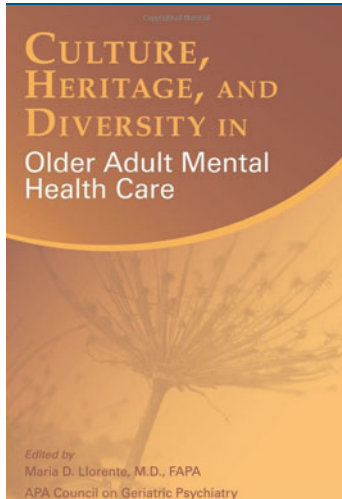


audience of Scottish psychiatrists. A previous Chief Executive of the Scottish Mental Welfare Commission was in the audience; he commented that all members of the Mental Health Tribunal should read this book. They should, and so should many others.

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Culture, Heritage, and Diversity in Older Adult Mental Health Care

Edited by Maria D. Llorente
American Psychiatric Association
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ISBN 9781615372058

This book provides an excellent aid for students and clinicians who are exploring old age and mental healthcare in the USA. Although it is primarily written for an American audience, this book allowed me (a doctoral research student in the field of dementia and minority ethnic groups in the UK) to gain fresh ideas and challenge views around culture, the elderly and mental healthcare in the UK.

The book is structured into 11 easy-to-follow chapters, which can be used as stand-alone guides, designed to enhance knowledge to apply in practice. Each chapter contains key information around cultural sensitivities and offers solutions to issues that may arise when providing healthcare for each cultural group discussed. The individual sections are devised to focus on different aspects of cultural competency: from the importance of working with older adults to historical changes in attitudes that may affect each group.

Historical changes in attitude and culturally sensitive care are prominent throughout each section of the book. Chapter five emphasises the effect of historical trauma on the indigenous people. This section, although shorter, is significant in highlighting

the importance of the indigenous people of the USA and the need to be proactive in providing elderly care for them. Since notable upset exists from past experiences, this discussion captures the need to understand differences in beliefs regarding the traditional healing practices used by older indigenous people so as to incorporate them within Western medicine. There is mention of how building mutual rapport and respect for cultural customs that hold high importance for these individuals improves healthcare outcomes and access to services. The book also recognises that more research and advancement of policies is needed to support mental health treatment of indigenous older people.

All 11 chapters are unique in what they provide but are all central to the theme of culturally competent care and the issues in each identified cultural group. Although no two are the same, there is a set pattern for each, including a series of learning outcomes and definitions of key terms exclusive to that topic. Each section also informs the reader of demographics, migration patterns and changes in attitude over time.

In chapter eight generational differences in young and older lesbian, gay, bisexual and transgender (LGBT) adults are highlighted. There is discussion about the obvious negative societal judgments experienced by older LGBT adults, and how they may have heightened feelings of discrimination, vulnerability and of being misunderstood. The stigma associated with accessing services for older LGBT adults is mentioned, and the high rates of depression, anxiety and suicide are acknowledged. This section expresses the need for researchers and clinicians to initiate dialogue on ageing and healthcare requirements in the older LGBT population.

In each chapter, the prevalence rates of mental illnesses are given, including how each cultural group is affected and the possible solutions/treatments available to them, along with suggestions of what not to say/do in professional practice.

Throughout the book justification is given for each point made, reassuring the reader that the text is evidence based. Each section concludes with a series of engagement tools for the reader to take away: a list of key points, questions on what was covered, web links, reading, films and a series of references.

Acting as a go-to guide with an evidence base covering historical context from beginning to end, this book is thought provoking for anyone interested in understanding how to work effectively in the field of health in contemporary society.

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