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The lived experience of older migrants with mild cognitive impairment

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Mild cognitive impairment (MCI) is a complex intermediate state of memory decline which is widely known as a precursor to Alzheimer's disease (AD). However, not all those diagnosed with MCI progress to AD, though many remains cognitively impaired for life, but many recovers completely from it. MCI is an emerging primary target of aging research among older population. It is well-known that MCI may have significant impact on older migrants' health, which can mean disengagement from activities, isolation, social disconnection, poor quality of life, and results in considerable socio-economic burden. Oldermigrants, are ethnically, culturally and linguistically diverse and are predisposed to develop psycho-social distress, loneliness, trauma and physical health complications. Cultural factors, language barriers, and the resettlement process can also affect cognitive functioning of older migrants.

Aim: This research will provide valuable information to better understand the lived experiences of older migrants with MCI in New Zealand. Research into their lived experience will help shape up strategies to support longer and better-quality life. Better understanding of MCI is imperative to improve its awareness, enhance professional practice and helps deliver quality health services.


Method: Purposively sampled community-dwelling older migrants, diagnosed with MCI, who are 55 years old and over, will be recruited in Auckland's region, to participate in semi-structured interviews. Data will be inductively interpreted through a phenomenological lens. This methodology helps to penetrate deeper and deeper into the reality of the world as it is experienced by older migrants.

Discussion: This research provides a wealth of knowledge on older migrants' experience of MCI. It is anticipated that learning from this research will help reduce a gap in knowledge, help change practice and offer a culture-specific outcomes on improving the health of older migrants.

Speaker Biography

Ray Jauny is the course coordinator/lecturer for mental health nursing at Unitec Institute of Technology in Auckland. Ray has an extensive variety of experience in mental health settings in New Zealand and the UK. He is an academic leader and a new emerging researcher in health sciences. Ray is currently doing his doctoral studies at Auckland Institute of Technology. His main research interests relate to the health and well-being of communities, particularly older populations, older migrants, delirium, mood self- assessment application tool and as well as nurses' attitudes towards end of life choice. He has published articles and presented to conferences.

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