

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"> • Knowledge of who is using the service vs. diagnosis prevalence in local area • Relevant to all health services not just

<ul style="list-style-type: none">• There is an anxiety about services• This group may not talk about being ill• 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	memory services
--	-----------------