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Acculturation and needs assessment of elderly ethnic minorities in Hong Kong: A qualitative study

EXECUTIVE SUMMARY

1. The Department of Social Work and Social Administration was funded by the Equal Opportunities Commission to conduct "Acculturation and needs assessment of elderly ethnic minorities in Hong Kong: A qualitative study". The study objectives are:

   - To identify financial, psychological, physical health, social, and cultural needs and current service gaps of ethnic minority elderly in Hong Kong; and
   - To identify ways to promote a socially inclusive Hong Kong for ethnic minority elderly

2. To achieve these objectives, we adopted a qualitative methodological approach to collect empirical data through semi-structured in-depth interviews with Nepali elderly and their caregivers. A total of 30 Nepali elderly aged 60 years old or above, and 5 caregivers were interviewed. Thematic analysis was used to analyse the data.

3. Overall, Nepali elderly view Hong Kong as a favourable place, especially compared to Nepal. Our study also found that in alignment with the Hong Kong government's policy imperative to promote ageing-in-place, Nepali elderly had a strong preference to age in their current residing community.

4. However, several structural, knowledge, and attitudinal barriers remain, including inter alia, difficulties in navigating the health care (for physical and mental health, and social services),

banking and transportation systems. These in turn pose difficulties for Nepali elderly to access relevant long-term care services, which means that their long-term care needs are unmet. Failure to meet their long-term care needs will reduce their chance of ageing-in-place. Hence, it is a policy imperative to mitigate these barriers and to promote a socially inclusive society.

5. In alignment with the World Health Organization's Age-friendly Cities framework, we recommend the Hong Kong government to adopt several strategies to further promote a Culturally-inclusive Age-friendly community: (1) adopt service mainstreaming; (2) enhance cultural competence of helping professionals; (3) mitigate information asymmetry through public education; and (4) foster intercultural activities.