

Family Caring and Minority Populations

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Tuesday 18th September 2018



Guiding support for family carers

Discussion Paper 9

Family caring
and minority
populations

September 2018

Discussion Paper Series

9 papers to date

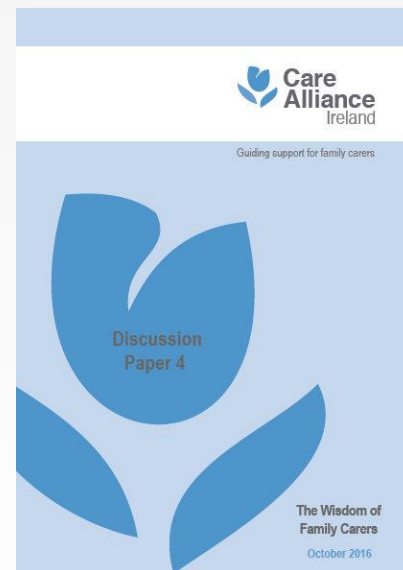
Topics which are lesser
discussed

‘Awkward’ topics

Based on literature review

Occasional primary research

Use of available data (eg.
Census data)



Presentation Outline

- Changing demographics & family makeup in Ireland
 - Religion & caring
 - Ethnicities & caring
 - Cultural & language minorities
 - LGBTQ family carers
 - Core issues & responses
-
- CAVEAT: Use of CSO ethnic categories- problematic but main data we have

Who is a family carer?

Google family carer

Images Videos News Maps More Settings Tools

down syndrome elderly patient mental health benefit mental illness dementia informal old person female small caring elderly parent personal multigenerational

Why Not Become A Professional Home Carer? [canforbusiness.ie](#)

Online Family Carer Support Group - IMNGA [imnga.ie](#)

Employment obligations employing carers(My Ag... [myagingsupport.com](#)

Should you become a full-time carer [theadvocate.ie](#)

Government cuts putting family carers at risk [netmatters.co.uk](#)

Palencia, Carers and Families [canmatters.com.au](#)

4 LIVE-IN CARER CANCER CARE: IT'S... [theadvocate.ie](#)

Family Carer & Senior Citizen Guidebook 2015 [theadvocate.ie](#)

Family carer: Our job never stops - it's 24-hours... [theadvocate.ie](#)

I am a Carer - Alzheimer Society of Ireland [theadvocate.ie](#)

Milo Mhewlow wins National Carer Award... [theadvocate.ie](#)

One in 20 in Ireland is a family carer... [theadvocate.ie](#)

Family Carers | You're the Boss [theadvocate.ie](#)

Carers' Support Services [theadvocate.ie](#)

Family Carer stock photo: Image... [theadvocate.ie](#)

Live in carers for elderly can help the who... [theadvocate.ie](#)

Family Carers Ireland call o... [theadvocate.ie](#)

Carer and Family Thumb up! Stock p... [theadvocate.ie](#)

Help for Carers | You're the Boss [theadvocate.ie](#)

Family Carers Ireland Christmas Hecton... [theadvocate.ie](#)

Family Carers Ireland launch [theadvocate.ie](#)

Dental support for personal and family carers [theadvocate.ie](#)

Family and carer eating cake [theadvocate.ie](#)

Family Carer & Senior Citizen Guidebook [theadvocate.ie](#)

What Makes a Good Carer... [theadvocate.ie](#)

12 years in court and still fighting: Unable... [theadvocate.ie](#)

Dementia care costs halved by supporting... [theadvocate.ie](#)

Carers Support - HSE [theadvocate.ie](#)

Family Carers | Prescription | Advice, information and sh... [theadvocate.ie](#)

Make Carers Count in Budget 2017 [theadvocate.ie](#)

Dementia Family [theadvocate.ie](#)

PHOTOS: Dorothy Mearns named Mid West ... [theadvocate.ie](#)

Family Carer Courses - Brisbane at Brisbane... [theadvocate.ie](#)

Home Instead: Meet our Senior Citizens' Family... [theadvocate.ie](#)

Two thirds of families in Co Louth can... [theadvocate.ie](#)

Suffolk Carers - What is a carer? [theadvocate.ie](#)

South East urged to nominate family carers for... [theadvocate.ie](#)

What's fair for families who care? - A Constitution... [theadvocate.ie](#)

Irish Demographics

- Traditionally an Agrarian, Catholic country
- Emigration much more likely than immigration
- 1970s on; significant changes

EEC/EU
Membership

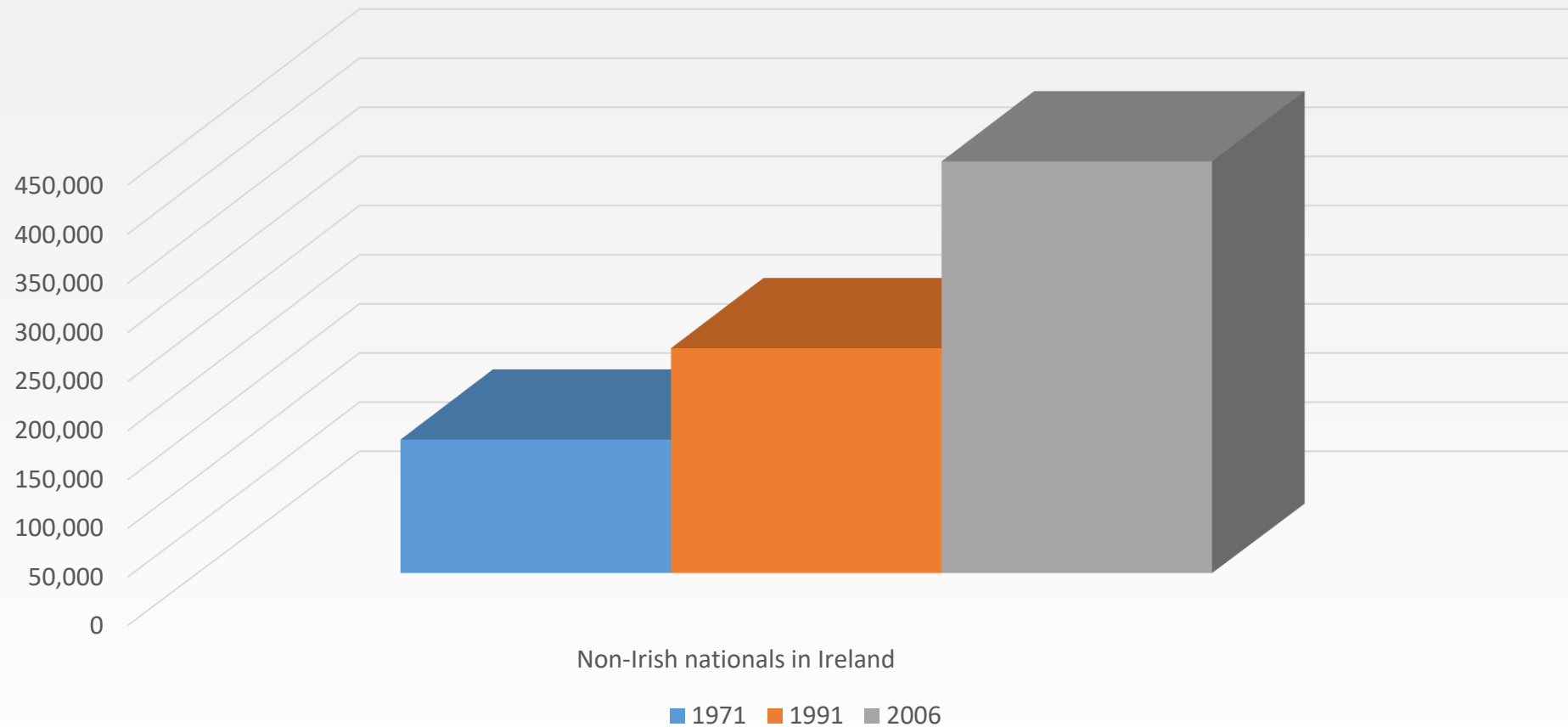
Free Education

Advantageous
location
(Europe/USA)

Development
as tech hub

Low
unemployment

Non – Irish nationals living in Ireland 1971-2006

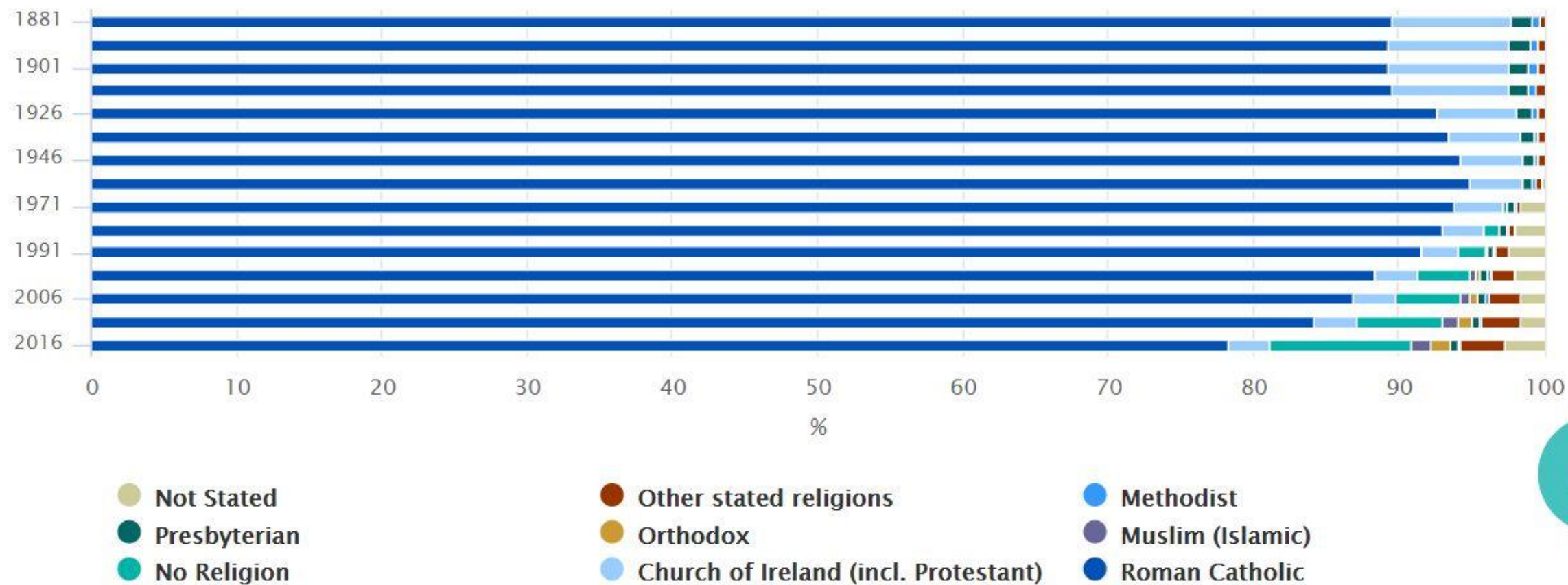


- 2006: 10% of the population not born in Ireland
- 2016: 18% of population identify as other than 'white Irish'
- Minority ethnic groups tend to be younger
 - Groups other than 'white Irish':
 - 57% under 35
 - Only 5% 65+
 - Comparison to 13% of white Irish group 65+

Religion & Caring

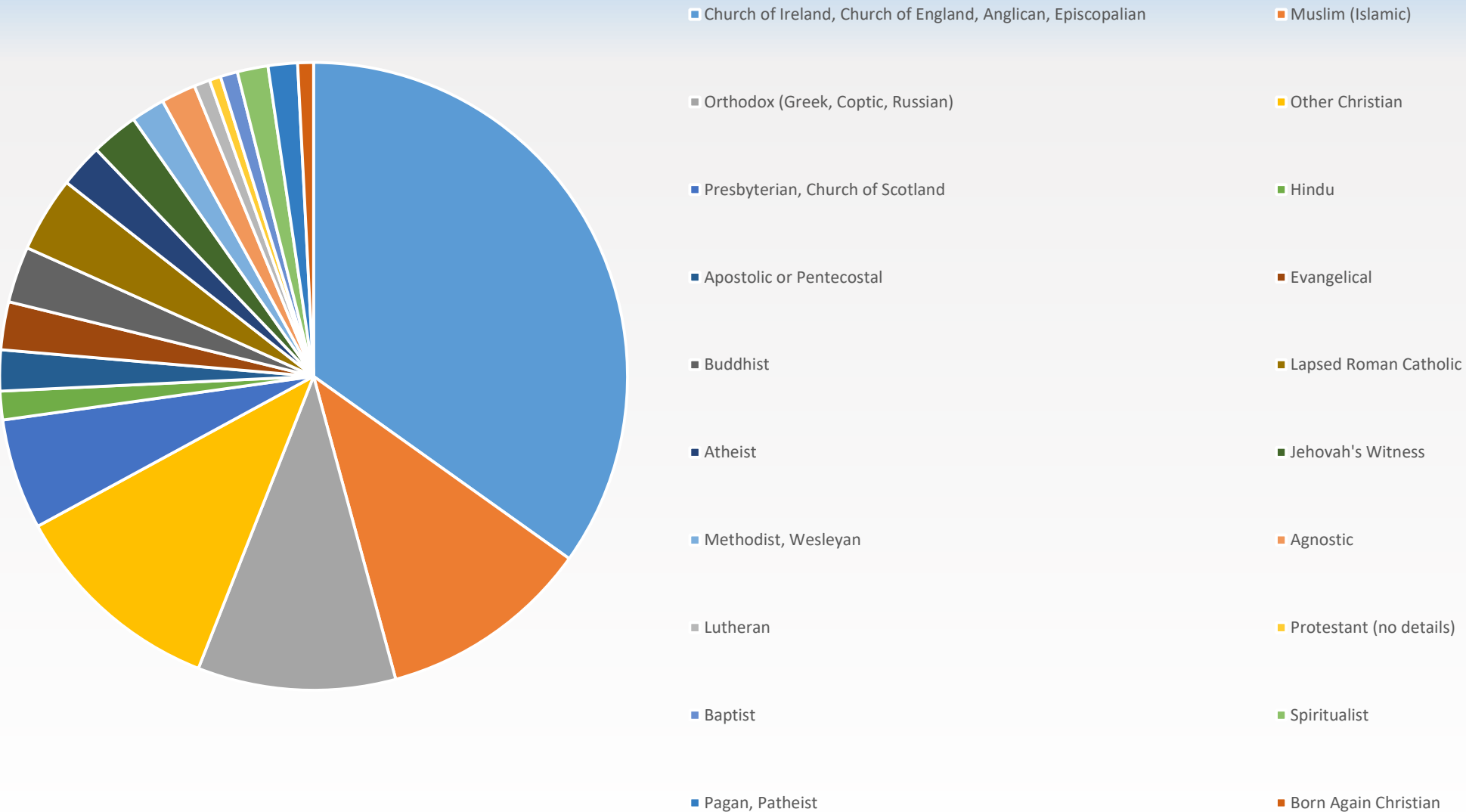
- Religion can be a positive or negative coping factor for family caregivers (Shin et. al., 2017)
- Many reports correlate higher spirituality & religiosity with better caregiver outcomes (Newberry et. al., 2013)
- In general, Ireland becoming a less religious country; Irish family carers not declining religions at the same rate
- 5% of Irish carers state 'no religion' in 2016 vs 10% of general population

Figure 4.1 Percentage distribution of religious populations, 1881–2016



Source: CSO Ireland

Family Carers in Ireland (Census 2016) - those identifying as having a religion that is not Catholic



Issues for minority religions in family care

- Assumption of Catholicism/Christianity
- Dominance of Catholic church in hospitals, disability services etc.
- Ignorance of norms and attitudes towards health issues in other religions
- Practices regarding rituals (prayers, last rites, funeral arrangements etc.)
- Importance of creating Advance Care Directives

Black & Minority Ethnic (BME) Carers

- Relatively little work in Ireland
- UK (Yeandle et. al 2007) research found that BME carers are;
 - More likely to report that they struggle to make ends meet
 - More likely to be caring for their children, particularly children aged 20–25
 - Less likely to be caring for someone over the age of 85
 - More likely to be caring for someone with a mental health problem

- Some evidence (National Black Carers & Carers Workers Network, 2008) that traditional carer supports seen as inappropriate by BME carers;

"[They]... emphasised how important it was for them to feel part of their ethnic community and consistently described their preference to spend their time participating in shared culturally relevant activities rather than pursuing 'leisure' activities such as clothes shopping, going to the gym or library, attending coffee mornings, meeting for lunch, going to pubs or clubs, walking, or even hobbies such as train spotting or bird watching"

Issues for BME family carers

- Racism
- Cultural norms around caring
 - Is there a word for 'family carer' in the language?
 - Expectations around caring for in-laws etc
- Assumptions re: diversity WITHIN cultures

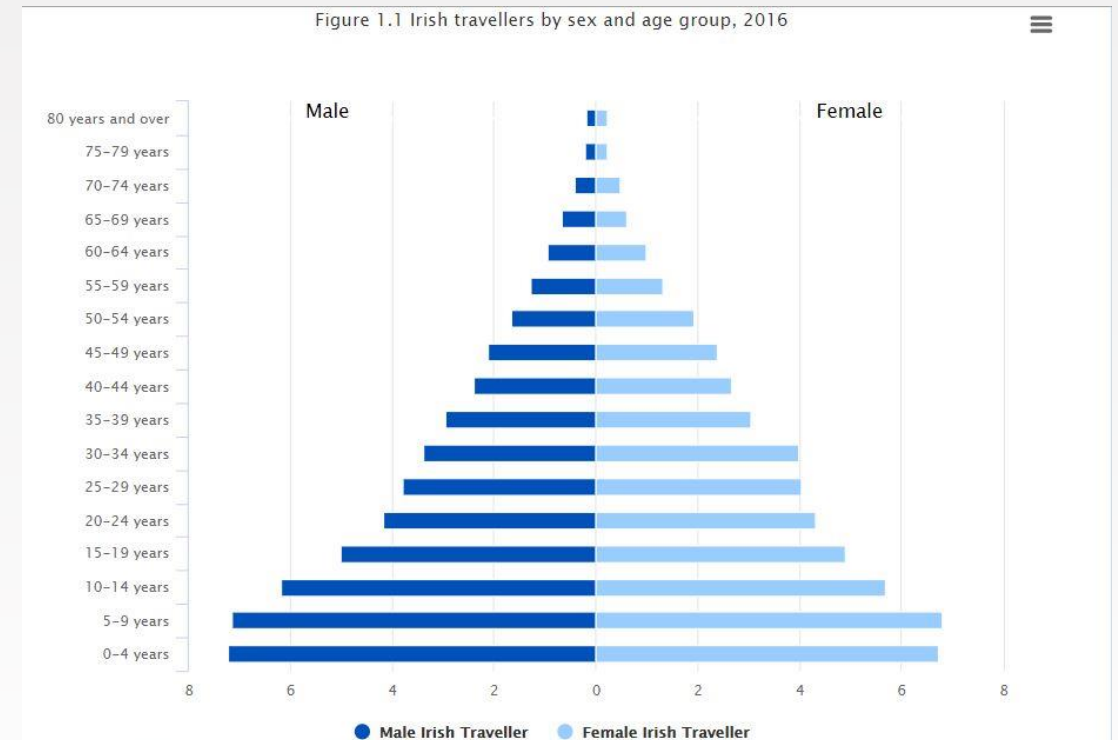
Irish Travellers & Family Care

- Irish Travelling Community 'granted' minority status in 2017
- No work (that we are aware of) regarding the Travelling Community in Ireland and family care
- Census 2016:
 - 1,273 members of the Travelling Community provided care to family member or friend (up from 1,105 in Census 2011)
 - Similar proportion of carers as the settled community (4.1% in Census 2016)

- Found 1 study on family care and Travellers in Scotland (2012)
 - Generally viewed as 'hard to reach' – but are they?
 - Carer support organisations “ill-equipped and unwilling” to include this specific group as a target for supports
 - Participants had experienced cultural insensitivity from health & Social care workers
 - Ethnicity blamed for their problems – not inflexible or inappropriate system
 - Many did not identify themselves as a carer
 - Most not in receipt of Carers Allowances or any supports

Key Issues for Irish Travellers

- Discrimination
- Who are they caring for?
 - Very few older Travellers
- Literacy
- Preference for a 'trusted' health/social care professional
- Access to services & grants
 - Adaptation grants for caravans/mobile homes?



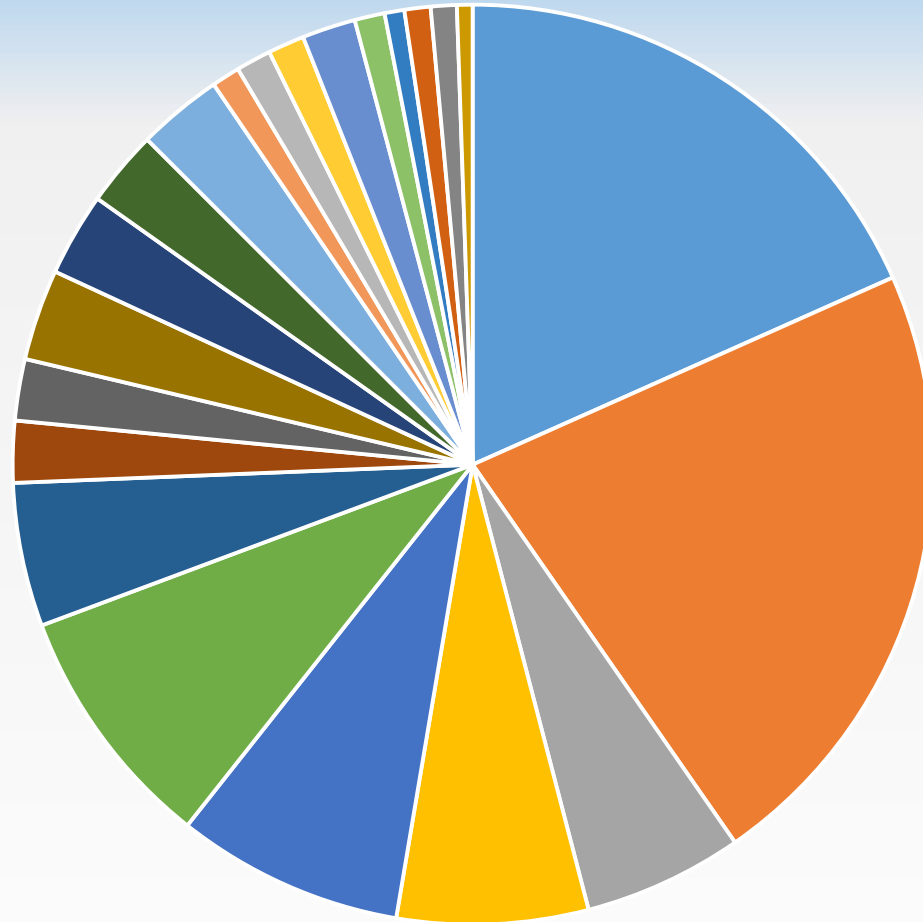
Languages

- English remains the primary language in Ireland
- Carers need to understand complex health and social issues in order to care
- Need to navigate complex systems
- Family carers do not automatically receive social work support
- If you cannot read/write/understand English you are at risk of isolation

Family Carers and Languages

- Census 2016: 7% of carers speak a language other than English at home
- Next two languages: Polish & French (together spoken by 3% of all carers)
- Others primarily European languages

Languages (other than English) spoken by family carers in Ireland 2016



- Polish
- French
- Romanian
- Lithuanian
- Spanish
- German
- Russian
- Portuguese
- Chinese
- Arabic
- Italian
- Latvian
- Urdu
- Malayalam
- Hungarian
- Slovak
- Yoruba
- Filipino
- Hindi
- Tagalog
- Czech
- Croatian

Issues & Concerns

- Information not available/ accessible
- Language barriers for support services
- Inappropriate use of children as translators for parents

LGBT Family Carers

- Significant changes in policy in 45 years
 - First symposium on gay rights in Ireland held in 1973
 - Murder of Declan Flynn 1982
 - 1993 Decriminalisation
 - Equal Status Act/Prohibition of Incitement to Hatred
 - 2011 Civil Partnership
 - 2015 Marriage Equality/Employment Equality Amendment Bill 2015 (removal of religious ethos dismissal)
- Ireland now has some of the best policy & legislation in the area
- However adults now 65+ became young adults when their sexuality was illegal

International Research

- Twice as likely to be a carer than the general population (Croghan et al., 2014)
- Young LGBT Carers feel less supported by health & social care professionals than LGBT youth who are not carers (Carers Trust Scotland 2016)
- Older LGBT individuals less likely to access healthcare for fear of discrimination (Alencar et al., 2016)
- 60% of older people's groups see no need for specific addressing of LGBT issues (Croghan et al., 2014)
- Have experienced being blocked by faith-led healthcare services (Barrett & Crameri, 2015)

Issues for LGBT family carers

- Homophobia & heterosexism
- Lack of visibility within services
- Lack of knowledge by health & social care professionals
- Challenges of caring for previously hostile family members
- 'Family of choice' – less legally protected

Responses

- More research – much knowledge is not from an Irish context
- National Carers Strategy – no acknowledgement of minority groups – inclusion going forward
- HSE & related information available in multiple languages
- Increased availability of translation services
- Increased training for health & social care workers
- Expansion of carer supports to include cultures, languages, religions & sexualities; Passover, Eid, Pride, etc.
- ‘Thinking outside the box’

References

- **MECOPP (Minority Ethnic Carers of People Project) (2012)** 'Hidden Carers Unheard Voices: Informal Carers within the Gypsy/Traveller Community in Scotland'
- **National Black Carers & Carers Workers Network (2008)** 'Beyond "We Care Too": Putting Black Carers in the Picture'
- **Newberry, A., Chien-Wen, J.C, Donovan, H., Schulz, R., Bender, C., Given, B., Sherwood, P. (2013)** Exploring Spirituality in Family Caregivers of Patients With Primary Malignant Brain Tumors Across the Disease Trajectory. *Oncol Nurs Forum*; 40(3)
- **Shin, S., Huddleson, M., Brown, L.M., Tormala, T., Gomez, R. G. (2017)** The Role Of Religion In Caregiver Burden And Depression For Family Caregivers Of Dementia Patients. *Innovation In Aging*; Volume 1, Issue Suppl_1.
- **Yeandle, S. et al., (2007)** 'Diversity in Caring: Towards Equality for Carers'