

RACIAL DISPARITIES IN DEMENTIA CAREGIVING

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Purpose: The purpose of this research is to understand more about dementia caregiving with a focus on minorities. The goal was to find what disparities were seen in the responsibilities, actions, and resources available and used by minority dementia caregivers in the United States.

Methods: This research is a literature review, over various qualitative studies about dementia caregiving with a focus on racial disparities. The studies reviewed were all written within the past four years, in the United States and were found from various databases such as *PubMed* and *Sage Pub*.

Findings: It was found that research for minority dementia caregivers was lacking, alongside this, the studies conducted on minority groups often grouped people of different cultures into one ethnic or racial group. For example, Hispanic/Latino is an ethnicity group that consists of cultures like Cuban Americans, Mexican Americans, and more (Liu et. al, 2021). The responsibilities and duties of caregivers differs within cultures which also impacts how research results can be applied, emphasizing the importance of studies to create a distinction in minority groups. Another finding was the low use of stress-relieving resources that minority caregivers used. For example, research showed that minorities often felt obligated to be caregivers for their family members based on cultural beliefs (Dilworth-Anderson, 2020). The studies also showed that Peer-to-peer support groups, advisory councils, and respite were a few ways that caregivers used to combat stress of their duties (National Academics of Science, 2021).

Chelsea Liu, BA, Adrian N S Badana, PhD, MPH, Julia Burgdorf, BS, Chanee D Fabius, PhD, David L Roth, PhD, William E Haley, PhD, *Systematic Review and Meta-Analysis of Racial and Ethnic Differences in Dementia Caregivers' Well-Being*, The Gerontologist, Volume 61, Issue 5, August 2021, Pages e228–e243, <https://doi.org/10.1093/geront/gnaa028>

National Academics of Science, 2021 *Alzheimer's Disease Facts and Figures*. Alzheimer's Association; 2021. <https://www.alz.org/media/documents/alzheimers-facts-and-figures.pdf>

Peggye Dilworth-Anderson, PhD, Heehyul Moon, PhD, María P Aranda, PhD, *Dementia Caregiving Research: Expanding and Reframing the Lens of Diversity, Inclusivity, and Intersectionality*, The Gerontologist, Volume 60, Issue 5, August 2020, Pages 797–805, <https://doi.org/10.1093/geront/gnaa050>

Conclusions: Overall, findings show a need for an increase in the resources available to minority dementia caregivers as well as the number of studies conducted. A limitation is that the articles used in

this review placed a bigger focus on African-American and Hispanic populations.

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