



Well-Being and Ethno-Specific Aged Care: Pilot Study

The Institute for Positive Psychology and Education (IPPE), at the Australian Catholic University, is collaborating with a group of leading aged-care organisations (Ansell Strategic, Scalabrini Village, Dutch Care, UnitingCare Ageing and Spectrum Migrant Resource Centre) to investigate the benefits of ethno-specific aged care for the well-being of older people from culturally and linguistically diverse backgrounds.

Recent research shows that compared to older Anglo-Australians, older Australians from culturally and linguistically diverse backgrounds have higher levels of disadvantage which affects their ageing experience. The migration circumstances and the extent to which cultural traditions are maintained have significant impact on the health and well-being of older people from culturally and linguistically diverse backgrounds.

This innovative cross-cultural research will contribute a sound understanding of evidence-based best practice for older people from culturally and linguistically diverse backgrounds, based on a comparison of outcomes between ethno-specific aged-care services and Anglo-Australian aged-care services. More importantly,

the findings from this research will inform the future development and provision of ethno-specific aged-care services so as to optimise the well-being of the aged population in Australia.

The sample consists of 160 residents from four different cultural backgrounds (ie Chinese, Dutch, Italian, and Greek) from both ethno-specific and Anglo-Australian aged-care services in Victoria and New South Wales. Both quantitative and qualitative approaches will be employed to compare residents living in ethno-specific aged-care services with residents from the same cultural background living in Anglo-Australian aged-care services. All participants will be asked to complete, with the help of research assistants and their family members/carers, a questionnaire and participate in a focus group discussion about their well-being. Information regarding their cultural and linguistic backgrounds will also be provided by the service providers with the participants' informed consent.



Project Title: Well-Being and Ethno-Specific Aged Care: Pilot Study

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