

Inquiry into the Support Needs for Older Victorians from Migrant and Refugee Backgrounds

31st January 2022

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<https://www.nari.net.au/>

About the National Ageing Research Institute (NARI)

- Australia's only independent Medical Research Institute (MRI) devoted to research on ageing
- strong emphasis on **translation into policy and practice** across health and community settings
- **widely networked** across ageing and aged care service, advocacy and research nationally and internationally
- 55 strong multi-disciplinary team covering social, clinical and public health aspects of ageing
- 44 year history and strong reputation

What drives us

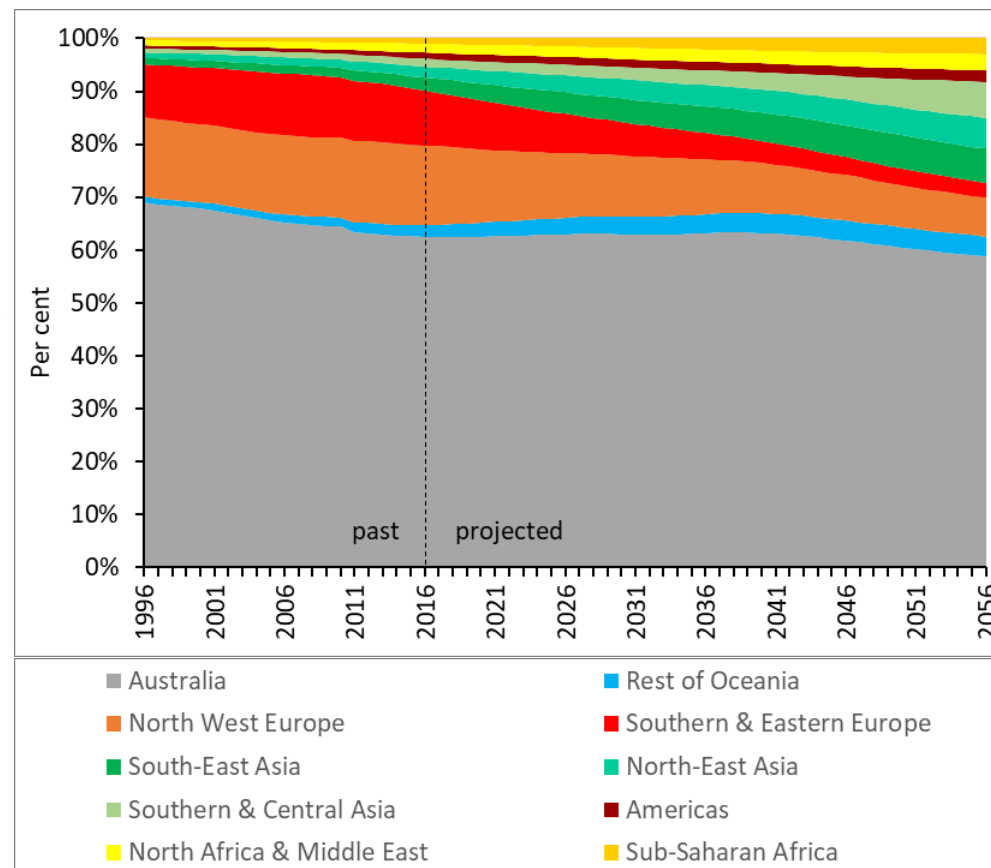
- **Vision:** A world where older people are respected, healthy and included
- Evidence-based
- Knowledge translation
- Opportunities to collaborate and work together



Australia: An increasingly ageing and multicultural nation

By 2056, 8.5m people in Australia will be 65+

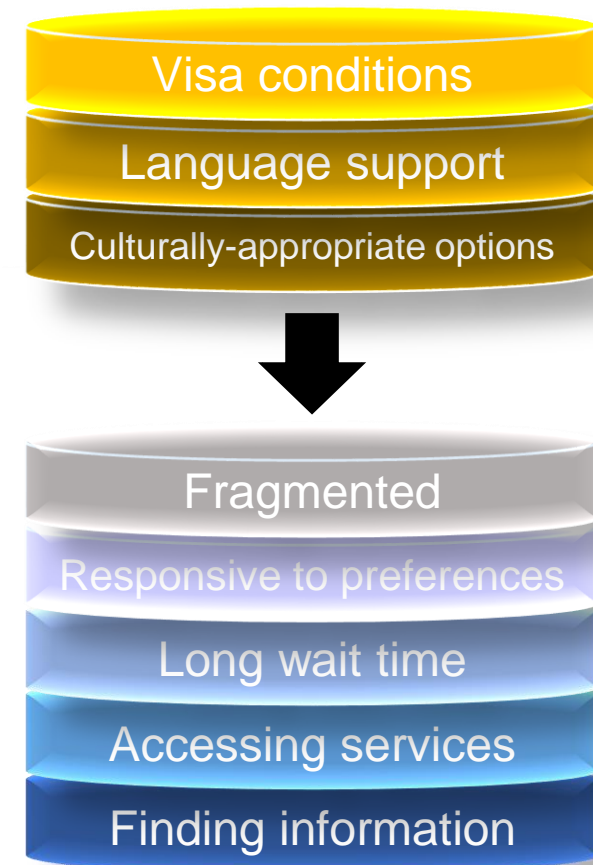
Highest growth rates projected for the Asia-born populations (>200% growth)



Wilson, T., McDonald, P., Temple, J. *et al.* Past and projected growth of Australia's older migrant populations. *Genus* 76, 20 (2020). <https://doi.org/10.1186/s41118-020-00091-6>

Structural burden

- More than a ‘failure to seek formal help’
- Systemic barriers:
 - few culturally appropriate options
 - inadequate language support
 - sub-optimal care from health and aged care services
 - discriminatory visa conditions
- **Recommendation:**
 - affordable for everyone (regardless of visa category),
 - build capacity in the health, aged care, and community care sector
 - bilingual workers need to be adequately resourced and embedded across these sectors.



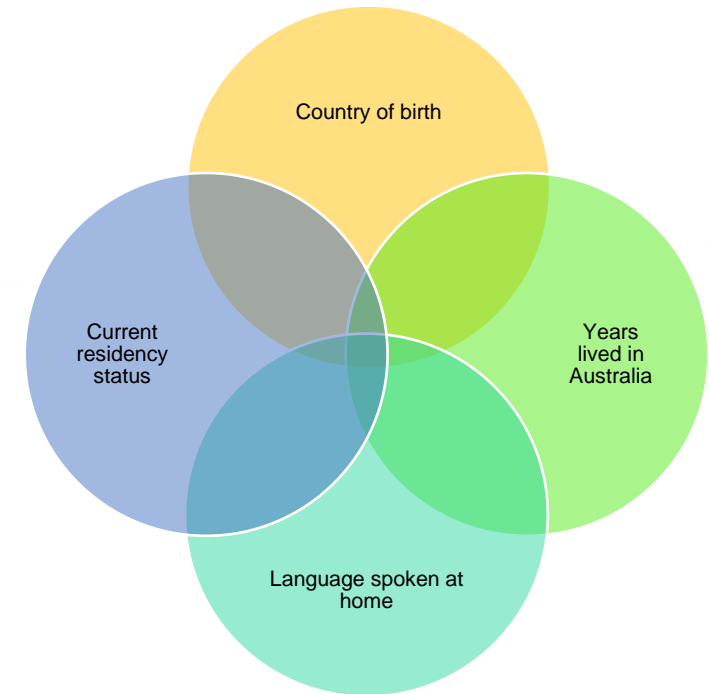
Digital literacy

- Available 24/7, consistency, participant engagement, and help to navigate services.
- 88% of Australians already use the internet, often spending >40 hr/week online.
 - Rates of digital inclusion are even higher in *younger* migrant and refugee communities.
- Intergenerational: increase digital literacy among older migrant and refugee Australians
 - health and financial literacy
 - reducing social isolation and loneliness
- **Recommendation:** Implement intergenerational programmes to increase older migrant and refugees digital literacy, noting their need to access equipment and stable internet connection.



Data quality

- Cultural and linguistic information is inconsistently captured and reported
- Variables such as ancestry and ethnicity often omitted
- **Recommendation:** Improve data quality by:
 - Improving the consistency of routinely collected data about older migrants and refugees.
 - Investing in participatory research that uses co-design and co-production methods to increase the evidence-base for older migrant and refugee Victorian's health and wellbeing in Australia.



A unique opportunity

- Significant:
 - Improving the lives of all Victorians
 - Building for the future
 - Leaders in Australia
 - Share our knowledge with the rest of the world
- High impact
- Knowledge translation
- It's about fairness and equity.





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