

Caring for Caregivers:

Health Concerns of Filipino/a Caregivers at the
Workplace

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Methods:

- Participatory Action Research: research training, *kuwentohan*
- 2011-2012: 35 interviews, transcription and community data analysis
- Formation of Migrant Northern California

Workplace Concerns

- Multiple jobs
- Lack of stability
- Long work hours
- Poor working conditions
- Undocumentation

Multiple tasks

My work has two patients then, I was assigned to the kitchen. Kitchen, then I was assigned medication. If you are assigned to kitchen, medication is automatically your task. In the morning, before 6 o'clock at like 5:30 I wake them up and prepare breakfast, dress them, wash them and then they eat and get meds. I guess that's not just kitchen.

- Emily, 33, live-in caregiver

Mental Health

But you know, some, sometimes the behavior of the client. Yeah, that's why I'm getting stressed. If they have their, you know, uh, bad behavior, sometimes so showing up is the hardest. Showing up for work you know. As long as your there then ok. But other than that it's hard to be there.

- Tetet, 34, caregiver

Transnational Issues

- Families
 - Stability
 - Harassment from trafficking
- Underemployment

Harassment

My problem worsened because I was worried about family in the Philippines because someone was harassing them. My spouse was being harassed by lending companies, lending company lawyers were saying that they were going to put her in jail if I don't pay.

- Harold, 35, steel worker turned caregiver

Preliminary Analysis

- Harsh work conditions and no health insurance
- Compounding physical and mental health issues
- Layered transnational issues as stressors



Sama-samang pagkilos!

Thank you!