P02-102 - **SOCIO-CULTURAL DETERMINANTS OF MENTAL HEALTH OF ELDERLY IMMIGRANTS: LESSONS LEARNED FROM CANADA**

D. Lai

Faculty of Social Work, The University of Calgary, Calgary, AB, Canada

Introduction: The increase of immigrants in Canada has set an example for Western countries on how cultural diversity affects health, mental health, and needs. The mental health of elderly immigrants, however, is often forgotten in service delivery system.

Objectives: This paper examines the socio-cultural determinants of mental health of elderly immigrants in Canada through synthesizing research findings from various studies. The presentation aims to highlight a few key intervention focuses for addressing mental health of this vulnerable immigrant subgroup.

Methods: Secondary data analysis was used, using three national surveys and a local community survey, including the Ethnic Diversity Survey, the General Social Survey, the Health and Well Being of Older Chinese in Canada, and the Health and Well Being of Older South Asian in Calgary. Mental health was presented by life satisfaction, self-reported stress, self-reported happiness, self-reported level of trust, sense of belonging, feeling out of place, worrying about hate crime, depressive symptoms, and general mental health measured by SF-36.

Results: Socio-cultural determinants related to a higher level of social support, a higher level of trust, and better financial resources were found to be correlates of more positive mental health. Racial discrimination, culture related beliefs, and barriers often led to negative mental health outcomes.

Conclusions: Promoting a better mental health should expand beyond the use of individual interventions and treatments. Socio-cultural determinants have to be addressed through creating a more positive social and structural environment for the elderly immigrants.