

INFORMAL AND FAMILY CAREGIVERS FROM ETHNOCULTURAL MINORITY GROUPS IN QUEBEC

GBA+ PERSPECTIVES

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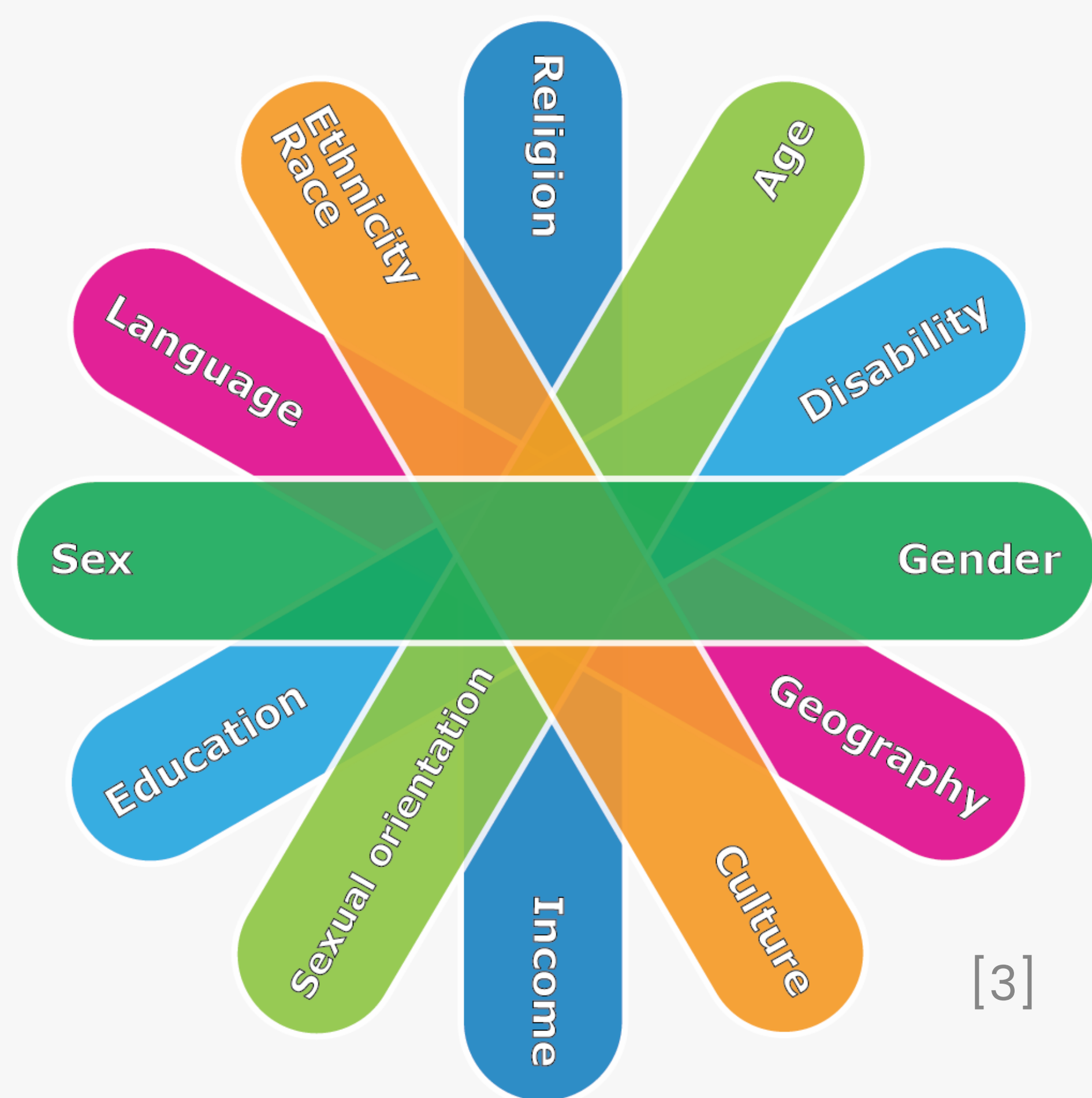


How to use this fact sheet: This fact sheet is a tool to raise awareness among individuals who work with informal and family caregivers to introduce them to an intersectional approach to caregiving.

It is based on an analysis of data from the study “The Experiences of Informal and Family Caregivers from Ethnocultural Minority Groups in Quebec.”

[Read the full research report \(in French only\).](#)

WHAT IS GBA + ABOUT ?



“Gender-based Analysis (GBA)” is an analytical process that aims to take into account the distinct circumstances of women and men in the development of projects, programs, and policies. **GBA+** uses the same analytical process as GBA, but considers other intersecting identity and social factors, in addition to sex and gender.”[1]

“GBA+ recognizes that the categories “men” and “women” are not homogeneous and that a person’s social position is shaped by a multitude of social and identity-related factors. When these factors overlap (intersect), they reinforce each other and may lead to new or compounded forms of discrimination.” [2]

By identifying the differing effects that policies, programs, services, and projects may have on communities and individuals, GBA+ helps prevent the creation and perpetuation of social inequalities.

[1] Gouvernement du Québec (2024). *Analyse différenciée selon les sexes*. Gouvernement du Québec.

[2] Secrétariat à la condition féminine (2023). *Pour des initiatives publiques + égalitaires pour toutes et tous – De l’ADS vers l’ADS+ – Cadre de référence pour les projets pilotes en analyse différenciée selon les sexes dans une perspective intersectionnelle (ADS+) 2022-2027*. Gouvernement du Québec. Page 2.

[3] Government of Canada (2022). *Policy on Gender-Based Analysis Plus: Applying an Intersectional Approach to Foster Inclusion and Address Inequities*. Department of Justice Canada.

GBA+ FACTORS IN CAREGIVING

It is important to recognize that PAGEMA caregivers—those from ethnocultural minority groups [4] and/or English-speaking backgrounds—do not form a homogeneous group. They may be affected by intersecting social and identity-related factors that contribute to inequality and discrimination.

In addition to the factors traditionally considered in GBA+ analyses, several **factors specific to caregiving situations and caregivers' interactions with the health and social services network** may influence the trajectories of PAGEMA caregivers, including :

- (Self-) recognition as a caregiver
- The nature of the health issues affecting the care recipient
- The number of care recipients
- The duration and type of the assistance provided
- The absence or presence of a support network
- Type of employment and working conditions
- Migration status and trajectory
- Knowledge of official languages

REASONS FOR CONSIDERING ALL GBA+ FACTORS AND THOSE SPECIFIC TO CAREGIVING FOR PAGEMA CAREGIVERS

01

To prevent the stereotyping of PAGEMA caregivers and recognize the diversity of caregiving experiences and circumstances.

02

To identify and take into account potential vulnerability factors, as well as unconscious biases and prejudices that can lead to discrimination against PAGEMA caregivers in services, programs, and projects.

03

To recognize and address unequal power relations and social inequalities, and take action to promote equity.

04

To adapt intervention plans and services to the specific needs and circumstances of each PAGEMA caregiver.

[4] In the context of our research, the term **ethnocultural minority groups** refers to “Individuals who share, to varying degrees, collective traits based on their ethnic origin, culture, language, and/or religion. They may have been born in Quebec, or be immigrants, refugees, or asylum seekers. They may also belong to a racialized group, have at least one immigrant parent or grandparent, and be Francophone, Anglophone, or allophone, with French, English, or another language as their second language.” (Samson et coll., 2024, p.2)

WHAT STUDIES SAY

The *Portrait de la proche aidance au Québec*, produced as part of the *Politique nationale pour les personnes proches aidantes* [5], does not mention any data specifically concerning PAGEMA caregivers, but Canadian studies do provide such data.

According to the data [6] :

1 in 4

caregivers belong
to a racialized
group

Racialized caregivers are :

- twice as likely as non-racialized caregivers to spend three or more hours a week seeking support and navigating the health care system.
- more likely to care for a member of their extended family or other members of their social circle.

1 in 5

caregivers was
born outside of
Canada

Racialized caregivers are more likely than non-racialized caregivers, and immigrant caregivers are more likely than Canadian-born caregivers, to spend at least \$1,000 per month out of pocket to cover the costs of caring for their loved ones.

The lack of Quebec-wide statistical data makes it difficult to fully understand the distinctive aspects of PAGEMA caregivers' experiences. Conducting studies that take into account different social, identity-related, and structural factors that may perpetuate or generate inequalities and discrimination is necessary to better understand them.

OUR DATA

All those without jobs were women, and three quarters of them self-identified as racialized people or immigrants.

Half of these women immigrated with precarious status, and of these, two had recently arrived.

The majority of the unemployed women cared for one or more children with special needs, sometimes in addition to one or more aging parents.

[5] Ministère de la Santé et des Services sociaux (2021). *Publications du ministère de la Santé et des Services sociaux. Politique nationale pour les personnes proches aidantes - Reconnaître et soutenir dans le respect des volontés et des capacités d'engagement*. Gouvernement du Québec.

[6] Canadian Centre for Caregiving Excellence - CCCE (2024). *Caring in Canada: Survey insights from caregivers and care providers across Canada*. Canadian Centre for Caregiving Excellence.

Most of the interviewees with an average household income below \$46,000 were women. They were all racialized or predominantly immigrant women, including three with precarious status and two who had recently arrived in Quebec.

Nearly one-third of the women in this income group reported feeling uncomfortable or very uncomfortable communicating with services in French.

All of the interviewees living below the low-income threshold were women, most of whom were racialized or immigrants. Two were born to at least one immigrant parent. Three reported feeling uncomfortable communicating with services in French.

Although these data cannot be generalized to all PAGEMA caregivers, they offer clues to trends that warrant further investigation to better understand how certain social, identity-related, and structural factors can perpetuate or generate inequalities.

PRACTICAL IMPLICATIONS

On the surface, two PAGEMA caregivers may have similar profiles, but if we dig a little deeper, we may find that many **different factors of protection and vulnerability may influence their caregiving journey.**

The following two cases demonstrate this:



Two women of the same age who are not from racialized groups



She fled her country suddenly and has been in Quebec for less than two years.

Origin

She was born in Quebec to immigrant parents.

The person she cares for speaks neither French nor English.

Language

The person she cares for speaks only English.

She has a social network through the services of a Quebec community organization.

Social network

She lives with a chronic health condition that affects her daily life and contributes to her isolation.

She lives in a large urban centre.

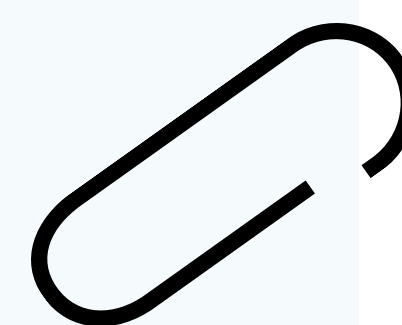
Place of residence

She lives in a rural area.

While these two women may appear similar on the surface, they do not have the same resources or the same access to services.



Two men of the same
age
who identify as
racialized people



He arrived in Quebec recently, alone with the person he cares for, and they have no social network here.

Social network

He has a large social network in Quebec, and many people are involved in caring for his loved one.

He is limited to part-time work due to his caregiving responsibilities.

Income and employment

He has a stable job and a good income. He is able to take time off work to accompany his loved one to appointments.

He practises his religion on his own, which helps him cope better with his caregiving responsibilities.

Religion

He is not religious.

While these men may appear similar on the surface, they do not have the same resources and face different barriers to accessing support.

In intervention contexts, GBA+ is a tool that helps shed light on different factors of protection and vulnerability to better take them into account in the support provided to PAGEMA caregivers and the people they care for.

Service providers can thus contribute to the reduction of social inequalities and discrimination, with a view to promoting equity in care.

GBA+ IN SERVICE DEVELOPMENT

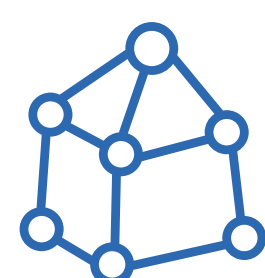
Some recommendations :



Gather Quebec-wide statistical data to establish a detailed sociodemographic portrait of PAGEMA caregivers.



Develop services that take into account the challenges of specific PAGEMA caregiver subgroups that may be more vulnerable or less well known to service providers (e.g., men, older adults, LGBTQ+ individuals, people with precarious status, refugees, people living below the low-income threshold, single or separated mothers, etc.).



Consider the combined impact of various GBA+ factors on access to and use of services.

LEARN MORE

The Experiences of Informal and Family Caregivers in Quebec Who Belong to an Ethnocultural Minority Group – Research Summary, SHERPA University Institute.

Introduction to GBA Plus, Introduction Course, Women and Gender Equality Canada.

Caregiving trajectories, Observatoire Québécois de la proche aidance

Situating the life story narratives of aging immigrants within a structural context: the intersectional life course perspective as research praxis, Brotman, Shari, Ilyan Ferrer, and Sharon Koehn (2019).

[Access additional fact sheets here](#)