

# The impact of dementia on migrant communities: A complex challenge in a globalised world

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# Publication

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Online Open Access

<https://oatext.com/The-impact-of-dementia-on-migrant-communities-A-complex-challenge-in-a-globalised-world.php>

Book Chapter

**Dementia and its impact on minority ethnic and migrant communities**

Black Community Mental Health: International Perspectives, Emerging Trends and Practice. **Michigan State University Press**

Book (editor)

**The Impact of Dementia on Black and Minority Ethnic Communities**

**Jessica Kingsley Publications**

# Key assumptions about migrant populations in national health planning

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- The of dementia issue is relatively marginal for migrant populations due to the mean age of migrant populations being well below 65
- The international focus on the impact of dementia on national populations across the world sufficiently addresses the challenges for those who migrate

# Worldwide Migrant Demographics

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There are 244 million migrants worldwide, with Europe hosting 76 million and North America 54 million.

Most migrants are of working age.

Worldwide one in five of the members of foreign born populations lives in the global gateway cities, for example London in the UK has an approximately 37% foreign born population

13% of the migrant population over 65. This is twice the proportion of over 65s in the global general population

*2015 UN International Migration Report*

# Worldwide longevity

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By 2050 20% of the world's population will be over 80 years old with the fastest rises in longevity increases occurring in the economically underdeveloped world.

In Latin and Caribbean countries average lifespan in the 1950s was 51.2 years, by 2010-2015 this had risen to 74.5 years.

More people globally are now living long enough to experience the age-related risks of dementia.

*World Population Ageing 2015*

# Migrant communities and dementia risk

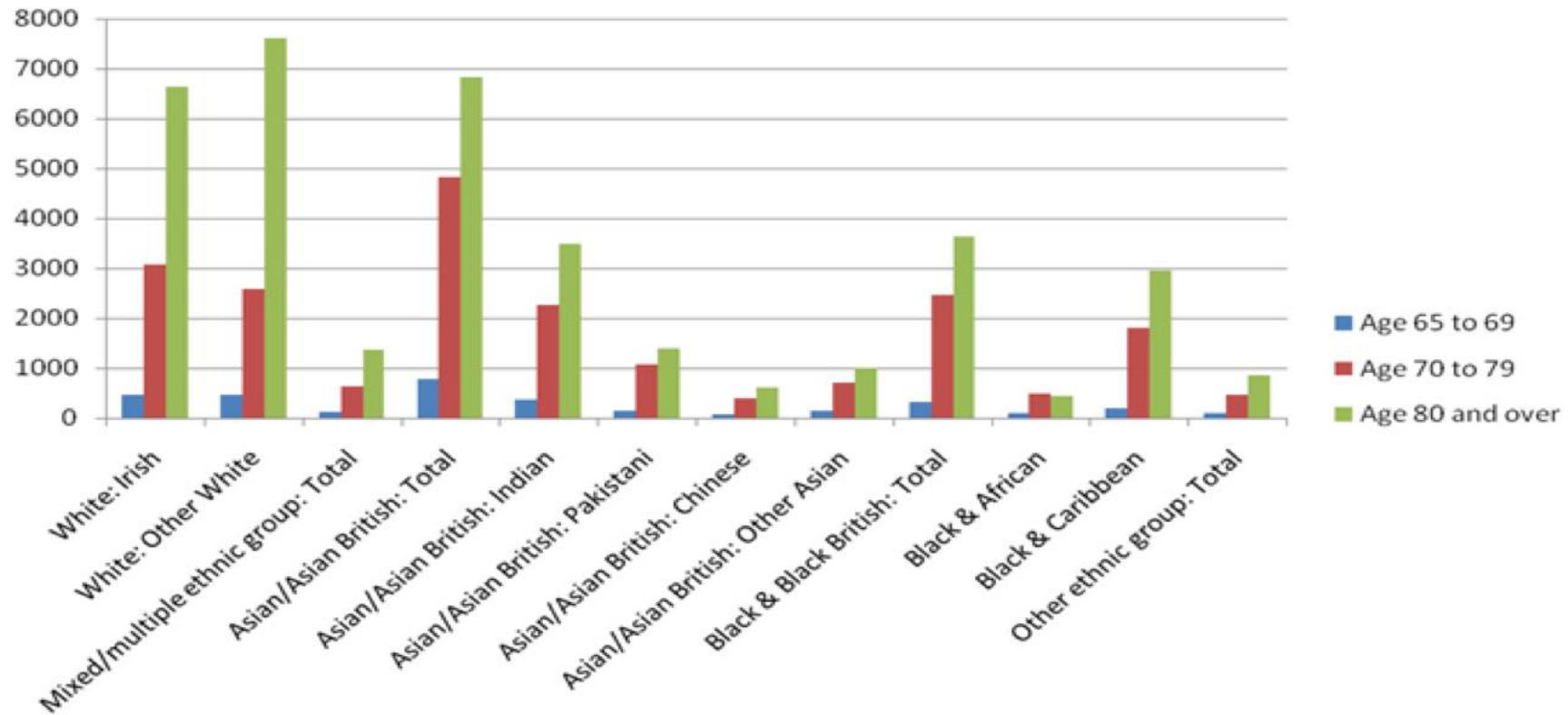
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Poor diet, lack of exercise and smoking are more prevalent in migrant populations.

*World Migration Report 2015*

All these factors are increasingly seen as raising the risk of developing Alzheimer's disease or are associated with the increased risk developing of vascular dementia as consequence of stroke.

# National demographics of migrant and minority ethnic communities in the UK



# Population specific risk and migrant and minority ethnic populations

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## Higher incidence

### UK

African-Caribbean & South Asian (Indian)

### USA

African-American, Caribbean Hispanic & Native American

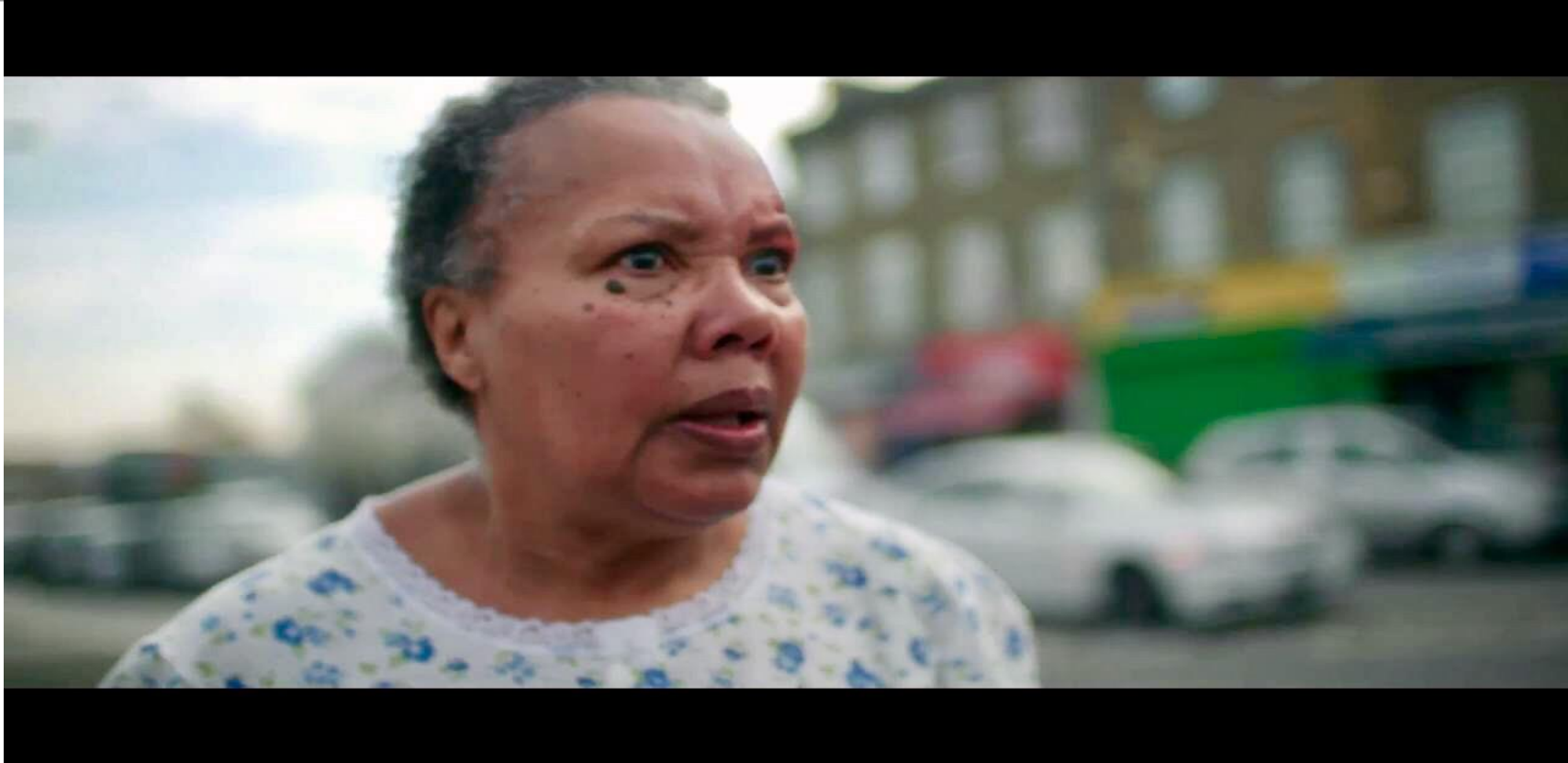
## Lower incidence

### USA

South East Asian



# The individual impact



[FindingPatience](#)

# Common cultural issues in accessing services for migrant and minority ethnic communities

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- **An anxiety about stigma in their own community group regarding dementia that leads people living with dementia to withdraw from their community**
- **A feeling of community isolation by carers**
- **A fear of experiencing discrimination or lack of understanding from mainstream dementia services that makes people reluctant to seek help**
- **A lack of information on dementia that feels relevant for people's own personal circumstances**
- **A belief that dementia is a natural part of ageing and nothing can be done**
- **Language and cultural practices that impact on day to day care and support**

# Common challenges within services

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- Diagnostic materials not appropriate
- Lack of appropriate reminiscence materials and materials for social interventions
- Unfamiliar with working with family group rather than just an individual
- Unfamiliar with working with an interpreter
- Lack of information on community resources
- Pharmacology and ethnicity interactions unknown
- Pharmacology and traditional medicine interactions unknown
- Dying matters

# Improving services and support for migrant and minority ethnic communities

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## **Dementia Alliance for Culture and Ethnicity (UK)**

- Improvements in practice
- Improvements in knowledge and awareness of dementia
- Improvements in inclusive policy making
- Improvements in research

[www.demace.com](http://www.demace.com)

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