

## Cultural Differences in Caregiving

Source: Produced by Victoria Tilney McDonough and Brian King

Video Link: <http://www.brainline.org/content/multimedia.php?id=1179>

**Dr. Juan Carlos Arango-Lasprilla:** I have been doing some research with some people in South America and when you ask them, especially to caregivers how satisfied they are with life, you can see that they say that they are very, very satisfied with their lives as caregivers, but when you do research here in this country with American caregivers you can see that you feel that they report they have a lot of levels of depression, anxiety and stress.

I don't know, I will say that in this culture you find yourself they think that you achieve in life. You know you win an award, you get a higher education, you have a better job, you are very successful, but in other cultures that is not the more important, the more important is the kind of person that you are, doesn't matter that you have a PHD. It doesn't matter that you have been getting all of the awards. It doesn't matter that you have been very successful at work. It is more about person, about family, about feelings. When you have a family member that have TBI or have a spinal cord injury, your personal life go to that second position you know and you will be living more to provide service to your family member, to love your family member, to spend time with your family member, because that will be more important in life than going back to work or do other things that will be beneficial for you, not your family member.