

# Ageing in Australia the immigrant experience



## DVD Discussion Guide

*Ageing in Australia: The Immigrant Experience* provides a rare insight into the experiences of older Australians from migrant backgrounds. With this DVD we celebrate some of the common experiences shared by older people from culturally and linguistically diverse backgrounds as well as those things that make their lives truly unique. Hear the life journeys of Nhung, Cengiz, Irene and Ugo, along with their thoughts, feelings and hopes about ageing in Australia.

Capturing people's stories and acknowledging their individual life experiences is key to the provision of culturally inclusive aged care. Giving people a voice, especially in their preferred language, is also critically important. The capacity to be heard and to communicate for oneself is essential to maintaining a positive sense of self, promoting emotional wellbeing, exercising personal choice and accessing person centred care. The use of professional interpreters throughout this video gave these people an opportunity to speak for themselves and express themselves in their preferred language, an opportunity which is often denied them once they enter aged care services.

This DVD is designed to generate discussion among aged care staff and management with a view to reflecting on how they perceive and understand the lives of older people from a culturally and linguistically diverse background, and how they can enhance their service delivery to this cohort.

The video can be viewed in its entirety (20 mins) or in 3 parts: My Journey, My Life, My future. Hard copies can be purchased or accessed (in 3 parts) via the [Centre for Cultural Diversity in Ageing YouTube channel](#).

## Discussion questions

Below is a series of questions which can promote group discussion and reflection, with a view to generating ideas about how to enhance service provision to older people like the ones portrayed in the video.

- What characteristics/experiences do Ugo, Irene, Cengis and Nhung have in common?
- How do their experiences differ from one another?
- What are some of the difficulties they have experienced throughout their time in Australia?
- What challenges could be confronting each of them as they continue to age?
- What challenges would confront you as a service provider should one of these individuals become your client?
- What strategies would you adopt to ensure that you provided each of these individuals with the best possible person centred care?
- What initiatives could your organisation put in place to ensure that all older people from a culturally and linguistically diverse background receive quality care?

## Purchase a copy of the DVD

Copies of the DVD are available for purchase for \$44.00 (Inc. GST and postage within Australia) Visit [www.culturaldiversity.com.au](http://www.culturaldiversity.com.au) or contact us on 03 88327979

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The *Ageing in Australia: The Immigrant Experience* DVD was produced by the Centre for Cultural Diversity in Ageing. The Centre provides training, resources and consultancy to the aged care sector to support them in meeting the needs of older people from culturally and linguistically diverse backgrounds.

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