

2024



ECU TRACS Migration Research Network Symposium



ECU TRACS Migration Research Network Symposium
26-27 September 2024, Edith Cowan University
Joondalup campus, Building 2, Room 126

Program Overview

Day	Time	Panel
Thursday 26 Sep	09:00-09:30	Day One Opening Session
	09:30-12:00	Panel 1: Identity, belonging and wellbeing
	12:00-12:45	Lunch
	12:45-14:45	Panel 2: Migration Gender and Care
	14:45-15:00	Break
	15:00-17:00	Panel 3: Inequitable (im)mobilities
Friday 27 Sep	09:00-09:15	Day Two Opening Session
	09:15-12:15	Panel 4: Diverse ageing mobilities
	12:15-13:00	Lunch
	13:00-15:30	Panel 5: Exploring Wellbeing, Migration, and Belonging through Arts-Based Methods
	15:30-15:45	Break
	15:45-17:45	Panel 6: Digital communication and communities

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Day One: Thursday 26 September

9:00-9:30

Opening session

Prof Loretta Baldassar, Co-Convenor, TRACS Migration Research Network

Prof Verena Thomas, Associate Dean Research, School of Arts and Humanities

9:30-12:00

Panel 1: Identity, belonging and wellbeing

Chair

Yu (Yvonne) Huang

A critical review and analysis of the Assimilation and Integration theories within the context of Australia Multiculturalism: A way forward

Hossein Adibi

Re-reflecting on Rhythms of drums and Vajra bells as Sanctuary beyond Borders: Exploring Religion's Role in Migrant Identity and Belonging

Sonam Pelden, Tshering Wangmo, Kinley Rinchen and Wangchuk Bidha

Integration Experiences of Afghan Immigrants in Australia

Omid Rezaei, Vicki Banham and Hossein Adibi

Senso comune, institutional positionality, and perceptions of ethnicity

Simone Marino

Pandemic Exodus: Understanding COVID-19's influence on Bhutanese migration to Australia and its implications on psycho-social well-being

Kinley Rinchen, Tshering Wangmo, Wangchuk Bidha, Vicki Banham, Sonam Pelden and Catriona Stevens

12:00-12:45

Lunch

12:45-14:45

Panel 2: Migration, Gender and Care

Chair

Nelgyn Tennyson

The dynamic intergenerational relationship of education-led Chinese migrant families in Australia

Yu Huang, Catriona Stevens and Loretta Baldassar

Migration and care: Concepts and Theories

Loretta Baldassar

Grandparental influence on infant care within migrant families from India

Shantha Karthigesu

Family of choice: Sources of Care and Support for Older Adults in Migration Contexts

Hien Thi Nguyen

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15:00-17:00 Panel 3: Inequitable (im)mobilities

Chair

Chenchen Li

Sources of Knowledge Transfer between the Global South and the Global North in Social Work Education

Penny Kansiime, Charlotte Tusasiirwe and Diana Nabbumba

Social Media Use Among Indonesian Migrant Mothers in Hong Kong

Irfan Wahyudi and Panizza Allmark

Creating an international 'contract of mutual indifference': Cooperative deterrence and refugees

Jamal Barnes

Navigating New Realities: A Comparative Analysis of Social Networks Among Ukrainian Refugees in Poland and Australia

Lukasz Krzyzowski

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Day Two: Friday 27 September

9:00-9:15	Opening session <i>Prof Loretta Baldassar</i> , Co-Convenor, TRACS Migration Research Network <i>Prof Verena Thomas</i> , Associate Dean Research, School of Arts and Humanities
9:15-12:15	Panel 4: Diverse ageing mobilities
Chair	<i>Kinley Rinchen</i> Loneliness and Social Isolation among Older Immigrants: A Qualitative Systematic Review <i>Aashka Bhavsar and Eyal Gringart</i> Transnational presence of migrants: A challenge in preparing for end-of-life <i>Gertrude Phiri, Joyce Muge-Sugutt and Davina Porock</i> Transnational dementia care <i>Nelgyn Tennyson</i> Virtual tourism as a potential alternative to travel therapy for dementia treatment <i>Fangli Hu, Jun Wen</i> I Used to be Illegal and Now I'm a Priority: A Critical Thematic Analysis of LGBTI voices from the Australian Royal Commission into Aged Care Quality and Safety <i>Trish Cain, Davina Porock and Eyal Gringhart</i> Complex and Interrelated Factors that shaped migrant health <i>Minh Nguyen</i>
12:15-13:00	Lunch
13:00-15:30	Panel 5: Exploring Wellbeing, Migration, and Belonging through Arts-Based Methods
Chair	<i>Narelle Lemon and Manonita Ghosh</i> Assemblies of Horror and resistance. Listening to the Nation Writ Large: Marrugeku's Jurrungu Ngan-ga <i>Helena Grehan</i> From Over East <i>Catherine Gough-Brady</i> Harmonising Health: A future research agenda for music prescription in migrant wellbeing <i>Manonita Ghosh</i> Arts-based research in cross-cultural contexts <i>Verena Thomas</i> Community Arts Collaborations and Cultural Diversity in regional WA <i>Jennell Reynolds and Jane Mulcock</i>

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15:45-17:45 Panel 6: Digital communication, communities, and Entrepreneurs

Chair *Abraham Kennin*

Understanding Pakistani immigrant Women's Experiences of change at personal, family and societal levels in Australia

Safia Iftikhar

Digital Connectivity and Civic Participation From the Distance Among Australian Estonians

Keiu Telve

Why do Internal Migrants in Transitional Emerging Economies: Giving it a Go as Underdog Entrepreneurs

Tenghao Zhang, Pi-Shen Seet, Janice Redmond and Jalleh Sharafizad

Brotherly conviviality: Care and connection in the digital communities of older farang men in Isaan

Catriona Stevens

Abstracts

Panel 1: Identity, belonging and wellbeing

A critical review and analysis of the Assimilation and Integration theories within the context of Australia Multiculturalism: A way forward.

Author: Hossein Adibi

There is a long history studying and analysing immigration by sociologists and social sciences scholars. For example, discussions on Melting Pot, Salad Bowl and Classical Assimilation Theories, dates back to the Chicago School of Urban Sociology in the 1920s. Yet more recently these theories have been represented in the work of sociologists like Milton Gordon, Richard Alba, and Victor Nee, among others. During last decades within immigration studies, there has been many efforts to replace assimilation theory by integration theory. Some of the contributions in this area include: 1. Integration is a two-way process between receiving society and immigrants. 2. European Integration theory also has added another factor within immigration process thus: Integration include A. receiving society, B. Immigrants, and C. Immigrants' original countries. In challenging these theories, Adrian Favell (2021) published his book: *The Integration Nation: Immigration and Colonial Power in Liberal Democracies*. He emphasised that there must be a total re-think conventional ideas about immigration, integration, and citizenship. Attempt has been made to critically discuss these ideas and provide a way forward.

Re-flecting on Rhythms of drums and Vajra bells as Sanctuary beyond Borders: Exploring Religion's Role in Migrant Identity and Belonging

Authors: Sonam Pelden, Tshering Wangmo, Kinley Rinchen and Wangchuk Bidha

In the face of uncertainties, amidst unfamiliar landscapes and cultures, individuals often seek solace and connection in the familiar. Among Bhutanese migrants in Western Australia, this longing for belonging finds expression through the proliferation of Buddhist groups and temples. Within this intricate mosaic, twelve distinct sub-religious groups have arisen, fostering camaraderie and offering sanctuary.

This paper endeavours to theorize the organic inclination of Bhutanese migrants to organize themselves through religion while simultaneously navigating the nuances of a multicultural society. It was presented at a seminar attended by Bhutanese members who were profoundly impacted by the presentation's sound and sense. The current presentation offers a layered story of the author's reflections, enriched by the reflections of the Bhutanese members who were listening, longing, observing, and participating at the seminar. Once again, reclaiming a space to reconcile through paradoxes and silences, recreating a 'space' in this paper for the interplay of cultures and identities.

Integration Experiences of Afghan Immigrants in Australia

Authors: Omid Rezaei, Vicki Banham and Hossein Adibi

This study aims to explore the integration challenges faced by immigrants from Afghanistan who have migrated to Australia. The study employed a mixed-method approach: a quantitative phase involving 115 participants and a qualitative phase consisting of 18 interviews and 2 focus groups conducted in the Perth metropolitan area. Data collection commenced with the quantitative phase and was followed by a qualitative exploration of the findings derived from the quantitative

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component. The study findings reveal that Afghan immigrants have established themselves in various areas of integration and consider Australia their new homeland. However, they encounter challenges related to employment opportunities and building social connections within Australian society. Additionally, challenges are observed within the Afghan community in Western Australia, stemming from ethnic/regional divisions as well as obstacles faced by women. These challenges negatively impact the successful integration of Afghan immigrants into their new home and often prompt considerations of returning to Afghanistan. However, the uncertain future of Afghanistan remains a significant deterrent to such plans.

Senso comune, institutional positionality, and perceptions of ethnicity

Author: Simone Marino

The study introduces the concept of ‘institutional positionality’, meaning an individual’s ethnic perception of “being in the world” based on the ascriptions of the dominant society. Institutional positionality offers further insight in understanding the continuities and discontinuities of the construction and transmission of ethnic identities. The research is based on ethnographic fieldwork within the ‘Calabrian community of Adelaide’, South Australia, drawing on an analysis of 30 semi-structured interviews and participant observation with individuals reflecting three generations of Calabrian and Australian-born members. The study frames a conceptual interpretation of ethnic identity extrapolated from the participant’s narratives and incidents that have diachronically shaped their ethnic identity across generation. While the first generation manifest a condition of feeling “absent”, the second generation present a condition of “liminality”, as a result of a socialisation process between two “worlds” (the one of their immigrant parents and the Australian one). On the other hand, the third generation, manifest their ethnic identity proudly and performatively. I suggest that the individual’s perceptions of one’s ethnicity relates to the ‘institutional positionality’ which is concomitant with the ‘common sense’ of the dominant society, towards one’s ethnic group.

Pandemic Exodus: Understanding COVID-19’s influence on Bhutanese migration to Australia and its implications on psycho-social well-being

Authors: Kinley Rinchen, Tshering Wangmo, Wangchuk Bidha, Vicki Banham, Sonam Pelden and Catriona Stevens

Australia has seen hundreds of Bhutanese coming in each year for higher education and employment. However, the number rose to an unprecedented record right after the pandemic, hitting 15,552 in 2023 as compared to 433 in 2019. This trend drew attention among scholars and policymakers to assess the relationship between the COVID-19 impacts and the exodus.

Migrating to Australia is associated with an immense impact on psycho-social well-being due to loneliness, accommodation, acculturation and financial issues. Post-pandemic migration, in particular, can be unique with compounded effects of both the pandemic and migration. This phenomenon will interest Bhutan, a country that prioritises well-being, in addition to the rising global priority on well-being after the pandemic. Therefore, understanding the psycho-social well-being of Bhutanese during the post-pandemic migration has become necessary.

This study will explore how the COVID-19 pandemic has contributed to the exodus of Bhutanese to Australia, other reasons for the migration and the implications of it on the psycho-social well-being of people both back home and in Australia. A thematic analysis of newspaper articles, research

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reports, interview transcripts of the effects of COVID-19 with Bhutanese in Bhutan, and government websites will be used.

Findings may lead to discussions of potential strategies that will support and promote the well-being of Bhutanese migrants in Australia as well as those in Bhutan, who may also be implicated when they are left behind by the migrating family members.

Panel 2: Migration, Gender and Care

Having three generations under one roof: the case study in Perth

Authors: Yvonne Huang, Catriona Stevens and Loretta Baldassar

This paper explores the intergenerational conflicts and tensions that arise among Chinese international students in Perth who have settled down, started families, and invited their elderly parents to join them, creating a three-generational household. These conflicts highlight the distinct imprints of socio-economic and cultural developments in China on each generation, influencing their opportunities and shaping their intergenerational characteristics. For the grandparent generation, raised in a period of political upheaval and economic scarcity, traditional values and survival strategies dominate their worldview. The adult parent, having experienced rapid economic growth and globalization, often struggles to reconcile their parents' traditional expectations with their own more modern aspirations and lifestyle choices. The grandchildren generation, raised in a multicultural environment, embodies a blend of their Chinese heritage and Australian cultural influences, further accentuating generational differences. Upon migrating to Australia, the shift in societal and cultural norms exacerbates these tensions, as each generation adapts differently to their new environment. This study underscores the complexity of intergenerational relationships within Chinese immigrant families and the broader implications for understanding how migration and cultural change impact family dynamics. Through this lens, the research provides valuable insights into the broader socio-cultural transformations experienced by migrant families in a globalized world.

Migration and care: Concepts and Theories

Author: Loretta Baldassar

Discourse around refugees in Australia is primarily concerned with security of nation state borders rather than the plight of asylum seekers. This is despite most humanitarian arrivals in Australia eventually gaining refugee status. Politics, political leadership and notions about illegitimate and legitimate channels for the processing of refugee applicants have been central to this debate. As a result, refugee policy tends to be designed in response to concerns about security, sovereignty and legality. Similarly, migration policy, particularly the recent trend of increasing temporary skilled migrant categories, while also concerned with security and legality, is focused mostly on migrant skill contributions and related economic benefits. The theory behind the strict points test system which selects applicants with high English ability and skills levels is that they are sure to contribute more to Australian society. In this paper, I shift the focus from these political and economic concerns to consider broader social issues, with a particular focus on care and social reproduction, which are equally central to migration and refugee processes, but which are often overlooked in policy formulation. A focus on care is especially useful in highlighting the unintended consequences of migrant and refugee policy for both settlement and transnational relations.

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Grandparental influence on infant care within migrant families from India

Authors: Shantha P. Karthigesu, James S. Chisholm and David A. Coall

Grandparents, in addition to being a strong source of support for young families, are keepers of culture and tradition. In collectivist societies, grandparents still provide guidance to parents on maternal and child health issues. The consequence of emigration from home countries is the potential loss of this support. This mixed-methods study designed to explore the perceived influence of grandparents on infant feeding and pediatric vaccinations, found that the support and influence of grandparents persisted despite geographical distance in a group of Indian parents living in Perth, Western Australia. Two focus groups with mothers (n=6) and fathers (n=5), revealed that as parents they are aware of the intergenerational influence on their children's health and wellbeing. Perception of grandparental influence was stronger in recent migrants. As skilled migrants, both mothers and fathers worked outside the home and made certain either the children or their parents made annual trips to India or Australia respectively to keep the language and culture alive. For parents, having children in Australia broadened their infant feeding options with infant formula as a convenient alternative to breastfeeding, but they strictly adhered to vaccination schedules. While the grandparents actively promoted breastfeeding, parents supplemented or switched to infant formula. The longer they had been away from their home country and less frequent visits with grandparents negatively influenced how much of their traditional practices persisted. Future studies should explore how parents reconcile cultural differences in the absence or presence of grandparents and the impact this has on health and wellbeing.

Title: Family of choice: Sources of Care and Support for Older Adults in Migration Contexts

Author: Hien Thi Nguyen

The phenomenon of transnational migration among older adults has surged in recent years, driven by various factors like family members' migration, increased travel opportunities due to globalization, and personal desires for new experiences. As older adults move, their family structures, kinship networks, and care arrangements undergo reorganization to accommodate their mobility or that of their loved ones. Traditionally, older migrants, especially those from collective and familistic cultures, tend to rely on blood and legal ties for care and support. However, as geographical distances and cultural disparities diminish kinship bonds and support networks, older migrants may turn to alternative sources such as friends, neighbors, pets, and paid carers for support and care. In cases where these alternative sources become vital, older migrants may expand their definition of family to include these individuals, a phenomenon often termed the 'family of choice' or 'chosen family'. While the concept of 'family of choice' has been extensively researched in various groups such as the LGBT community, veterans, adopted children, and some others, there is limited research on whether older adults have formed chosen families. In migrant contexts, it remains unknown whether older migrants actively choose to redefine their family structures to include non-biological and non-legal ties. To address the gap, our paper investigates the phenomenon of 'family of choice' among older migrants in Australia. By exploring how older migrants seek care and support from non-kin sources, we illuminate evolving social dynamics and cultural shifts where conventional family units may no longer hold central importance to older migrant's lives. Investigating 'family of choice' within diverse cultural contexts enables us to understand how shifts in cultural norms and values influence the formation and functions of chosen families. Understanding the significance of chosen families in older migrants' lives can offer valuable

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insights into strategies for combating social isolation and enhancing overall well-being in this demographic.

Panel 3: Inequitable (im)mobilities

Sources of Knowledge Transfer between the Global South and the Global North in Social Work Education

Authors: Penny Kansiime, Sharlotte Tusasiirwe and Diana Nabbumba

This chapter draws on the authors' collective experiences of social work education and knowledge mobility as social work students, researchers, and educators in three countries in the Global North. It discusses knowledge transfer through four channels: social work education, research, academic publication, and digital information-sharing platforms. It promotes co-constructed knowledge sharing to facilitate decolonisation and recommends a review of social work curricula globally to ensure they examine the origins of knowledge taught in light of the international definition's thrust towards local and cultural relevance and the Global Agenda's embrace of Ubuntu in its first theme to strengthen social solidarity and global connectedness. In so doing, it recommends the inclusion of indigenous teaching methods, knowledge, and research frameworks to foster social work's engagement with Indigenous Peoples' issues, noting a premier role for the profession's international education body in leading the decolonising thrust in social work education.

Social Media Use Among Indonesian Migrant Mothers in Hong Kong

Authors: Irfan Wahyudi and Panizza Allmark

In Hong Kong, female Indonesian migrant domestic workers (IMDWs) face the challenge of managing their limited personal time while maintaining connections with their families back home. Many of these women are forced to leave behind young children, but they strive to overcome distance limitations by engaging in transnational mothering. Through any available media, they reach out to their children, manage their development, and witness their growth from afar. Transnational mothering involves providing emotional care to their children across geographical boundaries. Social media platforms offer the potential to establish digital connectivity and intimacy with families in their homeland. This research focuses on communication technologies, specifically the use of social media by female IMDWs to maintain connections with their families. We explore how social media plays a crucial role in caregiving for these women, where the wellbeing of their family and children back home is a top priority. Social media creates numerous opportunities for interactions, allowing mothers to maintain levels of intimacy despite physical separation.

However, social media can also serve as a source of anxiety. Posts or stories about their families may deepen the emotional strain of separation. Our data collection involved in-depth interviews with IMDWs and observation notes from both online and offline contexts. The findings highlight how social media serves as an emotional outlet for female IMDWs in Hong Kong, empowering them to provide ongoing emotional care for their families.

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Creating an international 'contract of mutual indifference': Cooperative deterrence and refugees
Author: Jamal Barnes

The displacement of people worldwide has highlighted the failure of the international community to develop equitable responsibility sharing mechanisms for asylum seekers and refugees. The need for states to share responsibilities for refugees is incorporated into the 1951 Refugee Convention as well as regional refugee frameworks. It is assumed that international cooperation is a good thing, and that it contributes to a sustainable global order. However, international cooperation can have a 'dark side' whereby international cooperation is used to serve selfish sovereign interests and undermine the ability for international society to respond to global challenges. This article explores this 'dark side' of international cooperation to show how it can bring about normative changes that produce indifference to the suffering of asylum seekers and refugees. As states implement non-entrée policies, they cooperate to push people away from destination countries. In doing so, responsibility gets diffused and displaced, and sovereign interests are privileged over humanitarian concerns. The outcome is that a 'contract of mutual indifference' has been formed in international society that has revoked the right of states to invoke assistance when in need because they have refused to uphold their international refugee obligations. Understanding the contract of mutual indifference is important in helping challenge the conditions that have brought it about and help generate alternative forms of cooperation that encourage broader normative changes of mutual aid and solidarity with distant strangers.

Navigating New Realities: A Comparative Analysis of Social Networks Among Ukrainian Refugees in Poland and Australia
Author: Lukasz Krzyzowski

This paper presents a comparative analysis focusing on the experiences of Ukrainian refugees in Poland and Australia.

Based on three waves of interviews incorporating ego-centric social network analysis, the study provided unique insights into how refugees build and depend on these networks for support and wellbeing. The analysis showcases how these social networks are instrumental in facilitating not just practical aspects of resettlement but also in maintaining local and transnational support connections. A significant focus is placed on the role of digital platforms in enhancing connectivity, bridging distances with their homeland, and forming supportive communities in host countries.

The paper concludes with significant policy implications. It advocates for policies that recognise and strengthen these social networks as they are integral to the social integration and overall well-being of refugees. It suggests that government and non-governmental organisations should focus on facilitating and enhancing these networks, providing resources and platforms that can assist in the creation and maintenance of these vital connections.

Panel 4: Diverse ageing mobilities

Loneliness and Social Isolation among Older Immigrants: A Qualitative Systematic Review
Authors: Aashka Bhavsar and Eyal Gringart

Loneliness and social isolation are a public health concern, only expected to grow as our populations ages (Australia Institute of Health and Welfare, 2023; Carpenter et al., 2022; World Health Organization [WHO], 2022). Current reviews have identified the associated risks between

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loneliness/social isolation, and physiological health, emotional wellbeing, and social belongingness for older adults (Leigh-Hunt et al., 2017). Less is known about the psychosocial factors at play among diverse immigrant older adults, who are particularly vulnerable to experiences of loneliness and/or social isolation. We need to better understand this diversity among older adults and avoid assuming that immigration is in itself a risk factor for loneliness (De Jong Gierveld et al., 2015). Identifying barriers and/or facilitators to loneliness and social isolation, which was the focus of the current study, would have implications for how we understand mental wellbeing in later life among older adult immigrants/migrants. Studies were included in this review if they were: (1) primary research, (2) used qualitative methodology, (3) published in English, (4) observed older (>60 years) migrant/immigrants, and (5) primarily explored loneliness and/or social isolation experiences. Data was systematically extracted from each reviewed study and analysed using the narrative synthesis approach. The results of this review may have potential implication for both extending clinical research and informing community interventions for older immigrants.

Transnational presence of migrants: A challenge in preparing for end-of-life.

Authors: Gertrude Phiri, Joyce Muge-Sugutt and Davina Porock

Background: Transnational presence of migrants from Malawi, Zambia, and Zimbabwe (MZZ) in Australia, impacts end-of-life preparation due to collectivist cultural upbringing.

Paper objectives: This paper presents a portion of the results from the study; "Preparing for end-of-life in a new country: A grounded theory study on African migrants living in Australia." It aims to explore the reasons why migrants from MZZ face challenges in planning for end-of-life.

Methods: Constructivist grounded theory study, recruited 14 migrants from MZZ, ≥ 45 years. Using semi-structured, open-ended questions, each participant was interviewed twice, two to four weeks apart. Data collection and analysis were undertaken simultaneously.

Findings: Disintegrating family dynamics and shuttling back and forth are two of the six concepts identified as having a stronger influence on planning for end-of-life for MZZ migrants in Australia.

Discussion: Challenges in preparing for end-of-life emerge from the DPTF that migrants continue to experience. Therefore, healthcare professionals and migrants, need to understand this process and approach migrants' end-of-life care from this standpoint.

Transnational Dementia Care

Author: Nelgyn Tennyson

The rise of globalization, increased mobility, and extended lifespans have contributed to a growing aging and caregiving population living across borders, presenting unique challenges in dementia care. This study aims to examine the experiences of individuals living with dementia and their caregivers within transnational contexts, where, cultural and language barriers, coupled with geographical distances, complicate caregiving. Utilizing an exploratory mixed methods approach, it explores the multifaceted dynamics of dementia caregiving, community practices and support networks in transnational settings across such families in India and Australia contributing valuable insights to the emerging field of transnational dementia care. Findings aim to inform policy development and interventions that enhance culturally and linguistically appropriate care for individuals living with dementia and their caregivers.

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Keywords: Transnational aging; Dementia care; Social support networks; Caregiving practices; Mixed methods; Cultural and linguistic diversity

Virtual tourism as a potential alternative to travel therapy for dementia treatment

Authors: Fangli Hu and Jun Wen

Virtual reality (VR) refers to “the use of a computer-generated 3D environment – called a ‘virtual environment’ – that one can navigate and possibly interact with, resulting in real-time simulation of one or more of the user’s five senses”. As a cutting-edge technology, VR has gradually penetrated various domains (e.g., architecture, the military, gaming, entertainment, education, healthcare, manufacturing, transportation, tourism) and brought sweeping changes: greater productivity, lower costs, enhanced security, and the potential for remote collaboration. VR has also elicited strong academic attention in the tourism field; topics of interest include product design and planning, destination marketing and management, tourism safety, environmental protection, and tourism accessibility for individuals unable to travel in person for a variety of reasons (e.g., disabilities, epidemics). Several studies have explored the benefits of virtual tourism, “a holistic tourism experience viewed through VR technology without the need to physically travel anywhere”, for enhancing people’s well-being, including mental recovery. However, the potential of virtual tourism as a non-pharmacological therapy has gone overlooked. VR has been extensively used in health matters (e.g., diagnosis, prevention, treatment) for physical and mental illnesses and has demonstrated clinical efficacy. For instance, VR was found to contribute to cognitive enhancement in people with dementia and mild cognitive impairment. Therefore, as indicated in medical science research, virtual tourism may be a promising healthcare tool for people with chronic diseases. These conditions, such as dementia, are highly prevalent, and rapid aging is aggravating this circumstance and associated inequalities, presenting a global challenge. More work is needed to uncover how virtual tourism can advance the health and well-being of people with chronic conditions such as dementia.

I Used to be Illegal and Now I’m a Priority: A Critical Thematic Analysis of LGBTI voices from the Australian Royal Commission into Aged Care Quality and Safety

Authors: Trish Cain, Davina Porock and Eyal Gringart

Recommendations from the Royal Commission into Aged Care Quality and Safety have broadly addressed the needs of people from diverse backgrounds, including cultural and linguistic diversity, people with disability, first nations people, and people identifying as LGBTI. However, the specific needs of older people identifying as LGBTI are not considered. To identify the current aged care concerns and requirements of the LGBTI community the publicly available documents from the Royal Commission were used as a data corpus for analysis. Key words were identified and the voices of LGBTI older people, community, and advocates were isolated. Critical thematic analysis was used to interrogate the texts. Four themes were identified; I used to be illegal and now I’m a priority, not a list of equals, hidden identities and concealed communities, and let the pathfinder’s rest. The themes capture important and recurring sentiments and provide insight around the tensions between social policy, historic actions, and present attitudes. Fundamental to our findings are calls for greater recognition of the heterogeneity of people from diverse backgrounds and for aged care providers to do more to facilitate and promote inclusive and safe spaces that enable residents to maintain dignity and pride in later life.

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Complex and Interrelated Factors that shaped migrant health

Author: Minh Nguyen

Introduction: The health beliefs and behaviours of migrants are often shaped by complex and interrelated factors, including cultural values, migration experiences, and the healthcare environment in their host country. Older Vietnamese-born individuals form one of the largest culturally and linguistically diverse communities in Australia, yet there is limited literature on how these factors influence their health, particularly in the context of chronic disease management.

Aim: This study aimed to explore the influence of cultural and migration-related factors on the health beliefs, behaviours, and perceived support needs of older Vietnamese-born people living with chronic disease in Western Australia.

Findings: Through focused ethnography, twelve participants aged 61 to 96 years were studied using participant observation and in-depth interviews over seven months. The analysis revealed four key themes: (1) beliefs about the development and causation of chronic disease, (2) chronic disease self-management practices, (3) contextual factors influencing self-management, and (4) perceived support needs. The findings highlight a blended approach to self-management, combining traditional Vietnamese and Western practices. Additionally, factors such as English proficiency, education, gender, and migration history significantly influenced individual health practices and support needs.

Discussion: The study underscores the importance of understanding the cultural and migration-related nuances that shape health behaviours among older migrants. The findings align with Leininger's theory of Cultural Care, offering new insights for adapting this theory to better address the needs of culturally diverse populations. By emphasizing the provision of culturally competent care, this study advocates for policies and practices that promote health equity and cultural safety, essential for improving the health outcomes of migrant communities.

Panel 5: Exploring Wellbeing, Migration, and Belonging through Arts-Based Methods

Assemblies of Horror and resistance. Listening to the Nation Writ Large: Marrugeku's Jurrungu Ngan-ga

Author: Helena Grehan

Jurrungu Ngan-ga [Straight Talk] 'reveals how [this] unique dialogue between Indigenous Australian and refugee perspectives can address the burning issues of our time.' (Swain, 2023, 203)

In this paper I analyse the recent performance by Australian Indigenous intercultural performance company Marrugeku. 'Jurrungu Ngan-ga' labelled as a work of 'horrific surrealism' (2032, 200) that considers Australia's 'carceral-Border Archipelago' (Tofighian, 2022), our brutal system of imprisonment and oppression of those seeking asylum, through dance, projection, and performance. The paper asks how spectators might read this work in the context of a failed recent act of assembly, where the population of Australia overwhelmingly voted against recognition of First Nations People in our systems of Government. How do the languages of failure both artistically in exploring the carceral complex and its physical and psychological impacts on those imprisoned, and the failure of public imagination (or decency) in the populace – come together? Do they just reflect an assembled

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nation of monsters at public and political levels? How do we move on from this? Is it time to disassemble and if so, what is it that needs to be taken apart?

From Over East

Author: Catherine Gough-Brady

I had heard about the devastating effects of PSHB insects on Moreton Bay fig trees before coming to Perth, but what I did not expect was to find so many of the trees in public spaces. I arrived just as these trees are leaving, dying as a result of the newly migrated PSHB insect. I began to film the trees, thinking about how I can 'avert my gaze' from the sadness of their departure as I do this: filming their reflection, their shadow, them in the back of the shot of a different tree. Over time I began to film them more explicitly, and now I wait for moment when I will film their absence.

I, the Moreton Bay fig trees and the PSHB insect are not from Perth, and I use the audiovisual medium to explore my embodied experience of mobility in connection with these other non-human migrants. I will discuss how I think through film, using it as a way of connecting with the human and the non-human on the other side of the lens, and a means of sharing my thoughts with others.

Key words: Creative practice, mobility, Hyde Park

Harmonising Health: A future research agenda for music prescription in migrant wellbeing

Author: Manonita Ghosh

Migration and mobility significantly impact health and well-being, with refugees and migrants often among the most vulnerable members of society. They frequently encounter racism, discrimination, cultural dislocation, isolation, trauma, substandard living, and working conditions, as well as limited access to health services, despite high rates of physical and mental health issues. In response, the WHO established the Health and Migration Programme in 2020 to offer strategic leadership and a comprehensive action plan to enhance the health of refugees and migrants globally. In Australia, nearly 62% of the population is born overseas, highlighting the necessity of involving migrants in health research. Yet, migrants often remain excluded from health-related participatory initiatives.

Social prescribing, which emphasises non-pharmaceutical interventions to improve overall health and well-being, has gained global traction. It was prominently featured in Australia's Mental Health Royal Commissions, the National Preventive Health Strategy (2021-2030), and the 10-Year Primary Health Care Plan (2022-2032), which aim to incorporate social prescribing into health policy by 2030. Despite the well-documented benefits of music on health and well-being, integrating music into social prescribing for migrant health in Australia is still in its infancy.

This paper describes an international collaborative initiative uniting music-based and participatory scholars from various disciplines, migrant service providers, and migrant community members. Our vision is to generate new knowledge, implement research findings, and support training programs to enhance the health outcomes of migrants through music prescription. This initiative aims to bridge gaps in health equity and foster a more inclusive approach to health care for migrant populations.

Arts-based research in cross-cultural contexts

Author: Verena Thomas

Arts-based research approaches allow researchers and research participants to communicate experiences beyond words, and therefore can generate research that is more inclusive. A core

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principle of this approach is that our ways of being, knowing and living are connected via multiple relationships with others, with our own histories, our environments and our own contexts. Arts-based research provides opportunities to facilitate processes that are meaningful to participants for their own internal process, their relationship with other participants and their expression to others outside their immediate group.

In this presentation, Verena Thomas will share some of the foundational concepts of arts-based research using example from the Asia-Pacific region. Verena will demonstrate how the use of arts-based and creative participatory research is particularly relevant in working with culturally and linguistically diverse groups, and how it is part of a broader commitment to make research more inclusive and accessible to participants and the wider community.

Our Art, Our Culture, Our Way: Navigating two worlds through community arts partnerships in Kepa Kurl

Authors: Jennell Reynolds and Jane Mulcock

Affiliation: Community Engagement Team

Esperance Tjaltjraak Native Title Aboriginal Corporation

Our presentation focuses on arts practices as a strategy for community engagement and development. This work can be understood as a form of applied research, an iterative process of constant refinement, adaptation and improvement that lives and breathes through every project we undertake.

Participatory community arts programs provide opportunities to amplify voices that are often not heard in the public domain and to share stories and experiences that are often invisible. Programs like this can become vehicles for positive social change over time, making cultural diversity visible through public performance and public art.

We will share some insights from our shared journey over the last 8 years as we have worked together to deliver arts-based programs in Kepa Kurl (Esperance) that engage First Nations families and the wider Esperance community in different ways. Our programs always consider two audiences – First Nations participants (prioritising cultural transmission and building cultural pride) and the general public (providing cultural education and encouraging increased connection, understanding and respect to make our community a more culturally safe place for everyone). We reflect here on some of the key elements that support good cross-cultural partnerships including recognition of the impacts of intergenerational trauma, importance of right people, right time and right place, respect for cultural protocols and the need for flexibility, and, most importantly of all, being able to build trust and wellbeing through genuine relationships between engaged individuals over time - for program facilitators, participants and audience members.

Panel 6: Digital communication, communities and Entrepreneurs

Understanding Pakistani Immigrant Women's Experiences of Changes at Personal, Family, and Societal Levels in Australia

Author: Safia Iftikhar

The present study explored married Pakistani women's perceptions and experiences of post-immigration settlement process. In the present study, twenty-one married Pakistani women completed an in-depth interview. The data analysis revealed four themes: 1) Personal level, 2) Family level, 3) Couple level, and 4) Societal level. This paper focuses on the changes related to personal, family, couple, and societal experiences for married Pakistani women who migrated to Australia with their husbands. The findings reveal that women's perspectives on change are both positive and negative reflecting their personal circumstances. Pakistani married women are not a monolithic group, therefore the diversity within this ethnic minority should be recognised in policy and practice. The theoretical foundation for this study, draws upon concepts of relational self and connectivity (Joseph, 1993). Joseph argues that connectivity is a kind of relationality, which is not regarded dysfunctional in societies, where people are expected to remain near the family. People in such relative and connective relations are obliged to be responsible for each other. In such societies, family and community is more valued than persons, in such societies people give meanings to their lives in context of family and community, and in such societies, survival relies on integration into family and community. Individuals who exhibit this type of relationality are regarded healthy, responsible, and mature persons in their cultural context (Joseph, 1993). Building on ideal of relation self, the study elucidates that married Pakistani women sense of self is relational and connected as opposed to autonomous or independent western self. This study posits that after settling in a culturally diverse society, Pakistani women are less connected with their extended and immediate family, they begin to view themselves as moral agents. In such new contexts, women, as moral agents, exhibit autonomy and freedom while adhering to their own moral cultural principles. We also argue that Pakistani married women are independent beings, who perceive and experience world different than Western women. Connectivity is the fundamental aspect of married Pakistani women's lives, where they depend on their husbands for various material and emotional needs. However, this relational and connected self-hinges on patriarchal norms. Women's perspectives on relational self-fall on a spectrum, some women view it as a source of mutual gain and win-win situation, while others experience it as conflictual, adversarial and competition, and as zero-sum situation.

Digital Connectivity and Civic Participation Form the Distance Among Australian Estonians

Author: Keiu Telve

Drawing on six months of ethnographic fieldwork and 45 in-depth interviews, this paper examines the emergence of digital civic engagements within Australian Estonian communities. It explores how migrants use digital devices and platforms to maintain agency across borders and how can they actively participate in the national civic society of the country of origin. The paper characterizes transnational community involvement and examines intersections of technology, identity, and belonging shaping contemporary migration experiences. The paper elaborates on the concept of 'digital kinning' (Baldassar and Wilding, 2019) and utilizes findings from transnational family studies to understand levels of nation or language-based community formation in the non-private transnational sphere. It provides an empirical perspective on lived citizenship (Kallio et al. 2020),

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that stresses the importance of people's daily, mundane lives and how 'the political' is worked within informal and domestic spaces (Dickinson et al. 2008; Dixon and Marston 2011). Understanding these dynamics enriches discussions on migrant integration, diaspora politics, and the formation of cultural and political identities within transnational communities. The empirical findings illustrate a breadth of transnational activities, extending beyond private spheres. Individuals reestablish their connections with their country of origin virtually, they are empowered by networks there. Transnational solidarity is evident through donations to various causes. Citizenship is highly valued, used during travel, e-voting is common and representation of Estonia in sports competitions showcases national pride. Moreover, engagement in political causes, investing and information dissemination about Estonia highlights the ongoing and active presence of transnational communities in shaping their homeland's future.

Why do Internal Migrants in Transitional Emerging Economies: Giving it a Go as Underdog Entrepreneurs

Authors: Tenghao Zhang, Pi-Shen Seet, Janice Redmond, Jalleh Sharafizad

This study examines the impact of social and economic backgrounds on the entrepreneurial entry of internal migrants in China, using a sample of 128,539 individuals. It finds that due to the household income and residency status system (hukou), migrants from lower socioeconomic backgrounds and less-developed regions are more likely to become entrepreneurs, while higher socioeconomic backgrounds and better regional factors in host regions reduce this likelihood. The research enhances our knowledge of the migrant entrepreneurial entry process by combining underdog entrepreneurship theory with a social integration perspective by highlighting the mediating role of integration between background factors and entrepreneurial entry, emphasizing the importance of migrants' ability to interact and fit in with their host communities in overcoming the liabilities of foreignness when starting ventures. Keywords: underdog entrepreneurship, entrepreneurial entry, internal migrants, administrative hierarchy, hukou, Bayesian analysis.

Brotherly conviviality: Care and connection in the digital communities of older farang men in Isaan
Author: Catriona Stevens

Older 'farang' men, meaning White men of European heritage, living in the Isaan region of northern Thailand have typically first departed their countries of origin in later life. Like many older lifestyle migrants, these men simultaneously experience both material privilege and social vulnerability (Ciobano et al. 2016; King et al. 2017). Online communities maintained through closed Facebook groups and public chat forums produce a sense of 'digital togetherness' (Marino 2015) for men experiencing varying degrees of spatial, social, and linguistic isolation. Like migrant online spaces observed in other contexts, these communities become critical sites of care exchange where group members may provide and receive practical care, such as advice about visas, property maintenance or health services, and emotional care, particularly through posting and commenting on pictures of their homes and villages, wives and girlfriends, and (step)children or grandchildren. Although most people participating in these online communities never meet, some reflect or lead to offline relationships conducted in shared spaces of farang leisure and consumption. Findings from interviews with online group members and group admins illustrate the important role of digital communities in home-making practices and successful ageing for older men in northern Thailand.