

How are immigrant informal caregivers represented in Australian data? Document analysis

Chronic disease is a global health concern. Caring for a family member living with a chronic condition influences the life and wellbeing of caregivers. Informal caregivers with an immigrant background are a subgroup of caregivers. This study explored factors that may influence the caring experiences of informal caregivers. This study found 24 potential variables that may influence immigrant informal caregiving experiences. However, the relevancy of these potential variables to informal carers of immigrant backgrounds needed to be explored. Further research needs to determine the similarities or differences between caregivers with immigrant backgrounds and those born and raised in Australia.

Abstract

A global health concern is the number of individuals living with chronic diseases. Caring for family members living with a chronic disease are usually fulfilled by other family members (informal caregivers). Caregiving impacts the life and wellbeing of caregivers. A subgroup of informal caregivers is those caregivers with immigrant backgrounds. As a part of the overall case study research, this document analysis aimed to identify and describe variables noted in the Australian documents as influencing the caregiving experience of immigrant informal caregivers.

Bowen's four-step method of document analysis guided this analysis. This document analysis implemented content analysis and thematic analysis where applicable. The document analysis identified 24 potential variables that may influence the caregiving experience of immigrant informal caregivers—however, the relevancy of these potential variables to informal carers of immigrant backgrounds needed to be explored. Hence, informal caregiving data in Australia has insufficient specific details on immigrant informal caregivers. Further research is needed to explore immigrant informal caregiving experiences in Australia. Further investigation is required to determine whether caregiving experiences are similar or different between those immigrant caregivers and those born and raised in Australia. The findings of this research will inform healthcare professionals about how to support immigrant informal carers.