

# RESEARCH DIRECTIONS

## Caring journeys

**Associate Professor Debbie Horsfall from the Sustainability and Social Research Group, Dr Ilse Blignault from the University of New South Wales and Dr Astrid Perry from Multicultural Health Service South Eastern Sydney Local Health District (SESLHD), together with St George Migrant Resource Centre Inc., have been awarded a UWS Research Partnership grant to study decision making around aged care options by older carers from the Greek community.**

'Australia is embarking on a period of unprecedented health and aged care reform and it is important that the needs of the growing number of older people from culturally and linguistically diverse (CALD) backgrounds are addressed in these reforms,' explains Associate Professor Horsfall. 'This project aims to understand how older carers from CALD backgrounds make decisions around aged-care options. The study will track six months in the lives of Greek carers in the St George region of NSW as they make decisions about the services on offer and contextualise their issues with focus groups of community leaders, metropolitan carers and service providers. The findings will inform service provision and policy in aged services for CALD people.'

The research team will conduct focus groups to provide contextual information on service provision, service networks and support for carers. Interviews with each carer will be conducted to obtain in-depth qualitative data from carers as they go through the complex process of making decisions about how their loved ones are cared for. At completion of the longitudinal stage of this project emergent findings will be taken to two focus groups with the original participants.



The outcome of the research will be a deeper understanding of the complexity of decision-making around services from the social and cultural position of one group of CALD carers. Service providers will know how to better support CALD carers which will hopefully lead to the better provision of services, including the development of best practice scenarios.

**Project Title:** Caring journeys: A short-term longitudinal study of decision making around aged care options by older carers from the Greek community

**Funding has been set at:** \$25,000

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