

African Caribbean

Group discussion led by David Truswell

From Seldom Heard to Seen and Heard

Issues	Solutions
<p>Awareness/education</p> <ul style="list-style-type: none"> • Why are there so few African Caribbean people in care homes, but a lot of carers are African Caribbean? • There is a lack of understanding • Few people being diagnosed/ seeking diagnosis • Later diagnosis • Children seek care homes for their parents which will be representative/ understanding of dementia 	<p>Identify community organisations</p> <ul style="list-style-type: none"> • Inform GPs to allow for better signposting and post diagnosis support • Having people living with the condition talking about it so that it is not perceived as 'weird or exotic' • Need for coproduction • Create pathways
<p>Cultural prejudice</p> <ul style="list-style-type: none"> • The idea that they do not want to share the diagnosis with the community • Stigma resulting in isolation • Language reverting back to childhood/ mother tongue • Perception from previous country. Life expectancy is perhaps shorter so this is a new experience for those living in England • History of independence and self-reliance with this culture 	<p>Cultural awareness</p> <ul style="list-style-type: none"> • Local terminology – descriptive, not necessarily derogative • Inclusivity in other groups e.g. dementia services involved in Black Elder group • Feeling welcome to use the services represented in literature – can happen to anyone
<p>Religion</p> <ul style="list-style-type: none"> • Importance of staying connected to faith, the Church and seeking support 	
<p>Racism/ Discrimination experienced</p> <ul style="list-style-type: none"> • This can contribute to stress and mental health issues 	
<p>Socio economic background and diet</p> <ul style="list-style-type: none"> • There is a correlation with socio economic status and health conditions such as dementia • Correlation with diet (high carbs) and health • Prevalence of vascular dementia 	<p>Connection between individuals and societies</p> <ul style="list-style-type: none"> • For drug trials, appearing in videos, literature
<p>Accessing services</p> <ul style="list-style-type: none"> • There is an anxiety about services • This group may not talk about being ill 	<ul style="list-style-type: none"> • Knowledge of who is using the service vs. diagnosis prevalence in local area • Relevant to all health services not just memory services

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| <ul style="list-style-type: none">• Services and care available differing across England e.g. London vs Rural communities• Post code and even country lottery on diagnosis and assessment. There is a huge variation | |
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