Culture, Ethnicity and Dementia: Issues for us all

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Presenters: Dr Julia Botsford, Admiral Nurse Academy; Vincent Goodorally, Admiral Nurse; Christine Gillham, Dementia Pioneer; Joy Watkins, Development lead Uniting Carers

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An interactive exercise

Led by Christine Gillham
Dementia, Culture and Ethnicity - in context

Led by Dr Julia Botsford
Dementia in the UK

- Ageing population
- Increasing ethnic diversity

800,000 people with dementia in 2012
1,000,000 people with dementia in 2021
1,700,000 people with dementia in 2051

Alzheimer’s Society picture

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Changes in Ethnicity Profile of the UK

- By 2051 an estimated 2.8 million people aged 70 and over from BMER communities in England and Wales (Lievesley 2010)
- Currently London estimated to be home to 45% of BMER people (Crosby 2004)
- This is likely to change as people move within the UK
Increased Diversity Among People with Dementia

• Currently around 9% of Black Caribbean and 6% of Asian Indian people are 65 or more, compared with 16% of White British people.
• By 2051, 30% of Black Caribbean and 20% of Asian Indian people will be 65 or more, compared with 27% of White British people (ONS, 2001)
• The number of minority ethnic people with dementia - estimated at around 11500 currently - (Knapp et al, 2007) will increase dramatically

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What is the significance of ethnicity in dementia care?

- Prevalence variations
- Knowledge, awareness and attitudes
- Approaches to caring and relationships
- Accessing informal and formal support
- Providing “culturally appropriate” services

• BUT... of course there is much more to it than this...
What do we mean by culture and ethnicity?

- ETHNICITY: the fact or state of belonging to a social group that has a common national or cultural tradition (OED)
- CULTURE: the ideas, customs, and social behaviour of a particular people or society (OED)

- Often used interchangeably
- Simplistic short hand terms for complex multilayer aspects of identity
Some Complexities

• Knowing and defining – variations over time and within
• How meaningful are labels?
• The complex interplay of factors in health experiences
• Ethnicity and health inequalities – multiple jeopardies
• What exactly is culturally appropriate care?
Culture and Ethnicity

• Universal not minority issues
• Important but complex concepts
• Reference points at an individual level
• Balancing cultural awareness and sensitivity with person-centredness and avoidance of cultural stereotyping
Culturagram - A culturally sensitive family assessment tool – led by Vincent Goodorally

- Person living with dementia
- Family members
- Others

Health beliefs

Time in the country

Values about family/Structures/Power/myths/Rules

Legal status

Reasons for relocating

Impact of Trauma and crisis events

Values about education and work

Contact with religious and cultural institutions/Holiday/food/Clothing

Language Spoken at home/Community

Oppression Bias Discrimination Racism

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How can Dementia UK support you in your practice?

Further information
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