

Exploring the Realities of LGBTQ+ Informal Caregivers Through the Lens of Occupational Justice: A Scoping Review

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Why focus on LGBTQ+ informal caregivers?

Background

- LGBTQ+ informal caregivers face unique challenges shaped by societal discrimination and exclusion (Brotman et al., 2007).
- Their caregiving experiences are influenced by their sexual orientation and gender identity, yet research on this population remains limited.

Aim

- The aim of this scoping review is to examine how LGBTQ+ informal caregivers' experiences have been studied and discussed from an occupational justice perspective.

What are we seeing so far?

Method

- Following Arksey and O'Malley's framework
- Key search terms: "LGBTQ" and "informal caregiver"

Result (so far...)

- Distinct stressors among LGBTQ+ informal caregivers
- (Brotman et al., 2007; Grossman, D'Augelli, & Dragowski, 2005; Croghan, Moone & Quam, 2012; Hash, 2006; Metlife Mature Market Institute, 2010; Muraco & Fredriksen-Goldsen, 2014).
 - Pressure of not being "out"
 - Tensions within families of origin
 - Concerns about discrimination in formal support services
- Resulting psychological and emotional burdens
- Limited research focusing on Japanese contexts

Where is this research going next?

Conclusion / Contribution to Occupational Therapy

- Limited social visibility of LGBTQ+ people in Japan, especially in health, ageing, and caregiving contexts.
- Caregiving experiences remain invisible in research and policy.
- Addressing these gaps through an occupational justice perspective