

Scoping Review: Barriers and Facilitators of Accessing Day Programs for Culturally Diverse Older Adults with Dementia

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WHY THIS REVIEW MATTERS



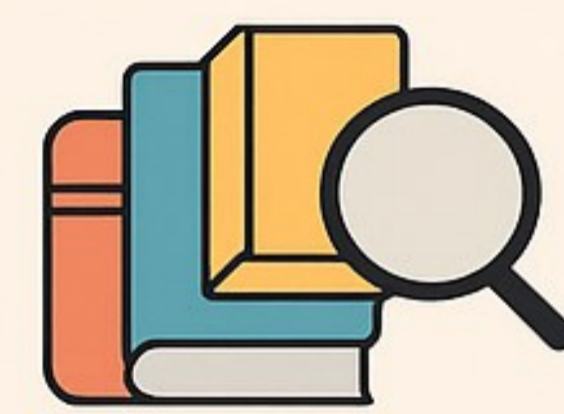
Context

Canada is experiencing a rapidly aging population and a rise in dementia prevalence. Given the country's multicultural makeup, a growing number of culturally diverse older adults are seeking to age in place.



Problem

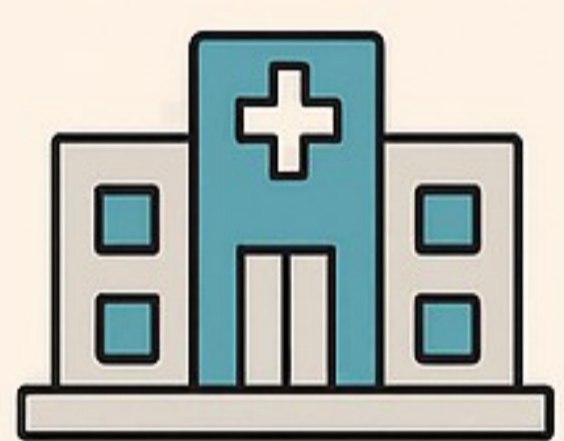
There is limited knowledge about the access barriers faced by ethnoculturally diverse older adults. Existing research tends to focus more on program outcomes than on accessibility or culturally tailored programs.



What We Did

Scoping review using Arksey & O'Malley's framework.

- Searched PubMed and Scopus.
- Screened 579 articles, included 15 studies



What we found

Barriers

- Lack of culturally tailored care
- Financial constraints
- Access and service quality issues

Facilitators

- Bilingual staff
- Culturally tailored programs
- Support networks

METHODS



Stage 1: Identifying the Research Question

Focused on the challenges faced by culturally diverse older adults in accessing day programs



Stage 2: Identifying Relevant Studies

Conducting a search using various keywords on PubMed and Scopus

Stage 3: Study Selection

579 articles

75 articles

Full-Text Screening

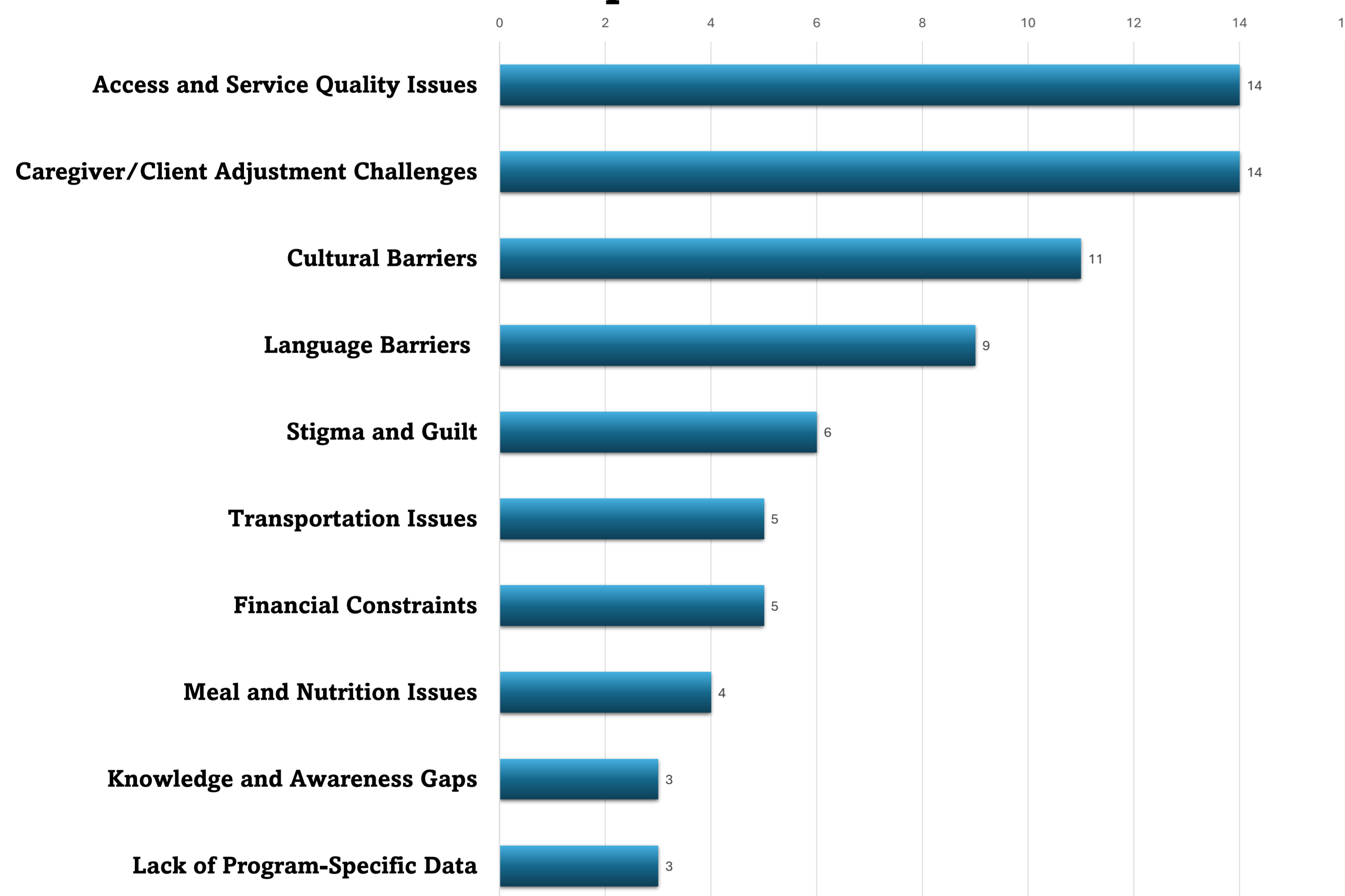
15 articles

Included

Stages 4 & 5: Charting the data, Collating, summarizing, and reporting the results

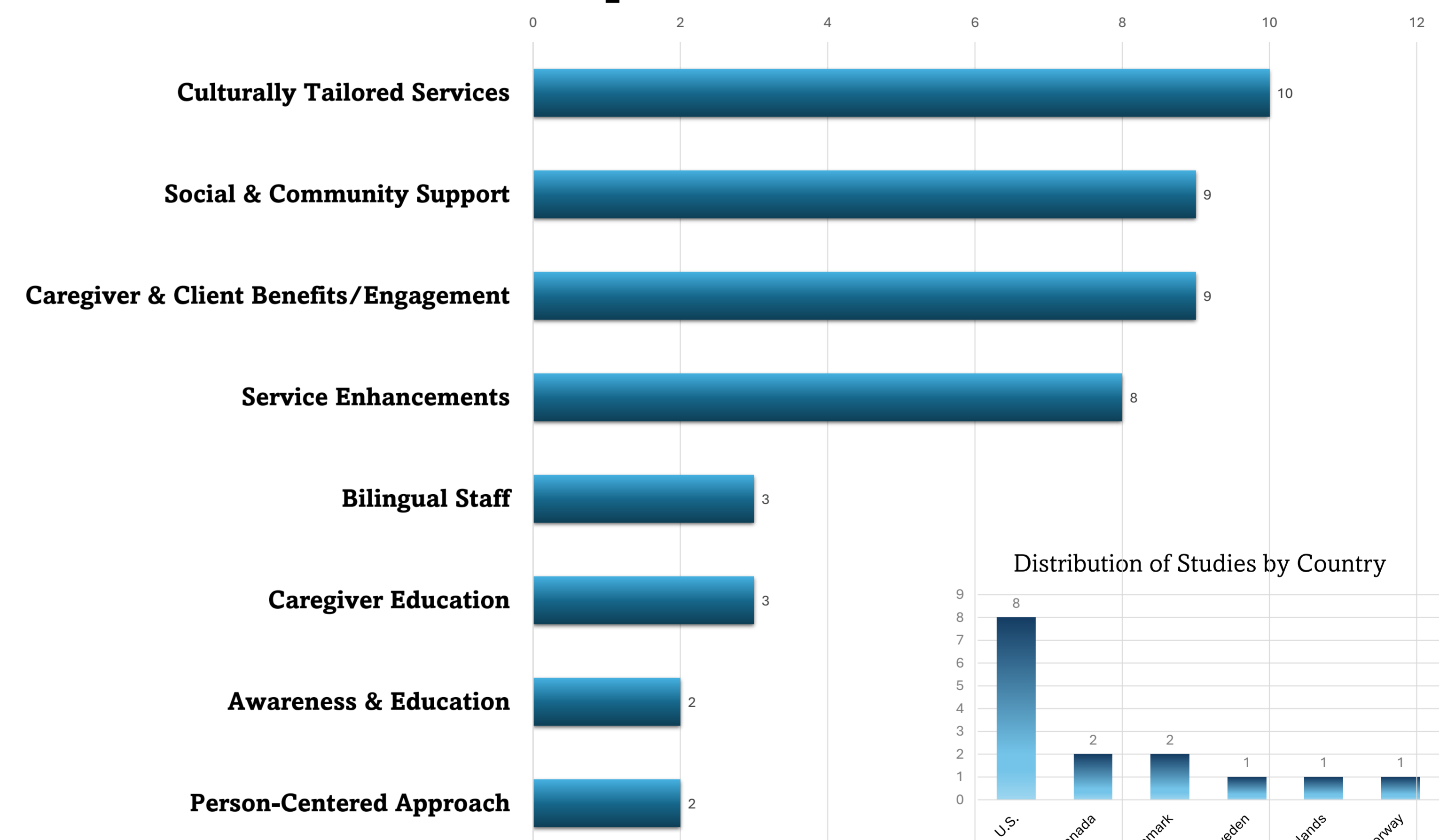


Most Reported Barriers

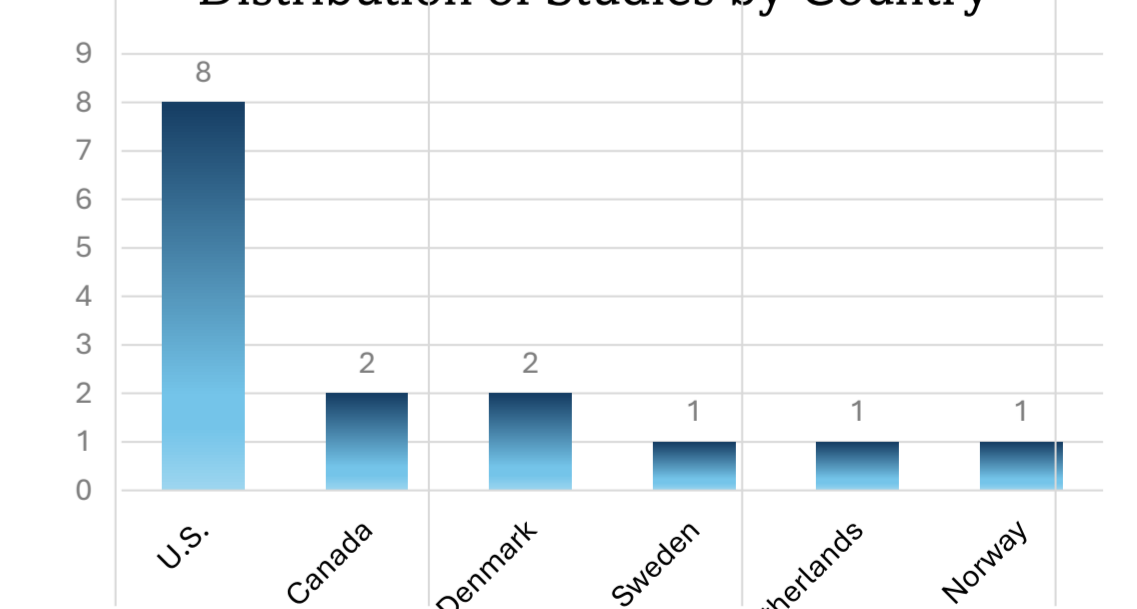


FINDINGS

Most Reported Facilitators



Distribution of Studies by Country



KEY LEARNING

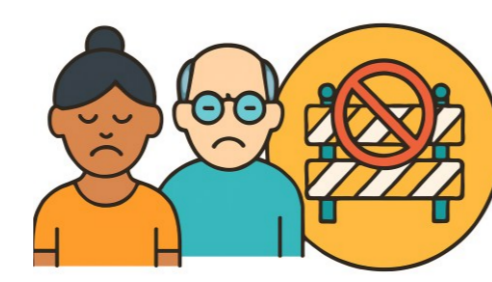
Mismatch Between Program Design and Cultural Needs

Many adult day programs were originally designed with a Western-centric model of care. These models often do not align with the cultural values, caregiving expectations, and spiritual or social norms of ethnocultural minority communities. This mismatch contributes not only to **non-use**, but also **early withdrawal** and emotional distress for both clients and caregivers.



Access is Multi-Layered, Not Just Physical

Barriers to access go beyond physical logistics (e.g., cost, transportation). The review revealed **interpersonal and systemic barriers**, such as caregivers feeling unwelcome or misunderstood, or clients perceiving programs as culturally irrelevant or unsafe, even when services are technically available.



Caregiver Voices Are Underrepresented

Although many studies reference caregiver perspectives, few center them meaningfully or include them in program co-design. This signals a research and practice gap: caregivers, especially from immigrant communities, are often acting as facilitators of access for clients, yet their input into program development is limited.



Cultural Adaptation is Often Surface-Level

While some programs claimed to be "culturally tailored," adaptations were often **superficial**, such as hiring bilingual staff, offering ethnic food, or playing familiar music. The review suggests that **deeper culturally safe care** is required.



RESEARCH GAPS

- Lack of focus on access (not just outcomes) for minority older adults
- Insufficient data on culturally safe care
- Underutilized caregivers' perspectives
- Minimal inclusion of the lived experience of minority older adults
- Scarcity of Research in Non-Western Settings
- Lack of longitudinal or implementation research on ADPs for diverse population