

Transnational caregiving: An occupational perspective

Dr Shoba Nayar

Transnational Caregiving

- Types of care (Baldassar, 2007):
 - Practical
 - Financial
 - Gifts and remittances
 - Personal ('hands on')
 - During periods of co-presence
 - Emotional and moral support

Underpinned by varying degrees and forms of communication and interaction

Occupation

- as a “complex, multidimensional phenomenon” (Yerxa et al., 1990, p. 6)
- “engagement in activities... for the purpose of productive pursuit... maintaining oneself in the environment, and for the purpose of relaxation, entertainment, creativity, and celebration” (Christiansen, 1991, p. 26)

Occupation and Health

- A person's everyday activities and experiences are primary resources for health (Meyer, 1977)
- A lack of occupation or disruption to occupation can be detrimental to wellbeing (Wilcock, 1996)
- Health and wellbeing arises through the interaction between the person, the environment and the occupation being performed

The Studies

- *Two Becoming One*
- *The theory: Navigating Cultural Spaces*
- Indian immigrant women settling in New Zealand
- Qualitative - grounded theory methodology
 - Strauss and Corbin (1998)
 - Strauss (1987) & Schatzman (1991)

Participants

- 8 + 25
- Settled in New Zealand between 6 months and 20 years
- Residing in Auckland, Hamilton, Hastings
- New Zealand is the first country they have settled in since leaving India
- Speak English

Occupation: Returning Home

- We go every 2 years and in between I went, I think once I went, you know 1 year, because my dad got sick and my mum. And my husband's got my parents there, so generally all of us go every 2 years. But I think once I went in between, after 1 year, so we've been going often. (Christina)

Occupation: Phone Calls

- I always ring them [family] and talk to them, so in that way you're a bit closer to them. I used to do that every weekend when I'd come. Every weekend or maybe twice in a week, in spite of the fact that we didn't really have much money and we shouldn't be calling; at that time it was so expensive to be calling back home. (Neha)

Occupation: Child Rearing

- ...my mother in law can speak decent English, my mother is still not that good and she said to me once on the phone, a couple of years ago, she said to me, I feel so sad that I'm missing out on your children and even if they pick up the phone all I can say is 'how are you' and I can't understand a word of what they say back... she was so upset about it and that's when we decided, no we have to start talking in Gujarati at home... because it isolated them from a lot of people back home. (Priya)

Implications

- **Occupational Perspective** – contextualises transnational caregiving as a dynamic, on-going process
- **Economic Impact** – additional expense in the settlement process
- **Health Impact** – potential for disruption to health and wellbeing at expense of the caregiving process