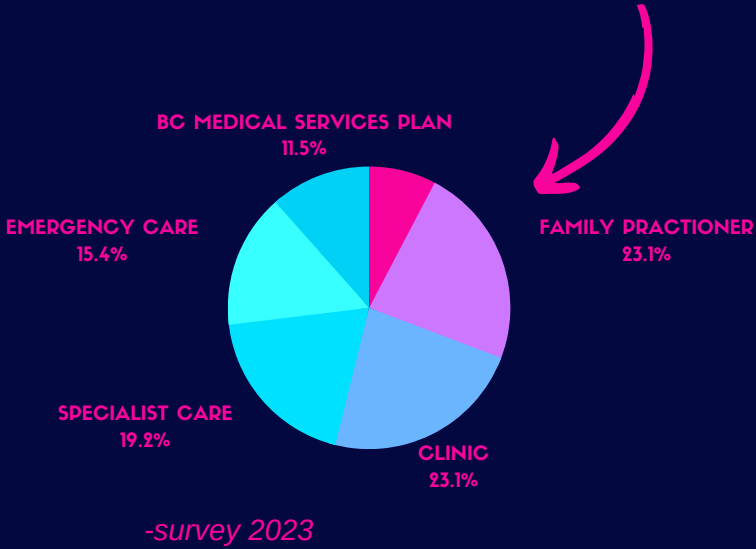


BARRIERS IN ACCESSING HEALTHCARE:

Obstacles for Immigrant Populations

Immigrants had difficulty accessing...



PROBLEM: there is a critical disconnect within the health care structure which disproportionately affects immigrant populations **on top** of factors affecting Canadians generally, such as *long wait times, inconvenient hours of service, and financial concerns.*

"among women immigrants who reported access barriers, **poor health self-reports rose by 13 %** over 4 years compared to only 6 % for women who reported no access barriers"

• Kalich et al., 2015

Top 3 Barriers

1. Language Barriers



- Lack of information accessible on how to navigate the health care system >>> specialists & prescriptions.
- Interpreters affecting biases >>> lacks feelings of self-advocacy.
- Confusion surrounding the western conception of disorder >>> difficult patient-practitioner understanding.

2. Financial Barriers



- Child care responsibilities >>> babysitters or daycare for the day of treatment.
- Time constraints >>> missing work/closing business.
- BC medical services plan >>> approval and access for self & dependents.

3. Psychosocial Barriers



- Family obligations >>> limited time and support.
- Perceived time constraints >>> motivation to seek help.
- Fear of stigma >>> beliefs about seeking help.
- Cultural differences in medical practices >>> difficulty adhering to treatment plan.

"immigrants who were interviewed cited family obligations related to financial concerns and time constraints as most important among barriers"

• Kalich et al., 2015

Possible Solutions:

Greater health education and interpreters.

Cultural competence training for practitioners.