African and African Caribbean carers’ experience of caring for a family member with psychosis

Julia E Pelle
PhD, MSc in Health Psychology
Senior Lecturer in Mental Health Nursing
Kingston University & St. George’s University London
## Conflict of Interest

<table>
<thead>
<tr>
<th>Organization</th>
<th>Sponsors of PhD Research</th>
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<tr>
<td>University of Southampton</td>
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<td>Wiltshire Trust</td>
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Aim

To explore the caring experiences of African and African Caribbean carers’ of family members with schizophrenia and or bi-polar disorder, living outside in England.
Background

- **Epidemiology of African and African Caribbean population living in UK**
  - Black Caribbean people make up 1.1% of the UK population
  - Black Africans make up 1.8% of the UK population

- **Impact of migration history to UK**

- **Rates and routes of admission to in-patient units under sections of the Mental Health Act (1983)**

Research Design and Methodology

- Interpretative Phenomenology
- Purposive Sampling
- Community based Family Carer Groups – Charity Organizations
Findings

Being there and staying there

“...I’ve been here for like the last ten years, I’m still here and the water’s getting deeper, in fact, I’m almost drowning...!”

Losing Oneself

“...there is a lot of solitude, even though you are with someone, it feels like you’re the only one who is in the room.”
Findings

Keeping an ongoing dialogue

“Having a younger child in the home setting made it that much more difficult as we had to protect her as well, she is now twelve, so she was ten years old and they had been very close, all of a sudden he didn't want to know her …”

A conscious awareness of cultural stereotypes

“…is it because of my colour that I am not getting help! because I am shouting here and no one is hearing me!”
Findings

Sustaining hope

“…that’s why I am so passionate about helping to train the third year medical students so that, when they reach that milestone, they’ll think back of me, that they might have learnt from me”

“…he's a highly intelligent young man, he's doing very well, he's got a job, and he's got friends you know, he's got a social life you know…”
Implications for Recovery-orientated Practice

- Reinforce Cultural Identity
- Open dialogue
- Traditional familial roles

Partnership
‘If I Should die before I wake...’

“...death' didn't even enter my mind! I just thought maybe he's got into an accident or he's done something, but 'death' never entered my mind! Then I saw them (the police officers) walking up the pathway by his girlfriend’s house, and I just broke down, I just knew, I just knew that was it...he was gone.”

This is an account of a sibling carer about her brother who died after walking in front of a car whilst experiencing auditory hallucinations.