1. CONTEXT

People of diverse cultural backgrounds often present late for diagnosis of dementia; depression and anxiety resulting in unmet needs for the patients and their families. Previous cognitive and mental health assessments and tools, including the use of interpreters, were often difficult for CALD people. In recognition of this, the research team undertook a series of research and interventions to improve early detection of needs of CALD people, such as dementia, anxiety, and depression, and has pursued a ground-breaking research program.

2. SUMMARY OF IMPACT

The assessment tool and processes, and the Cultural Exchange Model of research—developed by NARI as a result of this research—have better informed practitioners and policy makers on ways to enhance early detection and intervention of dementia, anxiety, and depression for culturally and linguistically diverse (CALD) people particularly for Chinese and Vietnamese people. The guidelines for clinicians and other health professionals, and the culturally-based education program developed by Haralambous, Dow and other members of the NARI team aim to improve early dementia detection rates, and improve detection of depression and anxiety, with older people from CALD backgrounds.

3. RESEARCH UNDERRUNNING IMPACT

1. Improving dementia detection rates in older Asian communities - An education program to improve referral to Memory Services for older people of Asian background living in Melbourne. People of diverse cultural backgrounds often present late for diagnosis of dementia resulting in unmet needs for the patients and their families. NARI developed a community-based education program to improve early dementia detection rates of older Asian background people speaking English living in Melbourne. As part of the education program, two resource packs were developed, one for GPs and health professionals and the other for the community. These packs were based on findings from a literature review.

What is dementia? - Alzheimer’s Australia information sheet


Worried about your memory? - Alzheimer’s Australia brochure


Interpreter mediated cognitive assessments – stakeholder experiences informing guidelines and training DVD and use of video conferencing software

Social justice and equity of access to care can be compromised by the lack of culturally appropriate screening tools and assessment options. As a result of this research, NARI’s Cultural Exchange Model is documented in terms of how it enhances our improved understanding of the barriers and enables older Chinese and Vietnamese people with dementia face when seeking help.

2. Assessing the Geriatric Depression Scale (GDS) and the Geriatric Anxiety Inventory (GAI) and education about depression and anxiety amongst the older Chinese community in Australia (2013–2014)

Findings highlighted the challenges for all stakeholders, and cultural barriers, in the multicultural cognitive interview, contributing to greater understanding of the barriers and enables older Chinese and Vietnamese people to access tips sheets.

Tip Sheet 1 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5234296/
Tip sheet 2 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/
Tip Sheet 3 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/
Tip Sheet 4 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/
Tip Sheet 5 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/
Tip Sheet 6 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/

3. Interpreter-mediated cognitive assessments – stakeholder experiences informing guidelines and training DVD and use of video conferencing software

Social justice and equity of access to care can be compromised by the lack of culturally appropriate screening tools and assessment options. As a result of this research, NARI’s Cultural Exchange Model is documented in terms of how it enhances our improved understanding of the barriers and enables older Chinese and Vietnamese people with dementia face when seeking help.

Tip Sheet 1 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5234296/
Tip sheet 2 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/
Tip Sheet 3 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/
Tip Sheet 4 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/
Tip Sheet 5 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/
Tip Sheet 6 - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796912/

4. The Assessment of Older People with dementia and depression of Culturally and Linguistically Diverse Backgrounds: A review of current practice and the development of guidelines for Victorian Age Care Assessment Services (2010 – 2011). This project had added to the knowledge base in relation to health literacy and older people from CALD backgrounds. The project determined and implemented the most effective methods of improving early dementia detection rates in two rapidly growing older Asian communities, project determined and implemented the most effective methods of improving early dementia detection rates in two rapidly growing older Asian communities, Chinese and Vietnamese living in Melbourne. The development and use of the Cultural Exchange Model is documented in terms of how it enhances our improved understanding of the barriers and enables older Chinese and Vietnamese people to access tips sheets.

Tip sheets are available below.

Visit this link for DVD developed as part of the study https://www.youtube.com/watch?v=E2z3jWf6WfA

Interpreters — freely available for use by health professionals https://www.beyondblue.edu.au/nari_research/nari_research_dementia.html

New Projects: The research focus led by Haralambous and Dow has been a catalyst for related research by the NARI team, including:

Improving service knowledge and access among older people from Culturally and Linguistically Diverse (CALD) backgrounds with dementia (2017–2019). The project will trial videoconferencing technology with interpreters for aged care workers (in partnership with the interpreter in a different location to the assessment worker, older person and family). NARI is working with Aged Care Assessment Teams to undertake this project. The aim is to improve service access among people from CALD backgrounds and address the issues of delayed diagnosis of dementia, the shortage of interpreters, especially in new and emerging languages and rural/remote areas. It is anticipated the use of an interpreter will be more cost-effective than face-to-face.

SCOUTT – Scoping the use of Translation Technology – One of 5 projects through MARC (Melbourne Ageing Research Collaboration) Technology-enabled translation has been identified as a potential way to improve communication in the healthcare setting when used as an adjunct to professional interpreters. This study aims to evaluate the feasibility and acceptability of using existing translation technology for everyday, low risk communication between older people and their health care providers who do not speak the same language. Collaborators: NARI, University of Melbourne, Melbourne Health, North Western Health, St Vincent’s Health. Betty Haralambous is on the project team.

Moving Pictures: Using film and digital media to raise dementia awareness in CALD communities NARI has been sub-contracted by Curtin University to develop 15 short films that engage CALD community to improve early diagnosis and treatment of dementia with CALD community members.

Voice-to-voice Technology. NARI’s partners are Curve Tomorrow Pty Ltd and Mercy Health. The project will explore how people living with dementia from CALD backgrounds easily everyday needs with home care workers who do not speak the same language. Existing technology supporting language translation has not been designed with the needs of older people, including those with dementia, in mind. This project will address this issue, using a co-design approach.
Approach to impact: The researchers stated that they planned for impact from the planning stage of the research. They factored knowledge translation activities into their research methodology and findings, including their interest in being better informed and responsive to the needs of CALD community members experiencing dementia. The Federal Departments of Health and Social Services and Victorian-based government health agencies have contributed actively to the research and have applied the findings to improve service delivery—especially in aged-care and cognitively impaired care settings. Research has been key to the establishment of the Victorian CALD Advisory Board (V CAB). The focus on cultural and linguistic diversity (CALD) backgrounds. The contribution focused on CALD-related research undertaken by NARI. In March 2016 NARI and FECCA hosted a well-attended, successful roundtable in Canberra that influenced organisations and Members of Parliament about the need to fund and conduct more research in CALD communities. The main factor influencing the roundtable was that CALD people are often not included in research generally— it is too hard and too expensive.

Summary of policies and law reform
- In August 2017 the NARI researchers contributed to the National Aged Care Strategy for People from Culturally and Linguistically Diverse (CALD) Backgrounds. The focus was on mandatory training and culturally diverse (CALD) backgrounds.
- In May 2017 the NARI researchers lodged a submission to the National Aged Care Quality and Safety Commission (NCAQSC).
- Impact on research directions: In collaboration with industry partners, the researchers have influenced directions for research in this field, in order to ultimately improve service delivery, especially for CALD older people.
- In March 2016 NARI and FECCA hosted a well-attended, successful roundtable in Canberra that influenced organisations and Members of Parliament about the need to fund and conduct more research in CALD communities. The main factor influencing the roundtable was that CALD people are often not included in research generally— it is too hard and too expensive.

5. ENGAGEMENT

Significant industry appointments, memberships, and awards
- President of the Australian Association of Gerontology (2013–2015)
- Carers Victoria Board 2008 – 2013
- Uniting Care Community Options Board Research Sub-committee 2009–2012
- Community Visitor with Melbourne City Mission 2010 – present
- Co-investigator on UK Prime Minister’s “Dementia Challenge” grant (£3.2 million over 5 years)
- International advisor for WHO Kobe Centre on community-based social stressors that support older people in low and middle income countries.

Betty Haralambous
- AAG CALD Specialist interest group, Convener
- Ethnic Communities Council Victoria (ECCV) Aged Care Policy Sub-committee (2014–present)
- Former Western Australian Aged Services Australia (formerly Aged & Community Care – ACCV) Policy and Research Advisory Committee (2009–2014)
- Former Committee Member of Aged Care Standards & Accreditation Agency, Australia (Victorian CALD – 2014)
- Professional development and training: In March 2016 NARI with the Federation of Ethnic Communities’ Councils of Australia (FECCA) has received national Roundtable in Canberra to examine the gaps in research in ageing and aged care for culturally and linguistically diverse (CALD) Australians, and to develop a research strategy to address the gaps.
- Significant industry appointments, memberships, and awards

3.3.1 Significant government and community partnerships
- Department of Health and follow-up research, resulting in the development of guidelines for Victorian Aged Care Assessment Services. Funding from Council of Australian Governments (COAG) grants program, Federal Department of Health.
- The researchers have participated in research with beyondblue, a leading mental health organisation. For example, they have worked with beyondblue to develop guidelines for Victorian Aged Care Assessment Services, 2010-2011. Funding from Council of Australian Governments (COAG) grants program, Federal Department of Health.
- The researchers have participated in research with beyondblue, a leading mental health organisation. For example, they have worked with beyondblue to develop guidelines for Victorian Aged Care Assessment Services, 2010-2011. Funding from Council of Australian Governments (COAG) grants program, Federal Department of Health.
- Significant industry partnerships
- Significant industry organisations and funding partners, such as beyondblue and Department of Health. These partners have invested in research and funded resources to the research as well as committed to translation of the findings into practice. The researchers have also engaged in their peak professional associations such as beyondblue and the Aged Care Professionals Association of Victoria (ACPVA) and CALD community members, the cultural change model and improved responses to deal with dementia among CALD community members.
- Research supervision and teaching: Both researchers have provided significant teaching and supervision of HDR student workloads through the research program. The researchers have partnered with NARI to co-ordinate 10 students per year to increase capacity of social work students in aged care and research in ageing.

6. RESEARCH INCOME

Category 2 (government)
- Dementia Victoria, Victorian Council of Social Services, Ethnic Communities Council of Victoria, RMIT Future Social Service Institute, Health Issues Centre, Carers Victoria, for Ageing in a Foreign Land (COTA), Victoria, Victoria Aboriginal Controlled Community Health Organisation, Victorian Council of Social Services, Ethics Council Victoria, Victoria, Housing for Those of Ageing, Consumer Action Law Centre, National Aged Research Institute, Financial and Consumer Rights Council. This communiqué informed the Victorian Government and other CALD communities of the needs of CALD community members experiencing dementia. The Federal Departments of Health and Social Services and Victorian-based government health agencies have contributed actively to the research and have applied the findings to improve service delivery—especially in aged-care and cognitively impaired care settings. Research has been key to the establishment of the Victorian CALD Advisory Board (V CAB). The focus was on mandatory training and culturally diverse (CALD) backgrounds.
- Impact on service delivery: NARI has been a catalyst for greater collaboration between national and state-based government health agencies and non-government organisations. For example, NARI has contributed to the Development of guidelines for Victorian Aged Care Assessment Services. Funding from Council of Australian Governments (COAG) grants program, Federal Department of Health.
- The researchers have participated in research with beyondblue, a leading mental health organisation. For example, they have worked with beyondblue to develop guidelines for Victorian Aged Care Assessment Services, 2010-2011. Funding from Council of Australian Governments (COAG) grants program, Federal Department of Health.