

What Providers Should Know About Hispanic Family Caregivers



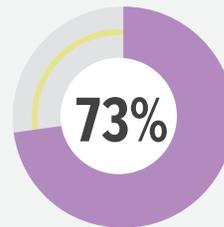
The Hispanic community is the largest ethnic minority group in the US, comprising 18.1% of the total US population.

(Census, 2018)

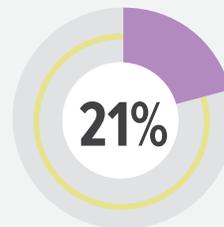
● **Culture and language have a big impact on access to care and supports.**

- More likely to rely on family and less likely to seek outside sources (Flores et al, 2009)
- Spanish-speaking Hispanic/Latinx family caregivers report feeling unprepared resulting in isolation and separation from social life (AARP)

● **There is really no good word for “caregiver” in Spanish. The word “cuidador” is sometimes used, but it does not resonate with many Hispanic and Latinx people. (NHCOA)**



73% OF US HISPANIC HOUSEHOLDS SPEAK SPANISH AT HOME (PEW, 2017)



21% 1 IN 5 OLDER AMERICANS WILL BE HISPANIC/LATINX BY 2060 (ACL, 2017)

CULTURAL COMMITMENT TO CARE

- **Familism: a central Latinx cultural value. It involves dedication, commitment, and loyalty to family. Regularly spending time with one’s immediate and extended family is part of familism. It also involves seeking the family’s advice for important decisions.**
- **Hispanic families tend to adopt or be impacted by the value of familism (McClearly et al, 2013)**
 - 27% of Hispanics/Latinx living in the US live in multigenerational family households
 - Caregiving is described as “something that just needed to be done—not merely the ‘correct’ thing to do”

HEALTH DISPARITIES

- **Barriers to service utilization**
 - Lack of culturally and linguistically appropriate materials and services
 - Even when providers speak Spanish, they don’t understand how culture affects care
- **Disproportionately affected by Alzheimer’s and related dementias, diabetes, and poor mental health**
 - Hispanic/Latinx caregivers are more likely to be affected by caregiver strain and depression
 - Recent political climate has promoted fear among Hispanic population
 - Exacerbates distrust in institutional entities
 - Promotes stress and worsens health outcomes



IN OUR SURVEY OF HISPANIC FAMILY CAREGIVERS:



report some or great deal of difficulty with personal care tasks and healthcare tasks such as medication management, wound care



report some or great deal of difficulty with arranging for care or services from doctors, nurses, social workers, or other professionals



report some or great deal of difficulty with cultural tasks, such as:

- Overcoming language barriers when talking with healthcare or service providers
- Translating health-related information into main language
- Legal issues related to immigration or naturalization procedures



The lack of informal and formal support increases strain for caregivers

- **50.9%** agree that they are the only person to help care recipients
- **30.3%** report agreed to feeling more isolated due to caregiving
- **31.3%** agreed that caregiving had negative effects on their physical/emotional health
- **16.3%** reported feeling more symptoms of depression sometimes or often

HOW CAN PROVIDERS BETTER SUPPORT HISPANIC FAMILY CAREGIVERS?

- **Recruit, promote, and support a diverse workforce that understands/represents the culture of the community**
 - Cultural representation among providers is important for Hispanic/Latinx caregivers and older adults (Terlizzi et al., 2019)
 - Easier communication, improved patient and caregiver outcomes
- **Utilize culturally competent, trained Medical Interpreters when speaking to Hispanic/Latinx family caregivers and older adults**
- **Assess for difficulty with cultural tasks in caregiver & patient screening**
 - Caregivers who reported high difficulty with cultural tasks had more poor health outcomes than patients who reported low difficulty
- **Partner with community-based organizations to provide culturally competent referrals and resources**
- **Develop translated culturally competent in-office material to provide information and training**
- **Utilize community leaders to recruit and deliver comprehensive, innovative programming amongst Hispanic/Latinx older adults and caregivers**
 - Environmental awareness as a predictor of formal service utilization (Starrett et al., 1990)
 - Opportunity to provide information around different disease stigma
- **Development of in-language caregiver support groups**
 - May lead to improved caregiver outcomes
 - Opportunity to provide caregiver training workshops