



## Knowledge Exchange Programme 2025

**Healthy Ageing and Wellbeing: Exploring the  
perspectives of older Indian Migrants in Aotearoa  
New Zealand.**



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# Structure of Presentation

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# My positionality





# Rationale and Significance of study

## - Aotearoa New Zealand (AoNZ)

### population trends

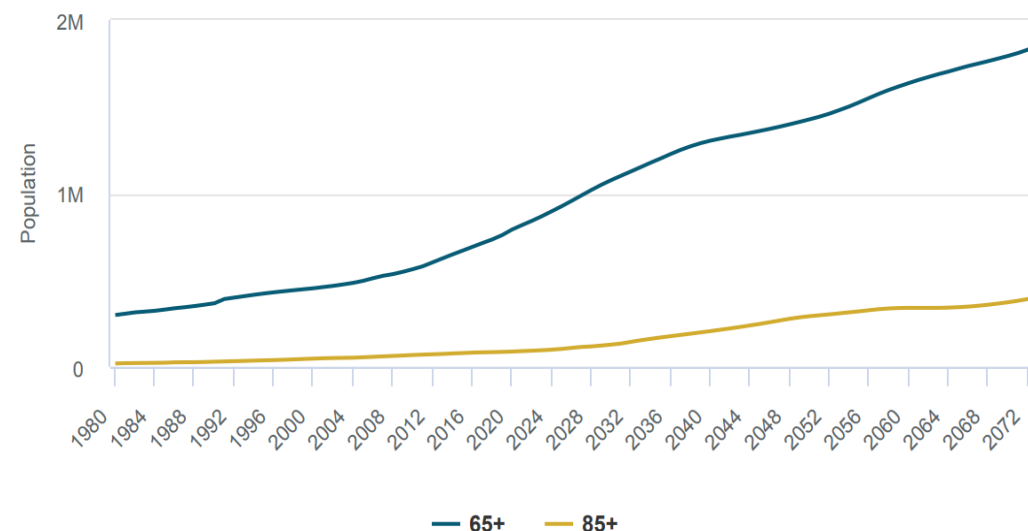
Population aged 65 years & over is anticipated to increase to 1 million by 2028 & 1.5 million by 2050.

2050

2028

Population aged 85+ is expected to increase to more than 100,000 by 2025. By 2050, this number will increase to 300,000.

Population aged 65+ and 85+, based on the median projection, year ended June 1980–2073



Data up to 2022 is based on population estimates, from 2023 it is based on population projections.

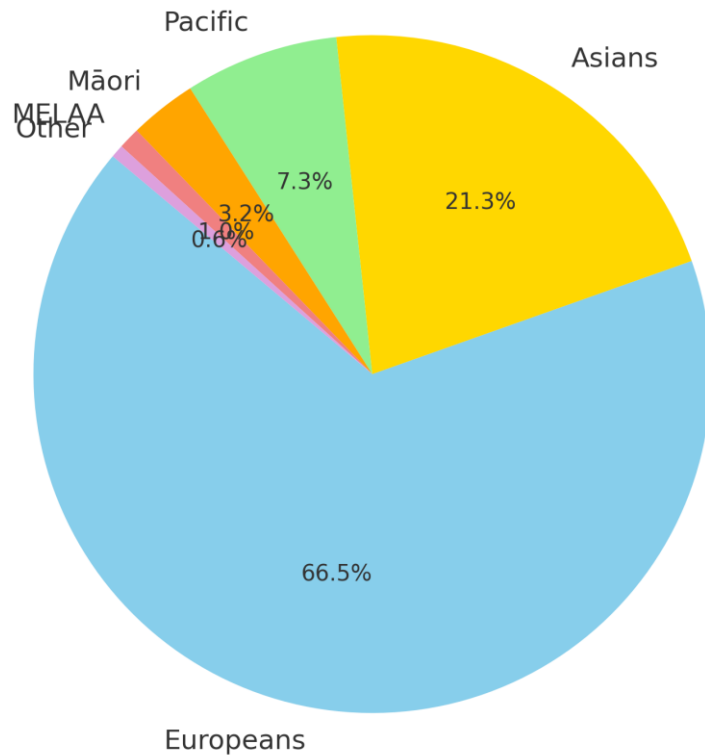
Stats NZ

Stats NZ (2022, July 22)



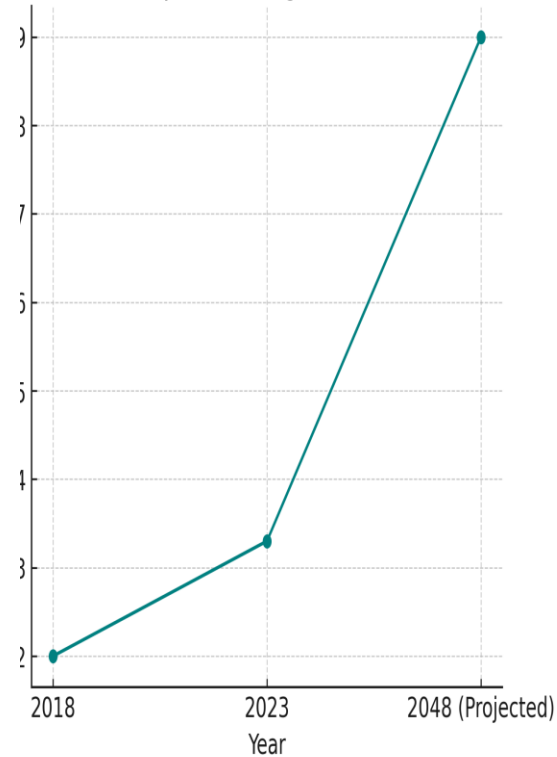
# Auckland's Ageing Trends

Ethnic Composition of Aucklanders Aged 65+ (2023)



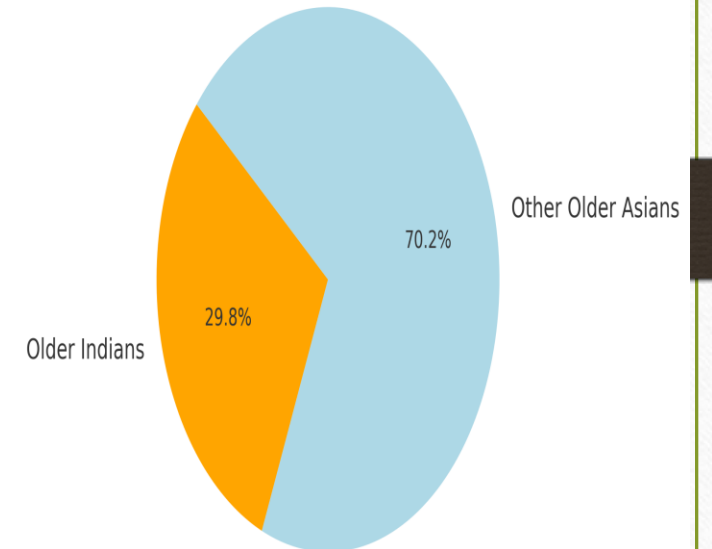
Stats NZ, (2018a & 2018b)

Auckland Population Aged 65+ Over Time



Roberts, (2020)

Older Asian Population in Auckland (2023)





# Glossary of terms

## Healthy Ageing

- developing and maintaining functional abilities that enable wellbeing
  - creating conducive environments & optimising opportunities
- (WHO, 2020).

## Wellbeing

- a positive state as influenced by social, economic, & environmental conditions.
  - encompasses the overall quality of life derived through a sense of meaning & purpose in life
- (WHO, 2021).



# Literature on healthy ageing & wellbeing

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**Cultural influences on Ageing** (Nayar & Wright-St Clair, 2018; Saravanakumar et al., 2022)

**Health disparities & the need for culturally appropriate health services** (Kan et al., 2020; Montayre et al., 2017)

**Family environment & transnational dynamics** (Chowdhury et al., 2023; Liu et al., 2023)

**Social engagement & ethnic identity** (Georgeou et al., 2023; Montayre et al., 2017)

**Community involvement & social capital** (Glover et al., 2020; Wright et al., 2018; Yuan et al., 2018)



# Identifiable gaps in literature specific to healthy ageing and wellbeing for older Indian migrants in AoNZ

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- Lack of ethnic specific research (Chiang et al., 2021; Parackel et al., 2021)
- Intersection of religion, culture & spiritual beliefs in health- decision making & coping strategies
- Impact of transnational family structures
- Role of Indian ethnic communities & social participation
- Experience of health service access and navigation



# Research Aims

## Explore

- Older Indian migrants' perceptions of healthy ageing and wellbeing at the individual, familial (whānau), community and societal levels.
- Perceptions of healthy ageing and wellbeing of representatives from government and Non-Governmental Organisations' (NGOs).

## Examine

- Enablers and barriers to achieving healthy ageing and wellbeing.
- Policies, strategies and initiatives implemented at regional and national levels that promote healthy ageing and wellbeing in Aotearoa New Zealand.

## Recommend

- A migrant-centred framework of healthy ageing and wellbeing for older migrants that will be relevant to Aotearoa New Zealand and particularly to a multicultural context of Auckland.



Methodological Fit:

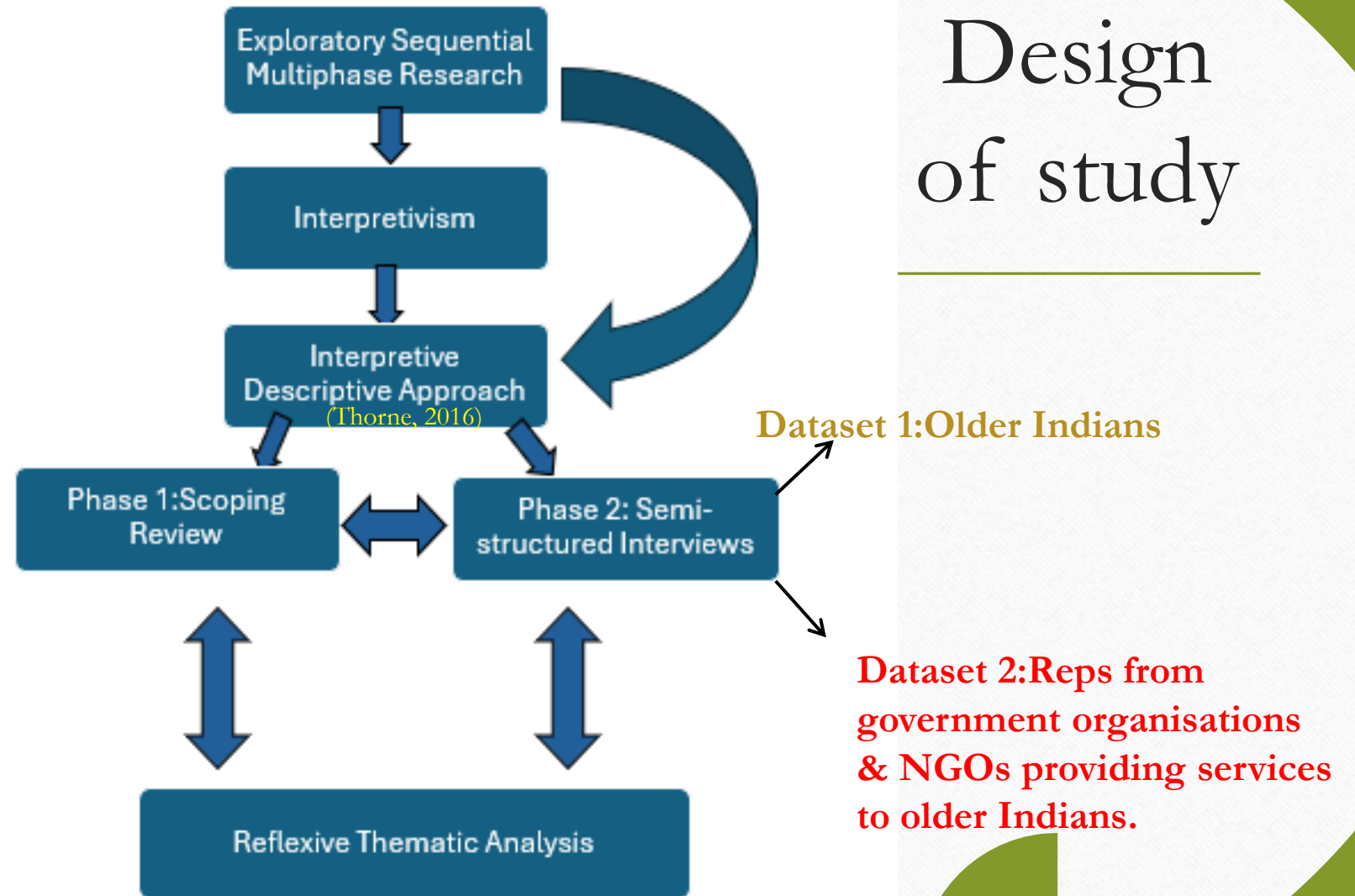
Philosophical positioning:

Methodology:

Methods:

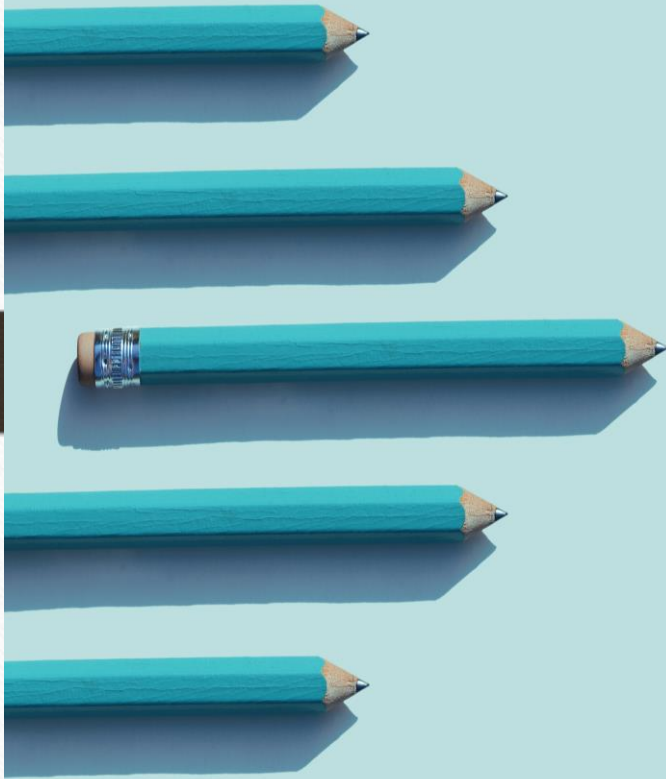
Interpretation of Data:

# Design of study





# Data Collection



## Dataset 1 (older Indians)

- ✓ Purposeful sampling.
- ✓ Indian migrant aged 60 years old or over.
- ✓ Born in India.
- ✓ Migrated to AoNZ within 10-20 years and currently living in Auckland.
- ✓ Permanent resident or citizen of Aotearoa New Zealand
- ✓ Able to speak basic English, Hindi, or Tamil.
- ✓ Sample to be recruited from selective NGOs & faith-based organisations

## Dataset 2 (Representatives from government & NGOs)

- ✓ Purposeful sampling.
- ✓ Representatives from NGOs willing to share their community-level experiences working with older Indians.
- ✓ Representatives from government organisations willing to share their knowledge about the policies, strategies and initiatives on healthy ageing and wellbeing in AoNZ.



# Analysis & Rigour

(Lincoln & Guba, 1985)

## Credibility

member checking &  
triangulation

## Confirmability

reflective journal, seeking  
feedback from  
community stakeholders &  
advisors

## Dependability

rigorous documentation  
(data collection &  
analysis) & audit trail

## Transferability

comprehensive & detailed  
description of research  
processes



# Preliminary results from pilot interviews

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Migration  
Challenges and  
Adaptation

Importance of  
Physical Health  
and Staying  
Active

Positive Attitude  
and Mental  
Wellbeing

Family Support  
and  
Intergenerational  
Relationships

Cultural and  
Spiritual  
Continuity

Social  
Connections and  
Community  
Involvement

Barriers to  
Healthcare  
Access, especially  
for specialist care

Financial  
Concerns and  
Cost of Living





## Q & A?

- Overall comments on the research ideas.
- Seeking recommendations for representatives from government organisations who can share their expertise on policies, strategies, and initiatives regarding healthy ageing and wellbeing in Aotearoa New Zealand, particularly in Auckland.



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# Thank you

*“Think young to feel young, feel young to keep young”  
- Participant 1*

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