



A message from Salima

Briefly describe your caregiver experience.

My name is Salima Hemani and by profession, I am a registered nurse. That is why I have been the primary caregiver for my mother and father-in-law. My mother-in-law has been suffering from diabetes mellitus, high blood pressure and obesity, while my father-in-law also has diabetes, high blood pressure and obesity. During the COVID-19 pandemic, he was diagnosed with stage 4 liver cancer. As a caregiver, I have been responsible for managing their medications, doctor's appointments and communicating with their healthcare providers, and responding to their healthcare needs in a timely manner. Certain times, caregiving becomes challenging when you are trying to manage personal responsibilities as well as trying to fulfill your role as a caregiver and it may create feelings of guilt at times.

Is there anything you wish others to know about your caregiver experience?

The biggest challenge in taking care of the elderly population in South Asian families is overcoming language difficulties. As a caregiver, I had to make sure, I do my best to communicate their needs to their healthcare provider and be present at all their doctor's appointments as they both could not speak English. During the COVID-19 pandemic, when they both were hospitalized, and family members were not allowed to visit, I had to be available 24 hours to do video calls, so I could communicate their needs to their health care providers.

Why participate in this survey?

Through Dr. Parry's research, we are trying to understand the unique needs of caregivers in South Asian and other ethnic groups. It is important, if you are eligible, to complete this survey as it will provide us with meaningful information regarding caregiving needs and strategies needed to support caregivers.