research approach:**

Qualitative

**Type of data:**

Primary

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**

Research project and report for Carers Victoria