

Rehabilitation Through a Cultural Lens:

The Experience of Culturally and Linguistically Diverse (CALD) Traumatic Brain Injury (TBI) Survivors in Australia

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1 Introduction

- CALD TBI survivors face poorer functional outcomes post-injury, **however**, the reasons for this are poorly understood
- The body of qualitative research in Western countries (e.g., Australia) is limited:
 - It has not to date captured the experiences of those who speak little/no English or been in Australia for a short period of time
 - There has also been limited focus on how culturally bound factors (e.g., their beliefs and understanding of their injury) may interact with their experience
- A deeper understanding can aid clinicians in tailoring culturally safe rehabilitation and potentially improve outcomes

2 Aim

To explore the lived experience of rehabilitation and recovery for Australian CALD TBI survivors

3 Methodology

Semi-structured qualitative interviews were recorded and orthographically transcribed

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Data were then analysed through a reflexive six-stage thematic process (Braun & Clarke, 2022)



4 Participants

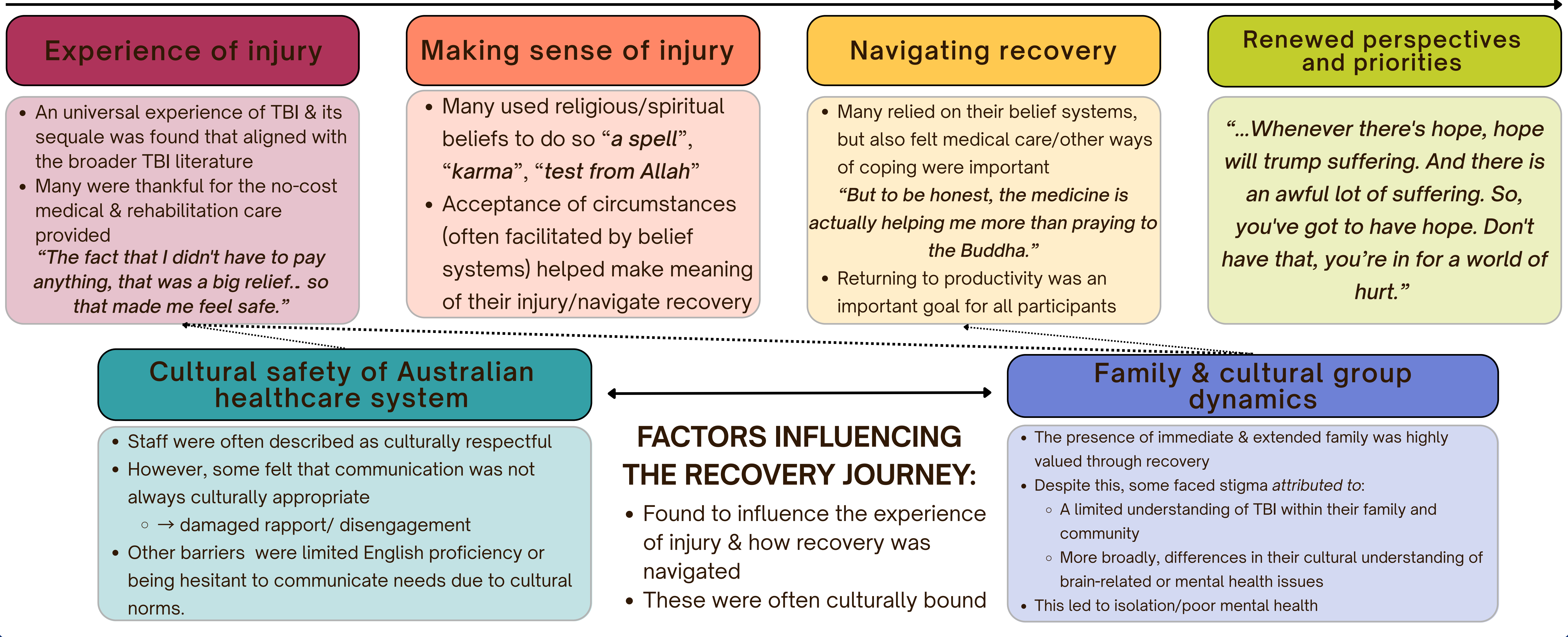
M = 9; F = 8
Mean age: 42.4 years
Mean time post-injury: 2.89 years
Mean time lived in Australia: 5 years
Number using interpreters: 8



5 Findings

Six themes and 18 subthemes were identified as relating to the experience of rehabilitation and recovery for CALD TBI survivors

JOURNEY THROUGH RECOVERY:



6 Key Takeaways

- There is a universal experience of TBI that transcends culture
- However, CALD survivors often interpret and cope with changes in unique and often culturally bound ways

7 Clinical Implications

- TBI rehabilitation should encourage deeper engagement with CALD patients' belief systems, family dynamics, and community contexts
- With this comes consideration of how culturally appropriate care can be provided to manage barriers to service engagement & improve outcomes
 - (e.g., interpreters when appropriate, integrating religious/spiritual practice, working with a patient's family and their broader community to address stigma)

