Exploring the end of life care journeys of first generation migrants

Dr Caroline Pearce
Qualitative Research Manager

Why explore the end of life care experiences of first-generation migrants?

- Experiences of first-generation migrants are underrepresented in research
- Additional challenges around language and communication, and awareness of and access to care
- Inequities remain despite initiatives such as cultural competency
- As earlier migrant communities age, palliative care needs are increasing

Interviews with 43 Bereaved and current family carers

Participants caring for people from Pakistani, Chinese, Indian, Nigerian, Iranian, Irish backgrounds with different individual, cultural, religious and language needs

Mapping the patient and carer journey through end of life

Marie Curie

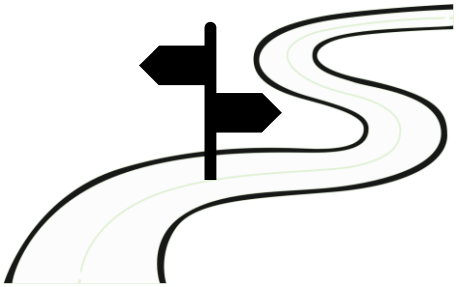
Key messages

"Migration is complex and end of life is even more sensitive and complex. And it's not something we can just come up with a definition that will work for everyone"

1. It all begins with awareness

Awareness informs expectations which informs care preferences

2. Transparency and clear communication



Poor communication with patients and families and across services; unplanned care and hospital admissions; delays, waiting and uncertainty

3. Unpaid carers are crucial advocates for their family member's care

But experience significant mental and physical impact

4. Improve understanding of how and when 'cultural differences' come into view across end of life care settings

Compassionate care encompasses more than language; Care needed when understanding and representing the needs of diverse communities

5. Sustained changes to the system

Without sustainability nothing will change

Marie Curie