

Improving Seniors Services to Meet the Needs of Canada's Diverse Immigrant and Ethnocultural Communities.

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Who are Diverse Seniors in Alberta?



Knowledge Sources.

▶ Research Projects:

1. Experiences of Arab Immigrant Women with Stroke Prevention (SPS).
 2. The Muslim Seniors Study (MSS).
 3. An Outdoor Walking Program for Multicultural Seniors (PAS).
- ## ▶ Available research in past decade: Alberta, Canada, & International

Experiences of Arab Immigrant Women with Stroke Prevention.

Objective: To identify gaps in resources and knowledge on stroke prevention in middle-aged and older Arab immigrant women.



The Muslim Seniors Study.

Objective: To describe the experiences of healthy aging and related needs of Muslim older adults living in Edmonton, Alberta.

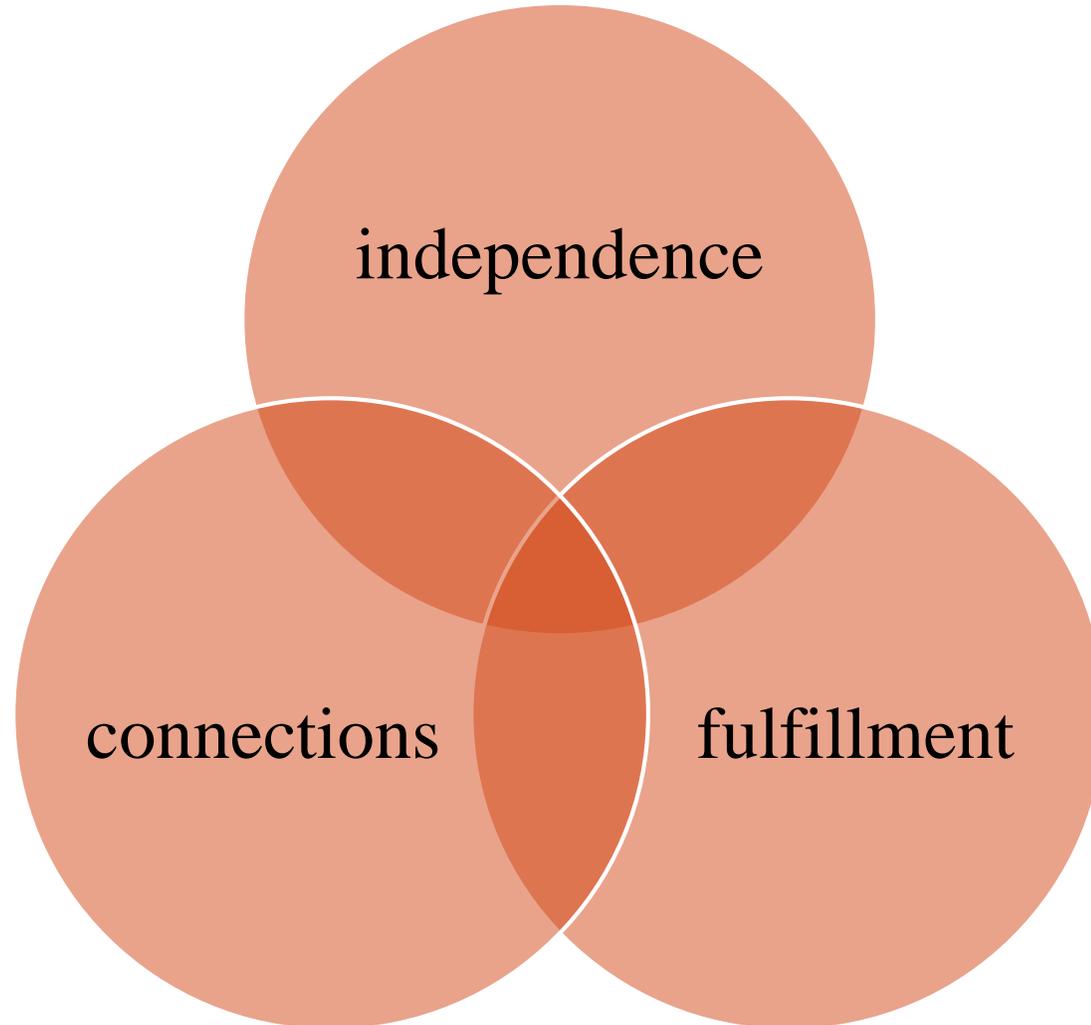


An Outdoor Walking Program for Multicultural Seniors.

Objective: To test the feasibility of an outdoor walking program for Multicultural older adults.



What Diverse Seniors Want in Older Age?



How Diverse Seniors Describe Growing Old in Alberta?

social
isolation &
loneliness

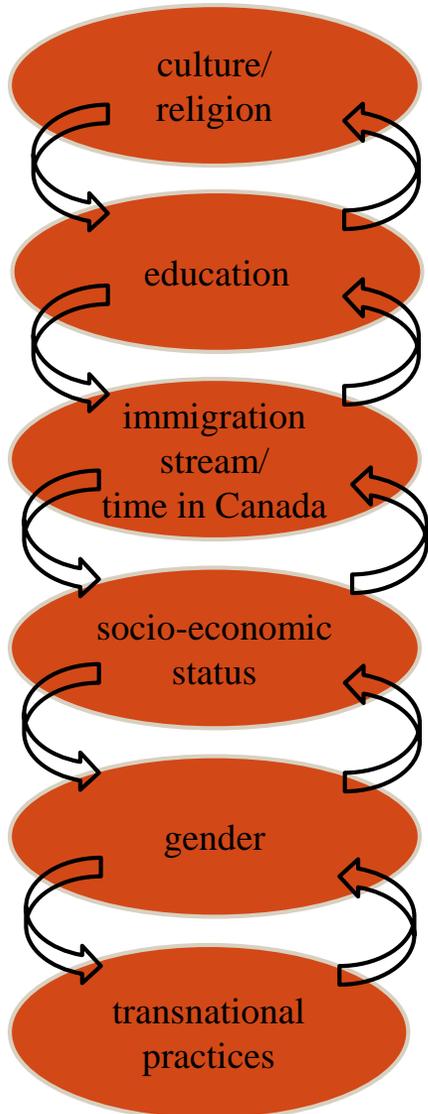
community
health
services &
resources

caregiving &
continuing
care

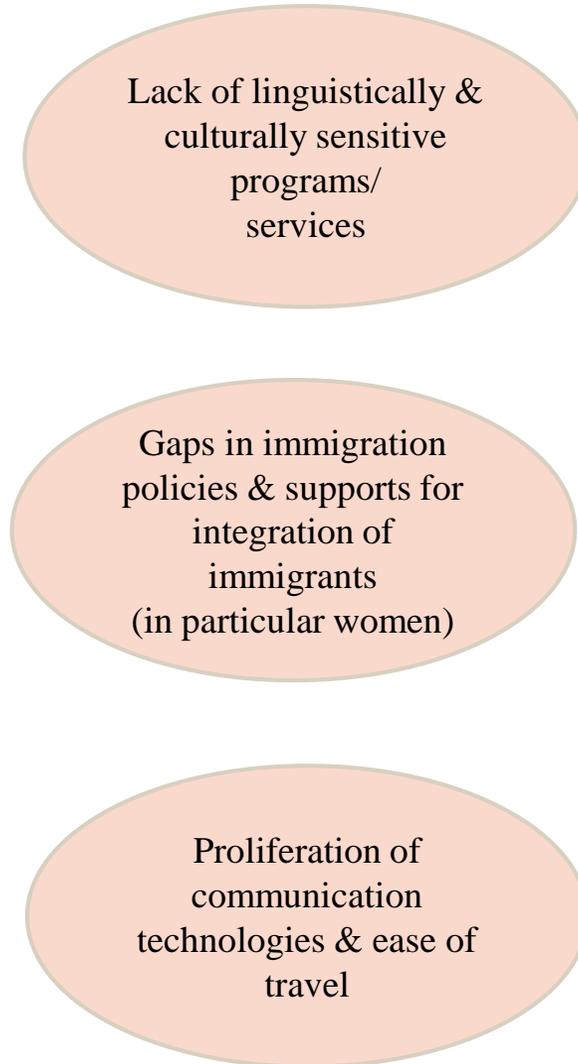


What are Key Gaps in Seniors Services & Policies?

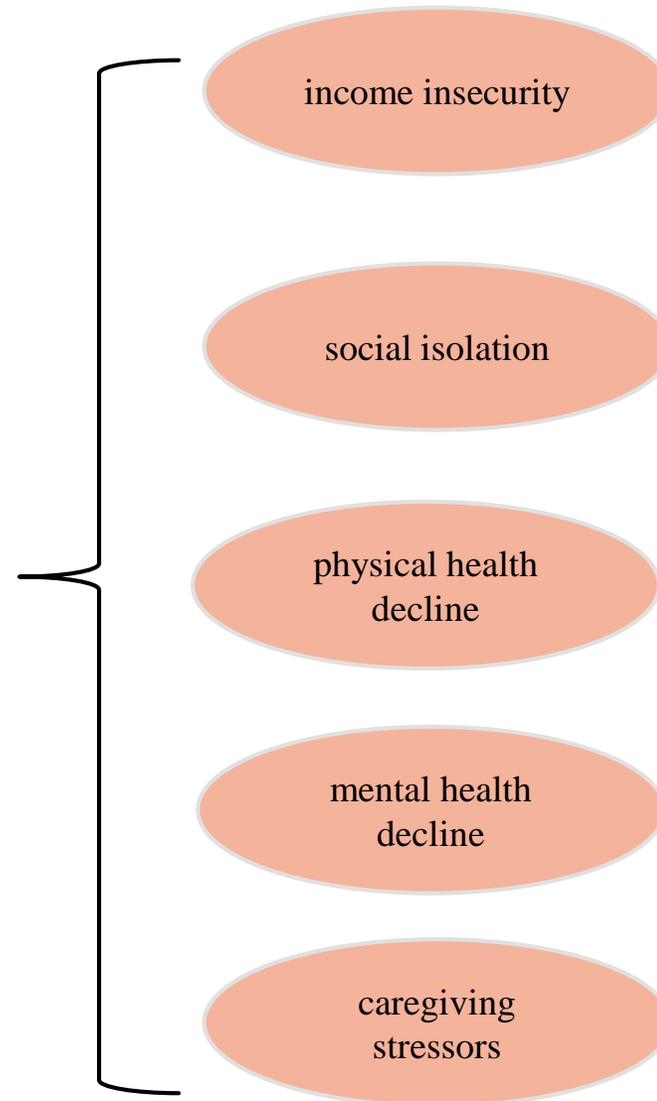
Individual Factors



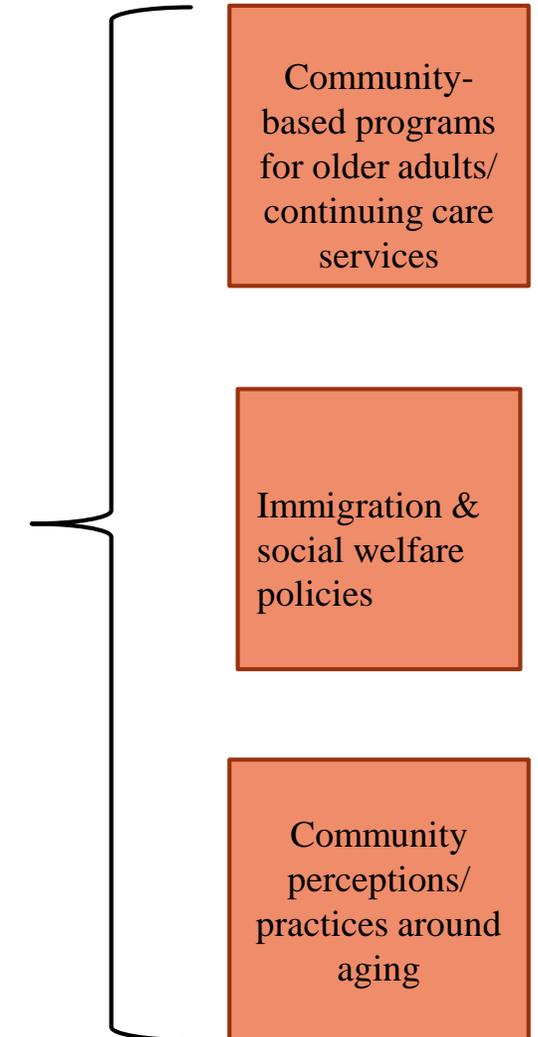
Major Contextual Factors



Negative Aging Experiences



Avenues for Intervention



The Way Forward...

- Create supportive living options & seniors programming that meet the needs of diverse seniors.
- Raise awareness & increase accessibility to services within diverse communities.
- Foster dialogue to co-design solutions within diverse communities.
- Track & measure health outcomes of diverse populations.

- ▶ *Healthy aging would mean to me that I'm not isolated. I am able to **have a social life**, meet people, **contribute**, do the things that I'm passionate about...(older adult, MSS)*
- ▶ *If I had a normal income, I would eat fruit. Lots of fruit, lots of vegetables. Because right now **I cannot afford it**...And then after that, maybe I can go somewhere, see places and have fun.(older adult, MSS)*
- ▶ *We want **to feel included**. We want **to feel loved**...If you immigrate and move to another country, you naturally want to find people who either speak your language or have similar cooking habits and eating habits as you... (older adult, PAS)*
- ▶ *He (doctor) said your blood pressure is a bit high. What the symptoms are, what I should eat, what I should do, I don't know....**I need more information** about diabetes and high blood pressure. (older adult, SPS).*
- ▶ *Even though I grew up here and even though my thinking is more Canadianized, **I do not want to go into a nursing home**.... because of the fact that I don't have my privacy. I will not be able to listen to the azan (call for prayer) five times a day. (older adult, MSS).*

Thank you.

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Additional References.

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- ▶ Salami, B., **Salma, J.**, Hegadoren, K. (2018). Access and utilization of mental health services for immigrants and refugees: Perspectives of immigrant service providers. *International Journal of Mental Health Nursing*, 28(1), 152-161. doi: 10.1111/inm.12512
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- ▶ **Salma, J.**, Keating, N., Ogilvie, L., & Hunter, K. F. (2017). Social dimensions of health across the life course: Experiences of engaging in health-promoting practices in middle-aged and older Arab immigrant women. *Nursing Inquiry*, 25(2), 12226