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WENTING YAN
University of Alberta

Project Title:
Bridging Gaps in Cultural and Linguistic Aging Care: A Multi-Method Study of Linguistic Minority Older Adults in Alberta Long-Term Care

ABOUT WENTING

I am currently a doctoral student in the Faculty of Nursing at University of Alberta, supervised by Dr. Stephanie Chamberlain and Dr. Carmel Montgomery. I have a background in public health, and I earned my Bachelor of Medicine from China and Master of Public Health from the UK. My experience growing up with my grandparents and working in LTC in different countries motivated my research interest in gerontology. My lived experience also makes me view aging as something deeply connected to the psychosocial aspects of life. My doctoral research specifically focuses on culturally and linguistically responsive care for older adults living in LTC. I hope my research can contribute to more person-centred care in LTC that better responds to older adults' cultural and linguistic needs and thereby improves their well-being.

PROJECT SUMMARY

Residents in Canada's long-term care (LTC) homes are becoming increasingly diverse because of population aging and immigration. Many LTC residents speak a language other than English or French and may have values and care preferences that are different from the routine practices in LTC. However, most LTC services are still mainly designed around official languages and Western cultural norms. This may make it difficult for some residents to communicate with staff, express their needs, understand care decisions, and maintain meaningful relationships with others. These challenges may negatively affect residents' quality of life and health outcomes and may also lead to avoidable healthcare use. At the same

time, they can make it more challenging for care providers to deliver safe and person-centred care, adding further pressure to an LTC system that is already facing limited staffing and resources.

Although some studies have introduced initiatives such as bilingual staff, translation services, and culturally tailored activities, we still know little about what culturally and linguistically responsive (CLR) care looks like in practice, which approaches work best, and how cultural and language differences influence residents' health and care experiences. As a result, many decisions about improving care are made without strong evidence, while other potentially useful approaches remain underexplored.

My doctoral research aims to develop a better understanding of CLR care in Alberta LTC homes. We will first conduct a scoping review to map the existing CLR programs and initiatives developed to support culturally and linguistically diverse residents. We will then use Alberta provincial LTC data (RAI-MDS 2.0, etc.) to examine whether linguistic minority residents experience different health outcomes. Finally, through interviews with residents, family members, and care providers, we will also explore their experiences and identify barriers and opportunities for improving CLR care.

By bringing together evidence from different research methods, our work will help healthcare providers, LTC organizations, and policymakers better understand how to provide care that responds to residents' cultural and language needs. The findings may also contribute to resident well-being, improvements in quality of care, and the sustainability of the LTC system.