

The ICARE (Immigrant Older Adults—Care Accessibility Research Empowerment) team was founded in 2009 with an infrastructure team grant from the Women’s Health Research Institute of BC by co-PIs Dr. Sharon Koehn (Centre for Healthy Aging at Providence Health Care) and Dr. Karen Kobayashi (University of Victoria). With this funding we developed dense networks and consulted with diverse stakeholders, such as interdisciplinary academics, clinicians, multicultural settlement and community service sector staff, policy makers and older adults to identify priority areas for action research.

Two working groups were developed in response to the identified priority areas: (1) community mental health, and (2) chronic disease self-management supports.

Go to http://www.centreforhealthyaging.ca/whatsnew_archive.html for all reports or click on direct links for each file.

ICARE Reports

The ICARE forum, **Knowledge. Power. Access.** was held on June 25, 2009 in Vancouver, British Columbia. The forum provided an opportunity for the ICARE team to introduce and communicate our purpose to a diverse group of stakeholders from the multicultural settlement, community, health service provider and academic sectors. Participants explored three prioritized research areas which were ultimately rolled into our two working groups.

Spence, M., Koehn, S., & Kobayashi, K. (2009). Summary report: Knowledge.power.access forum of the immigrant older women: Care, accessibility, research, empowerment (ICARE) team, held on June 25, 2009, Vancouver BC. Vancouver, BC: ICARE team. Available at: http://centreforhealthyaging.ca/documents/iCAREforumreport-FINAL-Sept23-09_000.pdf [10/12, 2011].

Chronic Disease Self-Management Supports (CDSMS) Working Group:

An annotated bibliography was prepared as a background document for the ensuing work of the CDSMS working group. Its purpose was to identify literature pertaining to chronic disease self-management support (SMS) for ethnocultural minority older adults (EMOA).

Spence, M., Nagatani, A., & Koehn, S. (2010). Self-management support for ethnocultural minority older adults: An annotated bibliography. Vancouver, BC: BC Home and Community Care Research Network. Available at: http://www.centreforhealthyaging.ca/documents/Final-EMOA_CDSMS_Annotated_Biblio.pdf [10/12, 2011].

Taking care of chronic disease: realizing approaches for Canada's aging ethnic population was a workshop held in Vancouver, British Columbia, in February 2011. It was funded by the Institute on Aging

of the Canadian Institutes of Health Research (CIHR). The purpose of this workshop was to begin to address an existing evidence gap on approaches to self management support that meet the needs of immigrant older adults with chronic conditions. Our workshop facilitated the exchange of ideas among 32 diverse Canadian stakeholders. Ultimately, our goal is to develop evidence-based approaches to self-management supports that acknowledge the various challenges faced by this disadvantaged population and build on existing strengths within our communities.

Koehn, S., Jarvis, P., & Kobayashi, K. (2011). Taking care of chronic disease: Realizing approaches for Canada's aging ethnic population: A workshop - final report. Vancouver, BC: Centre for Healthy Aging at Providence Health Care (CHAP). Available at: <http://www.centreforhealthyaging.ca/documents/TakingCareofChronicDiseaseReport-FINAL.pdf> [10/12, 2011].

Briefing Note: <http://www.centreforhealthyaging.ca/documents/CDSMPBN-FINAL.pdf> [10/12, 2011].

Community Mental Health Working Group

“Several Canadian studies have found that older immigrant women from Chinese-speaking and South Asian countries are especially prone to depression.⁵⁻¹⁰ Yet we have little research that shows how social factors and discrimination combine to impact these women’s mental health and their access to services.¹¹⁻¹⁴ We also know little about how to promote mental health in ways that are acceptable and accessible to older immigrant women and men alike.¹⁵⁻¹⁶ These are the gaps the ICARE team aims to fill.”

Spence, M., & Koehn, S. (2010). ICARE: Immigrant older women--care accessibility research empowerment: Researching mental health issues. Visions: B.C.'s Mental Health and Addictions Journal, 6(3), 17-19. Available at: <http://www.heretohelp.bc.ca/publications/visions> [10/12, 2011].

The ICARE mental health team, led by Sharon Koehn (Providence Health Care) and Satwinder Bains (University of the Fraser Valley), partnered with representatives from the Canadian Mental Health Association – South Fraser Region, B.C. Healthy Communities and Fraser Health Authority to form the “Punjabi Seniors Wellness Coalition.” In 2010, this group secured Community Action Initiative funding to explore the extent to which community services targeted at Punjabi seniors in Abbotsford and Surrey, British Columbia, address the social determinants of mental health. This document summarizes findings from the two forums (held in April and May, 2011) that aimed to address this goal.

Jarvis, P., Koehn, S., Bains, S., Cheema, J., Goudiraan, D., & Addison, M. (2011). "Just scratching the surface": Mental health promotion for Punjabi seniors (forums)--final report. Vancouver, BC: Centre for Healthy Aging at Providence Health Care (CHAP). Available at: http://www.centreforhealthyaging.ca/documents/Just_scratching_the_surface-FINAL_000.pdf [10/12, 2011].

Briefing Note: Forthcoming at http://www.centreforhealthyaging.ca/whatsnew_archive.html.
