

# Gypsies and Travellers



Group discussion led by Mary Tilki

From Seldom Heard to Seen and Heard

Issues	Solutions
<p>Low life expectancy</p> <ul style="list-style-type: none"> <li>• Rarely think of G&amp;T as having dementia</li> <li>• High levels of self-reported poor health cardiovascular disease, chronic illness</li> <li>• High levels of suicide which impact on mental health of family</li> <li>• Highest level of informal care in England</li> </ul>	<p>Public Health interventions</p> <ul style="list-style-type: none"> <li>• Better JSNA information on G&amp;T communities</li> <li>• Targeted campaigns via trusted organisations</li> <li>• Information which does not require literacy</li> <li>• Train Gypsy/Travellers as lay health trainers</li> </ul>
<p>Help seeking</p> <ul style="list-style-type: none"> <li>• Do not know about dementia</li> <li>• Only recently families making themselves known</li> <li>• Family carers unaware of where to seek help</li> <li>• Rarely ask for help until a crisis occurs</li> </ul>	<p>Reach out</p> <ul style="list-style-type: none"> <li>• Do not assume G&amp;T will come for help, open doors will not work</li> <li>• Culturally sensitive dementia awareness by trusted professional/ G&amp;T organisation</li> <li>• Information about services available</li> </ul>
<p>GP/Health Care Professionals</p> <ul style="list-style-type: none"> <li>• Registering with a GP is difficult</li> <li>• G&amp;T will come back from travelling to see trusted GP, midwife, health visitor</li> <li>• Professionals reluctant to visit Traveller sites</li> </ul>	<p>Duty of care</p> <ul style="list-style-type: none"> <li>• Challenge discrimination by GPs</li> <li>• Patient held records if travelling</li> <li>• Cultural competence training for GPs, receptionists, practice staff</li> <li>• Seek help to access sites via trusted professional or G&amp;T organisation</li> </ul>
<p>Social exclusion</p> <ul style="list-style-type: none"> <li>• Still experience hostility and hate crime</li> <li>• Dementia makes travelling difficult, may be forced to settle</li> <li>• Settling leads to exclusion from Traveller ways as well as wider family and community</li> <li>• Housing stressful for Travellers</li> </ul>	<p>Listen</p> <ul style="list-style-type: none"> <li>• Find out what matters to G&amp;T</li> <li>• Remember why they are suspicious</li> <li>• Use the term “memory loss” not Alzheimer's or dementia</li> <li>• Remember travelling is in their blood and housing is rarely the answer</li> <li>• Support families to care in ways that work for them</li> </ul>