

Racially And Ethnically Diverse Sexual And Gender Minority Dementia Caregivers Support Networks: Findings From The Qcare Study

Finn Shelp-Peck, MA & Krystal Kittle, PhD

School of Public Health and Health Sciences, University of Massachusetts - Amherst

Background

- Racially and ethnically diverse and gender and sexual minority (SGM) caregivers of people with Alzheimer's and other related dementias (ADRD) face unique social, financial, emotional, and physical barriers and challenges related to caregiving and daily life.
- These groups are understudied and underrepresented in ADRD caregiver research, despite being more likely to be informal caregivers than their white, cisgender, and/or heterosexual peers.
- Using a modified Health Equity Promotion model, racially and ethnically diverse and SGM caregivers are prone to stigma and discrimination due to multiple minority stress, leading to increased prevalence of physical and mental health disparities.

Objective

To explore the lived experience and social supports of racially and ethnically diverse SGM ADRD caregivers using the Health Equity Promotion model to characterize their mental and physical health outcomes.

Methods

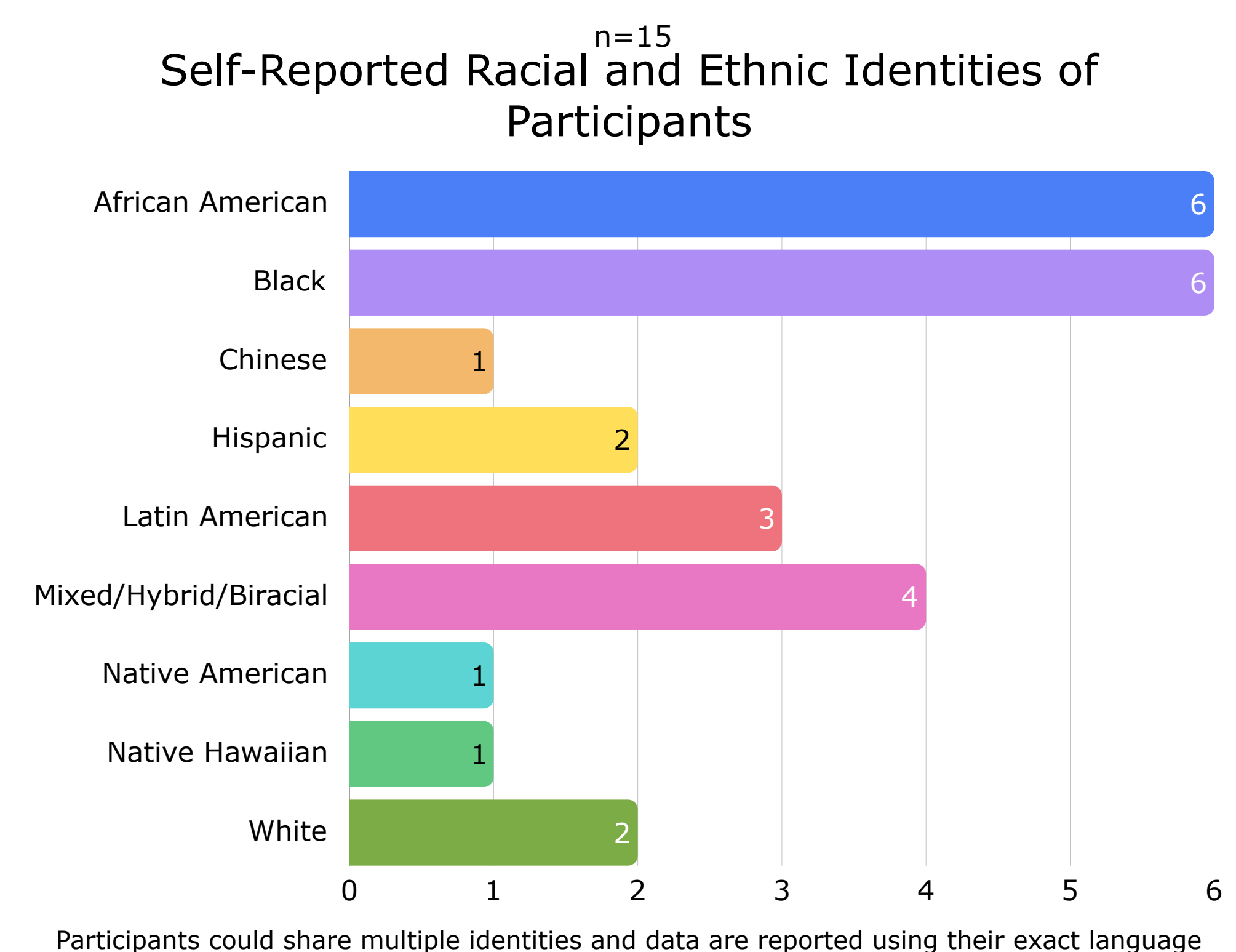
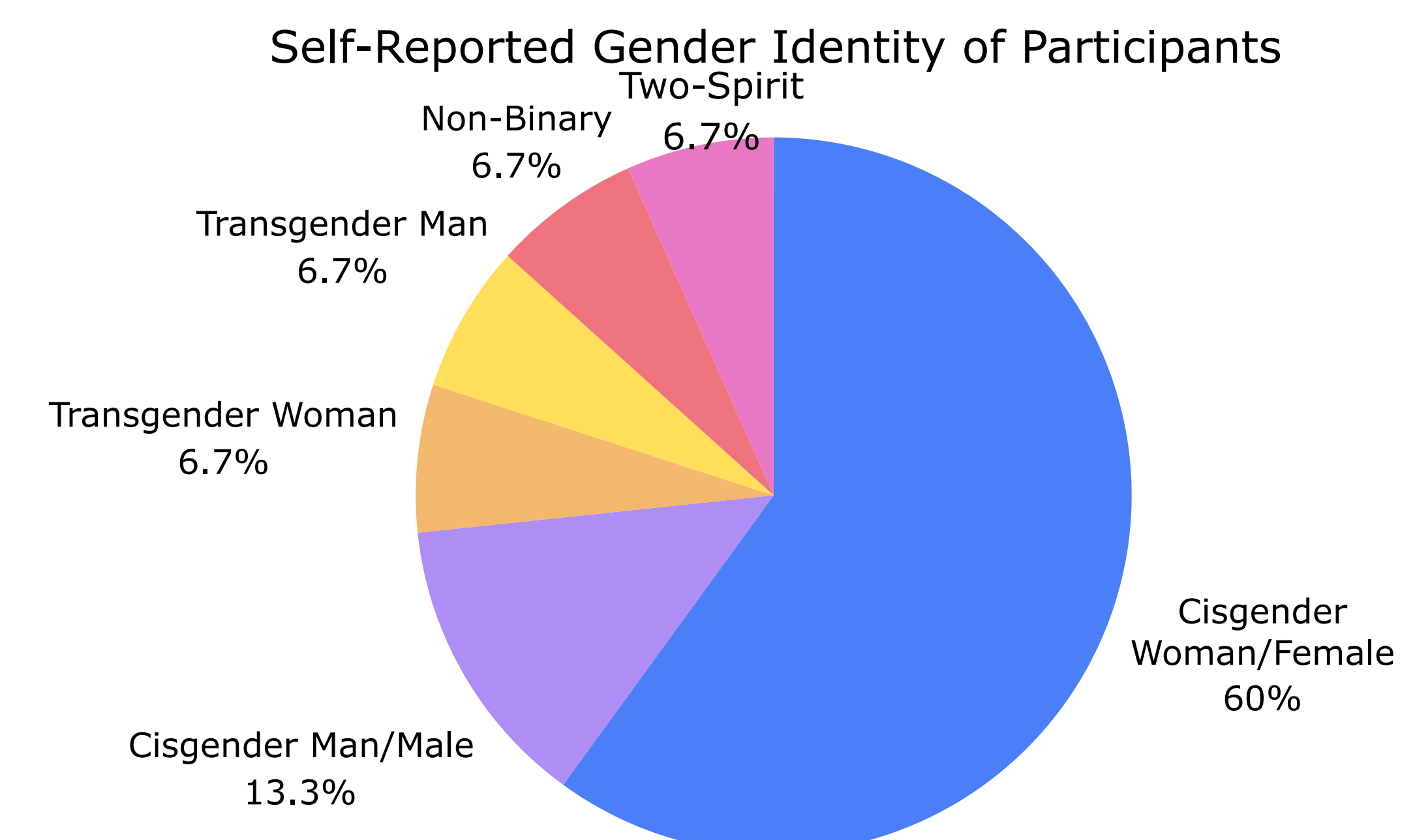
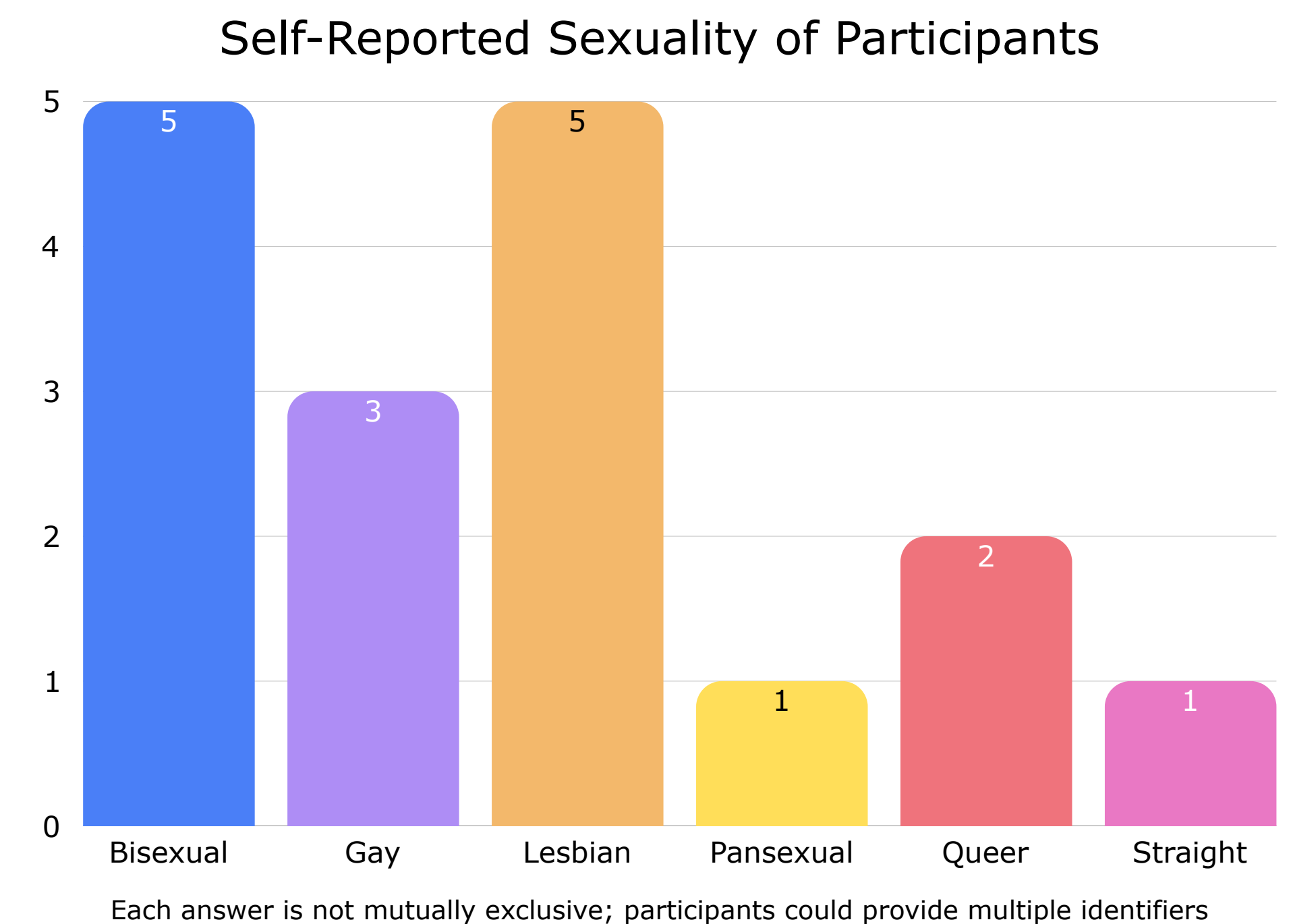
Design: Individual in-depth virtual qualitative interviews and content analysis.

Participants: 15 racially and ethnically diverse SGM ADRD caregivers; English or Spanish speakers.

Verification: AD8 questionnaire.

Analysis: Transcripts reviewed and coded using Nvivo and the HealthEquity Promotion Model.

Results



Conclusion

Racially and ethnically diverse SGM ADRD caregivers face adverse physical and mental health impacts related to their intersecting identities and caregiver status. These findings necessitate the implementation of targeted, identity-based interventions.

Questions? Email fshelppeck@umass.edu