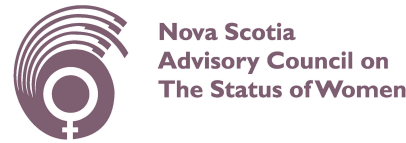


# Healthy Balance Research Program

A community alliance for health research on women's unpaid caregiving

Promoting Diversity in Research: Direct Engagement with Community Members



Barbara Clow, Atlantic Centre of Excellence for Women's Health

Brigitte Neumann, Nova Scotia Advisory Council on the Status of Women

Carol Amaratunga, University of Ottawa

## The Research

Throughout their lives, women are more likely than men to experience stress and overwork as a result of their multiple care and work responsibilities. We are only beginning to understand the extent and nature of women's unpaid caregiving work and its stress and health impacts, whether this caregiving is done on its own or combined with paid work. We are exploring the issues in different ways:

### Secondary Data Analysis

Team Leader: Shelley Phipps, PhD. Department of Economics, Dalhousie University.

*General Social Survey, Cycle 12; National Longitudinal Survey of Children and Youth*

### Population Survey

Team Leader: Janice Keefe, Ph.D. Canada Research Chair in Aging and Caregiving Policy, Department of Family Studies and Gerontology, Mount Saint Vincent University

*telephone survey of 1500 to 2000 Nova Scotians to gather information about the extent of caregiving experiences and the nature of these experiences*

### Focus Groups

Team Leader: Jacqueline Gahagan, PhD, School of Health and Human Performance, Dalhousie University

*18 focus groups across Nova Scotia for caregivers from specified ethno-cultural groups and representing different types of caregiving*

### Caregiver Portraits

Team Leader: Brenda Beagan, PhD, School of Occupational Therapy, Dalhousie University

*14 micro-ethnographies of caregiving households in diverse communities involving participant observation and structured interviews*

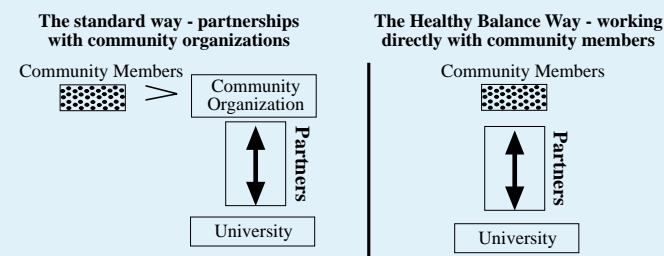
### Marching Towards Balance: Caregiving, Health & Work of Women in the Canadian Forces

Team Leader: Cyndi Brannen, PhD, Post-Doctoral Researcher, Healthy Balance Research Program, Dalhousie University

To explore women's caregiving in the exceptional career of the Forces

## Equity Reference Groups

- a new way to interact with the community



**Purpose** - to include the perspectives of historically disadvantaged and under-represented women; members speak directly from their own experience

### Four groups

- Aboriginal women
- African Nova Scotian women
- immigrant women
- women with disabilities

### Their mandate

To ensure active engagement in the research process through:

- recommending culturally appropriate data collection and recruitment strategies for participants, facilitators, research assistants
- advising on strategies for sharing findings with their communities
- identifying policy makers, institutions, organizations and other groups for whom research findings are relevant

### Their contributions

Focus Groups - doubled the number of groups from the reference communities; drew facilitators from the communities

Caregiver Portraits- assisted in recruitment of Research Assistants (who come from the communities being studied) and participants

Survey - emphasized the importance of including sufficient numbers from their communities in the sample to be able to have valid findings

